



Victory Programs
reVision
urban farm

real food. real local.

Visit us online at www.vpi.org

Urban Transplants

Seedlings for Urban Gardeners

*Unique varieties of seedlings,
grown locally and sustainably,
at ReVision Urban Farm.*

About the program:

We have selected the best tasting and easiest to grow varieties of vegetables to get your garden off on the right foot. All of our seedlings are grown using only sustainable growing practices. We never use genetically modified seeds, we buy organic seeds whenever possible. We use sustainable materials in our growing medium. We use only natural pesticides and fertilizers. We have begun a seed-saving program for many of our heirloom tomatoes, resulting in varieties that are more suitable to our micro-region.

About ReVision Urban Farm:

ReVision Urban Farm is a microfarm whose guiding vision is environmentally, economically, and socially sustainable urban agriculture. The farm grows a wide variety of food crops for ReVision House shelter residents and the Boston community on three reclaimed urban lots totaling one-acre of growing space.

All seedling order forms are due by Monday, February 8, 2010

Transplant Pick-up Date: Saturday May 15, 2010

From 9 am to 3pm at 38 Fabyan Street Dorchester MA 02124

Mail enclosed order form and payment to:

Victory Programs
965 Massachusetts Ave
Boston, MA 02118

Make checks payable to:

Victory Programs, Inc.

Please write "ReVision Urban Farm seedling payment" on the memo line.

Pick up your seedlings at the farm only

38 Fabyan Street Dorchester, MA 02124

Tel: 617.822.FARM

Fax: 617.282.7757

www.vpi.org



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965 Massachusetts Avenue
Boston, MA 02118

ReVision Urban Farm
Seedling order form

Vegetables \$3.50 six-pack

Broccoli, *Gypsy (58 days)*. Well-domed, uniform heads with medium to small head size. Very heat tolerant and resistant to downy mildew. Strong root system makes it ideal for low nitrogen levels.

Brussels Sprouts, *Oliver (90 days)*. Flavorful, medium green, smooth, large sprouts. A vigorous, easy-to-grow variety for diverse climates.

Cabbage, *Super Red 80 (73 days)*. Round medium sized heads resistant to splitting. Great flavor, crisp and pleasantly peppery.

Cabbage, *Tendersweet (71 days)*. Medium, flat heads. Suitable for spring, summer, or fall harvest. Resistant to fusarium yellows.

Cauliflower, *Early Snowball (70 days)*. Large white, delicious solid heads are of excellent quality.

Celery, *Giant Pascal (110 days)*. Plant produces jumbo size celery. This variety is easy to blanch by hilling.

Chinese/Napa Cabbage *Cabbage Blues (57 Days)*. The 10 in. tall heads have a fresh green color, bright white ribs and are vigorous growing. A super performer.

Collard Greens, *Champion (60 days)*. Rich, green color, broad, tender leaves.

Cucumber, *Northern Pickling (57 days)*. Medium fruits bear heavily on space saving vines. Fertilize well and pick often to promote good fruiting.

Cucumber, *Marketmore 97 (58 days)*. Beautiful dark green cucumbers. Pick at 8-9 inches long. They remain productive for a long time and can withstand considerable weather stress.

Eggplant, *Black Beauty (67 days)*. Classic, dark purple, Italian eggplant. Tall, sturdy fruit bear even in cooler weather.

Kale, *Winterbor (60 days)* The plants are tall, growing up to 2-3 ft., with greater yield and better cold hardiness than competitive varieties. Regrows vigorously for successive harvests.

Kohl Rabi, *White Vienna (55 Days)*. Kohl Rabi has been called “stem turnip” because the bulbous stem is used much like turnips. This variety can be harvested when stem is between 3-6 inches in diameter.

Lettuce, *Magenta (48 days)*. Red firm frilly leaves. Slow to bolt.

Lettuce, *Nevada 48 days)*. Bright green leaves form an upright whorl. Slow to bolt.

Lettuce, *Royal Oak (50 days)*. Tasty frilly leaves. Fun oak leaf shape make a sensational addition to salads. Slow to bolt.

