



ROW 7

seed
co.

2024



REWRITE THE RECIPE

Long before a cookbook is cracked—even before farmers sow their fields—plant breeders write recipes for our ingredients. The problem? Too often, they are asked to select for commodity traits at the expense of good food, nutrition and our environment.

What if we could help rewrite the recipe?

Since 2018, we have worked alongside plant breeders, chefs, farmers, gardeners and eaters to do just that, selecting delicious new vegetables for your fields and kitchens.

Today, the experiment continues. We are partnering with regional organic growers to bring Row 7 vegetables to your local produce section. The end goal? Tastier food, healthier soil, more diverse and nutritious diets for as many people as possible. In other words, a revolution we can all get behind. Thank you for making it possible.

CERTIFIED ORGANIC (F1 HYBRID)
ALLIUM PORRUM

SWEET GARLEEK

BREEDER: HANS BONGERS

THE BEST OF SWEET ONION AND GARLIC IN ONE ALLIUM.

During his decades of working with garlic and leeks from all over the world, allium breeder Hans Bongers identified a unique leek with uniformly straight shafts and a distinct garlicky flavor. He spent 10 years developing this trait, creating a cross that would express the sweetness of leeks with the mild, savory notes of garlic. The result of this love match, Sweet Garleek was first introduced to us by Bejo Seeds and immediately opened up a whole new world of allium possibilities. Sweet Garleek was trialed over multiple seasons by our participatory Trial Network of chefs and growers, who provided early feedback on the Sweet Garleek and explored its applications in the field and the kitchen. Chefs commented on the delicious, concentrated flavor, buttery texture and whole-plant deliciousness, tender green tops and all. Sweet Garleek grows from spring to fall. We recommend harvesting at 1/2- to 3/4-inch diameter to maximize its tenderness and natural garlicky flavor.

50 SEEDS - \$5.95
100 SEEDS - \$10.50
500 SEEDS - \$40.00
1,000 SEEDS - \$75.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Sweet Garleek seeds were produced in the Netherlands.

NEW
VARIETY



DAYS TO HARVEST

110 days

SPACING

6" spacing in-row, 6" between rows

PLANTING

Start seeds in plug trays 6 weeks before transplanting. Sow 3-4 seeds per plug.

GROWING

Plugs with more than four plants will yield curved shanks and will be out of spec. Keep well and evenly watered until established.

HARVEST

Undercut or hand pull when shafts reach 1/2" to 3/4" in diameter.

TEAGAN LETTUCE

BREEDER: RICK MACHADO

A RESILIENT LETTUCE WITH REAL FLAVOR AND CRUNCH.

When it comes to breeding, Rick Machado believes in the adage ‘only the strong survive.’ In the rugged climate of Bakersfield, California, he’s spent years selecting vegetables for drought and bolt tolerance, but it’s his culinary imagination that drew us to him. Take Teagan, a stunning, semi-heading lettuce that Rick developed in his backyard plot. Inspired by Regina dei Ghiacci (“Ice Queen”)—an Italian lettuce with more robust flavor than conventional iceberg—he crossed the heirloom to a red leaf lettuce, hoping to combine the best of both. Throughout the selection process, Rick applied as much stress as possible to the plants to ensure they could endure the toughest conditions, on average saving seed from only 5 out of every 100 plants. The result is a succulent, maroon-painted lettuce that’s as resilient as it is beautiful. Teagan will add serious flavor and delightful crunch to your favorite salads and sandwiches. But patience is key—be sure to let it reach full maturity.

250 SEEDS - \$3.95
1,000 SEEDS - \$9.25
5,000 SEEDS - \$22.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Teagan lettuce seeds were produced in California. Each seed sold supports Rick Machado's plant breeding research.



DAYS TO HARVEST
65 days from seeding

SPACING
12" in-row, 18" between rows

PLANTING
Direct sow 1/8" deep after soil temperatures reach 45°F; or start seeds in greenhouse 3–4 weeks before transplanting.

GROWING
Bolt resistant. Keep well cultivated until leaf canopy closes. Maroon shading intensifies with sun exposure.

HARVEST
Most delicious at full maturity; not recommended as baby leaf. Harvest after the core has filled in, around 65 days from seeding.

DAKOTA DAWN POTATO

BREEDER: SUSIE THOMPSON, NORTH DAKOTA STATE UNIVERSITY

A DELICIOUSLY SMOOTH, COLOR-SPLASHED POTATO.

North Dakota State University breeder Asunta (Susie) Thompson serves one of the nation's largest potato-growing regions, developing improved varieties for commodity markets. While these markets are important for growers in North Dakota and beyond, they are also rigid in how they define potato quality; any varieties that don't conform to existing market standards are often rejected. Several years ago, chef Dan Barber sat next to Susie on a panel and asked her, "What's the one potato from your breeding selections you can't throw away?" Susie answered immediately, wistfully describing an experimental variety with color patches that could fluctuate from reddish purple to bluish purple depending on the season. Despite having a remarkably rich flavor, the variety was deemed unsuitable for the mass market. "No one wants an inconsistently colored potato," she explained. But Row 7 does. Especially when it comes with flavors of sweet potato, burdock and toasted grains, and a memorably creamy texture that's perfect for roasting. We're thrilled this singular—and singularly delicious—potato has finally found its way to market.

1 POUND - \$13.50
5 POUNDS - \$35.00
10 POUNDS - \$75.00
50 POUNDS - \$145.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Dakota Dawn seed potatoes were produced in New York. Each seed potato sold supports public plant breeding research at North Dakota State University.



DAYS TO HARVEST

105 days

SPACING

9-12" between plants; 3' between rows

PLANTING

Plant in fertile soil in 3-4"-deep furrows. Tubers 2" or larger can be cut in half with at least two "eyes" per piece.

GROWING

Hilling: Mound soil to cover half of the plant. Repeat until hills are 12" tall.

HARVEST

For mature potatoes, dig tubers about 2 weeks after foliage has died back. Cure for one week before storing. For longest storage life, store at 40°F at 90% humidity.

DELFINO CILANTRO

ROW 7 SEED CO.

