

# The Doctor's Guide To Veggie Varieties

Vegetable gardening is one of the most popular backyard hobbies in the United States. In coastal North Carolina such delicacies as tomatoes, okra, cucumbers, yellow crook-neck squash, butterbeans, and pink-eye purple hull peas make summer eating something special. A summer meal without fresh vegetables is not right.

In general, most summer vegetables are best planted after April 15 since historical weather data indicate late frosts are less likely to occur after this time (but not impossible). Killing frosts have been reported as late as the first week of May in the coastal Carolinas.

A good vegetable garden requires soil that has good water drainage, full-sun, adequate fertility, a soil pH approaching 6.0, and a vegetable cultivar that is adapted to your conditions. Soil tests through the N.C. Department of Agriculture and the Cooperative Extension Service can help you with adjusting your soil fertility and pH, but choosing the right vegetable variety can be a little more difficult.

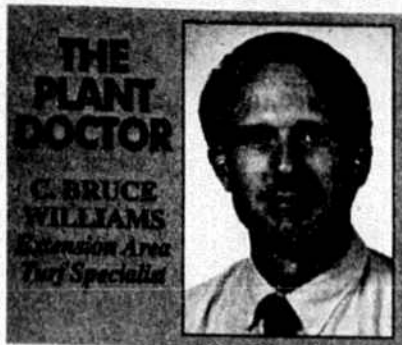
Choosing the "right" vegetable variety can be difficult. If you have had good experience with a certain vegetable variety, then I would certainly recommend you continue to cultivate it. However, if diseases, insects, and nematodes plague your garden, then consider planting some of the new and improved pest-resistant vegetable varieties.

I know a man that insists on planting the tomato variety "Rutgers" and every year he complains that his tomato crop fails. Something, like nematodes or a fungus, is always eating up or destroying his crop. Matter of fact, scientists often use "Rutgers" tomatoes in field experiments because they are so susceptible to diseases.

I have suggested to him on numerous occasions to switch to one of the disease- and nematode-resistant varieties, but he resists because one year (many years ago) he had a good crop of "Rutgers" tomatoes. Change comes harder to some than others.

North Carolina State University field tests hundreds of old and new vegetable varieties each year for yield, pest tolerance (disease, insect, and nematode susceptibility), fertility requirements and a host of other factors. Most testing is done to help the commercial vegetable farmer select cultivars that will be most profitable so not all the selections will be suitable for the average home garden.

Dr. Doug Sanders (Horticulture Department, NCSU) produces an information packet (Horticulture Information Leaflet "Suggested Commercial Vegetable Varieties," Janu-



ary, 1994) that details specific characteristics of most North Carolina-grown vegetables. This information leaflet can be reviewed at any North Carolina Cooperative Extension Office.

**1994 Suggested Commercial Vegetable Varieties** (also suitable for most home vegetable gardens!)

■ **ASPARAGUS:** Greenwich, Jersey Gem or Mary Washington;

■ **BEANS (snap):**

■ **Bush-type:** Atlantic, Bronco, Bush Blue Lake 47, Bush Blue Lake 274, Eagle, Goldrush, Harvester, Haleah, Opus, Pod Squad, Provider, Roma II, Spurt, Strike, Sunrae;

■ **Pole-type:** Dade, Stringless Blue Lake, White-Seeded Kentucky Wonder;

■ **LIMA BEANS**

■ **Bush-type:** Bridgeton, Early Thorogreen, Fordhook 242, Henderson Bush, Nemagreen (small-seeded but nematode-resistant);

■ **Pole-type:** Carolina Sieva, King of the Garden;

■ **CARROTS:** A&C Nantes, Camden, Danvers 126, Orlando Gold;

■ **SWEET CORN:**

■ **Early White:** Platinum Lady, Quick Silver;

■ **Mid-season White:** Alpine, Chalice, Silverado, Silverette, Snowbelle, Viva;

■ **Late-season White:** Camelot, Even Sweeter, Peasus, Silver Queen, Supersweet 8801, Frontier;

■ **Early Yellow:** Champ, Maple Sweet, Seneca Horizon, Sundance, 62Y;

■ **Mid-season Yellow:** Bellringer, Bodacious, Challenger, Crisp N' Sweet 711, Incredible, Landmark, Merit, Pinnacle, Supersweet 7210, Summersweet 7360, Zenith;

■ **Late-season Yellow:** Excel, Seneca, Sweetie;

■ **Bicolor types:** Butter & Sugar, Top Notch, Calico, Dazzle, Supersweet 8102, Supersweet 8502, Sweetie Bi Far, Sweet Sue, Biqueen;