Melon - Watermelon, *Sugar Baby (76 days)*. Small, nine pound fruit with red flesh and dark green rind.

Pak Choi, *Joi choi (45 Days)*. A wonderful vegetable for stir-frying and asian dishes. Broad white stems, compact plants are exceptionally resistant to bolting.

Pepper - Sweet Bell, *California Wonder (77 days)*. Big, blocky, green-to-red fruit

Pumpkin, *Connecticut Field (100 Days)* This pumpkin produces large fruit, 10 to 14 inches in diameter, weighing up to 25 lbs. Excellent for Halloween carving of Jack-O-Lanterns. The orange-yellow flesh is also good for

Summer Squash Patty Pan *Sunburst (52 days)*. Bright, deep yellow, skin with a scalloped shape.

Growing tomatoes: A quick guide to success.

Determinate varieties (D) have more compact growing habit and will grow to its destined height then set fruit. Determinate varieties grow more like a bush and require little staking or pruning.

Indeterminate varieties (ID) have a vining growth habit. They will continue to grow in height for as long as warm weather persists. This growth habit requires pruning and support to ensure quality fruiting. The plant will set fruit continuously through its life and can have great yields.

Pruning your tomatoes can take a long time to master. However, it is essential to obtain high yields and greater disease resistance.

You will see 4 major parts on a tomato plant. They are the stalk, leaves, suckers, and flower cluster. The suckers are new growing tips that take energy from the main part of the plant thus, reducing fruit size and stressing the rest of the plant. It is a gardener's

goal to minimize sucker growth to maximize plant health and productivity. You can identify a sucker by its growing habit. Leaves grow off the main stem at about a 70 degree angle and the suckers grow in the space where a leaf meets the stem. It will grow at a more acute angle at about a 30 degree angle. Once you are sure of what a sucker is, you want to remove all of them except the one that is growing directly below the first flower cluster (this is the one closest to the roots). The best way to remove a sucker is with a small set of very sharp scissors. Cut the sucker as close to the stem as you can without damaging the rest of the plant. Continue to do this until the first fruits ripen.

Staking your tomatoes is essential to slow plant diseases and to quicken ripening.

There are many ways to stake a plant but the main point is to train the plant to grow upright and away from the ground and to allow light to penetrate the plant canopy.

Fertilizing your tomatoes will promote healthy plants, even ripening, reduce disease and cracking, as well as increase overall yields. You should fertilize your tomato at planting and when you see the first fruit. At planting, put a scoop of fertilizer in the hole. At fruit set, sprinkle fertilizer around the base of the plant and scratch it into the soil. When you choose your fertilizer, make sure that there is an adequate source of calcium. Low calcium is the most common reason for cracking and blossom end rot. This will limit your choices to all natural fertilizers. You can tell that a fertilizer has calcium if there is a “guaranteed analysis” or a list of ingredients. The most common sources of calcium are bone meal, oyster shells, and eggshells.

Watering Soil splash and leaf wetness are the most common ways for pathogens to enter the plant. When you water your tomato, avoid getting the water on the leaves and avoid splashing the soil onto the plant. This requires a little finesse and you may want to use a long-handled watering wand and low water pressure. Bring the hose end close the base of the plant and water at low pressure until you see pooling. Let off watering, then go back and water again.

Tomato Blight: After last year's outbreak of the fungus, *Phytophthora infestans*, we need to be more proactive about protecting our tomatoes against fungal infection. The blight that took out a huge percent of the northeast's tomatoes started from infected plants that were sold at huge box stores. One way to prevent the fungus is to spray an organic copper-based fungicide according to the label's instructions.

Follow these first few steps and you are on your way to raising prizewinning tomatoes!



ReVision Urban Farm

ReVision Urban Farm is a program of Victory Programs Inc. The farm works in conjunction with ReVision House, a shelter for homeless women and their children located in a low and moderate income neighborhood of Dorchester in Boston, MA. The Urban Farm is an innovative agriculture project aiming to increase access to affordable, nutritious, culturally appropriate food for shelter residents and residents of the surrounding community, while providing job training for homeless individuals and Boston youth.