A STUNNING CILANTRO DESERVING OF A COMEBACK.

This delicious innovation on cilantro stands out for its feathery fronds and subtle, citrusy flavor. Row 7 team member Zach Pickens first encountered Delfino as a market grower in New York in 2011. Impressed by the slow-to-bolt plants, he found that local chefs were just as enchanted by the crop's delicate foliage, which is striking on the plate and holds up well to fine chopping in the kitchen. The only downside? The variety had recently been discontinued. Zach tracked down a handful of seeds and used them to increase his own supply, saving seed from the best plants. Ten years later, we're thrilled to showcase this unique variety. Delfino is tasty at every stage, with leaves, young blossoms and coriander seeds all providing variations on its bright, fresh flavor.

200 SEEDS - \$4.25
1,000 SEEDS - \$8.00
1 OUNCE - \$15.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Delfino cilantro seeds were produced in Oregon and Washington.



DAYS TO HARVEST

60 days from seeding; bolts after 80-85 days

SPACING

3-5" spacing; 6" between rows

PLANTING

Direct seed in soils with temperatures above 65°F; thin to desired spacing.

GROWING

Well-drained soil. Succession plantings will ensure productivity throughout the season.

HARVEST

Snip what you need for cut-and-come-again harvest, or clear cut the entire plant. Plants can reach upwards of 2' and continue to be harvested. Harvest at every stage: leaves, flowers and seeds are all edible.

SEED SPECS

Average 3,100 seeds/oz.

BADGER FLAME BEET

BREEDER: IRWIN GOLDMAN, UNIVERSITY OF WISCONSIN-MADISON

A GATEWAY BEET, BRED TO BE EATEN RAW.

This sweet, flame-colored beet is the brainchild of breeder Irwin Goldman. Irwin is passionate about focusing people's attention on the characteristics in vegetables that typically go unnoticed. In this case, he wanted to create a visually striking beet, one with a vibrant orange-yellow interior and cylindrical shape. But he also wanted to take on the beet's dirty reputation—the earthy flavor that many blame for their beet aversion. It turns out this signature earthiness is caused by geosmin, an organic compound produced primarily by microbes in the soil, but also by certain plants. Irwin's lab has spent years searching for the genes that produce this earthiness in beets and, in doing so, discovered how to change their flavor. The result? A beet that is mild and sweet, and good enough to eat raw.

100 SEEDS - \$4.95
1,000 SEEDS - \$17.50
5,000 SEEDS - \$45.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Badger Flame beet seeds were produced in Montana, Oregon and Washington. Each seed sold supports public plant breeding research at University of Wisconsin-Madison.

The Badger Flame beet is a Plant Variety Protected variety. Anyone interested in commercial seed production or sale of this variety should pursue a license with University of Wisconsin-Madison.



DAYS TO HARVEST
85 days from seeding

SPACING

3–4" between plants; 12–18" between rows. For direct seeding, sow heavy to ensure a strong stand; thin seedlings to 3–4" apart.

PLANTING

For transplanting, start seeds indoors 5–7 weeks before last frost. Harden off seedlings and transplant 3–4 weeks after sowing, when soil temperatures are at least 45°F. For direct seeding, sow ½" deep into well-worked, 55°F+ soil. Carefully maintain moisture through germination.

GROWING

Tolerant to foliar diseases. Boron deficiency can cause internal rot, known as black heart; confirm adequate boron levels with a soil test. Optimal pH 6.0–7.0.

HARVEST

Harvest cylindrical roots at 5"+. For storage, cut tops ½" above the crown. Store at 33–40°F and 95% humidity. Stores up to 3 months.



FAST LADY NORTHERN SOUTHERN PEA (COWPEA)

BREEDER: CAROL DEPPE

A CREAMY SOUTHERN PEA BRED FOR NORTHERN CLIMATES.

This soil-rejuvenating crop was bred for earliness in the field and creaminess on the plate. Southern peas, also known as cowpeas, originated in West Africa and are foundational to African Diaspora foodways in the American South and beyond. Oregon-based plant breeder Carol Deppe recalls eating Southern peas while living in Georgia as a teenager. The memory of their flavor inspired her to plant a trial of several Southern pea varieties at her home in Corvallis, OR, hoping to find at least one that would mature in Oregon's cooler summers and colder nights. Just a single plant from one line—a "Lady" pea prized for its culinary qualities—was early enough to produce dry seed. Deppe saved the seed from the special plant and continued to select over many years for earliness, bush type and vigor in her climate and organic growing conditions, eventually arriving at a variety that would produce abundantly in her region. She named it Fast Lady Northern Southern Pea, a nod to its earliness and northern adaptation—though it thrives in hot climates, too. Fast Lady is delicious fresh or dried. Immature green pods release shelly peas that are sweet and succulent. The cooked dry beans have a memorably creamy texture and delicate flavor.

1/4 OUNCE - \$4.25
1 OUNCE - \$8.50
1/2 POUND - \$29.50
1 POUND - \$50.00

This is an Open Source Seed Initiative variety. You have the freedom to use these OSSI-Pledged seeds in any way you choose. In return, you pledge not to restrict others' use of these seeds or their derivatives by patents or other means, and to include this pledge with any transfer of these seeds or their derivatives.

Our Fast Lady seeds were produced in Oregon. Each Fast Lady seed sold supports Carol Deppe's plant breeding research.



DAYS TO HARVEST

65 days for fresh shelling; 95 days for dry

SPACING

4-6" between plants; 2-3' between rows

PLANTING

Direct sow seeds 1" deep after last frost, when soil temperatures reach at least 60°F. For a continuous harvest of green shelly beans, sow additional plantings every two weeks until the weather warms beyond 70°F. For fall harvest, sow up to 8-10 weeks before the first frost date.

GROWING

Semi-bush habit with 7-8" pods. Semi-determinate plants are northern-adapted, but also thrive in hot climates.

HARVEST

Green pods can be picked immature for fresh shelling. Pick when pods are still green but seeds are swollen inside. For dry peas, cut whole plants when they have dried down.

SEED SPECS

Average 190 seeds/oz., 3,100 seeds/lb.

