

**Varieties of heirloom seeds and roots for  
The 1812 Garden  
Hamilton College  
2009 Season**

Sources: (click on the name to access the website of these organizations)

Baker: Baker Creek Heirloom Seeds (Mansfield, Missouri)

[www.rareseeds.com](http://www.rareseeds.com)

Bountiful Gardens, (Willits, California)

<http://www.bountifulgardens.org/Aboutus.asp>

Constable Hall (Constableville, NY)

<http://www.constablehall.org/>

Farmers Museum (Cooperstown, New York)

<http://www.farmersmuseum.org/>

Miller Nurseries (Canandaigua, NY)

<http://millernurseries.com/>

OSV: Old Sturbridge Village (Massachusetts)

<http://www.osv.org/>

Sand Hill Preservation Center (Calamus, Iowa)

<http://www.sandhillpreservation.com/>

Southern Exposure Seed Exchange (Mineral, Virginia)

<http://www.southernexposure.com/index.html>

SSE: Seed Savers Exchange (Decorah, Iowa)

<http://www.seedsavers.org>

TJC: Thomas Jefferson Center for Historic Plants (Monticello, Virginia)

<http://www.monticello.org/chp/>

## ASPARAGUS

**Jersey Supreme** From Clinton Agway (commercial roots)

## BEAN

**Iroquois varieties/Native seed: Tonawanda variant #2**

**(genepool/landrace) and Onondaga Yellow Eye.** All from Bryan Connolly (Mansfield Center, Connecticut CT CO B2 08)(member of Seed Savers Exchange CT CO B2 08) (planted in Three Sisters plot)

**Scarlet-runner “Painted Lady”** (*Phaseolus coccineus*) (transported From Mexico/South America to Europe and then to Colonial America sometime before 1750; Traditional English bi-color grown since 1596! The name made mention to Queen Elizabeth I, "who was heavily made up with rouge and white chalk." The gorgeous flowers of red and white are among the most beautiful of flowering beans. The large beans are also good as snaps, freshly shelled or as dry beans, which are chocolate and tan mottled in color.

Jefferson planted it in 1812; McMahan, the Philadelphia seed seller, wrote that it was grown in America exclusively as an ornamental; vines can be trained to grow over trellises. This bi-colored variety of Scarlet-runner Bean, with showy scarlet and white flowers, is an heirloom of garden origin. This tropical American species was popularized by 18th-century garden writer, Philip Miller. Jefferson planted Scarlet-runner vine in 1812 for its beauty and shade, noting: "Arbor beans white, crimson, scarlet, purple...on long walk of garden." Sow the large, mottled seeds 1-inch deep in well-prepared soil after the last frost. Climbs to 20 feet and requires a trellis, arbor, fence, or beanpoles for support. Beans are edible.) Saved seed (originally from OSV and TJC)

**Hyacinth** (*Dolichos lablab*) (a native of tropical Asia, vines can be trained to a fence or trellis and can reach 20 feet; sold by American nurseymen in early 19<sup>th</sup> c.) The Hyacinth Bean is featured on the arbor in the Monticello kitchen garden and draws countless questions from visitors every year. In the Garden Book in 1812 Jefferson mentioned, "Arbor beans white, scarlet, crimson, purple . . . on the long walk of the garden." This tender annual vine grows to twenty feet and produces attractive purplish-green leaves, showy rose-purple flowers and pods, and unusual black and white seeds. Although not mentioned by Jefferson, Hyacinth Bean was sold by his favorite nurseryman, Bernard McMahan, in 1804.

Plant seeds in sunny garden soil after the last frost, and give the plants plenty of room. A native of tropical Asia, the unusual seeds and pods are also very ornamental. TJC

**Jacob's Cattle Bush** (*Phaseolus vulgaris*) (an old variety once extremely popular in northern New England in 18<sup>th</sup> and 19<sup>th</sup> c., where it was used primarily as a dried bean) OSV

**Mayflower** (This is the bean that is said to have come to America with the Pilgrims in 1620. This old cutshort green bean has great flavor and the red/white beans are quite tasty. A long-time staple in the Carolinas.) Baker