Urban Farm ReVision House Urban Farm is a micro-farm dedicated to environmentally, economically, and socially sustainable urban agriculture. On our farm we grow a variety of food crops on three reclaimed urban lots totaling one acre of growing space. ReVision Urban Farm distributes and sells its produce to neighbors in Mattapan and Dorchester, and throughout greater Boston. Solar greenhouses extend our growing season and enable us to grow seedlings for community gardeners all over Boston.

Farmstand Beginning in the spring of 2010, ReVision Urban Farm will have a farmstand at 1062 Blue Hill Avenue. We will offer a wide variety of locally grown produce and other farm products at an affordable price. The farm stand will be a welcome change for an area that doesn't have immediate access to locally grown food.

Community Supported Agriculture Community Supported Agriculture (CSA) brings the consumer into a direct relationship with the grower through the sale of produce to members of the community. Subscribers commit to buying a share of our harvest each week from June through October. This commitment allows us to grow produce with confidence, knowing the crops have been purchased by people who care about the health of the land and their community.

In order to accomplish this mission, ReVision Urban Farm joined forces with Drumlin Farm, the Massachusetts Audubon Society's educational farm in Lincoln. Our farms work together to grow and distribute vegetables to over seventy-five families in the greater Boston area, with some subsidized shares reserved for low-income families living in Mattapan and Dorchester.

Job training ReVision Farm provides job training for youth who are employed by ABCD, a community development and youth empowerment program in Boston. We also provide job training for homeless adults who are involved with Project Place, an adult job readiness program in Boston.

Vegetables \$3.50 six-pack (cont'd)

Summer Squash - Zucchini, *Raven* (48 days). Deep green and cylindrical.
Summer Squash *Yellow Straghtneck* 5(4 days). Yellow summer squash, tender skin makes this yellow squash superior. More forgiving harvest period than crookneck.
Summer Squash - Zucchini, *Costata Romanesco* (52 days). Italian variety, prominently ribbed with a gray-green color.
Swiss Chard, *Ruby Red* (55 days). Bright red stems with dark green leaves.
Winter Squash, *Delicata* (100 days). Sweet, quick cooking squash. No curing required. 7"x 3" cream colored with green stripes.
Winter Squash, *Waltham Butternut* (105 days). Most widely grown butternut was developed in the late 60's at the UMASS field station in Waltham. It has huge fruits with great creamy flesh, and long storage life.

Annual herbs \$3.50 six-pack

Basil, *Genovese* (68 days). Classic Italian basil with uniform growth.
Basil, *Sweet Thai* (59 days). Green leaves with a spicy anise-clove flavor. A must for authentic Thai and Vietnamese cooking.
Cilantro (30-65 days). The leaves and stems are a staple in many Latino, Thai, Indian, and Chinese dishes. You can cut the stems when they are young and the plant will continue to produce.
Dill, *Bouquet* (70 days). The seeds, leaves and stems can be used in cooking.
Parsley, *Italian Flat Leaf* (75 days). Flat, glossy, dark green leaves.
Parsley, *Forest Green* (75 days). Triple-curved leaves.

Flowers \$3.50 six-pack

All of these flowers are ideal for cut flowers, except for mammoth sunflower and nasturtium. They are the farm standards for mixed bouquets. A recommended bouquet garden includes celosia, snapdragons, and zinnia. Be on the lookout for bedding flowers this year. Bring your checkbook if you want bedding flowers!

Celosia, *Pampas Plume* (90-105 days). Flat, triangular, 4" head. Ht. 24-46".
Gomphrena, *Globe Amaranth Mix* (50 days). Bushy 1" bloom. Ht. 24".
Marigold, *Durango* (50 days). Mixed bloom. Ht. 10-12".
Nasturtium, *Jewel Mix* (55-65 days). Mixed, double bloom. Ht. 16".
Snapdragons, *Rocket Mix* (120 days). Mixed bloom. Ht. 24-36".
Strawflower, *Apricot/Peach Mix* (75-85 days). Double bloom. Ht. 36".
Sunflower, *Mammoth* (90-110 days). Yellow 8" double bloom. Ht. 60-72".
Sunflower, *Bicolor* (50-60 days). Yellow bloom. Excellent for bouquets Ht. 60-72".
Zinnia, *Benary's Giant Mix* (75-90 days). Mixed bloom. Ht. 40-50".