MIDNIGHT ROMA TOMATO

BREEDER: JIM MYERS, OREGON STATE UNIVERSITY

A PURPLE-RED PASTE TOMATO PACKED WITH PHYTONUTRIENTS.

This unique purple-skinned, high-antioxidant sauce tomato was developed by Oregon State University breeder Jim Myers. Jim has devoted years to breeding tomatoes for anthocyanins, hoping to explore the antioxidant potential of these pigments and their impact on human health. (Anthocyanins are the same compounds that give blueberries their color and antioxidant properties.)

With this new variety, he brought the high anthocyanin trait into a plum (aka paste) tomato, the purple-pigmented skin encasing a deep red flesh ideal for processing and sauce applications. In the rows, it will stop you in your tracks. In the kitchen, this purple wonder shines for its quick cook time and memorable flavor, producing sauces and pastes with layers of sweetness, acidity and rich umami. Jim acknowledges the contributions of many graduate students and technicians who supported the project over the years, including Carl Jones, Peter Mes, Peter Boches, Deborah Kean, Shinji Kawai and Joel Davis.

20 SEEDS - \$4.50
100 SEEDS - \$15.00
250 SEEDS - \$30.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Midnight Roma tomato seeds were produced in Arizona, California, Minnesota and Oregon.



DAYS TO HARVEST
80 days from transplant

SPACING
12-24" between plants; 3' between rows

PLANTING
Sow seeds indoors 5-6 weeks before transplanting. Germinate on a heat mat for 7+ days (optimal soil temperature: 75-85°F). Maintain consistent moisture. At true leaf stage (4 weeks), bump up to 2"-cell trays or 4" pots; bury 2/3 of the stem to encourage adventitious root growth. Harden off seedlings. Transplant outdoors after risk of frost has passed, when soil temperatures do not dip below 55°F.

GROWING
Semi-determinate. Thrives in the Pacific Northwest. Little to no additional fertilization required. Avoid high nitrogen prior to flowering, as it will delay fruiting. Phosphorus and calcium will boost yields and prevent blossom end rot. Provide trellising or other support for ease of harvest. Purple color increases with direct sun; consider pruning to increase exposure.

HARVEST
Harvest when the red and purple colors deepen and the fruit give slightly when gently squeezed.

SWEET PRINCE TOMATO

BREEDER: RANDY GARDNER, NORTH CAROLINA STATE UNIVERSITY

A BASIC-LOOKING TOMATO THAT TASTES ANYTHING BUT.

Abundant on the vine and packed with vibrant flavor, this little tomato is a showstopper in the field and on the plate. In his 40 years of plant breeding, North Carolina State University breeder and Professor Emeritus Randy Gardner has developed countless tomato cultivars for growers throughout the eastern U.S., pioneering new disease resistance without compromising on flavor. Sweet Prince continues in that tradition, producing uniform trusses with resistance to verticillium wilt, fusarium wilt and late blight. But it's the flavor that won our hearts. The versatile, two-bite tomatoes burst with sweetness and acid. They're ideal for roasting, sautéing and dehydrating—if you can resist eating them raw.

10 SEEDS - \$7.50
100 SEEDS - \$37.50
250 SEEDS - \$75.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Sweet Prince tomato seeds were produced in California, Chile and Costa Rica.



DAYS TO HARVEST

65 days from transplant

SPACING

12–24" between plants; 3' between rows

PLANTING

Sow seeds indoors 5–6 weeks before transplanting. Germinate on a heat mat for 7+ days (optimal soil temperature: 75–85°F). Maintain consistent moisture. Harden off seedlings. Transplant outdoors after risk of frost has passed, when soil temperatures do not dip below 55°F.

GROWING

Semi-determinant. Resistant to verticillium wilt, fusarium wilt and late blight, with moderate resistance to early blight foliage symptoms. Provide trellising or other support for ease of harvest. Minimal pruning recommended—this variety may display green shoulders when exposed to high heat and/or strong sun exposure.

HARVEST

Fruitset is continuous over a long period. Harvest when tomatoes are firm but perfectly red. Long storing off the vine.

LODI SQUASH

BREEDER: MICHAEL MAZOUREK, CORNELL UNIVERSITY

AN OPEN-POLLINATED EVOLUTION OF OUR BELOVED KOGINUT.

Meet the newest addition to the Robin's Koginut family tree. Since creating the Koginut, breeder Michael Mazourek has continued to innovate, selecting new breeding lines from the original hybrid. This little squash consistently stood out from its peers, delivering the same signature depth of flavor and velvety texture of its predecessor. In fact, Lodi packs in even more concentrated sweetness, making this single-serving squash a new favorite. Like the Koginut, Lodi has a built-in ripeness indicator. Squash on the vine turn from green to bronze when ripe, ensuring that each squash is picked at peak flavor and nutrition.

12 SEEDS - \$4.95
50 SEEDS - \$9.75
250 SEEDS - \$29.50
1,000 SEEDS - \$90.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Lodi squash seeds were produced in Oregon and North Dakota. Each seed sold supports public plant breeding research at Cornell University.



DAYS TO HARVEST

110 days from seeding

SPACING

24" between plants, 7' between rows

PLANTING

Direct sow 1/2" deep when soil temperatures reach 70°F, or start indoors 2–3 weeks before last frost (optimal soil temperature: 85°F). Harden off seedlings.

GROWING

8'+ vines produce a high yield of ribbed, softball-sized fruit.

HARVEST

Fruit turns from green to bronze on the vine, just like the Koginut; ready to pick when green is nearly gone. Cure at least 1 week, ideally at 70–85°F. Store at 55–70°F with at least 50% humidity and good airflow. Stores up to 3 months.

ROBIN'S KOGINUT SQUASH

BREEDER: MICHAEL MAZOUREK, CORNELL UNIVERSITY

THE NEW "VINE-RIPENED."

This little squash speaks to the power of pedigree. Developed by Michael Mazourek, it's a cross between two squash types—one prized for its high dry matter, the other for its concentrated sweetness. As luck (and Michael's matchmaking) would have it, Robin's Koginut inherited the best of both, with a velvety texture and intensely squash-y flavor. Even better, Koginut has a built-in ripeness indicator. Squash on the vine turn from green to bronze when ripe, ensuring that each Koginut is picked at peak flavor and nutrition. Could vine-ripened squash be the new vine-ripened tomato?