**Early Yellow Six Week bush bean** (traditional American

bush bean mentioned in Fearing Burr's 1863 Field and

Garden Vegetables of America as having been in

cultivation for a hundred years or more) From Donald Gilliland (Genesee, Pennsylvania) (member of Seed Savers Exchange)

**BEETS** (*Beta vulgaris*)

**Early Blood** (dates back to 1825; Jefferson regularly planted Red, Scarlet, and White beets in the Monticello Kitchen Garden, as well as the coarse Scarcity Root, or Mangel-Wurzel, in his fields for livestock. Early Blood was a popular nineteenth century beet noted for its deep blood-red, remarkably sweet and tender flesh. Sow one-half inch deep in early spring or three-quarters inch deep in late summer. Prefers even moisture, moderate temperature, deep garden loam, full sun.) TJC and OSV

**Early Wonder Beet** 50 days. An old heirloom, pre-1811 variety. Early, smooth, round beet. Baker

**Cylindra** (introduced From Denmark in the 1880s) OSV

**Chiogga (Bassano)** (first introduced to America From Italy in late 1840s) OSV

**Golden Beet** 55 days. This variety dates back to the 1820s or before. The beets are a rich, golden-yellow and very sweet. A beautiful beet that won't bleed like red beets. The greens are also very tasty. Baker

**BERRIES**

**Barberries**

**Gooseberries "Pixwell"** Miller Nurseries [died; reordered 7/7/09]

**North American Cranberry** Miller Nurseries

**CABBAGE** (*Brassica oleracea*)

**Early Jersey Wakefield** (Introduced From England in 1840; first grown in the U.S. by Francis Brill of Jersey City, NJ; became a popular early-season variety in NYC markets; Numerous types of cabbages were planted in Jefferson's gardens throughout his lifetime, including French, Milan, Savoy,

Ox-heart, Roman, Scotch, Sugarloaf, York, and Winter. Early Wakefield forms a compact, somewhat conical head with glaucous-green leaves. It is a fine early heading variety, occupying little garden space and was popular in nineteenth century markets. Sow one-quarter inch deep in early spring, indoors or direct. Space six to twelve inches apart in a rich garden loam. Full sun.) OSV and TJC

**Premium Late Flat Dutch** (an old Dutch variety brought to Colonial America; especially popular during the 17<sup>th</sup> and 18<sup>th</sup> centuries) OSV

**Winnigstadt** (a “sugar loaf” shaped cabbage cultivated in the 1800s) OSV

## **CARROTS**

**Long Orange Improved** (Introduced 1620 by Dutch breeders, brought to N. America by early settlers) From Southern Exposure Seed Exchange (Mineral, VA)(member of Seed Savers Exchange)

**Danvers Half Long** (developed in Massachusetts in 1870) From Farmers’ Museum (Cooperstown, NY)

## **CAULIFLOWER** (*Brassica oleracea*)

**Purple Cape** (introduced From South Africa in 1808)(Best planted in a coldframe and overwintered. 200 days from transplant!) SSE

## **CORN (MAIZE)** (*Zea mays*)

**Iroquois Nation landrace: Katie Wheeler Calico** (From Bryan Connolly (Mansfield Center, Connecticut)(member of Seed Savers Exchange CT CO B2 08)

[Bryan Connolly saved seed from the Eastern Native Seed Conservancy (now defunct)]

[Note: all corn freely cross-pollinates, so only one variety can be grown in the 1812 Garden in any given year, and it will need to be tented at pollination time.]

**CUCUMBER** (heirloom cucumbers are scarce because so many were susceptible to disease)

**Early Green Cluster** (introduced in 1778) and **Improved Long Green** (introduced in 1842 From Foxfire Farm) From Sand Hill Preservation Center, Glenn and Linda Drowns (Calamus, Iowa)(member of Seed Savers Exchange)

## **GRAPES**

**Catawba** From Miller Nurseries, (Canandaigua, NY)

## **HERBS**

**Beebalm [Oswego Tea]**

**Chives**

**Comfrey** From (plant originally from Herkimer Home, Little Falls, NY)

**Coneflower** (*Echinacea purpurea*) Purple Coneflower is native to the central and southeastern United States and is valued for its showy pink, daisy-like flowers and its drought tolerance. It was first exported to Europe in 1699 by John Banister, the Virginia Botanist. Tom Fessendon, an important nineteenth-century garden writer, said Purple Coneflower was "very durable . . . and much admired." Identified by The Lewis and Clark Expedition 1804-1806. collected and shipped back to Philadelphia, it was distributed to The McMahan Nurseries, The Landreth Nurseries and The Bartram Nurseries with the understanding that these nurseries would cultivate the plant material and make it available to the American public.)

