

ADAPT Program

Introduction

Participation in the ADAPT program involves taking photographs, recording observations and conducting taste tests, all of which are uploaded to an online survey. The link to this survey is <https://www.surveymonkey.com/r/varietyevaluation>. The survey only takes an average of 9 minutes to complete.

This year's theme represented by the varieties we're offering is "rediscovering lost food traditions." Most of the varieties have qualities and/or culinary uses that were more common many years ago and have fallen out of favor. These qualities are described in the profiles of each variety provided below.

Returning participants may select up to four varieties, while new participants are limited to one. We'd prefer you grow *at least* three plants of each variety so that you can make a fair assessment of its performance.

In addition to evaluating these 12 varieties, we have a special project you can participate in. We're offering two onion varieties from our collection with unknown day length requirements. With data from growers at different latitudes, we can make informed conclusions on their day length. See details on this project in following pages.

If this program interests you, please make your selection(s) by emailing me, Steffen Mirsky, at sciencecorps@seedssavers.org or calling 563-382-5990 x 165.

ADAPT Varieties	
Plant type and #	Variety
Bean 6074	White Cornfield Greasy
Cabbage 179	Filderkraut
Collard 13	Morris Heading
Lettuce 20	Self-Seeding
Melon 591	Gropp Pie Melon
Okra 12	Poole's
Pea 94	Bill Jump's Soup Pea
Pepper 444	Italian Sweet Fryer
Pepper 2474	Pusser Pepper
Squash 5914	Winfrey Family Permelon
Tomato 948	German Extreme Dwarf Bush
Tomato 6565	Large Yellow Tomato

ADAPT Variety Profiles

Bean 6074 'White Cornfield Greasy'

Family heirloom. Pole bean. 50-60 days to snap bean stage. Green, hairless (greasy) pods, up to 4" long with a strong suture string. Donated to Seed Savers Exchange by Ralph Hollin who first acquired the variety circa 1967 from his parents, Jim and Mandy Hollin. His parents grew and saved the seed for as long as Ralph can remember, since at least the 1920s. It's used by the family as a snap bean and for shuck beans. Ralph describes the process as such:

"My family always let them get real full when they get a rust color on them. When they get to turn yellow I pick my seed. We pick and string. These are not 'stringless.' Cook in pressure cooker for 10 minutes on 10 lb of pressure with salt and hog lard (bacon grease is best). Also we make shuck beans instead of cooking them. We fry them and store in freezer. Old time people use to take a needle and thread and not break them up and string them up and dry behind the stove on the wall (before we had freezer)."

For a description of shuck beans: <http://www.smliv.com/departments/sweetappalachia/shuck-beans-or-leather-britches/>

Cabbage 179 'Filderkraut'

Historic variety. A late maturing, pointed-head green cabbage that has its origins in northern Germany (Pomeranian region). Heads are very large, solid, compact and come to a sharp point. Outer leaves are large and numerous and of a solid green color. Listed as a "new variety" in the United States in the 1872 Dreer catalog. Excellent for sauerkraut.

Collard 13 'Morris Heading'

Historic variety. Dark green leaves and light green petioles. Plants forms well-developed heads in the fall when nights become cool and frosty. Delicious flavor, especially after frost. Donated to Seed Savers Exchange in 2001 by Hal Bridges of Midville, Georgia. He acquired this variety in 1992 from a local commercial source. The 'Morris Heading' collard was originally developed in the 1920s by Elisha Morris and his son R. Fairley Morris of Maxton, North Carolina.

See this website for a description of the variety, provided by Morris descendants:

<http://www.thecollardseed.com/>

Lettuce 20 'Self-Seeding'

Family heirloom. Green looseleaf lettuce. Leaves savoyed and slightly undulating. Plants reach 7-9" tall and 14-18" wide at market maturity. Crisp, buttery texture, and slightly thick leaves. Early maturing. Donated to Seed Savers Exchange by John Baylor who introduced it into the 1982 Yearbook. Baylor originally received the seed in 1980 as an unnamed variety from his mother's cousin Orpha. Orpha's mother also grew the lettuce and Baylor stated it has been grown by four generations of the family since at least the 1930s and probably longer.

Melon 591 'Gropp Pie Melon'

Family heirloom pie melon. Fruit is nearly round, lightly ridged, with pale yellow skin and white flesh. Flavor is slightly sweet and tangy. Fruit average 3-4" in diameter, 7-15oz. Best for fresh eating slightly before or at vine-slip, harvest a little sooner for a firmer flesh for pie-making. Donated to Seed Savers Exchange by Susan Boley-May, whose mother received it from a family friend. This variety was originally grown by the Molz and Gropp families of Deerfield, KS since the late 1800s. Used by the family in pies and cobbler recipes.

Melon pie recipe provided by Susan:

Makes one 9 inch pie.

6 or 7 pie melons – peel, remove seeds, slice ½ thick, rinse, drain, leave in bowl.

Mix in small bowl: 1/3 cup flour, 1 ¼ cup sugar, ¾ tsp cinnamon, ¾ tsp apple pie spice, ½ tsp salt, 2 tsp lemon juice.

Pour over melon slices and blend gently. When slices are well-coated with flour mix, pour into crust, dot with butter, and add top crust. Bake for 40 minutes at 400°F.

Okra 12 ‘Poole’s’

Family heirloom. Very bushy, high-yielding plants produce long and slender, slightly prickly green pods.

