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Florida betony (*Stachys floridana*), is very similar to Chinese artichoke, but with a bit sharper flavor. As one of the few root crops native to North America, it should be better known and appreciated. Many millions of dollars are spent every year in Florida and Georgia, trying to poison this plant out of existence instead of eating it. Tubers reach a maximum of about 12 inches in length, although more typically about 6 to 8 inches. May tolerate more heat than Chinese artichoke, although it has no more drought tolerance. Keep it well watered for the best yield. Plant or pot immediately on receipt; they don't keep very well out of the ground.

**I strongly recommend growing this plant in pots.** Also, grow only one clone if you don't want the plants to set seed. Florida betony has a well deserved reputation for growing out of control. I have not found this to be the case here. In the west, it needs watering in the summer and does poorly without it, so spread is limited. In a more favorable climate, it may become a problem plant. Best to keep it contained. Beside that, tubers are often set rather deeply, so pots are much easier to harvest.

Florida betony is classified as a noxious weed in some areas of the South. Please check your local noxious weed regulations before ordering.

We grow several different accessions of Florida betony in order to maximize diversity for breeding. They are not significantly different and if you just want to grow the plant as a food crop, it probably doesn't matter which one you choose. Clones A and C were collected in Florida and clone B in North Carolina.

#### **Packet details:**

5 tubers or segments of tubers about 2-3 inches in length.

**Price:** \$6.50 - \$7.50

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#### **Mashua information and growing instructions**

Blanca is an heirloom variety, reportedly from Colombia. It is also sold under the names Pilifera (which is technically the name of a botanical variety) and Sidney. This is the most widespread mashua variety in the United States.

### **Culinary Traits**

Blanca is both slightly sweet and slightly cabbagey. The cooked flesh is moderately firm and remains white.

## Agronomic Traits

Early to emerge in the spring. Plants are tall on trellis, reaching ten feet or more. This variety has a high yield, with plants on trellis producing 10 pounds or more. Tubers form early but don't bulk up rapidly, so it needs a mild fall to reach its maximum. This is a fall flowering variety.

## What you will receive

### Tubers

You will receive the stated number of tubers, packaged in plastic bag with damp peat.

### Seeds

Seeds are open pollinated. Because mashua is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar to the parent type.

**Price:** \$8.50 - \$32.50

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Mashua information and growing instructions

This is an OSSI open source variety. Click for more information about open source seeds.

Copalis is a Cultivariable original variety, introduced in 2015. We selected this from several dozen open pollinated seedlings of the variety Blanca as the one with the mildest flavor. It isn't the most exciting looking variety, but if you want to make mashua a regular part of your diet, it's a good choice.

## Culinary Traits

Copalis is a great beginner mashua, as it has a very mild flavor. It is slightly sweet with almost no cabbagey flavor and the flesh remains moderately firm at typical cooking duration (1 hour at 350 degrees F). I find this one is even palatable raw in salads as long as you don't overdo it. The tubers are white with pink eyes and do not darken when cooked.

## Agronomic Traits

Early to emerge in the spring. Plants are very tall on trellis, similar to its parent, Blanca. High yielding. Tubers form early but don't bulk up rapidly, so it needs a mild fall to reach its maximum. This is a fall flowering variety and about middle of the pack in timing.

# What you will receive

## Tubers

You will receive the stated number of tubers, packaged in plastic bag with damp peat.

## Seeds

Seeds are open pollinated. Because mashua is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar to the parent type.

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Mashua information and growing instructions

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Hoh is a Cultivariable original variety, introduced in 2016. This is our best producer, with earlier tuber production than most other varieties.

## Culinary Traits

Hoh is a mild variety, slightly sweet with just a hint of cabbagey aftertaste. The cooked texture is soft. The color remains white when cooked.

## Agronomic Traits

Hoh plants are large, climbing up to 10 feet on trellis. The tubers sprout and emerge early in the spring. Hoh begins forming tubers almost a month earlier than most heirloom varieties and can produce a small but usable yield as early as August. It still needs a full growing season in order to produce a normal yield of full size tubers. Average tuber size is in the five to six in range, but this variety produces tubers as much as 16 inches long. The tubers are also quite bulky. Hoh resists cracking in wet soil better than most of the large-tubered varieties. This is a fall flowering variety.

## What you will receive

### Tubers

You will receive the stated number of tubers, packaged in plastic bag with damp peat.

### Seeds

Seeds are open pollinated. Because mashua is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar to the parent type.

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### Mashua information and growing instructions

Lima is presumably a Peruvian heirloom variety, but I don't know anything else about it.

## Culinary Traits

Lima has a very nice flavor that is slightly sweet with a subtle caramel aftertaste. It has no cabbagey flavor at all. The flesh cooks soft and the yellow color is retained through cooking.

## Agronomic traits

Lima plants are fairly small, reaching about seven feet on trellis. Yields are modest, reaching three to four pounds. Tubers can grow as long as six inches, but most are in the two to four inch range. The tubers have good dormancy. Although it is a fall flowering variety, it is one of the earlier ones, starting here around mid-October.