**Costmary** "Bible Leaf" (*Tanacetum balsamita*)

**Germander**

**Goldenrod** From Farmers' Museum (Cooperstown, NY)

**Hyssop** (*Hyssopus officinalis*) (medicinal herb with a long history; 19<sup>th</sup>-c. households used it in teas to relieve cold symptoms, relieve asthma and lung complaints) OSV

**Lady's Mantle** (*Alchemilla vulgaris*)

**Lamb's Ear**

**Lavender**

**Lemon Balm** (*Melissa officinalis*) (cultivated in Europe by 1551; Listed among Jefferson's garden herbs in 1794) TJC

**Marjoram**

**Rosemary**

**Rue**

**Salvia** "Blue Hill"

**Savory** (*Satureia hortensis*)

**Solomon's Seal**

**Sorrel**

**Southernwood** From Farmers' Museum (Cooperstown, NY)

**Thyme** (*Thymus vulgaris*)

**Wormwood**

**Yarrow**

**Yucca** (Adam's Needle) (*Yucca filamentosa*) The silk grass of early fame in Virginia. Said to have been introduced to England by Sir Walter Raleigh (Leighton)

## **HOPS**

Fuggle From Farmers' Museum (Cooperstown, NY)

**HORSERADISH** (root originally from Constable Hall, Constableville, NY)

**JERUSALEM ARTICHOKE** (*Helianthus tuberosus*)

“Beaver Valley Purple”- tan roots with purple tinge and stripes, stalk grow 8' with beautiful yellow flowers in mid-Sept. Originally from PA WE W from farming community near Pine Grove, PA; From Kristin Howard and Erbin Crowell (Cepachet, RI) (member of Seed Savers Exchange RI HO K 09) [this root did not emerge as of 7/7/09; but a local backyard variant is doing well in the herb garden.

**LETTUCE** (*Lactuca sativa*)

**Paris (Parris) White Cos** (first recorded by Jefferson in 1794) TJC

**Spotted Aleppo (Speckled Trout)** (an 18<sup>th</sup>-c. romaine lettuce; sold by Philadelphia seedsman, Bernard McMahon, in 1804) TJC

**Brown Dutch** (frequently mentioned in Jefferson's garden at Monticello between 1809 and 1824; mentioned as early as 1731 by British botanist Stephen Switzer) TJC

**Tennis-ball** (grown before 1830; a favorite of Thomas Jefferson at Monticello) OSV and TJC

**MELON** (heirloom melons are scarce because so many were susceptible to disease; melons were introduced to the New World by Columbus)

**Anne Arundel Muskmelon** (Grown in Anne Arundel County, Maryland, as early as 1731; appears in the paintings of the Peale family of Philadelphia in the 1800s) TJC

**Jenny Lind** (believed to have originated in Persia; this is a green-fleshed melon typical in the 19<sup>th</sup> c.) From Farmers' Museum (Cooperstown, NY)

**PARSNIPS** (*Pastinaca sativa*)

**Student** (Appears in American seed catalogues by 1860; Fearing Burr cites its origin at the Royal Agricultural College in England) OSV

**Hollow Crown** (variety grown before 1850) Tasty white long roots, sweet flavor, harvest after frost, a standard in all fall gardens. A popular variety in the 1820's with very long roots. Baker

## **PEAS** (*Pisum sativum*)

**Dwarf Gray Sugar** (Offered in the New England Farmer Seed Store's 1836 catalogue) OSV

**Ne Plus Ultra garden pea** (From 1843; white blossoms; climbs to 5-6 feet; needs strong trellising) From Donald Gilliland (Genesee, Pennsylvania) (member of Seed Savers Exchange)

