

**Tried-and-True
Vegetable and Fruit Varieties for the Upper Snake River Valley**

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Introduction

Most of this information comes from a survey of preferred vegetable and fruit varieties. The survey expressly polled SE Idaho gardeners to determine which varieties have been grown successfully where the season is limited. Additional sources of information include author experience and published references listing early vegetable varieties.

Cool-Season, Hardy Vegetables

These vegetables will generally grow without much difficulty in the Upper Snake River Valley. They can withstand hard spring frost and most mature early. Variety selection is more important for personal preference and quality than for adaptation.

<i>Asparagus:</i>	Relative Maturity	Notes
Jersey Giant (all-male)	Early	Hardest Jersey hybrid, green spears w/purple bracts
Jersey Knight (all-male)	Late	Large spears, green w/purple bracts
Jersey Supreme (all-male)	Early	Adapted to cool climates, large green spears
Mary Washington	Medium	Old standard variety, light green spears
Purple Passion	Early	Burgundy-colored spears, tender
Sweet Purple	Medium	Burgundy-colored, very sweet and tender

<i>Beets:</i>	Days to Harvest	Notes
Bull's Blood	55	Dark red with interior stripe, foliage also edible
Chioggia	55	Interior red and white striped, round, extra sweet
Detroit Dark Red	65	Dark red, old standard variety, wide adaptation
Early Wonder	55	Dark red, uniform color, best on loam soils
Golden	55	Yellow-gold root, tender and sweet, edible tops
Red Ace (Hybrid)	54	Dark red, early maturity, sweet flavor
Ruby Queen	55	Dark red, small and round, wide adaptation

<i>Broccoli:</i>	Days to Harvest	Notes
DiCiccio	90	Large uniform heads, many side shoots, late maturity
Green Comet (Hybrid)	40	Very early maturity, medium to large heads
Green Goliath	56	Large heads, many side shoots
Gypsy (Hybrid)	58	Uniform, medium heads
Premium Crop (Hybrid)	58	Early maturity, medium-size heads

Rapini Cima di Rapa	40	A small form of broccoli, sharp bittersweet flavor
Waltham	74	Cold resistant, medium heads, large side shoots

<i>Brussel Sprouts:</i>	Days to Harvest	Notes
Catskill	90	Long stalks, numerous heads
Jade Cross (Hybrid)	80	Heavy yield, solid heads
Long Island	90	Heavy yield, round dark green heads

<i>Cabbage:</i>	Days to Harvest	Notes
Copenhagen Market	68	Medium-size solid heads, round shape
Danish Ball Head	110	Large dense heads, good for storage
Golden Acre	65	Medium-size solid heads, good home garden variety
Gonzales Summer	66	Miniature-size, dense heads
Primax	60	Small heads, resistant to splitting
Red Acre	75	Medium-size red heads, best red for storage
Savoy Express	55	Small compact heads, crinkle-leaf type
Wong Bok	80	Chinese-type cabbage, medium-size heads, good cooked

<i>Carrots:</i>	Days to Harvest	Notes
Danver's Half Long	75	Broad short roots, good for clay soil, heat resistant
Lunar White	75	Long, white roots, Belgian variety, good raw or cooked
Nantes Coreless	89	Medium length, blunt-tipped roots, sweet flavor
Sugar Snax (Hybrid)	68	Long, thin roots, sweet flavor
Tendersweet	70	Long, thin roots, good for gardens
Thumbelina	60	Small, short roots, small core, crack resistant

<i>Cauliflower:</i>	Days to Harvest	Notes
Fremont (Hybrid)	62	Large bright white heads, self-blanching
Early Snowball	60	Medium-size heads, self-blanching
Self-blanche	71	Medium-size white heads, self-blanching
Snow Crown (Hybrid)	68	Large very white heads, not self-blanching

<i>Collards and Kale:</i>	Days to Harvest	Notes
Blue Max	68	Dark blue-green, slightly crinkled leaves
Red Russian	50	Red and blue frilly leaves, tender, very hardy
Redbor	60	Red, curly leaves, frost tolerant
Top Bunch (Hybrid)	67	Medium green, smooth leaves
Vates	56	Large green leaves, frost resistant

<i>Kohlrabi:</i>	Days to Harvest	Notes
White Vienna	55	White round bulbs, mild flavor
Purple Vienna	60	Purple round bulbs, white flesh, good cooked

<i>Leeks:</i>	Days to Harvest	Notes
American Flag	95	Long stems, home garden favorite

Kilima	70	Long stems, tolerates light frost
King Richard	79	Smaller, early, mild flavor

<i>Rutabaga:</i>	Days to Harvest	Notes
American Purple Top	90	Yellow roots with purple crowns, sweet

<i>Spinach:</i>	Days to Harvest	Notes
Boonsdale Longstanding	48	Semi-crinkled, glossy dark green leaves
Giant Nobel	43	Large smooth leaves, long standing
Melody (Hybrid)	42	Large green savoy leaves
Razzle Dazzle	30	Small arrow-shape leaves, good fresh or cooked

