

2023
Avery County Cooperative Extension Center
Plant Sale Catalog



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2023
Avery County Cooperative Extension Center
Plant Sale

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Plant Sale



General Information

Welcome to the 2023 annual Avery County Cooperative Extension Center Plant Sale. We look forward to providing the community with plants, which keeps Avery County the traditional rural mountain county it has always been. In keeping with that mission, we focus on **Southern Heirloom Apples, Blueberries, and Brambles**. These are the traditional fruits of Avery County and our ancestors. The plants naturally do well in our climate and require a minimum of pesticide input. We are confident they will do well for you. Please utilize the North Carolina Cooperative Extension Service publications to make the most of your plants. These plants should give you many years of traditional fruit for your family. The educational publications are located on the Avery County Cooperative Extension Center website at:

<http://avery.ces.ncsu.edu>

Please feel free to contact the Avery County Cooperative Extension Center at 828-733-8270 if you have questions regarding the plant sale information contained here. **Payment is expected at the time of ordering.** ***If paying with cash, please have exact amount of order. WE DO NOT ACCEPT DEBIT OR CREDIT CARDS.***

The staff expects to distribute the plant orders on Thursday - Friday, April 13th and 14th, 2023.

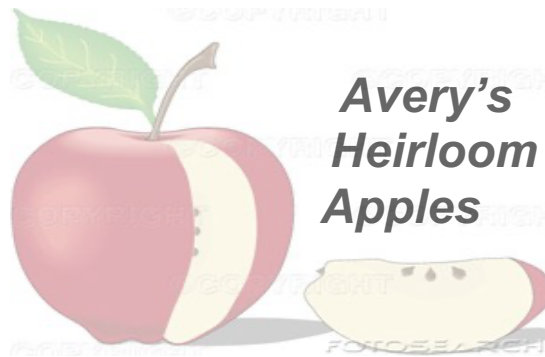
Plant orders will be distributed from the Avery County Cooperative Extension Center (Heritage Park Fair Grounds) at 661 Vale Road, Newland, N.C. You will be contacted by phone and/or by email to confirm the pick-up date and time.

Plant orders must be received by **Thursday, April 6, 2023**. We would like to guarantee that supplies of these varieties will hold out, but we cannot. So, the earlier you place your order, the better.



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We have had a great interest in Heirloom Apples in our area. Through the help of many local folks, we have found a significant number of the heirloom apple varieties that have been in Avery County since the early 1800s. Along with history and production help, we are able to provide orchard ready trees identical to the historic apples of our ancestors in Avery County.

Most of the apple trees in the sale are grafted onto M-111 semi-dwarf rootstock. Your tree will reach about 15-20 feet in height and need to be planted 20 feet apart. The apple trees are two years old and will be approximately 4 feet tall at the time of planting.

M-111 rootstock qualities include:

- Good disease resistant
- Doing well in a wide range of soil types
- Can withstand wet spells and moderate drought conditions fairly well
- Will usually produce fruit in 5-6 years (5 years sooner than standard rootstock)

****Crimson Crisp (Dwarf) and Golden Delicious (Dwarf)** are grown on *Geneva 202 (G202)* rootstock.

***** Honeycrisp - Fire Storm Red™ (Semi-dwarf)** is grown on M7 rootstock and is semi-dwarf.

We recognize that many people making purchases through this plant sale are home-gardeners/backyard orchardists and are looking for "low input" fruit trees. In order to better facilitate this, we offer many "easy to grow" apple varieties producing good fruit with minimum pesticide use.

You will find a detailed variety of information in the **"Apple Reference Guide"** to learn about and compare varieties. Please note that this information is based on both solid science and personal observations.



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Pollination is an important topic when growing fruit trees because many, but certainly not all varieties, require pollination from a compatible donor tree before they can bear fruit. Most apple trees need another variety to cross-pollinate for optimum fruit production. Often, the neighbor's apple trees and even seedling apple trees nearby help with this pollination.

A general rule to follow is to plant apple varieties that flower (bloom) simultaneously. Some of the varieties that bloom early may stop producing enough pollen when the late-blooming varieties start blooming; therefore, not enough pollination occurs to produce a good apple crop. Planting an apple tree listed as a late-blooming with an apple tree listed as early blooming may not give you satisfactory cross-pollination.