■ **CUCUMBERS:**

■ **Slicers:** Centurion, Dasher II, General Lee, Guardian, Marketmore 76, Maximore 100, Poinsett 76, Revenue, Speedway, Sprint 440 S, Striker, Turbo, Val-91-Morello;

■ **Pickling types:** Calypso, Fanci-

pak, Napoleon, Raleigh, Transamerica;

■ **EGGPLANT:** Classic, Epic, Little Fingers, Long Tom, Sonata, Special Hibush;

■ **HONEYDEW MELON:** Honeybrew, Earli-Dew;

■ **CANTALOUPE:** Ambrosia, Athena, Burpee Hybrid, Cordele, Durango, Eastern Star, Gold Star, Primo, Summit, Supermarket, Ssuperstar, Tasty Sweet;

■ **OKRA:** Annie Oakley, Clemsop Spineless, Emerald, Lee

■ **SOUTHERN PEAS:** Colossus, Dixie Lee, Hercules, Mississippi Purple, Mississippi Silver, Princess Anne;

■ **PEPPER**

■ **Bell:** Capistrano, Keystone Resistant Giant #3, Jupiter, Pip, Yolo Wonder L, Bell Captain, Bell King, Camelot, Clovis, Elisa, Ggtorbelle, Hybelle, King Arther, Marengo, Melody, Mission Bell, Mitla, Orabelle, Purple Bell, Ranger, Skipper, Ssuperweet 860, Ssuperweet 862, Verde;

■ **Hot:** Hungarian Wax, Jalapeno M;

■ **PUMPKIN:** Autumn Gold, Big Max, Big Tom, Howden, Connecticut Field, Wizard, Ghost-Rider, Jack-Be-Little, Jackpot, Mammoth Gold, Munchkin, ProGold 500, ProGold 510, Small Sugar, Spookie;

■ **SQUASH**

■ **Summer:** Dixie, Elite, Goldbar, Lemondrop L, Medallion, Multipik, Seneca Prolific, Sunbar, Superpik, Supersett;

■ **Winter:** Buttercup, Butternut, Gold Nugget, Puritan, Table Queen, Tay Belle, Vegetable Spaghetti;

■ **SWEET POTATOES:** Beauregard, Cordner, Goldstar, Hernandez, Jewel;

■ **TOMATOES**

■ **Fresh:** Colonial, Duke, Flora Dade, Mountain Delight, Mountain Gold, Mountain Pride, Mountain Spring, Monte Verde, Pik-Red, Polar Set, Summit, Sunbeam, Sunny, Sunrise;

■ **Cherry Types:** Castlette, Cherry Grande, Mountain Belle, Red Cherry;

■ **Canning:** Heinz 722, Peto 882, Wolfpack I, Wolfpack 2;

■ **WATERMELONS:**

■ **Open-pollinated types:** Charleston Gray, Jubilee, Crimson Sweet;

■ **Hybrid types:** Early Jubilee, Fiesta, Jubilation, Mirage, Regency, Royal Jubilee, Royal Majesty, Royal Star, Royal Sweet, Sangria, Starbrite;

■ **Ice Box types:** Mickylee, Mini-lee, Sugar Baby, Tiger Baby;

Send your gardening questions or comments to the Plant Doctor, P.O. Box 109, Bolivia NC 28422.

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## Auditions Set For Two Cape Fear Shakespeare Productions

Cape Fear Shakespeare will hold open auditions on Monday and Tuesday, April 18 and 19 for summer productions of "Romeo and Juliet" and "The Tempest."

Auditions begin at 7 p.m. in the main studio of the Community Arts Center.

"Romeo and Juliet" will be performed at the DeRossett House, Second and Dock Street, June 3 and 4 and again June 17 and 18. The production will be directed by DeFoy Glen of Charlotte's GM Theatre.

"The Tempest" will be staged at Greenfield Lake Amphitheater June

10 and 11 and June 24 and 25. It will be directed by Daniel Morris of Wilmington.

Cape Fear Shakespeare is a non-profit production group co-sponsored by the City of Wilmington, the Arts Council of the Lower Cape Fear and private patron donations. Admission to all performances will be free, and curtain time is 8 p.m.

The classic productions contain roles for males and females of all ages. A prepared 90-second audition piece is recommended but not required, according to a news release.

For more information, call Cape Fear Shakespeare at (910) 251-9457.

**Brunswick Little Theatre Presents**  
**Kismet**  
Friday, April 15th  
Saturday, April 16th  
8 p.m.  
Odell Williamson Auditorium  
Brunswick Community College, Supply  
Tickets \$10.00  
Senior Citizens & Students \$8.00  
Ticket Information:  
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Tickets available at:  
Southport/Oak Island Chamber of Commerce  
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Prices in this ad good Wed., April 13 thru Tues., April 19, 1994. We Reserve The Right To Limit Quantities.