



*Papaver somniferum*  
Brief beauty, long-lasting health.

Gorgeous poppy petals, as thin and delicate as crepe paper, don't last long. The seeds, however, are vessels of endurance. Rich in omega-3s, phosphorus, calcium, magnesium, a wide range of vitamins, and all of the essential amino acids, poppy seeds are exceptionally nutritious, contributing to health and, it is said, to longevity. Used in culinary creations all over the world as a spice, condiment, garnish, and dessert base, poppies yield hundreds of thousands of seeds from just a few plants.



*Curcubita pepo*  
Yellow and green striped zucchini.

Seeds are biologically designed for travel. During the period of European colonization, they traveled farther and faster than they ever had before, as mariners brought seeds of American crops back to their homelands. Hundreds of years of selection later, seeds of many of these crops in new and varied forms re-crossed the Atlantic with immigrants. For eating, pick this variety at the dinghy stage rather than waiting for it to turn into a yacht. Saving seeds? Let it grow as big as a battleship.



*Ocimum basilicum*  
Classic basil for pesto boasts excellent flavor and quality.

Hundreds of years ago, Genovese villagers selected this basil for making pesto. It features large, thick, deep green leaves on sturdy plants. Yes, you can make pesto with a food processor. But why not spend a half hour on some breezy, summery day making it the old-fashioned way with a mortar and pestle? (Ah, now you know where that word comes from!) No time for pesto tonight? Not to worry: this variety is also the ideal basil for stews, soups, and sautés.





*Petroselinum hortense*  
Standard flat-leaf variety grows long stems and robust leaves.

The most popular herb in the Western world, parsley has a bright, unmistakable tang that unites and amplifies the flavors of any dish. Of Mediterranean origin, it is now grown nearly everywhere. In temperate climates it is biennial; with the protection of a cold frame or snow cover, it comes back each spring and can be harvested for about a month before it goes to seed. This large-leaved, heavy-yielding variety is wonderful in gremolata: chop finely, then mix with lemon zest, garlic, and olive oil; salt to taste. This variety produces big, flat, leaves on robust plants; a true giant!



*Lactuca sativa*  
Very hardy, heat-and cold-resistant crisphead.

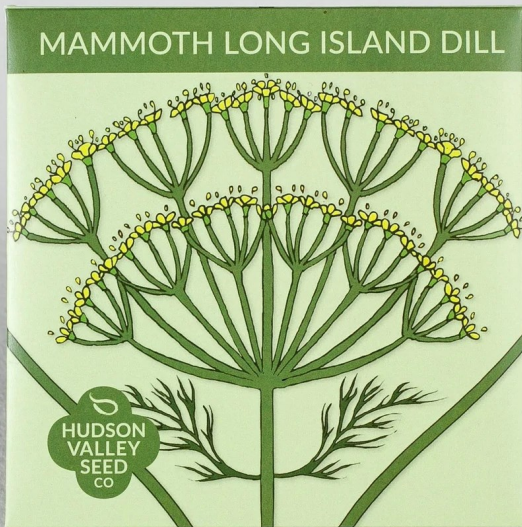
Are plant breeders fools or oracles, magicians or scientists? In the case of Frank Morton, all of the above. Out of his deck of traits, Frank created this entertaining lettuce, destined to become an heirloom of the future. This highly adaptable variety will perform well in all growing seasons and has excellent heat and cold resistance. It forms a tight, savoyed head with bold red and pink splashes of color, and is firm and crisp in texture. Harvest from baby-leaf size until the heads are fully mature, at which point they will have a crunchy, sweet core.



*Nicotiana glauca*  
Very fragrant night-blooming annual in shades of lavender and white.

On sultry summer nights, when the air stays saturated and the thunderstorms roll in the distance, this aptly named nicotiana releases a cloud of intoxicating, jasmine-meets-honey aroma that scents the air to great distances. We received this variety from the proprietors of Daggawalla Seed in Portland, Oregon. Their catalog, since closed, listed over 15 varieties of nicotiana; we trialed many and found this one to be a stunner. A bonus: blooms vary in intriguing ways from plant to plant.