10 SEEDS - \$5.75
50 SEEDS - \$20.00
250 SEEDS - \$47.50
1,000 SEEDS - \$135.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Robin's Koginut squash seeds were produced in California. Each seed sold supports public plant breeding research at Cornell University. The creation of this variety was funded in part by a USDA-NIFA grant.



DAYS TO HARVEST
110 days from seeding

SPACING
24" between plants; 7' between rows

PLANTING
Direct sow 1/2" deep when soil temperatures reach 70°F, or start indoors 2–3 weeks before last frost (optimal soil temperature: 85°F). Harden off seedlings.

GROWING
8'+ vines produce a high yield of ribbed fruit, 2–4 lbs. each.

HARVEST
Fruit turn from green to bronze on the vine; ready to pick when green is nearly gone. Flavor improves with curing and 1–2 months of storage. Cure at least 1 week, ideally at 70–85°F. Store at 55–70°F with at least 50% humidity and good airflow. Stores up to 5 months.

HONEYPATCH SQUASH

("898 SQUASH")

BREEDER: MICHAEL MAZOUREK, CORNELL UNIVERSITY

REIMAGINING THE WORKADAY BUTTERNUT.

It's been more than ten years since chef Dan Barber stood in the kitchen with vegetable breeder Michael Mazourek and asked how to build a better butternut squash. For Michael, it launched a new conversation around breeding for flavor. For Dan, it was the discovery of a new kind of recipe—one that begins with the seed. That conversation helped to launch a little squash called the Honeynut, developed by Michael and his predecessors, Richard W. Robinson and Molly Jahn, at Cornell University. But Michael never sees varieties as finished. Noticing that the Honeynut's thin skin caused it to go downhill in storage after November, he continued to tinker, selecting for outstanding flavor along the way. The Honeypatch squash (also known as the "898 squash") is the delicious result: a longer-storing, single-serving butternut packed with flavor and beta carotene.

12 SEEDS - \$4.95
50 SEEDS - \$9.75
250 SEEDS - \$29.50
1,000 SEEDS - \$90.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Honeypatch squash seeds were produced in California, Maine and Oregon. Each seed sold supports public plant breeding research at Cornell University. The creation of this variety was funded in part by a USDA-NIFA grant.



DAYS TO HARVEST

110 days from seeding

SPACING

24" between plants; 7' between rows

PLANTING

Direct sow 1/2" deep when soil temperatures reach 70°F, or start indoors 2–3 weeks before last frost (optimal soil temperature: 85°F). Harden off seedlings.

GROWING

6+ vines produce small, single-serving squash.

HARVEST

Wait to pick 2–3 weeks after the rind has darkened, and the green lines around the stem have receded. Cure at least 1 week, ideally at 70–85°F. Store at 55–70°F with at least 50% humidity and good airflow. Stores 3–4 months.

CENTERCUT SQUASH

BREEDER: MICHAEL MAZOUREK, CORNELL UNIVERSITY

A NEW CHAPTER FOR THE HEIRLOOM TROMBONCINO.

Native to Liguria, Italy, the whimsical, long-necked tromboncino has been slow to scale beyond its home region. One possible reason? The delicate necks often snap in transport from farm to market. Co-selected in the field and kitchen, this new addition to the tromboncino family tree was bred to be both delicious and durable. Though this dual-purpose squash is edible in both summer and winter, we prefer its summer self; the green, immature fruit were selected for their nutty taste and meaty texture. With the seeds concentrated at the base of the squash, the Centercut's long neck is denser and less watery than the average zucchini, packing in more complex flavor. And its solid stem provides a natural barrier to squash vine borers in the field. Michael continues to explore new possibilities for the tromboncino. In the meantime, we're celebrating this summer squash awakening.

10 SEEDS - \$5.25
50 SEEDS - \$14.00
250 SEEDS - \$37.50
1,000 SEEDS - \$105.00

If you are interested in bulk seed quantities, please contact support@row7seeds.com.

Our Centercut squash seeds were produced in California and New York. Each seed sold supports public plant breeding research at Cornell University. The creation of this variety was funded in part by a USDA-NIFA grant.



DAYS TO HARVEST

40 days from transplant

SPACING

24" between plants; 7–10' between rows. Plan to manage a long vine habit.

PLANTING

Direct sow ½" deep when soil temperatures reach 70°F, or start indoors 2–3 weeks before last frost (optimal soil temperature: 80–90°F. 6–12 days to emergence). Harden off seedlings.

GROWING

10'+ vines continually produce bright green fruit. Dense stems provide a natural barrier to squash vine borers.

HARVEST

Harvest often at banana diameter to maintain productivity. Skin should be green and slightly tacky. Expect 5+ weeks of consistent picking.

TETRA SQUASH

(EXPERIMENTAL TRIAL)

BREEDER: MICHAEL MAZOUREK, CORNELL UNIVERSITY

A ZERO-WASTE DELICATA BRED FOR FLAVOR FOUR WAYS.

This experimental squash was inspired by a walk through the field many Octobers ago. On the horizon: rows of delicata plants bearing still-green fruit, with no time to mature before the frost. Usually, these immature fruit simply go to waste, but in this case, they sparked a culinary epiphany. Vegetable breeder Michael Mazourek decided to develop a delicata for multipurpose use, with chefs co-selecting for flavor in both the immature and mature fruit. Picked green, the immature delicata create a delicious new category of summer squash, noteworthy for their delicate crunch. And the mature fruit stand out for their sweet and tender flesh. With zero waste as the end goal, more experimentation soon followed. Inspired by traditional uses of *Cucurbita pepo* stems and leaves across cuisines, Michael continued selecting for sweeter, less fibrous petiole stems. The blossoms are also edible, encouraging a stem-to-fruit approach for chefs, growers and eaters.

10 SEEDS - \$5.25
50 SEEDS - \$14.00
250 SEEDS - \$37.50
1,000 SEEDS - \$105.00

Our Tetra squash seeds were produced in New York. Each seed sold supports public plant breeding research at Cornell University. The creation of this variety was funded in part by a USDA-NIFA grant.



