

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 (especially Tuscan kale)

Leeks

Lettuce and other salad greens including arugula

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

Beef Steak

Oh Happy Day

Celebrity

Early Girl

Mountain Magic (smaller tomatoes but very disease resistant)

Roma (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) Rutgers hybrids and Amazal 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 although sometimes overwinters once)

Rosemary (usually not hardy, plant in pot and bring indoors)

Sage (perennial)

Thyme (perennial)

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