<i>Swiss Chard:</i>	Days to Harvest	Notes
Bright Lights	55	Very large leaves and petioles, red, tender
Fordhook Giant	60	Green petioles, large leaves, cold and heat tolerant
Rhubarb	60	Red petioles, large ruffled leaves

<i>Turnip:</i>	Days to Harvest	Notes
Purple Top White Globe	55	White root with purple top
Tokyo Cross	35	White flattened globes

Cool-Season Tender Vegetables

These vegetables will usually produce well in the upper Snake River Valley. They require some early season frost protection and may benefit from being planted in a warm microclimate. Selection of early varieties will help assure good growth and production.

<i>Garden Beans:</i>	Days to Harvest	Notes
Blue Lake Bush	58	Old standard variety, wide adaptation
Provider	50	Wide adaptation, high yield
Slenderette	53	High yield, slim straight pods
Tendergreen Improved	57	High yield, long-straight pods
Pencil Pod	58	Early for wax-type, medium-length pods

<i>Potatoes:</i>	Days to Harvest	Notes
Red Norland	85	Very early, round red tubers
Russet Norkotah	85	Very early, long russet tubers
Yukon Gold	90	White skin, yellow flesh

<i>Sweet Corn:</i>	Days to Harvest	Notes
Baby Corn	65	Tiny ears for immature harvest, stir-fry, pickles
Earlivee	58	Northern adapted, yellow, normal sweet type
Early Sunglow	66	Grows well in adverse weather, normal sweet type
Fantasy	75	Bicolor, supersweet type
Marcross	70	Yellow, normal sweet type

Northern Xtra Sweet	67	Yellow, normal sweet type
Nordic	70	Bicolor, supersweet type
Seneca Dawn	69	Bicolor, good vigor, supersweet type

Warm-Season, Tender Vegetables

These vegetables may sometimes struggle to reach maturity in the Upper Snake River Valley and will need both spring and fall frost protection. Variety selection is critical with these crops. You must find varieties that are not only early, but can withstand cold nighttime temperatures. This is especially true of the melons, which are not adapted to our climate and may not grow here even if you do everything right.

<i>Cantaloupe:</i>	Days to Harvest	Notes
Alaska	70	Medium-size fruit, good flavor
Earlqueen	70	Medium-size fruit, very sweet
Fastbreak	65	Small fruit, good flavor, very sweet
Hearts O'Gold	90	Medium-size fruit, moist flesh, very sweet
Sweet n'Early	70	Small fruit, good flavor, firm flesh

<i>Cucumber</i>	Days to Harvest	Notes
<i>Slicers:</i>		
Marketmore 76	58	Long, dark green, withstands adverse weather
Bush Champion	65	Dwarf plant, long green fruit, good for containers
Salad Bush	57	Compact plant, medium-size fruits, high yield
Spacemaster	60	Compact plant, green fruit, good for containers
Sweet Success	50	Long dark green fruit, seedless, long production season
<i>Picklers:</i>		
Cool Breeze	45	Small fruit, french cornichon type, never bitter
Northern Pickling	48	Small, light green, high yield
Wisconsin SMR58	55	Small, light green, bred for northern production
Pickle Bush (Hybrid)	55	Small, light green, compact plants, good for containers

<i>Peppers:</i>	Days to Harvest	Notes
<i>Sweet:</i>		
Ace	70	Sweet, red when mature
California Wonder	72	Large, red when mature
Yankee Bell	80	Red when mature, bred for the North
North Star (Hybrid)	70	Red when mature, bred for the North
Yellow Cheese	55	Yellow when mature, good fresh or pickled
<i>Hot:</i>		
Anaheim Chili	79	Green turning red, mildly hot
Fooled You	65	Green jalapeno type, not hot
Hungarian Yellow Wax	75	Yellow turning red, mildly hot

<i>Pumpkins:</i>	Days to Harvest	Notes
Baby Bear	105	Small, orange fruit, good for pies

Funny Face	105	Medium size, dark orange fruit
Jack Be Little	90	Very small, dark orange, used for decoration
Jack O'Lantern	100	Medium size, light orange fruit
Lumina	100	Medium size, white skin, gold flesh

Fruit Varieties

Many of the tree fruits are hardy in the upper Snake River Valley. Exceptions include peaches, nectarines, and many of the nut crops. Some small fruits are also hardy here. However, chosen varieties of both tree and small fruits need to combine earliness and late spring bloom in order to produce consistently.