DAYS TO HARVEST

45 days from transplant for immature squash;
100 days for mature

SPACING

24" between plants; 7' between rows

PLANTING

Direct sow 1/2" deep when soil temperatures reach 70°F, or start indoors 2-3 weeks before last frost (optimal temperature: 85°F). Harden off seedlings.

GROWING

Semi-bush habit. To prioritize harvest of immature fruit and stems, we recommend growing Tetra alongside other summer cucurbits. Consider succession planting as you would summer squash. To prioritize mature fruit harvest, plant with winter squash and stop picking immature squash after 2-3 weeks.

HARVEST

Immature squash: Harvest green fruit at 3-4", before striping develops. Pick regularly for continued production. Stems: Harvest young, 1/2"-diameter stems from the center of the plant. Do not harvest more than a third of the stems at one time. Blossoms: Harvest male blossoms prior to opening. Mature squash: Harvest when fruit have turned deep yellow with green/orange stripes, or when the foliage dies back.

7082 CUCUMBER

(EXPERIMENTAL TRIAL)

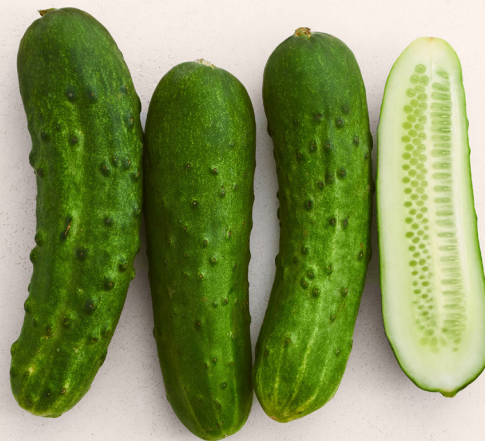
BREEDER: MICHAEL MAZOUREK, CORNELL UNIVERSITY

BREAKING CUKES OUT OF THE BANAL.

Named for its trial plot, the 7082 cucumber is a stubbled green pickler of modest stature but memorable flavor—which, when it comes to cucumbers, is no small feat. Ask farmer Zaid Kurdieh of New York's Norwich Meadows Farm to describe the cucumbers of his youth, and he'll recount stories of long-forgotten varieties that filled a room with their fragrance. Inspired by the promise of these lost cukes, breeder Michael Mazourek took up the challenge of rediscovering them, marrying heirloom flavors with modern disease resistance in the field. For Zaid and Michael, the search for a truly delicious cucumber begins with exploring the bitter compounds that have been selected against for decades. It turns out a little bitterness goes a long way in adding complexity and depth of flavor. And it goes a long way in the field, too, helping to deter pests for organic growers.

10 SEEDS - \$4.95
30 SEEDS - \$10.00
100 SEEDS - \$21.75
500 SEEDS - \$75.00
1,000 SEEDS - \$110.00

Our 7082 cucumber seeds were produced in California, Maine and New York. Each seed sold supports public plant breeding research at Cornell University. The creation of this variety was funded in part by a USDA-NIFA grant.



DAYS TO HARVEST

58 days from seeding

SPACING

12–18" between plants; 7' between rows or 4' between trellised rows

PLANTING

Direct sow ½" deep when soil temperatures reach 70°F, or start indoors 2–3 weeks before last frost (optimal temperature: 85°F). Harden off seedlings.

GROWING

Powdery mildew resistant. Productive in field or open high tunnels. Remove row cover at flowering for successful pollination. Irrigate consistently to sidestep bitterness in fruit. Provide trellising or other support for ease of harvest.

HARVEST

Pick 4–5" fruit daily.

BEAUREGARDE SNOW PEA

BREEDER: MICHAEL MAZOUREK, CORNELL UNIVERSITY

TASTE THE PURPLE.

How to make a purple pea purpler, and more delicious, too? Just ask Michael Mazourek, our Willy Wonka of vegetables. Named for Violet Beauregarde, these wavy, dark purple snow peas have a high anthocyanin content—the same antioxidant found in blueberries. (Don't worry, if they turn your fingers violet, the color rinses off with water.) These anthocyanins don't just contribute to the peas' striking appearance; they also improve their defenses in the field. Beauregarde's natural advantage is just as evident on the plate. Michael selected the peas to hold their color through cooking, so you can truly taste the purple. For peak flavor, we recommend waiting to harvest until small peas are visible in the pods, past traditional snow pea size.

125 SEEDS - \$4.50
1/2 POUND - \$9.85
1 POUND - \$15.00
5 POUNDS - \$55.00
25 POUNDS - \$190.00

Our Beauregarde snow pea seeds were produced in Idaho. Each seed sold supports public plant breeding research at Cornell University. The creation of this variety was funded in part by a USDA-NIFA grant.



DAYS TO HARVEST

60+ days, depending on seeding date

SPACING

1–2" between plants; 4' between rows

PLANTING

Direct sow 1" deep when soil temperatures reach 45°F. Sow every 2 weeks for continued harvest. For fall harvest, sow 8–10 weeks before first frost.

GROWING

4' tall plants are best trellised for ease of harvest.

HARVEST

Flavor improves past the point of typical snow pea harvest. Pick when small peas begin to develop in the pods.

SWEET WAVE SNOW PEA BLEND

BREEDER: MICHAEL MAZOUREK, CORNELL UNIVERSITY

A DELICIOUS DUET.

Breeder Michael Mazourek is on a Mendel-like quest to explore the rainbow of pea potential. The first stop? This vibrant snow pea mix, which combines our purple Beauregarde pea with Green Wave, its wavy-podded counterpart. The sibling lines grow and mature similarly for a delicious, dual-color harvest. For best flavor, we recommend waiting to harvest until small peas are visible in the pods, past traditional snow pea size. Stay tuned for colorful new additions.

125 SEEDS - \$4.50
1/2 POUND - \$9.85
1 POUND - \$15.00
5 POUNDS - \$55.00
25 POUNDS - \$190.00

Our snow pea seeds were produced in Idaho. Each seed sold supports public plant breeding research at Cornell University. The creation of these varieties was funded in part by a USDA-NIFA grant.



