Best For Cape Cod

Vegetables, Herbs, and Fruits

There are many wonderful edibles for the home garden but we’ve found that the following varieties do especially well on the Cape.

Note: some “fruit” is actually a vegetable, and some “vegetables” are really fruits – we’ve listed according to common classifications.

**Fruit**
- Blackberries
- Blueberries
- Raspberries
- Rhubarb
- Strawberries

**Vegetables**
- Asparagus
- Beets
- Broccoli
- Brussels Sprouts
- Chard
- Cucumber ‘County Fair’ (most disease resistant cuke)
- Eggplant (For success: Start indoors or buy plants. Don’t plant too early in the season. This plant likes heat.)
- Garlic
- Green Beans
- Kale
- Leeks
- Lettuce and other salad greens
- Onions
- Peas
- Peppers (For success: Start early indoors or buy plants, don’t plant out too early, does best in hot summers, look for varieties that mature in 80 to 90 days or less.)
- Potatoes
- Summer and Winter Squash
Tomatoes (see below)

**Tomatoes**
Although heirloom tomatoes are known for great taste, they tend to be more prone to leaf diseases or smaller crops. If you only have limited space you might want to try one of the heirlooms that is grafted, or plant one of the varieties below.

Better Boy
Celebrity
Early Girl
Mountain Magic (smaller tomatoes but very disease resistant)
Roma or Howard German (paste tomatoes)
Sungold (cherry tomato)
Sweet 100’s (cherry tomato)
Virginia Sweets (gold/red heirloom, better crops and resistance to diseases)

**Herbs**
Basil (annual – plant every year) African Blue Basil is resistant to Basil Downy Mildew
Chives (perennial)
Coriander (Plant every three weeks from seed)
Dill (annual but self-seeds)
Lemon Verbena (annual)
Mint (warning: spreads like crazy! Think about planting in a container. Perennial)
Oregano (warning: spreading perennial. Grow in pots?)
Parsley (annual)
Rosemary (sometimes not hardy – plant in pot and bring indoors or consider an annual.)
Sage (perennial)
Thyme (perennial)