Tree Fruits

<i>Apples:</i>	Harvest Time	Notes
Earligold	August	Yellow, good for fresh, cooking, high quality
Haralred	Late September	Red, good for fresh, cooking, cider
Haralson	Late September	Red-striped, good for cooking, tart
Hazen	September	Red, good for fresh, cooking, mild flavor
Honeycrisp	Late September	Red-striped, good all-around, stores well
Honeygold	Early October	Yellow, good for fresh, cooking
Lodi (Transparent)	July	Yellow, good for cooking, fair quality
McIntosh	September	Red blush, good all-around, tart
Northern Spy	Early October	Yellow striped red, good all-around, high quality
Spartan	Early October	Red, good all-around, high quality
State Fair	August	Red-striped, good for fresh, excellent quality
Sweet Sixteen	September	Red-striped, good for fresh, cooking, high quality
Wealthy	September	Red-striped, good for cooking, high quality

<i>Apricots:</i>	Harvest Time	Notes
Chinese (Mormon)	Early July	Small-medium size, good for frost-prone areas
Debbie's Gold	Late July	Medium size, consistent producer in Alberta
Harcot	July	Medium-large size, late blooming and frost hardy
Harlayne	Late July	Medium size, late blooming, hardy
Moongold	Late July	Large size, frost resistant bloom, hardy
Perfection	July	Large size, late bloom, hardy
Sungold	Late July	Large size, late bloom, hardy
Westcot	July	Large size, dependable cold climate producer

<i>Cherries (Pie):</i>	Harvest Time	Notes
Meteor	Early summer	Medium-large fruit, small tree, very hardy (-50)
Montmorency	Early summer	Medium-large fruit, small tree, hardy (-40)
Northstar	Early summer	Large fruit, small tree, very hardy (-40)

<i>Pears:</i>	Harvest Time	Notes
Clapp's Favorite	August	Red blush fruit, not suitable for storage
Flemish Beauty	Late September	Red blush, medium size, good quality, very hardy

Gourmet	Late September	Green round fruit, crisp and sweet, hardy
Honeysweet	Late August	Tan fruit, rich flavor, partially self-fertile
John	September	Yellow fruit, small, fair quality, extremely hardy
Luscious	Late September	Yellow fruit, large, sweet and juicy, hardy
Moonglow	Late August	Red blush fruit, Bartlett type, vary hardy
Parker	Mid-September	Yellow/red blush, large fruit, moderately hardy
Sauvignac	September	Yellow fruit, medium-size, juicy, one of hardiest
Summercrisp	August	Yellow blushed red, good storability, good pollinator
Ure	September	Red blush fruit, small, good quality, extremely hardy

Small Fruits

Currants and Gooseberries:

	Harvest Date	Notes
<i>Red Currants:</i>		
Cherry Red	Early July	Large, red, high quality, good for jams, jellies
Jhonkheer Van Tets	July	Large, red, good for fresh, jellies, sauces
Red Lake	Early July	Large, red, good for preserves
Wilder	July	Medium-size, dark red, very good quality
<i>Black Currants:</i>		
Consort	Early July	Medium-size, black, good for jellies, juice, wine
Crandall	Mid-July	Large, black, good for jam, juice, syrup
<i>White Currants:</i>		
Primus	Late July	Large, white, very sweet, compact bush
White Imperial	Mid-July	Large, white w/ pink blush, very sweet
<i>Gooseberries:</i>		
Pixwell	July	Medium-size, pink, thornless branches
Welcome	July	Medium-size, dull red, nearly thornless
<i>Jostaberry (Black currant x gooseberry):</i>		
Jostaberry	Early July	Large, black, sweet, good for preserves

Elderberries:

	Harvest Pattern	Notes
Adams	August	Large, black, good for juice, pies, wine
Madonna	August	Large, purple, foliage is ornamental
Nova	August	Large, purple-black, sweet, good for pie, wine
York	Late August	Very large, purple-black, good for jelly, juice, wine

Grapes:

	Harvest Date	Notes
Beta	Mid-September	Dark purple, seeded, juice or preserves, very hardy
Canadice	Mid-September	Pink, seedless, table, moderately hardy
Edelweiss	Early September	White, seeded, table or wine, hardy
Elvira	Mid-September	White, seeded, wine, very hardy
Minnesota 78	Mid-September	Purple, seeded, jelly and juice, very hardy
St. Croix	Mid-September	Red, seeded, wine, hardy
Swenson Red	Mid-September	Red, seeded, table, hardy
Valiant	Early September	Blue, seeded, table or preserves, very hardy
Vanessa	Mid-September	Red, seedless, table, moderately hardy

Worden

Mid-September

Dark purple, seeded, juice and preserves, very hardy

Less Adapted Small Fruits

Other small fruit crops are sold in the nursery trade, but for one reason or another are not well adapted to Idaho's short-season climate areas. You may get lucky and find success with blackberries planted in a protected, sunny location. Two of the hardiest varieties are 'Darrow' and 'Eldorado'. Both are thorny, upright blackberries with very large, high quality fruit.

One species of hardy kiwi (*Actinidia kolomikta*), could possibly grow in some Idaho locales. It is adequately hardy, but prefers acid soil and a fairly long growing season to ripen. This combination of soil and climate is hardy to find in short-season areas of Idaho.