## What you will receive

### Tubers

You will receive the stated number of tubers, packaged in plastic bag with damp peat.

### Seeds

Seeds are open pollinated. Because mashua is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar

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Mashua information and growing instructions

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Satsop is a Cultivariable original variety, introduced in 2016. It is notable for large tuber size and mild flavor.

## Culinary Traits

Satsop is slightly sweet with no cabbagey flavor. The cooked texture is moderately firm.

## Agronomic Traits

Satsop plants are intermediate in size, reaching seven to eight feet on trellis. The yields are good, reaching up to eight pounds. Most tubers fall into the three to eight inch range. This variety is vulnerable to cracking in wet soil.

## What you will receive

### Tubers

You will receive the stated number of tubers, packaged in plastic bag with damp peat.

### Seeds

Seeds are open pollinated. Because mashua is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar to the parent type.

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## Oca information and growing instructions

Bolivian Red is presumably a Bolivian heirloom variety, although I don't know any details about its origin. This variety is notable for its excellent, non-acidic flavor. Also sold under the name 'Rebo'.

## Culinary Traits

Bolivian Red slightly sweet but not tart, a combination that often reminds me of things like squash and sweet potato, although it doesn't really taste like either one. The cooked texture is soft. Although it loses some color with cooking, it does retain quite a bit of it and remains red. This is a very attractive variety for raw use. When sliced, you get red and yellow discs, which look great in salads.

## Agronomic Traits

Bolivian Red plants are intermediate in size and sprawl less than many of the larger varieties. Tubers are produced on stolons of intermediate length and usually do not crowd. Tuberization photoperiod is about 12 hours, the same as most heirloom varieties. Average yield is 1.2 pounds. The maximum tuber length is 4 inches and the average tuber length is 1.5 inches. Average tuber count is 36. There are about three times as many small tubers as large with this variety.

Bolivian Red is a moderate flowerer with a short-styled flower, flowering here from late June through August.

## What you will receive:

### Tubers

You will receive the stated number of tubers, packaged in a wax envelope. We grade tubers by passing them through a grate. Small tubers are those that won't fall through a 1/3" grate, but that will fall through a 1 inch grate. Medium/large tubers are those that will not fall through a 1 inch grate.

### Seeds

Seeds are open pollinated. Because oca is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar to the parent type.

**Price:** \$6.50 - \$12.00

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## Oca information and growing instructions

Golden is an heirloom variety from La Paz, Bolivia. It is notable for its unusually dark foliage.

### Culinary Traits

Golden lacks both sweetness and tartness, for a flavor that is very similar to potato. The cooked flesh is dry and moderately firm. The yellow color is retained well in cooking.

### Agronomic Traits

Golden plants are large and sprawling. The foliage is mottled with purple and is noticeably darker than other varieties in the field. Tubers are produced on stolons of intermediate length and are very uniform. Tuberation photoperiod is about 12 hours, the same as most heirloom varieties. Average yield is about one pound. The maximum tuber length is 4.1 inches and the average tuber length is 1.9 inches. Average tuber count is 27.

Golden is a moderate flowerer with a short-styled flower, flowering here from July through September.

### What you will receive

#### Tubers

You will receive the stated number of tubers, packaged in a wax envelope. We grade tubers by passing them through a grate. Small tubers are those that won't fall through a 1/3" grate, but that will fall through a 1 inch grate. Medium/large tubers are those that will not fall through a 1 inch grate.

#### Seeds

Seeds are open pollinated. Because oca is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar to the parent type.

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Oca information and growing instructions

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Phytosanitary information

Mocrocks is a Cultivariable original variety, introduced in 2015, notable for high yield, heat-stable color, and sweet/tart flavor.

## Culinary Traits

Mocrocks is tart and somewhat sweet, raw or cooked. You won't mistake this one for a potato. Raw, it has attractive, shiny, deep red skin and light yellow flesh with a red core. It can be sliced thinly for raw dishes, which will produce disks with contrasting red and yellow rings. Unlike most oca varieties, it retains most of its color when cooked, particularly under dry heat. Roasted Mocrocks tubers become dark purple and the flesh turns yellow/orange. This variety has very soft flesh when cooked.

## Agronomic Traits

Mocrocks plants are moderate in height, but robust and spreading, with a large number of stems at maturity. The tubers are produced on relatively short stolons and cluster densely beneath the plant. This has both advantages and disadvantages. The tubers are easy to harvest, but because they are closely packed, many will have irregular shapes. Tuberization photoperiod is about 13 hours, making it two to three weeks earlier than most of the heirloom varieties. Average yield is 2.3 pounds. The maximum tuber length is 4.9 inches, but the average tuber length is 2.1 inches. Average tuber count is 38. There are roughly equal numbers of large and small tubers with this variety.

Mocrocks is a moderate flowerer with a mid-styled flower, starting here in mid-June and usually wrapping up by the end of July.

## What you will receive

### Tubers

You will receive the stated number of tubers, packaged in a wax envelope. We grade tubers by passing them through a grate. Small tubers are those that won't fall through a 1/3" grate, but that will fall through a 1 inch grate. Medium/large tubers are those that will not fall through a 1 inch grate.

