



## **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  
Leeks  
Lettuce and other salad greens  
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

Celebrity

Early Girl

Mountain Magic (smaller tomatoes but very disease resistant)

Roma or Howard German (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) African Blue Basil 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)

Rosemary (sometimes not hardy – plant in pot and bring indoors or consider an annual.)

Sage (perennial)

Thyme (perennial)

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