

# **VEGETABLE RESEARCH PROJECTS**

UMass Research Farm Field Day, August 13, 2003

## **18th Century Vegetable Heirloom Project**

**Sponsored by the Western Massachusetts Master Gardeners  
Association**

And

### **Historic Deerfield**

Nancy and John Howell

Our garden focuses on the crops which would have been used in open hearth cooking in the 18<sup>th</sup> century. In an effort to show visitors including school tours, the kinds of vegetables grown and used locally, we are growing heirlooms which would have been grown in the area over two hundred years ago. Much of the food preparation at Historic Deerfield is based on seasonality. In our demonstrations we will show preparation and preserving of these heirlooms. In this way we can add an additional element of reality.

#### **Varieties used:**

Long Island cheese pumpkin  
Green nutmeg melons  
Oxheart or guerande carrot  
Early blood turnip beet  
American purple top rutabaga or Swedish turnip  
White wonder cucumber  
Heirloom greens: Tennis ball, red-flecked speckled  
and rouge d'Hiver lettuces  
Early white bush scallop squash  
China rose radish  
Windsor broad (fava) beans  
Borage  
Jacobs cattle bean  
Citron red seeded watermelon  
New Zealand spinach  
Connecticut field pumpkins  
True red cranberry bush bean  
Early Jersey Wakefield cabbage  
Late flat Dutch cabbage  
Mammoth red mangel wrutzel beet

Big rainbow tomatoes\*  
Black crim tomatoes\*  
Aunt Ruby's German green tomato\*  
Cinderella pumpkin\*

\*not historically accurate, just for fun!

Sources:

Old Sturbridge Village, Sturbridge, MA  
Botanical Interests, Inc. Broomfield, CO