**Carling soup pea** (traditional English soup/frying pea; dates back to the Elizabethan era; strongly associated with the English holiday Carling Sunday; purple blossoms; climbs to 8 feet; needs strong trellising) From Donald Gilliland (Genesee, Pennsylvania) (member of Seed Savers Exchange)

## **POTATOES**

**Cups** (pre-1770 variety; collected by William Woys Weaver, author of Heirloom Vegetable Gardening), From the Beamish Museum in Durham, England) From Donald Gilliland (Genesee, Pennsylvania) (member of Seed Savers Exchange)

**Lumpers** Medium - large "lumpy-shaped" tubers with white skin and white flesh. A watery, bland-tasting, but heavy yielding potato variety, the Lumpers, is introduced to Ireland in 1808. Infamous for its vulnerability to blight which cause the Irish potato famine in the 1840's. W3 claims that this cultivar is terrific for traditional Irish Boxdy - it is a pre-1800 variety. Widely grown in in UK before 1845. From Curzio Caravati (Kenosha, WI) (member of Seed Savers Exchange WI CA C 09) Seed acquired by Curzio in 2008 from J PA WE W.



**Yam Yam Potato**

Medium-small tubers which grow showing features typical of very old cultivars - before commercial farming bread tubers to more regular shapes - yellow flesh, from England (earlier than 1750), maybe parent to Parli. Very rare variety. Very late variety - the last vegetation to die off. Tuber set is very shallow. From Curzio Caravati (Kenosha, WI) (member of Seed Savers Exchange WI CA C 09

Source: MI B07



## **PUMPKIN**

**Connecticut Field** (*Cucurbita pepo*) (Pre-1700 cultivar of Native Americans origin. earliest settlers obtained this old variety From Native Americans; commonly raised in native custom—grown together with Indian Corn; 100 days. (C. pepo) The heirloom pumpkin of the New England settlers and Indians, several hundred years old, golden fruit weigh about 20 lbs each. This is a truly old variety, can be used for pies, the traditional American pumpkin. Pumpkins were grown in Jefferson's fields both for the Monticello table as well as for feeding the workhorses, cattle, sheep, and pigs in late summer. Jefferson enjoyed a "potato-pumpkin," which he described as a substitute for sweet potatoes. In Notes on the State of Virginia, he recorded their use by the Native Americans. 'Connecticut Field' is a large, yellow nineteenth century variety with a soft skin. Plant three to four seeds two inches deep in rich, well prepared hills after last frost. Full sun.) OSV, Baker and TJC

**Long Pie** (*Cucurbita pepo*) (New England heirloom, originated in the Azores, came to Nantucket on a whaling ship in 1832) OSV

**Long Island Cheese** (*Cucurbita moschata*) (Fearing Burr attests the variety was extensively cultivated in the Middle States at the time of the Revolutionary War; 105 days. (C. moschata) A longtime favorite on Long Island, very popular for pies. Flat, lightly ribbed fruit look like a wheel of cheese, with buff colored skin. A very good keeper, of excellent quality, 6-10 lbs. each, a beautiful heirloom variety. ) Baker and OSV

## **RADISHES** (*Raphanus sativus*)

**China Rose Winter** (a variety planted in mid-summer and harvested in late fall; One of the oldest types of radish, very hardy, a fall/winter type. Roots are about 5" long, and a rose color. Introduced in the US about 1850) OSV, Baker and TJC

**Round Black Spanish** (probably brought to America by the early colonists; Large 5" winter type, probably grown since 16th century or before. Deep, near-black skin and snowy white flesh, will keep all winter in good conditions. Fine, fairly hot flavor, good raw or cooked) Baker

## **RHUBARB**

**Common rhubarb** (*Rheum rhaponticum*, introduced into Britain in 1573 From Asia) Pale stalks from an old garden in Waterville, NY.