DAYS TO HARVEST

60+ days, depending on seeding date

SPACING

1–2" between plants; 4' between rows

PLANTING

Direct sow 1" deep when soil temperatures reach 45°F. Sow every 2 weeks for continued harvest. For fall harvest, sow 8–10 weeks before first frost.

GROWING

4' tall plants are best trellised for ease of harvest.

HARVEST

Flavor improves past the point of typical snow pea harvest. Pick when small peas begin to develop in the pods.

HABANADA PEPPER

BREEDER: MICHAEL MAZOUREK, CORNELL UNIVERSITY

THE MELON-LIKE SWEETNESS OF THE FAMOUS HABANERO,
MINUS THE BURN.

Future breeder Michael Mazourek was studying at Cornell University in 2001 when he received a mysterious packet of seeds from researchers in New Mexico. The seeds were related to habanero peppers, a variety famous for its intense burn. The twist? These particular peppers were heatless—the result of a natural mutation in the field. And they soon became the focus of Michael’s (surprisingly delicious) doctoral research. Through years of crossing, selection and DNA analysis, Michael discovered how to limit the habanero’s heat while preserving its floral and melon-like flavors. The resulting “Habanada” is aromatic with lingering sweetness, and it defies everything we’ve come to expect from a pepper. The best ones are orange and bright, but you can also eat them green for a potent hit of aroma.

20 SEEDS - \$4.25
100 SEEDS - \$10.50
500 SEEDS - \$39.00
1,000 SEEDS - \$55.00

Our Habanada pepper seeds were produced in Arizona and Oregon. Each seed sold supports public plant breeding research at Cornell University. The creation of this variety was funded in part by a National Science Foundation grant.



DAYS TO HARVEST

100 days from transplant

SPACING

18" between plants; 2' between rows

PLANTING

Sow seeds indoors 7–8 weeks before transplanting. Germinate on a heat mat for 10+ days (optimal soil temperature: 85–95°F). Maintain moisture. Harden off seedlings. Transplant outdoors 2–4 weeks after last frost when soil temperatures reach at least 70°F.

GROWING

Growth habit similar to a habanero. Performs best in warm climates or protected culture (e.g., high tunnels). When they reach 1' in height, stake pepper plants to provide additional support for ease of harvest. Little to no additional fertilization needed. Avoid high nitrogen, as it will delay fruiting.

HARVEST

Pick when peppers turn deep orange. May take up to one month from fruit set.

PATCHWORK PEPPER

BREEDERS: LAUREN BRZOWSKI, EMILY RODEKOH, MICHAEL MAZOUREK; CORNELL UNIVERSITY

A STRIPED SNACKING PEPPER THAT INTERWEAVES VIBRANT FLAVORS, COLORS AND LEGACIES.

This heatless striped pepper from Cornell University breeders Lauren Brzowski, Emily Rodekohr and Michael Mazourek represents the fruit of seeds passed between breeders and seed keepers over time. In their search for a snacking pepper high in anthocyanins and flavor, Lauren, Emily and Michael sought to marry qualities from several varieties: Fish pepper, an heirloom treasured for its variegation, and for its deep roots with Black farmers and cooks in the Mid-Atlantic; Czech Black, a nod to Michael's ancestry, with a deep garnet-purple color and lingering sweetness concealed behind its fiery heat; Lipstick, a delicious snacking pepper popular for its broad adaptation; and Corno di Toro, with its tapered "horn of the bull" shape. Of the many peppers that evolved from this project, we shared our favorites with chefs and farmers across the country for evaluation. Patchwork consistently stood out for its flavor, which spans notes of green apple and caramel; its juicy, crisp texture; its abundance; and of course, its stunning variegated fruit and leaves.

20 SEEDS - \$4.95
100 SEEDS - \$13.50
250 SEEDS - \$26.00
1,000 SEEDS - \$75.00

Our Patchwork pepper seeds were produced in Arizona, California and Vermont. Each seed sold supports public plant breeding research at Cornell University.



DAYS TO HARVEST

65 days from transplant to "stripe ripe"

SPACING

18" between plants; 2' between rows

PLANTING

Sow seeds indoors 5-6 weeks before transplanting. Germinate on a heat mat for 7+ days (optimal soil temperature: 75-85°F). Maintain consistent moisture. Harden off seedlings. Transplant outdoors 2-4 weeks after last frost when soil temperatures reach at least 70°F.

GROWING

Recommended for indoor or field production. When they reach 1' in height, stake pepper plants to provide additional support for ease of harvest. Peppers begin purple and green before maturing into their "stripe ripe" state.

HARVEST

Let the colors of the pepper be your guide to optimal harvest; pick regularly when stripes are visible on an orange to red background. Fully red fruit are past their peak but still delicious.

UPSTATE ABUNDANCE POTATO

BREEDER: WALTER DE JONG, CORNELL UNIVERSITY

CREAMY, NUTTY AND BUTTERY—EVEN WITHOUT THE BUTTER.

Second-generation potato breeder Walter De Jong knows a winning potato when he sees one. Which is why, when he first spotted trial “NY150” among his field plots in 2004, he immediately took note. Walter’s goal at the time was to breed a more resilient potato, one that was high yielding and resistant to a variety of diseases plaguing potato growers in the Northeast. Walking the rows, Walter was surprised to discover one experimental line that yielded an unexpected bonus: an abundance of naturally small, golf-ball-sized potatoes with bright white flesh. By conventional market standards at the time, they were a little too small, but Walter thought that NY150 was something worth pursuing—a suspicion confirmed when he first tasted it. Over the years, still deemed “unmarketable,” NY150 earned a quiet cult following, first within Walter’s lab, and then beyond. Growers praised its uncommon size, and chefs coveted its exceptionally creamy texture and nutty flavor. Today, the renamed “Upstate Abundance” remains Walter’s favorite eating potato.

1 POUND - \$11.95
5 POUNDS - \$30.00
10 POUNDS - \$70.00
50 POUNDS - \$140.00

Our Upstate Abundance seed potatoes were produced in New York. Each seed potato sold supports public plant breeding research at Cornell University.



