

**PLANTS THAT ARE INCLUDED IN THE GROW BAGS** – 4 or 5 per bag and vary with the season

### **Hungarian Wax Peppers**

Similar in shape and size to banana peppers, though slightly hotter; have a distinctive, pungent flavor; heat intensity increases as peppers get more red.

Matures: 60-70 days after planting. Can be harvested when 4+ inches long.

Uses: Any mole sauces, other traditional Latin dishes, soups, and salads.

### **Tasty Poblano Peppers**

Desire to be in full sun (at least 6 hours, or more, of sun/day).

Ready about 65 days after planting (when length is 4-6 inches long)

Use: ideal for stuffing, as they are sturdy peppers. Stuff with cream cheese or any other combination of foods. Also good in chilies, soups, stews.

### **Chives**

Have a light onion flavor, sometimes seemingly like a hint of garlic. They can be used in almost any dish- omelets, soups, salads, on top of baked potatoes.etc.

Harvest Chives: when they are at least 6 inches tall. Use kitchen scissors, cutting the plant about 1 inch above the soil. Harvest the outermost portion of the plant first.

### **Big Early Red Pepper**

A large (7-8 inches) elongated, pepper, with a sweet taste. Can be harvested when green, or wait until thoroughly red.

Grow: full sun (6 or more hours of sunlight).

Harvest: 70-80 days from seedlings. Harvest when dark green, with touch (or more) of red coloring.

Uses: Stuffed, fresh, roasted, grilled, stir fried.

### **Sweet Basil**

Basil is a popular herb, as it is easy to grow, and gives great flavor to many dishes.

To grow: must have good drainage; good sun (6+ hours of sunlight).

Basil is temperature sensitive, so, bring it indoors just as the weather starts to cool.

Basil can (and should) be harvested frequently. Begin harvesting when the plant has at least six sets of leaves. To harvest a small amount of basil, pinch off a few leaves, starting from the top down. If you aren't going to use the basil for a while, it's advised that you pinch off several leaves about every 6 weeks, including the stem. Also, pinch off the flowers to encourage leaf growth.

### **Ichiban Eggplant**

Great eggplant choice for this area, as this cultivar likes the hot weather. Ichiban is also great, as its skin is thin, giving a sweeter and milder taste. It is great for grilling and roasting.

Ichiban will be ready in approximately 50-60 days after sown.

Harvesting Ichiban Eggplant: pick when the skin is glossy. Use scissors or a sharp knife, keeping a short stub of the stem attached.

### **Marigold**

Bright and bold, Marigolds add color to the garden well into the fall season. They are easy to care for

### **Italian Oregano**

With a robust flavor, Oregano can add flavor to many dishes. It is known for adding robust flavor to Italian or Greek dishes, meat, fish, eggs, cheese, tomatoes and other vegetables. Add the fresh leaves toward the end of the cooking process, or use dried for any dish requiring longer cooking times.

Harvest: Use sharp scissors to snip off sprigs as needed. Oregano has a stronger flavor when dried. Leaves can be dried, frozen or refrigerated.

### **Dill:**

Is a member of the parsley family. It has a delicate, soft, feathery appearance

Harvest: About 70 days after planting. Use sharp kitchen scissors to snip of the leaves close to the stem. Mist lightly with water, loosely wrap with paper towels and place it in a plastic bag. Dill should last close to a week when stored in the vegetable bin of the refrigerator.

### **Sweet Potato**

Not quite like a regular potato, sweet potatoes prefer hotter growing temperatures. In late summer, sweet potatoes will often produce flowers that resemble morning glory, which is a close cousin to sweet potatoes. Sweet potatoes are very nutritious, high in beta carotene (the body converts beta carotene into Vitamin A, important for good vision and maintaining healthy organs), and low in calories.

Harvest: when the ends of the vines begin to turn yellow. Typically, it will be about three to four months from planting. Use care when digging sweet potatoes from the soil, as you do not want to scratch/harm the sweet

potatoes. It's better to use your hands to loosen the potatoes. When first dug, the sweet potatoes won't be very sweet. They need time to sit and "cure". Remove excess soil from the sweet potatoes, but do not wash them at this point. Lay them in a fairly warm, well ventilated space (about 80 to 90 degrees warm) for about 10 days. After 10 days, move the potatoes to a cool, dry place (above 50 degrees temperature), but NOT into the refrigerator. They should keep for close to 6 months in this environment.

One sweet potato vine should produce about 6 to 8 potatoes.

## **Parsley**

A member of the carrot family, parsley is a widely used herb in many cultures – Middle Eastern, Mediterranean, Brazilian and American dishes, to name a few. It can be used as a garnish on many foods, as well as in meat or vegetable stews. It is high in Vitamin C, Vitamin A and also iron.

Harvest: about 70-90 days after planting. Use sharp kitchen scissors, bunch the stems and leaves together, and cut off at ground level. One can also harvest just a few stems by doing the same: gather a sprig or two and cut at ground level. By cutting at ground level, it encourages additional, vigorous growth. Use immediately or can be stored in a glass of water in the refrigerator for a few days.