Choosing the right varieties of vegetables to grow is an important part of successful gardening.

Select varieties that are adapted to Maine’s climate and your local growing conditions. The varieties recommended in this bulletin are generally available and successful in northern New England. There are many other varieties available, both new and old, that may perform well in some Maine gardens. Use your past experience—the soils and climate in your location may greatly affect the performance of some varieties. You will probably develop a list of favorite vegetable varieties that consistently do well in your garden.

It’s best to test new varieties in a small planting next to a familiar variety of the same crop so that you can fairly compare their performance and qualities. For most crops, different varieties will have a range of maturity dates, indicated in seed catalogs by the number of days from planting to harvest. In northern Maine, plant only early varieties of warm-season vegetable crops, such as tomatoes, peppers, and melons, to ensure harvest before frost. In more southerly parts of Maine, both early and midseason varieties can be successfully harvested in most years.

Look for varieties with disease resistance. There are many varieties available today that are resistant to some of the most common vegetable diseases. Disease resistance can prevent crop loss and reduce the need for pesticides. Seed catalogs typically list any disease resistance a variety has. For example, with tomatoes and peppers, look for resistance to *Fusarium*, *Verticillium*, and tobacco mosaic virus. For cucumbers and squash, look for resistance to scab, anthracnose, *Alternaria*, *Fusarium*, mosaic virus, powdery mildew, and bacterial wilt. For beans, look for resistance to halo blight, mosaic virus, and rust.
**Suggested Varieties**

### Asparagus
- **Mary Washington Improved**
- **Jersey King**
- **Jersey Knight**
- **Guelph Millenium**
- **Purple Passion**

### Beans
- **Green Snap: Provider, Jade, Concessa**
- **Wax: Indy Gold, Rodcor**
- **Dry: Maine Yellow Eye, Soldier, Jacob's Cattle, Black**

### Beets
- **Greens: Bull's Blood Red, Early Wonder, Crosby Green Top, Big Top**
- **Summer and Fall: Red Ace, Keastral, Pacemaker III**
- **Heirloom and Cylindrical: Chioggia, Forono, Golden, Rodina**

### Broccoli
- **Spring: Packman, Regal**
- **Summer/Fall: Gypsy, Premium Crop, Marathon**

### Brussels Sprouts
- **Oliver, Jade Cross**

### Cabbage
- **Early: Charmant, Dynamic, Quick Start, Stonehead, Spring Dynasty**
- **Midseason: Solid Blue 790, Blue Vantage**
- **Late: Storage No. 4, Bravo**
- **Red: Red Express, Ruby Perfection**

### Carrots
- **Early: Nelson, Minicor (baby)**
- **Midseason: Scarlet Nantes, Sweetness II, Sugarsnax 54, Neptune, Yellowstone (yellow), Purple Haze (purple)**
- **Late: Bolero, Caro-Choice**

### Cauliflower
- **Early: Snow Crown**
- **Midseason/Late: Amazing, Candid Charm, Absolute, Graffiti (purple), Cheddar (yellow)**

### Celery
- Utah 52-70, Ventura

### Chard, Swiss
- **Bright Lights, Fordhook Giant, Ruby Red**

### Chinese Cabbage
- **Jade Pagoda, Rubicon**

### Corn—Popcorn
- **Mahogany, Robust 128YH, Strawberry, Top-Pop**

### Corn—Sweet
- **Early—Yellow: Kandy Kwik (se), Seneca Horizon (su), Daybreak (se), Sugar Buns (se+)**
- **Bicolor: Seneca Arrowhead (se), Fleet (se+), Quickie (se)**
- **Midseason—Yellow: Tuxedo (se), Northern Xtra-Sweet (sh2)**
- **Bicolor: Luscious (se), Delectable (se), Bojangles (sy), Absolute (sy), Sweet Chorus**
- **Late—Yellow: Honey Select (sy), Seneca Dancer (se)**
- **White: Argent (se), Silver Queen (su), Silver King (se)**

### Cucumbers
- **Slicing: Diva, Marketmore 76, Dasher II, Turbo, Stonewall**
- **Pickling: Cross Country, Fancipik, Eureka, Calypso**

