While its name might suggest otherwise, the white icicle radish is in fact a summer variety that can withstand higher temperatures than most other radish varieties. The flesh is brilliant white and has a crisp texture, accompanied by a slightly spicy flavor profile. The combination of an interesting look, a satisfying texture and a bold flavor make the icicle radish an excellent ingredient in salads, stir fries, or as a garnish.
Bred in upstate New York, the palm-sized honeynut squash has quickly changed how we think about plant breeding, cooking for flavor and bringing diversity to our plates. Shrunk to a more manageable size than other squash varieties and packed with a notably sweet and nutty flavor, it also punches above its weight nutritionally. The honeynut squash offers twice as much beta-carotene as the popular butternut squash and is a significant source of Vitamin A.
With a texture somewhere between kale and spinach, escarole is a popular leafy green vegetable used in Italian dishes. It belongs to the chicory family and is slightly bitter in taste. With high amounts of vitamin C, calcium and other nutrients, it’s been consumed for its taste and health benefits since the 1500s in Egypt, England and Greece.
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Nutritious and gluten-free, this small grain has recently been popularized as a superfood in some countries. First domesticated between 6,000 and 8,000 years ago, the Aztecs used amaranth in religious ceremonies, in addition to using it as an ingredient in their rich cuisine. More recently, Europeans have mostly used it as an ornamental, but in countries like Mexico, amaranth is once again becoming an important staple.
Breadfruit is a species of flowering tree in the mulberry and jackfruit family, originating in the South Pacific, from whence it was taken far and wide, including by Captain Bligh of HMS Bounty fame. Its name is derived from the cooked fruit, whose texture is similar to freshly baked bread and tastes like potato. Recent advances have allowed breadfruit to be processed into flour for use in baking and even to make pasta, which has opened new market opportunities for farmers.

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Native to Mesoamerica, chayote is believed to be one of the earliest plants to be cultivated in that region. With edible fruits, roots and flowers, this crop is high in vitamin C, and is commercially important in several countries, particularly in Latin America and parts of Asia. And in South Louisiana, where chayote is known as mirliton, the crop is a frequent ingredient in a variety of festive dishes.

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Also known as the “Jerusalem artichoke” and easily mistaken for a knob of ginger, a better comparison for the sunchoke would be a potato. Sunchookes can frequently be used as a substitute for potatoes and its nutty and slightly sweet flavor can contribute to anything from purees to a tasty sauteed side dish. The mild-flavored tuber has been cultivated for hundreds of years in North America, a significant ingredient in Native American cuisines from the East Coast to the West.
Cultivated in Japan since the 19th century, the Hokkaido pumpkin spread from the Far East to California, Florida, and New York, where it is now a staple crop in farmers’ markets. Bright orange and lightweight, the pumpkin adds a subtle, sweet flavor to soups, purees, and roasted vegetable plates.

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Long a significant ingredient in Asian cuisines, black garlic is an aesthetically unique and flavorful twist on one of the most common kitchen staples. Stark black garlic cloves are the result of weeks of fermenting on a strict diet of heat and humidity. The surprisingly sweet and slightly molasses-like flavor can put a unique spin on any traditionally garlic-heavy dishes from bruschetta to pizzas to vinaigrettes.
An heirloom tomato variety hailing from eastern Germany, these bright yellow cherry tomatoes are recognized as one of the most flavorful tomato varieties. These cherry tomatoes are noticeably sweet and slightly citrusy. Additionally, the blondkopchen variety is highly resilient due to its ability to ward off common tomato pests and diseases and grow well in nearly any climate.

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