

MRS. BEETON says “Eat Your Vegetables”

“Here we cannot resist the opportunity of declaring as our conviction that he or she who introduces a useful or an ornamental plant into our island, ought justly to be considered, to a large extent, a benefactor to the country. No one can calculate the benefits which may spring from this very vegetable, after its qualities have become thoroughly known. If viewed in no other light, it is pleasing to consider it as bestowing upon us a share of the blessings of other climates, and enabling us to participate in the luxury which a more genial sun has produced.”

For a complete list of all the vegetable varieties growing before you, and their sources, please visit www.vandusengarden.org and follow the links to our Heirloom Vegetable Garden page.

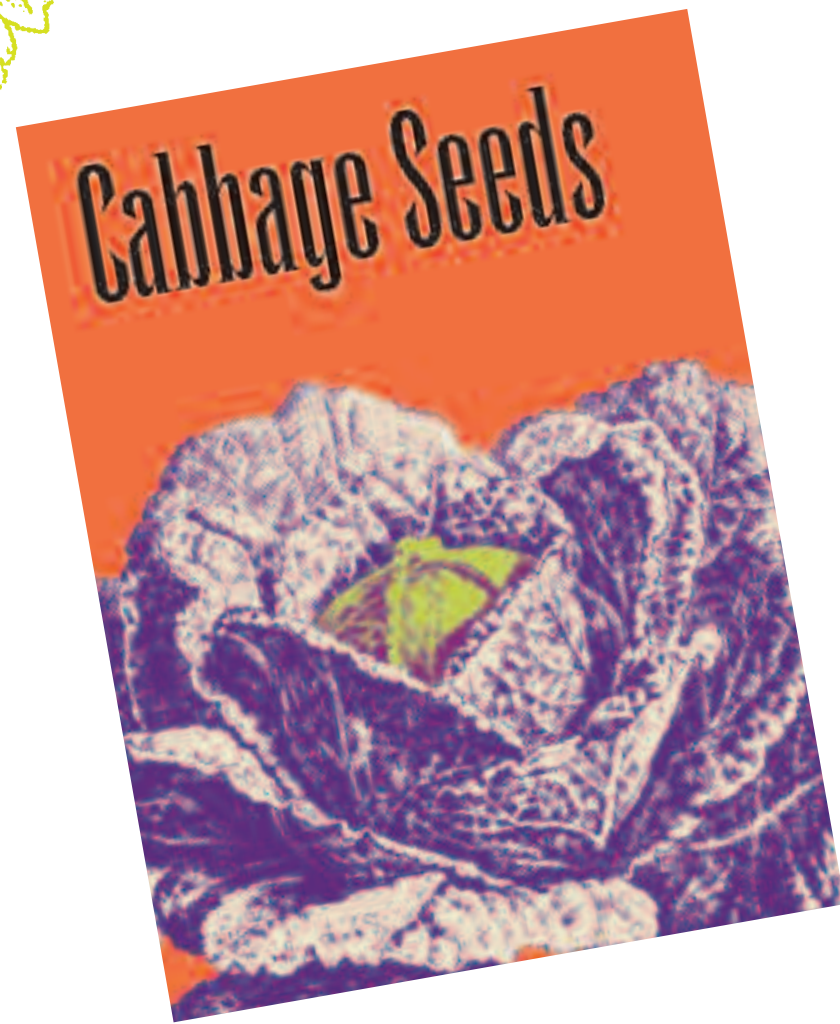
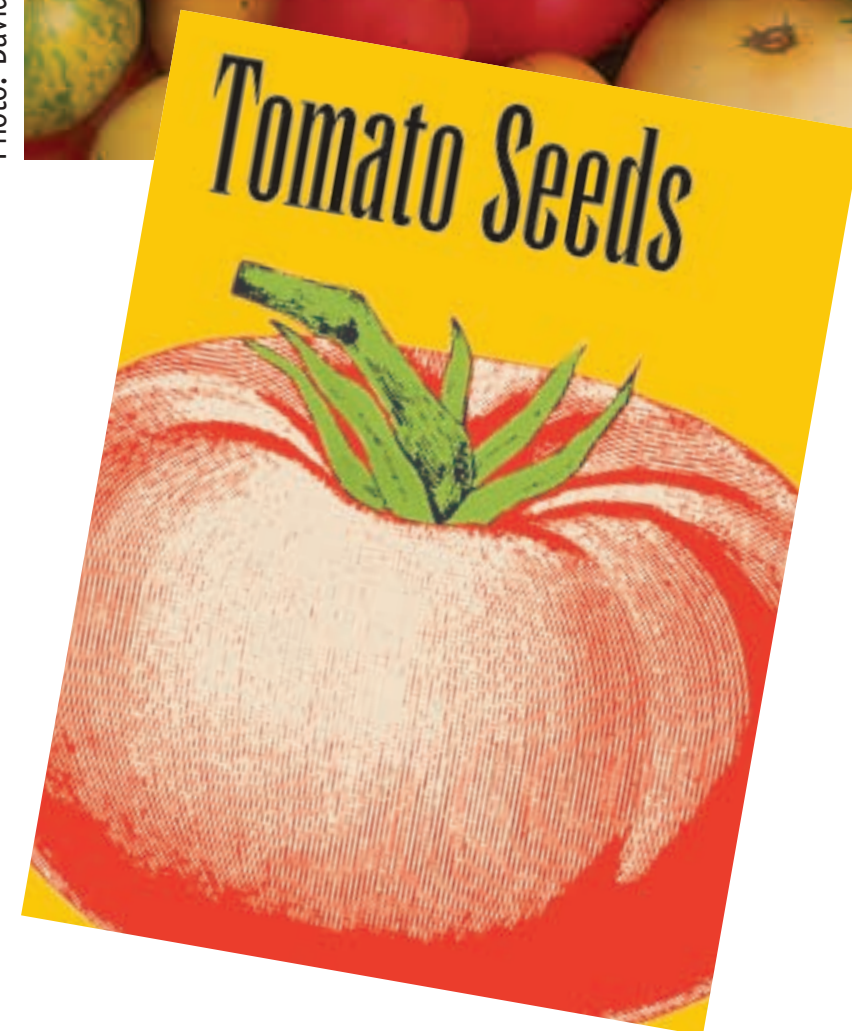


Photo: David Cavagnaro



Top left: Varieties of heirloom tomatoes
Above: Potatoes, cabbage and beans