## **RUTABAGA**

**American Purple Top** (Swedish Turnip) (*Brassica napus*) (introduced into US around 1800) OSV

**SQUASH** (all three of these varieties are attested among the Iroquois)  
**Canada Crookneck** (*Cucurbita pepo*) (a NYS Native seed) From Bryan Connolly (Mansfield Center, Connecticut)(member of Seed Savers Exchange CT CO B2 08) (planted in Three Sisters plot)

**Boston Marrow** (*Cucurbita maxima*) (originates From J. M. Ives of Salem, MA, who received seeds From a friend in 1831. Originally obtained from Native Americans in NYS) SSE

[Note: squash within the same species will cross-pollinate, so if one wants to seed-save, use only one variety of the *C. pepo* crooknecks]

## **TOMATO**

**Large Red** This pre-1830 variety was documented as being grown in Hancock, Mass., by the Shakers in the 1830s. In 1865 Fearing Burr stated, “from the time of introduction... the large red was almost the only kind cultivated, or even commonly known.” Baker

## **TURNIPS** (*Brassica rapa*)

**Purple Top White Globe** (developed before 1865) SSE

[Biennial. In order to save seed: Dig up plants before hard frost in fall, trim tops to 2” and store roots in sawdust or sand in a root cellar. Replant in spring.)

## **FLOWERS**

**Striped French Marigold** (*Tagetes patula*) Curtis' Botanical Magazine is a popular London periodical that, beginning in 1787, has illustrated the latest in floral fashions. A handsome form of Striped French Marigold was illustrated in a 1791 issue. French marigolds are the easiest of flowers to grow. Sow the seeds in a well prepared, sunny site after the last spring frost date. The plants will grow to three feet in height and create a dazzling display until the first frost in the fall.

(early records record marigolds being planted in potato plots) OSV

**Sunflower Mammoth** (variety grown as early at 1800) From Farmers' Museum (Cooperstown, NY)

**Money Plant** (*Lunaria annua*)

Honesty, or Money Plant, is named for its showiest feature--its two-foot stalks of silvery, coin-shaped seedpods. It was among the first European

flowers grown in American gardens, and was valued for its seed pods and edible roots. Seeing the small purple flowers on April 25, 1767, Jefferson remarked, "Lunaria still in bloom, an indifferent flower."

This biennial is best sown outdoors in summer, where it will bloom the following spring. When the seed pods are ripe they may be cut and brought indoors for winter decoration. If some are left in the garden, the plant can persist for generations by self-sowing.

### **OTHER PLANTS (experimental in 2009 garden)**

#### **Balsam Apple** (*Momordica balsamina*)

A curious, tendril-bearing annual vine native to the tropical regions of Africa, Asia, and Australia. Although the pale yellow, deeply veined flowers of Balsam Apple have a subtle beauty, its round, somewhat warty, bright-orange fruits, or "apples", are its most distinguishing feature. When ripe, the fruits burst apart, revealing numerous seeds covered with a brilliant scarlet, extremely sticky coating. The Balsam Apple was introduced into Europe by 1568 and was used medicinally to treat wounds. In 1810 Thomas Jefferson planted this vine in his flower borders at Monticello along with Larkspur, Poppies, and Nutmeg Plant. Sow the seeds about one-half inch deep in fertile, well-prepared garden soil during late spring. Balsam Apple thrives in a warm, sunny location and will bloom until frost. TJC

#### **Mammoth Sandwich Island Salsify** (See Bridgeman p. 80)

(*Tragopogon porrifolius*) Heirloom, native of Europe, tasty in soups and stews, or cooked alone. Plant in spring, dig in fall, a non-sweet parsnip-like root. This variety dates back to the 1800's. Young plants look like grass. Salsify is a European favorite grown since at least the Thirteenth Century. Surface-sow in place in early spring for autumn roots. Thin the plants to 2 inches apart. Plants are perennial, and will bloom starting the second year from sowing. Both the early spring shoots and the unopened flower bud are traditionally eaten, making Salsify a very versatile vegetable. [did not sprout as of 7/7/09]

#### **Scorzonera Geante Noire De Russie** (See Bridgeman p. 80)

A popular European variety that has flavorful black roots that are extra long. Much like salsify, but Scorzonera has dark roots. This old-fashioned vegetable is great harvested in the fall after frost. A favorite variety with chefs

### **FERTILIZERS added in 2009:**

**Composted horse manure**—from Mark Lewandrowki

**Guano:**

Baron Von Humboldt reports Indians of Peru using dried bird dung (guano) as fertilizer on their crops in 1800-01.