### Eggplant
- **Dusky, Black Bell, Ghostbuster (white), Neon, Little Fingers (Oriental), Kermit (Thai)**

### Endive
- **Salad King, Neos**

### Escarole
- **Full Heart, Nataly**

### Kohlrabi
- **Winner, Grand Duke, Early Purple Vienna, Kolibri**

### Kale
- **Winterbor, Red Russian, Blue Ridge**

### Leek
- **Lincoln, Arkansas, Rikor, Norton**

### Lettuce
- **Bibb: Buttercrunch**
- **Butterhead: Sangria, Ermosa, Nancy**
- **Crisp Head: Summertime, Crispino**

### Muskmelon
- **Early: Earliqueen, Fastbreak, Earligold**
- **Midseason: Athena, Harper Hybrid, Super Star**
- **Speciality Types: Passport, Amy, Angel, Earl-Dew**

### Onions
- **Early (seeded): Copra, Frontier, New York Early, Candy, Mars (red)**
- **Plants: Sweet Spanish types, Ailsa Craig, Red Burgermaster (red)**
- **Sets: Ebenezer, Stuttgarter**

### Parsley
- **Forest Green, Dark Green Italian**

### Parsnip
- **Harris Model, Lancer**

### Peas
- **Early: Knight, Progress #9, Dakota**
- **Midseason: Lincoln, Mr. Big, Eclipse**
- **Summer: Wando**
- **Edible Pod Types: Sugar Ann, Sugarsnap, Oregon Sugar Pod #2, Oregon Giant**

### Peppers
- **Sweet, Thin Wall: Ace, New Ace, Giant Marconi**
- **Sweet, Thick Wall: Red Knight, Boynton Bell, King Arthur**
- **Hot: Conchos, Numex Joe E. Parker, Thai Dragon, Tiburon (ancho)**
- **Frying Types: Biscayne, Cubanelle**

### Pumpkins
- **Mini: Jack-Be-Little, Munchkin, Baby Boo (white), Wee-B-Little**
- **Small-Fruited: Mystic Plus, Baby Pam, New England Pie, Neon, Baby Bear, Hybrid Pam**
- **Medium-Fruited: Magic Lantern, Merlin, Rocket, Racer, Phantom**
- **Large-Fruited: Howden, Sorcerer, Rock Star**
- **Giant-Fruited: Prizewinner, Atlantic Giant**

### Radishes
- **Red: Champion, Cherriette, Fire Ball**
- **White: White Icicle, D’Avignon, French Breakfast**
- **Oriental: Minowase Summer Cross #3, Miyashige**

### Rhubarb
- **Macdonald, Tilden, Canada Red, Valentine**

### Rutabagas
- **American Purple Top, Joan, Laurentian, York**

### Spinach
- **Tye, Melody, Bloomsdale, Space, Unipak 151**

### Squash
- **Summer Yellow: Yellow Crookneck, Sunray, Cougar, Sunburst**
- **Summer Green: Spineless Beauty, Zucchini Elite, Revenue, Space Master**
- **Winter: Carnival, Festival, Delicata, Tay Bell PM, Buttercup, Blue Hubbard, Red Kuri**

### Tomatoes
- **Extra Early: Early Cascade, New Girl, First Lady**
- **Early: First Pik, Royal Mountie, Sunstart**
- **Midseason: Ultrasonic, Daybreak, Sunchief**
- **Late: Celebrity, Big Beef, Redsun**
- **Heirloom: Moskvich, Red Brandywine, Pruden’s Purple, Striped German**
- **Small-Fruited: Sun Gold, Matt’s Wild, Juliet, Sweet Million**
- **Paste: Bellstar, Plum Crimson, San Marzano**

### Turnips
- **White Flesh: Hakurei, Purple Top**
- **White Globe, Just Right, Royal Crown**
- **All White: Tokyo Cross Hybrid**

### Watermelon
- **Seedless (requires seeded pollinator): Gypsy, Millionaire, Extazy**
- **Seeded: Sweet Favorite, Festival, Crimson Sweet, Yellow Doll, Sunshine**

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