Tomatoes \$3.50 six-pack

ID=Indeterminate, meaning vines will continue to growing until frost.

D=Determinate, meaning plants will stop growing beyond a certain height.

Big Beef (70 days). D, Nice combination of size, taste, and earliness.

Full-flavored, globe-shaped fruits ripen early for their size. A reliable hybrid. Perfect for the home gardener.

Black Prince (80 days). ID, Mahogany brown with flavor.

Unusual brown shoulders become orange-red at the blossom end. Distinctive, rich, fruity tomato flavor. Relatively smooth, 3-5 oz., 3" globes show less cracking than typically seen in most heirlooms.

Brandywine, Red (82 days). ID, heirloom. One of the best-tasting tomatoes. We describe Brandywine's luscious flavor as very rich, loud, and distinctively spicy. The large fruits, often over 1 lb., have deep pink skin and smooth red flesh.

Cherokee Purple (72 days). ID, heirloom. Globe-shaped with dusky purple skin. A brandywine type with smoky, rich, sweet flavor.

Green Zebra (72 days). ID, A delicious, tangy salad tomato, ripe just as the green fruit develops a yellow blush, accentuating the darker green stripes. The 3-4 oz. fruits are the ideal size for slicing into wedges for salads.

New Girl (62 Days). ID, First early, great taste. Better tasting and more disease resistant than Early Girl. Holds better than First Lady II.

Striped German (85 days). ID, heirloom. Bicolor red and yellow fruit. The flat, medium to large, variably ribbed-shoulder tomatoes are shaded yellow and red. The marbled interior looks beautiful sliced. Complex, fruity flavor and smooth texture. Medium-tall vines.

Pruden's Purple (72 days). ID, heirloom. Early Brandywine type. Large to very large (many over 1 lb.) fruits are flattened and smooth (except for shoulder ribbing on some), and resist cracking. Vivid dark pink skin with crimson flesh. Medium tall, potato-leaf plants.

Valencia. (72 days). ID, heirloom. Sunny orange fruits with full tomato flavor. Fruits average 8-10 oz. Their meaty interiors have few seeds.

Tomatillo, Toma Verde (60 days). Early-maturing with green fruit. Tomatillos are the key ingredient in fresh and cooked Latin American green sauces. The freshness and greenness of the husk are quality criteria. Fruit should be firm and bright green, as the green color and tart flavor are the main culinary contributions of the fruit.

Tomatillo, Goldie Husk Cherry (75 days) This old-fashioned tomato family member bears 1/2- 3/4" sweet golden berries inside papery husks, resembling small, straw-colored Japanese lanterns. The flavor is quite sweet and a bit wild. Plants are profusely branching, prolific, and drop ripe fruits. Fruits can be eaten raw, dried like raisins, frozen, canned, or made into preserves, cooked pies, and desserts.

Tomato Variety Packs \$4.00 Six-pack

Cherry Tomato Pack: 2 each of: Sungold, Sun Cherry, Red Grape

Heirloom Pack: 2 each of: Striped German, Brandywine, Black Prince

Hybrid Tomato Pack: 2 each of: Big Beef, New Girl, Valencia

Cherry Tomatoes \$3.50 six-pack

Red Grape (60 days). ID. Oval to oblong, baby red grape tomatoes. Fruits avg. 1 3/8" L x 5/8" W. Firm, meaty, and free of cracking, with delicious chewy texture, sweet taste, and few seeds. Long clusters of 20 or more fruits. Good vine storage and shelf life.