DAYS TO HARVEST

100 days; 65 days for new potatoes

SPACING

8-9" between plants; 3' between rows

PLANTING

Consistently small-sized tubers (under 2" diameter) allow for easy single-drop planting. Tubers 2" or larger can be cut in half with at least two “eyes” per piece. Plant 2-3" deep.

GROWING

Hilling: Mound soil to cover half of the plant. Repeat until hills are 12" tall.

HARVEST

For new potatoes, gently scrape away hilled soil, keeping the growing plants intact; then re-cover roots. For mature potatoes, dig tubers about 2 weeks after foliage has died back.

RECIPES



SALTED UPSTATE ABUNDANCE POTATOES

Serves 2-4

Not your typical roasted spuds. Here, potatoes are tossed in what is essentially a light brine. As the moisture evaporates in the oven, a fine salty crust is left behind, creating a satisfying contrast to the buttery, tender flesh within.

1½ POUNDS UPSTATE ABUNDANCE POTATOES
1 TABLESPOON KOSHER SALT
1½ TABLESPOONS EXTRA VIRGIN OLIVE OIL

Preheat oven to 400°F.

Rinse the potatoes under cool running water, briefly shaking off some of the excess. Do not dry completely, as you want a little moisture still clinging to the potatoes. In a large bowl, toss the potatoes with the salt and olive oil, then spread out evenly on a baking sheet.

Place in the oven and roast for 30-45 minutes, untouched, until they offer no resistance when pierced with a thin, sharp knife.

CHARRED SWEET GARLEEK WITH BADGER FLAME BEET ROMESCO

Serves 4 people, with leftover sauce

10 STALKS SWEET GARLEEK, WASHED
2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
SALT AND BLACK PEPPER, TO TASTE
LEMON WEDGES
2 CUPS BADGER FLAME BEET ROMESCO



FOR THE ROMESCO:

3-5 BADGER FLAME BEETS (APPROX. 1½ LBS.),
TOPS REMOVED, SCRUBBED CLEAN BUT UNPEELED
¼ CUP DRIED CHERRIES
¼ CUP VERY HOT WATER
¼ CUP NUTS AND/OR SEEDS (SUCH AS HAZELNUTS,
ALMONDS, SUNFLOWER SEEDS, PUMPKIN SEEDS)
½ CUP EXTRA VIRGIN OLIVE OIL
2 CLOVES GARLIC, MICROPLANED OR MINCED
2 TABLESPOONS SHERRY VINEGAR
2 TABLESPOONS LEMON JUICE
1 TEASPOON DRIED CHILE FLAKES (SUCH AS
ALEPPO OR GOCHUGARU)
1 TEASPOON SMOKED PAPRIKA
SALT AND BLACK PEPPER, TO TASTE

Preheat oven to 375°F.

Wrap beets in aluminum foil, place on a baking sheet and roast until tender (approx. 1 hour). Remove from oven, gently unwrap foil (careful of steam!), and roast another 15 minutes; this helps dry out the skin. Remove from oven and let cool.

Meanwhile, pour hot water over dried cherries and set aside.

Reduce oven to 325°F. On a separate baking sheet, toast nuts/seeds until lightly golden brown.

Next, char beets over the flame of your stove: Using tongs, grab one at a time and place directly into the flame, rotating to blacken the skin on all sides. Alternatively, use a charcoal or gas grill, or place beets directly under an oven broiler.

Allow beets to cool, then peel off the skins; it's ok if some blackened specks remain. Roughly dice the beets.

Drain the cherries and reserve the soaking liquid.

To the bowl of a food processor add the diced beets, soaked cherries, nuts, oil, garlic, vinegar, lemon juice, chile flakes, paprika and a pinch of salt. Blend until smooth, scraping down the sides and adding reserved cherry liquid in small increments until the sauce is slightly looser than hummus.

Taste and add salt and black pepper as desired. Set aside.

Slice off the Sweet Garleek bottoms, just above the roots. Do not remove the greens! Rub with olive oil and season generously with salt and pepper.

Move the oven rack to its highest spot and turn the broiler on high; alternatively, fire up a charcoal or gas grill on high.

If using a broiler, arrange Sweet Garleeks on a baking sheet lined with foil and/or a wire rack. Place baking sheet directly under the broiler and cook until nicely charred; flip and repeat until charred on all sides.

If using a grill, cook Sweet Garleeks directly on the rack, flipping several times, until evenly charred.

Remove from oven/grill and cover Sweet Garleeks with aluminum foil. Let rest 5 to 10 minutes, or until slightly cooled.

To serve, finish the warm Sweet Garleeks with a squeeze of fresh lemon juice and sprinkle of crunchy salt. Dip into the Badger Flame Beet romesco and eat whole with your hands.

LODI SQUASH SOUP IN A LODI SQUASH BOWL

Serves 2

4 LODI SQUASH
 1 SMALL YELLOW ONION, THINLY SLICED
 3 CLOVES GARLIC, THINLY SLICED
 4 TABLESPOONS EXTRA VIRGIN OLIVE OIL, DIVIDED
 2 TABLESPOONS UNSALTED BUTTER
 3 TABLESPOONS SEA SALT, DIVIDED
 1-2 QUARTS WATER OR VEGETABLE/ANIMAL BROTH
 FRESHLY GROUND BLACK PEPPER
 1 TABLESPOON SHERRY VINEGAR
 PUMPKIN SEED OIL
 ROASTED PUMPKIN SEEDS

Preheat oven to 375°F. Line a baking sheet with parchment paper.

Cut two of the squash in half, top to bottom, and scoop out seeds. Prep the other two squash (the ‘bowls’) as you would Jack-O-Lanterns, first by cutting circular ‘lids’—keeping the stems intact—then scooping out the seeds.

Place the first two squash cut side down on the parchment-lined baking sheet. With their lids still on, place the two ‘bowls’ upright on the same sheet. Drizzle 3 tablespoons of the olive oil over the cut and whole squash, and evenly sprinkle with 2 tablespoons of the salt.