### Seeds

Seeds are open pollinated. Because oca is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar to the parent type.

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## Oca information and growing instructions

Pascou is reportedly a Peruvian variety. It is also sold under the names 'Frank's Bicolor', 'Monster', and 'OE Durazno'.

## Culinary Traits

Pascou is slightly sweet and just barely tart, a combination that is a little bit squash-like. The cooked flesh is moderately firm and retains its yellow color.

## Agronomic Traits

Pascou plants are large and sprawling at maturity. Tubers are produced on long stolons and are typically uniform. Tuberation photoperiod is about 12 hours, like most heirloom varieties. Average yield is just about one pound. Maximum tuber length is 4.2 inches, although the tubers are quite bulky. Average tuber length is 2.4 inches. Average tuber count is 26. This variety produces slightly more large tubers than small tubers.

Pascou is a poor flowerer with a mid-styled flower, flowering here from late June through September.

## What you will receive

### Tubers

You will receive the stated number of tubers, packaged in a wax envelope. We grade tubers by passing them through a grate. Small tubers are those that won't fall through a 1/3" grate, but that will fall through a 1 inch grate. Medium/large tubers are those that will not fall through a 1 inch grate.

### Seeds

Seeds are open pollinated. Because oca is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar to the parent type.

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Phytosanitary information

Sockeye is a Cultivar original variety, introduced in 2015, notable for relatively early tuberization and high yield.

## Culinary Traits

Sockeye is a moderately tart variety, with what we might call the classic oca flavor, something like a potato with lemon or sour cream. Raw, it has attractive, shiny, red skin and light yellow flesh with a red core. It can be sliced thinly for raw dishes, which will produce disks with contrasting red and yellow rings. Cooked, the texture is very soft and the tuber will disintegrate with long cooking time. Like most oca varieties, Sockeye loses most of its color when cooked, usually becoming light pink.

## Agronomic Traits

Sockeye plants are tall, with a large number of stems, and sprawling at maturity. The tubers are produced on relatively short stolons and cluster densely beneath the plant. This has both advantages and disadvantages. The tubers are easy to harvest, but because they are closely packed, many will have irregular shapes. Tuberization photoperiod is about 13 hours, making it two to three weeks earlier than most of the heirloom varieties. Average yield is 2.2 pounds. The maximum tuber length is 5.2 inches and the average tuber length is 2 inches. Average tuber count is 34. The distribution of tubers ranges pretty evenly from small to large.

Sockeye is a fairly poor mid-styled flowerer, flowering from late June to September here.

## White Salmon

White Salmon is a somatic mutant of Sockeye that has lost all red color. It is white to pale yellow after exposure. Other than color, it is identical to Sockeye. We don't grow much of this variety and it is not available every year.

## What you will receive

### Tubers

You will receive the stated number of tubers, packaged in a wax envelope. We grade tubers by passing them through a grate. Small tubers are those that won't fall through a 1/3" grate, but that will fall through a 1 inch grate. Medium/large tubers are those that will not fall through a 1 inch grate.

### Seeds

Seeds are open pollinated. Because oca is a polyploid hybrid, the seeds will not grow true to type. They are suitable for use in breeding or conservation efforts and could be used to select varieties similar to the parent type.

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Oca information and growing instructions

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Phytosanitary information

Wishkah is a Cultivariable original variety, introduced in 2015, notable for high yield and large average tuber size.

## Culinary Traits

Wishkah is a mildly acidic variety, just tart enough so that you wouldn't mistake it for a potato, but not so much that it won't serve in just about any potato recipe. It is very slightly sweet and the yellow flesh is moderately firm even when cooked. Like most oca varieties, it loses most of its color when cooked.

## Agronomic Traits

Wishkah plants are tall, with a large number of stems, and sprawling at maturity. The tubers are formed on long stolons, which helps to prevent crowding and increases uniformity. Tuberization photoperiod is about 13 hours, making it two to three weeks earlier than most of the heirloom varieties. Average yield is 2.5 pounds. The maximum tuber length is 6.4 inches and the average tuber length is 2.9 inches. Average tuber count is 22. Wishkah typically produces both the highest yields and largest tubers of any variety that we grow.

Wishkah is a heavy flowerer with a mid-styled flower. It is consistently among the top three producers of true seed here, along with Redshift and Siwash.

## True Seeds

True seeds were collected in 2020 and were open pollinated. Wishkah is mid-styled and therefore self-compatible, so I expect a portion of the seeds to be self-pollinated, but the majority will probably be crossed. The closest neighbors in 2020 were Sockeye and Adele, both of which are compatible and would be the most likely partners. From experience, I expect true seed of Wishkah to give a greater percentage of early varieties with larger tubers than most other varieties. Plants will mostly be large. Tuber color is not predictable. I only offer oca see that germinates at 80% or better in my tests, but some people still report no germination because oca is tricky. So, set your expectations low and hopefully you will be happily surprised.

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