Sun Cherry (58). ID. Small, 1 1/8", fruits are borne in long, 20-fruit, grape-like trusses. Compared to other "Sweet 100" types, the fruits are sweeter and ripen earlier. Pick on time to avoid cracking.

Sun Gold (57 days). ID, Intense fruity flavor. Exceptionally sweet, bright tangerine-orange cherry. Vigorous plants start yielding early and bear right through the season. Tendency to split makes them hard to ship, making these an exclusively fresh-market and garden treat. The taste can't be beat.

Specialty Peppers \$2.00 4 inch pot

Chili, Ancho (68 days). Mild hotness, green bell pepper shape. A staple in Mexican cooking.

Chili, Habanero (75 days-100 days). Known as one of the hottest peppers in the world. Yields can be great, however, in the north, the yields are erratic.

Chili, Hot paper lantern (70days-90 days). Same mouth-blistering heat as the habanero, but much easier to grow and larger peppers.

Chili, Joe's Long Cayenne (85 days) Medium-hot, long, slender pepper.

Sweet Spicy, Paprika Supreme (55 days-80 days). The paprika pepper originated in Hungary. It is great used fresh but can be dried and ground for paprika powder.

Organic Fertilizer 5 pound bag \$7

.CPS Organic Mixed fertilizer 7-2-4 , 5 pound bag \$7 Blend of organic products. General use with a mixture of fast and slow-release ingredients for fast starts and season-long feeding. Good for green leafy crops & sweet corn. Ingredients: sul-po-mag, dried blood, linseed meal, bone meal, pelletized lime. 5#/100 sq ft

Perennial herbs \$2.50 4 inch pot

Chives, Purly (75-85 days). Leaves with mild onion flavor.

Lavender, Common (85 Days) -- Lavender flowers should not be eaten in mass quantities. Recommended for scenting only.

Oregano, Greek (80-90 days). Dark green leaves with white flowers.

Sage, Common (80-90 days). Handsome dusty green leaves.

Name			
Address			
City		State	
Zip Code			
Phone		Email	

Check this box if you would like us to contact you by email, when possible.

All seedling order forms are due by
Monday, February 10, 2010
Pickup date is May 15, 2010 9am-3pm
Pick up seedlings at: 38 Fabyan Street Dorchester, MA

Tomatoes 6-Packs (\$3.50 per 6-pack)	# of 6-packs
Tomato, <i>Big Beef</i>	
Tomato, <i>Black Prince</i>	
Tomato, <i>Brandywine</i>	
Tomato, <i>Cherokee Purple</i>	
Tomato, <i>Green Zebra</i>	
Tomato, <i>New Girl</i>	
Tomato, <i>Striped German</i>	
Tomato, <i>Pruden's Purple</i>	
Tomato, <i>Valencia</i>	
Tomatillo, <i>Toma Verde</i>	
<i>Husk Cherry, Goldie</i>	
Cherry Tomato, <i>Red Grape</i>	
Cherry Tomato, <i>Sun cherry</i>	
Cherry Tomato, <i>Sun Gold</i>	
Total number of 6-Packs in column	
Multiplied by \$3.50 per 6-Pack	x \$3.50
TOTAL FOR BOX D=	

Tomato Variety Packs (\$4.00 per 6-pack)	# of 6-packs
Cherry Tomato Variety Pack	
Heirloom Tomato Variety Pack	
Hybrid Tomato Pack	
Total Number of Variety 6-Packs	
Multiplied by \$4.00per Variety Pack	x \$4.00
TOTAL FOR BOX E=	

Please mail order form and payment to:
Victory Programs
965 Massachusetts Ave.
Boston, MA 02118

Make checks payable to:
Victory Programs, Inc.
Please write "ReVision Urban Farm seedling payment" on the memo line.

