This Year’s Fab Five
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This year consider including plants in your garden that produce a lot of food, enhance the beauty of your landscape and preserve our cultural heritage. Don’t leave Seattle Tilth’s Edible Plant Sale on May 7 and 8 without these Fab Five for your city farm.

**Heirloom Vegetables**
Heirloom vegetable varieties offer great taste and are well suited to grow in our climate. Since heirlooms are open-pollinated, saving seeds from these plants is easy and helps preserve biodiversity and our cultural heritage. Look for heirloom tomatoes from Russia – these are bred for a short cool season and are tried and true producers.

**Perennial Edibles**
Plant some perennial vegetables and fruits this season. These plants just keep coming back like old friends and don’t require a lot of care after they are established. Perennial edibles require only a side dressing of fertilizer, some compost once or twice a year and moderate watering. Consider a patch of asparagus, rhubarb or artichokes. Many culinary herbs are perennial, adding savory tastes to dishes year round. Fruit trees and berries will produce oodles of juicy fruit just beyond your doorstep.

**Unexpected Beauty**
Integrate vegetables into your existing landscape for unexpected beauty and tasty dinners. Vegetable plants are beautiful accents to your ornamental garden. For unexpected color and delicious meals, interplant multicolored Swiss chard, lacinato kale, gourmet salad mix or leeks into your existing landscape.

**Preserve well**
Extend your harvest and eat from your garden all year by growing things that preserve or keep well. Fruit can be canned or frozen without special equipment. Hearty greens such as kale, Swiss chard and collards are easy to blanch and freeze. Leeks and onions can be cleaned, chopped and frozen without a dip in boiling water. Cucumbers, beans and other vegetables are easily pickled for a delicious treat from your pantry.

**Climbing or compact varieties**
Get the most out of your small space by growing plants that climb are well suited to grow in a container. Climbers growing up poles, or a simple, sturdy trellis, use very little space at soil level. Peas, pole beans, tromboccino squash, cucumbers and winter squash will produce abundantly in a small amount of soil. Compact varieties are well suited for those city farmers who don’t have land but want to grow food in containers. Look for bush varieties or determinate tomatoes.

Seattle Tilth inspires and educates people to grow food organically, conserve natural resources and support local food systems in order to cultivate a healthy urban environment and community. For more information, visit seattletilth.org.