We listed the blooming times in our Apple Reference Guide this year to allow you to choose compatible apple trees in your planting. This is only a general guideline. Blooming times are listed as Early, Early/Mid, Mid, Mid/Late, and Late season. Again, expecting an early blooming apple variety and a late-blooming variety to pollinate each other may be a mistake. All other combinations should be sufficient. If you have other apple trees planted on your property within 100-200 feet, they will certainly play into this pollination system.

Some apple varieties produce **sterile** pollen. These trees are called **Triploids** and will not pollinate other trees. Triploid trees can be pollinated by other trees and produce excellent fruit; they just cannot be depended on to pollinate your other trees. We offer two Triploid varieties this year in our plant sale; Fallawater, and Mammoth Blacktwig; both trees are excellent apples.

Please contact the Avery County Cooperative Extension Center if you need help with the bloom times or any additional information on the pre-existing apple trees.

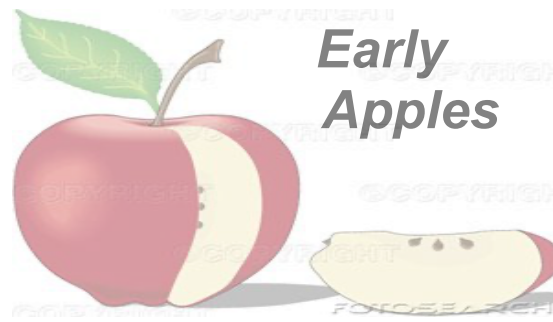


Apple Reference Guide

| Apples | Fresh Eating | Sauce/Butter | Baking | Cider | Stores Well | Ripens | Easy to Grow | Bloom Time Season |
|--------------------------|--------------|--------------|--------|-------|-------------|------------|--------------|-------------------|
| Yellow Transparent | P | E | P | P | P | July | E | Early |
| William's Favorite | E | F | P | F | F | July | E | Early |
| Summer Rambo | G | E | G | F | F | Aug./Sept | E | Early |
| <i>Summer Banana</i> | E | F | G | G | G | Aug./Sept. | E | Mid |
| Hewe's Crab | P | P | P | E | F | September | G | Early |
| Motherbud | E | G | G | G | F | September | G | MID |
| Honeycrisp Firestorm™ | E | G | G | E | G | September | G | Late |
| Pumpkin Sweet | G | G | E | F | G | Sept./Oct. | G | ? |
| McIntosh | E | G | E | G | G | Sept./Oct. | G | Early/Mid |
| Crimson Crisp (G202) | E | G | G | G | G | Sept./Oct. | G | Mid |
| Golden Delicious (G202) | E | P | F | G | E | Sept./Oct. | E | Mid/Late |
| Wolf River | P | E | P | P | F | Sept./Oct. | G | Mid |
| Smokehouse | E | E | E | E | E | Sept./Oct. | G | Early/Mid |
| Yellow Bellflower | G | E | E | E | F | October | G | Early/Mid |
| Grimes Golden | G | G | E | E | G | October | G | Mid |
| **Mammoth Blacktwig | G | E | G | G | E | October | G | Mid |
| Kentucky Limbertwig | E | P | E | G | E | October | G | Mid |
| Goldrush | E | F | G | G | E | October | G | Mid/Late |
| **Fallawater | E | G | G | F | G | October | E | Late |
| Virginia Beauty | E | F | E | P | E | October | G | Early/Mid |

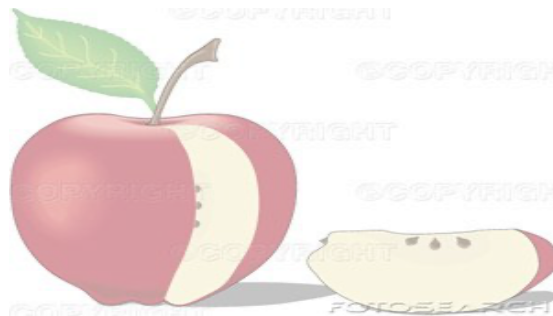
This information was gathered from many sources and should be considered as opinions.