Best eaten under 4" long. Good flavor. Leaves are green with red veins. Donated to Seed Savers

Exchange circa 1982 by L. Arlie Gray. Originally obtained by Gray around 1974 from Barney Poole of Moselle, Mississippi. Grown by the Poole family in Palestine, Texas since at least 1914. Large, bushy plants reaching 3.5-5' tall.

Pea 94 ‘Bill Jump’s Soup Pea’

Family heirloom soup pea. Vines grow 5-6' in height. Soup peas have a superb, rich flavor with a meaty and smooth texture that holds well when cooked. Seeds are large and semi-wrinkled with red-brown mottling. Late maturing.

Vigorous and highly productive. Dark pink flowers. This variety was donated to Seed Savers Exchange by Dennis Miller who introduced it into the Seed Savers Exchange Yearbook in the 1980s. Miller's great-grandfather, Bill Jump, originally grew it in eastern Washington since at least the 1930s.

Pepper 444 ‘Italian Sweet Fryer’

Exchange heirloom. This variety has been listed for 26 years in the Seed Savers Exchange Yearbook. A very large and delicious sweet roasting pepper. Long, tapering fruit change from green to red at maturity and reach up to 8" long by 2" wide. Medium thickness walls. *Capsicum annuum*.

Pepper 2474 ‘Pusser Pepper’

Family heirloom hot pepper. Very skinny, elongated fruit mature from green to red and grow to 5-7 inches long with a distinct curvature. Fruit are very hot but have an excellent sweet and fruity taste.

Capsicum annuum. Donated to Seed Savers Exchange in 2010 by Harold Pennell of Taylorsville, NC. This variety is named for Harold's great-grandmother, Elizabeth Pusser (d. 1926). Elizabeth grew this variety all her life. Family lore states that Elizabeth's father, John Pusser, brought the pepper variety to the U.S. from England.

Squash 5914 ‘Winfrey Family Permelon’

Family heirloom winter squash. “Permelon” is an Appalachian colloquialism for winter squash traditionally grown in that region. Very large, slate-blue hubbard-type squash reaching up to 25-30lbs. Hard rind requires work to cut into! The bright orange flesh is tasty and sweet, especially after a couple months in storage, making the effort well worth it. Donated to Seed Savers Exchange by Randy Winfrey of Princeton, West Virginia, who first started growing this variety “sometime between 1978 and 1980,” when he received seeds from his parents, Howard and Henrietta Winfrey. His parents grew the permelons as far back as he can remember and they received the variety from their parents, Pearis and Bertha Winfrey in the late 1940s or early 1950s. All three generations of Winfreys have lived and gardened in Princeton, WV.

The Winfrey family provided the following permelon cookie recipe:

*1 cup white sugar
1 cup cooked permelon
1 tsp vanilla
½ cup shortening
2 cups flour
½ tsp salt
1 tsp baking powder
1 tsp baking soda
1 tsp cinnamon
1 cup golden raisins*

Soak raisins in bolting water for 10 minutes. Drain and dry on paper towels. Cream sugar, shortening and vanilla. Add permelon and beat. Sift flour and other dry ingredients and add to permelon mixture. Add raisins. Drop by tablespoon on a lightly greased cookie sheet. Bake in a preheated oven at 375°F for 10-12 minutes. Cool and frost with orange icing.

Orange icing: 2 cups powdered sugar, 1 tbsp soft butter, enough orange juice to moisten to icing consistency.

Tomato 948 'German Extreme Dwarf Bush'

Exchange heirloom and modern commercial variety dating from at least 1958 when it was offered in the Gleckler Seed Company catalog. Red globe tomato on very small, dwarf plants. Great for containers. Early maturing. Classic tomato flavor.

Tomato 6565 'Large Yellow Tomato'

Family heirloom. Large, orange-yellow beefsteak tomato with fantastic flavor. Later maturing and not super productive at Heritage Farm in 2017. This variety came to Seed Savers Exchange in August of 2006 from Mrs. Nicholas Metzger, Jr of Thorntown, Indiana. Mrs. Metzger's short donation letter read: "I'm hoping you can use enclosed seeds. [They] came to me thru my Grandpa & had been passed down through his family. He lived to be 88 years old, so I'm sure the original seed is over 100 years old..."

ADAPT Program: Onion Day Length Special Project

Help us determine the day length of the onions in our collection! These onions are heirlooms or have limited availability in the commercial seed trade, so we don't have much information on their day length. By comparing their performance at different latitudes of the country, we can make informed decisions on their day length.

If this project interests you, please make your selection(s) by emailing me, Steffen Mirsky, at sciencecorps@seedssavers.org or calling 563-382-5990 x 165.

Plant type and #	Variety
Onion 363	Yellow Rock
Onion 380	Clear Dawn

Onion 363 'Yellow Rock'

Yellow, globe-shaped to slightly flattened onions. White flesh is pungent and sweet when raw. Good storage onion. Donated to Seed Savers Exchange by R.L. Twining of Priest River, Idaho who acquired this variety from Garden City Seeds of Victor, Montana.

Onion 380 'Clear Dawn'

Flattened globe-shaped onions with thick bronze colored skin and whitish-yellow flesh. Bulbs 3-4" in diameter, 3" tall, and weighing up to 1lb. Stores very well. This variety came to us from Will Bonsall and was bred out of the hybrid 'Copra' onion by biodynamic growers Claire Hall and Don Jason and introduced to the US seed trade by Beth and Nathan Corymb of Meadowlark Hearth.