Roast for about 30 to 45 minutes, or until tender. It’s important not to over-roast the ‘bowls,’ which means you may need to remove them first. They should remain intact and upright, but give easily when poked with a thin, sharp knife. The other halved squash are slightly more forgiving—you simply want them to be tender. Let the squash cool.

Meanwhile, heat a medium pot over medium heat and add the remaining tablespoon of olive oil. Add the onion, garlic and a pinch of salt and sauté until soft and translucent, about 10 minutes.

In a separate small saucepan, brown the butter by melting it over medium-high heat and stirring frequently. As soon as it’s deep amber and smells nutty, pour it into the cooked onion and garlic mixture.

Setting the ‘bowls’ aside, use a spoon to remove the flesh from the skins of the cut pieces of squash and add it to the pot with the onion, garlic and brown butter. Pour in 1 quart of water or stock. If your squash are on the larger side, you may need to add additional water or stock—it should cover the squash by about an inch. Add 1 tablespoon of salt.



Bring to a boil, then reduce to low and let simmer for about 20 to 30 minutes. Finish seasoning with more salt if needed, a few cracks of black pepper and the Sherry vinegar. Carefully purée the soup in batches in a high-speed blender (remembering that hot liquids will expand quickly), then return it to the pot.

When ready to serve, preheat the oven to 450°F and line a baking sheet with parchment paper. Reheat the squash ‘bowls’ in the oven on the baking sheet and the soup in a pot on the stove. When both are ready, place each whole squash in a shallow bowl and fill with hot soup. Place the lid on top or to the side, and garnish with pumpkin seed oil and/or roasted pumpkin seeds.

As you eat, gently scrape the insides of the Lodi squash “bowl” to get chunks of squash with your spoonfuls of soup.

MIDNIGHT ROMA TOMATO SAUCE AND PASTE

This technique is for an all-purpose, unseasoned tomato sauce or paste, perfect for preservation—and for plugging into your favorite recipes. Leaving the skins on for the early stages of cooking helps to set the pectin and imbues the sauce with a beautifully rich color.

3–5 POUNDS MIDNIGHT ROMA TOMATOES

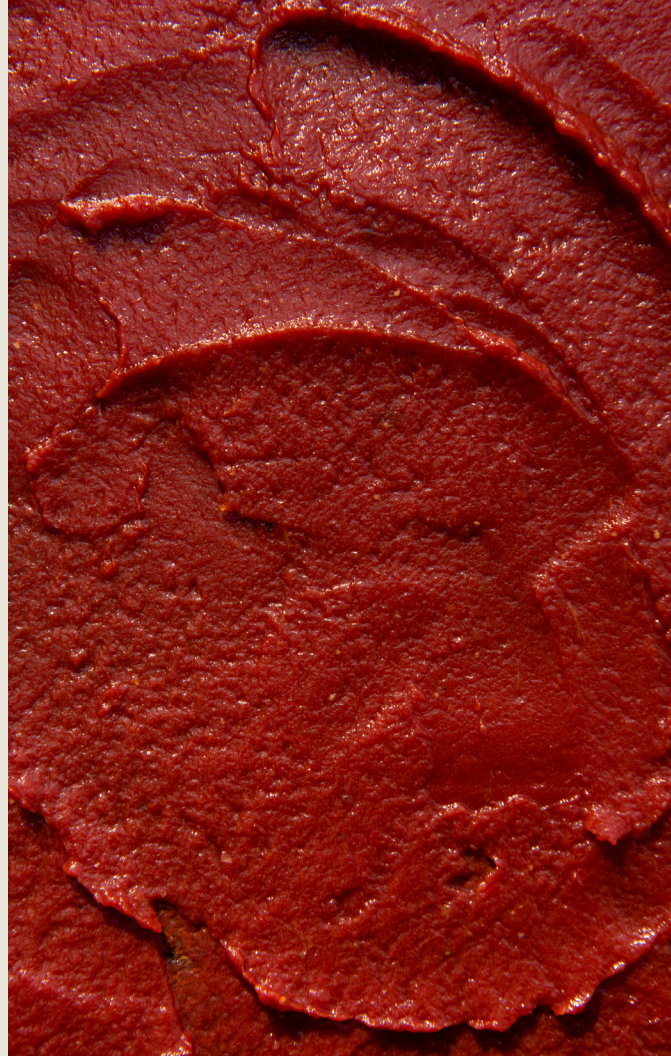
TOMATO SAUCE

Wash, halve and core the tomatoes. If they're a larger size, you may want to cut them into quarters instead of halves. Place the tomatoes in a large pot and cover with a lid.

Bring the tomatoes to a gentle boil over medium-low heat and let simmer for about 45 minutes; stir and smash occasionally with a wooden spoon or heat-proof spatula to agitate the fruit and draw out the juices.

Set a food mill over a large bowl or other vessel, with the food mill at its finest setting. Carefully ladle the cooked tomatoes from the pot into the food mill and pass through. Rinse out the pot.

Return the milled sauce to the pot and slowly bring to a simmer over medium heat, stirring often to prevent scorching. Continue to cook over medium heat for about 30 to 40 minutes, or until reduced by a third.



TOMATO PASTE

If making paste, continue reducing the sauce—stirring often—by at least another half, or until a desired consistency is reached.

Alternatively, you can reduce the sauce in your oven. Preheat the oven to 180–200°F. Continue cooking the sauce on the stovetop until reduced by another third, then transfer it to a baking sheet and place in the oven. Cook until paste reaches desired consistency, about 3 to 5 hours, stirring every 30 minutes to prevent scorching along the sides of the sheet.

This recipe yields 1–2 quarts tomato sauce or 1–2 cups tomato paste. The sauce and paste can be refrigerated for about 1 week, or stored longer by using safe and proper freezing or canning preservation methods.



ROW 7 ORGANIC VEGETABLES ARE NOW AVAILABLE IN SELECT STORES.
PLEASE VISIT ROW7SEEDS.COM.



ROW 7 SEED COMPANY
P.O. BOX 89 | DOBBS FERRY NY 10522
914.510.2824

WWW.ROW7SEEDS.COM

@ROW7SEEDS