Specialty Peppers 4" pots \$2.00	# of 4inch pots
Chili, <i>Ancho</i>	
Chili, <i>Habenero</i>	
Chili, <i>Hot paper lantern</i>	
Chili, <i>Joe's Long Cayenne</i>	
Sweet/Spicy, <i>Paprika Supreme</i>	
Total number of pots	
	x \$2.00
TOTAL FOR BOX F=	\$

Fertilizer 5# Bag \$7	
Total Bags	
	x\$7
Total for Box G	\$

Perennial Herbs (\$2.50 per 4 inch pot)	#of 4in pots
Chives, <i>Purly</i>	
Lavender	
Oregano, <i>Greek</i>	
Sage, <i>Common</i>	
Total Number of Herb Pots	
Multiplied by \$3.00 per Variety Pack	x \$2.50
TOTAL FOR BOX H=	

Total Payment:	
Plus Total Amount Box A	+\$
Plus Total Amount Box B	+\$
Plus Total Amount Box C	+\$
Plus Total Amount Box D	+\$
Plus Total Amount Box E	+\$
Plus Total Amount Box F	+\$
Plus Total Amount Box G	+\$
Plus Total Amount Box H	+\$
Plus Tax-Deductible Contribution	+\$
PAY THIS AMOUNT	\$

Order Form

Vegetables 6-Packs (\$3.50 per 6-pack)	# of 6-packs
Broccoli, <i>Gypsy</i>	
Brussels Sprouts, <i>Oliver</i>	
Cabbage, <i>Super red</i>	
Cabbage, <i>Tendersweet</i>	
Cauliflower, <i>Early Snowball</i>	
Celery, <i>Giant Pascal</i>	
Chinese/Napa Cabbage, <i>Cabbage Blues</i>	
Collard Greens, <i>Champion</i>	
Cucumber, <i>Northern Pickling</i>	
Cucumber, <i>Marketmore 97</i>	
Eggplant, <i>Black Beauty</i>	
Kale, <i>Wintorbor</i>	
Kohl Rabi, <i>White Vienna</i>	
Lettuce, <i>Magenta</i>	
Lettuce, <i>Nevada</i>	
Lettuce, <i>Royal Oak</i>	
Melon – Watermelon, <i>Sugar Baby</i>	
Pak Choi, <i>Joi Choi</i>	
Pepper – Sweet Bell, <i>California Wonder</i>	
Pumpkin, <i>Connecticut Field</i>	
Summer Squash – Patty Pan, <i>Sunburst</i>	
Summer Squash – Zucchini, <i>Raven</i>	
Summer Squash – <i>Yellow Straightneck</i>	
Summer Squash – Zucchini, <i>Costata Roman.</i>	
Swiss Chard, <i>Ruby Red</i>	
Winter Squash, <i>Delicata</i>	
Winter Squash, <i>Waltham Butternut</i>	
Total number of 6-Packs in column	
Multiplied by \$3.50 per 6-Pack	x \$3.50
TOTAL FOR BOX A \$	

Are you a community garden coordinator or do you have a large garden yourself?

We are wholesaling vegetable trays this year.

Minimum order 36 plants per variety.

Call Matt for quotes.

617-822-FARM

Annual Herbs (\$3.50 6-Pack)	# of 6-packs
Basil, <i>Genovese</i>	
Basil, <i>Sweet Thai</i>	
Cilantro	
Dill, <i>Bouquet</i>	
Parsley, <i>Forest Green Curly</i>	
Total number of 6-Packs	
Multiplied by \$3.50 per 6-Pack	x \$3.50
TOTAL FOR BOX B \$	

Flowers (\$3.50 6-pack)	# of packs
Celosia, <i>Pampas Plume</i>	
Gomphrena, <i>Globe Amaranth Mix</i>	
Marigold, <i>Durango</i>	
Nasturtium, <i>Jewel Mix</i>	
Snapdragons, <i>Rocket Mix</i>	
Statice, <i>Pacific Mix</i>	
Strawflower, <i>Apricot/Peach Mix</i>	
Sunflower, <i>Mammoth</i>	
Sunflower, <i>Bicolor</i>	
Zinnia, <i>Benary's Giant Mix</i>	
Total number of 6-pack in column	
Multiplied by \$3.50 per 6-Pack	x \$3.50
TOTAL FOR BOX C \$	

Please keep a copy for your records.

Order form continued on reverse page