*Anethum graveolens*  
For pickles and beyond.

Beyond its pungent flavor and culinary versatility, dill has a long history of medicinal use. Ancient Egyptians referred to dill as a soother; gladiators believed it imparted courage; churchgoers felt the seeds sparked alertness; and villagers considered dill a protective charm. Dill still makes great pickles. But what of its other uses for the modern age? Where do we most need to be soothed, courageous, alert, and protected? Traffic jams on Long Island. We particularly enjoy our early mornings in the seed garden when the dew-dropped dill refracts the sunlight. Grow this herb for its flavor, and you may just prevent road rage to boot.



*Solanum lycopersicum*  
Pale glowing orbs that defy every terrestrial challenge.

The Dwarf Tomato Project, a cooperative plant breeding venture between growers in the United States and Australia, has produced loads of new varieties in recent years. We adore this one for its small, tasty, gorgeously pale-colored fruit and the plants' solid stature and disease resistance. Although the fruit are lunar white, Mandurang, a town in Australia, means "Black Cicada" in the indigenous language of the area. They are equally enjoyable under the constellations of either hemisphere.



*Capsicum annuum*  
Fry or roast to blister, and salt for the perfect savory snack.

The name "Shishito" means "Lion Pepper." Fiercely flavored with a stable temperament, Shishitos are indeed lion-like. If you've ever had a plate of green shishitos, prepared to perfection, salty and perfectly spicy and softened by a brief sauté, you've undoubtedly thought about growing your own. And why not? Finding the peppers in stores is difficult; growing your own is straightforward, inexpensive, and allows you to binge each summer on a very special treat.





### Zinnia elegans

A mix of red, pink, purple, yellow and orange.

This antique flower harkens back to the days when the state fair was the place to be. Farmers and gardeners would bring their best harvests to try and win first prize. Tastiest tomato, heaviest pumpkin, sweetest corn, or best flower arrangement. There were, and are, many categories to enter your homegrown goods. Vegetable and flower awards are making a comeback at state fairs, farmers markets, and granges all over the country. Enter State Fair at your state fair and see how you fare!



### Pisum sativum

Beautiful, unusual snap pea, with good, sweet flavor

Oregon farmer and free thinker Alan Kapuler, aka Mushroom, has been growing, saving, and breeding new open-pollinated plants through Peace Seeds for decades. His varieties, like the twisting, outstretched hyper-tendrils of this purple sugar snap pea, have become intertwined with multiple generations of his family tree: his children are also seeds people. Combined with the delicious and abundant shoots and tendrils, which are also edible, these snappy purple pods are everything you need for a salad or sauté.



### Tithonia rotundifolia

Effusive and crowd-pleasing red-orange blooms

A native of Mexico, Torch Tithonia grows at a slow burn until midsummer heat triggers an explosion of blooms that blaze into fall. The vibrant red-orange flowers attract hummingbirds, butterflies, and bees. A relative of zinnias and sunflowers, this striking plant resembles both. At heights of up to 6 feet, you will understand why it is commonly called "Mexican Sunflower," but once it blooms, you will see the close relation to zinnias. Grow this tall, showy annual in back of borders or in a mass planting for the most fiery effect.



*Tropaeolum majus*  
Edible pastel blooms against alluring white-washed leaves.

Everyone loves nasturtiums. Their profuse, round leaves and cheery, flat-faced blooms serve as a wonderful easy-to-grow ground cover. The leaves of this variegated variety are mottled white and green, while the flowers are deeply-hued pastels. The combination is a striking one, and its visual charms alone make it worth growing. But don't just look, taste! Nasturtiums are delicious: use the peppery leaves and flowers to enliven salads, and pickle the immature seeds as a substitute for capers!

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