- *P = Poor F = Fair G = Good E = Excellent*
- *? Indicates "Unknown"*
- *****Triploid variety – Not a good pollinator!***

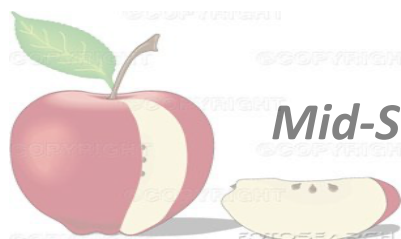


Early Apples

| Name(s) | Time & Place of Origin | Size, Color, Taste & Texture | Qualities | Ripens |
|---------------------------|-----------------------------------|---|---|--------------------|
| Yellow Transparent | <i>Before 1870 Russia</i> | <i>Medium, round, yellow, white-colored flesh, tart</i> | <i>Unique full-flavored early apple and multipurpose, good for frying and apple sauce</i> | <i>July/August</i> |
| William's Favorite | <i>1750's Massachusetts</i> | <i>Conical, medium to large, bright red, absolutely beautiful early apple, firm flesh and an easy to grow</i> | <i>Excellent multipurpose apple, with good sweet flavor</i> | <i>July/August</i> |



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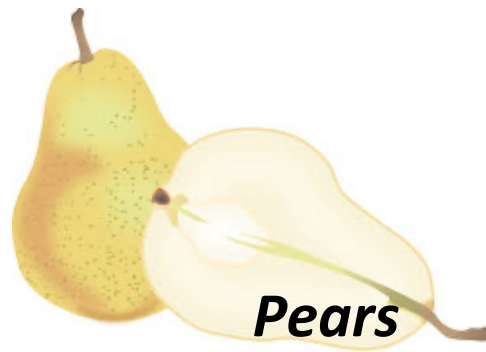


Mid-Season Apples

| Name(s) | Time & Place of Origin | Size, Color, Taste & Texture | Qualities | Ripens |
|---|--|---|---|-----------------------|
| Summer Rambo (Summer Rambour, Rambour Franc) | 1600's, France In America from Colonial times, old heritage trees in Avery County | Medium to large, roundish conical oblate apple, skin is mottled with pinkish red and striped, greenish yellow flesh, tender, and very juicy and an easy to grow apple | Gourmet sauce apple, also sweet enough for fresh eating, vigorous dependable producer, good disease resistant | August/ September |
| Summer Banana | 1900 Marion County, South Carolina when trademarked by J. Van Lindley Nursery in Greensboro | Medium, round conical, deep yellow skin with red spots and rough skin, stores well, and is a quick bearing apple | Very sweet, course grained, apple for fresh eating and excellent sauce | August/September |
| Hewe's Crab | 1700's Virginia | Small, green with dull red, firm flesh & acidic | Great cider apple | September |
| Mother Bud | 1844 Massachusetts | Deep striped solid red, medium size conical oblong | Very sweet dessert apple, multi-use | September |
| Honeycrisp Fire Storm Red M7 (Semi-dwarf) | 1960's Minnesota | Medium to large, red variety, sweet, juicy, lightly crisp | Very popular, good in storage with flavor improving for 7-10 days | September |
| Pumpkin Sweet | 1800's Connecticut | Yellow skin marbled with greenish-yellow and a brown flush. Sweet, non-acid flesh, crisp and juicy | Prized for baking, good for canning and eating | September |
| McIntosh | 1820's Ontario, Canada | Beautiful, medium size, glossy oblate dark red apple with white flesh | Famous northern apple with excellent flavor for fresh eating, and sauce | September |
| Crimson Crisp G202 (Dwarf) | 1995 United States | Small to medium, very bright mid-range red over yellow, extremely crisp, sweet/sharp flavor | Approx. 10 feet tall tree with good cold hardiness, resistance to fire blight, good in storage | September |
| Golden Delicious G202 (Dwarf) | 1890's West, VA Believed to be a seedling from a cross of Grimes Golden/Reinette | Medium, round-conical shape, yellow-gold, excellent flavor, crisp & juicy | Fresh eating, cooking, juicing, drying | September/ October |
| Wolf River | 1856 Wisconsin Found along the banks of the Wolf River | Very large, irregular shape, greenish-yellow with splashes and stripes of red | Prized for outstanding applesauce and apple butter | September/ October |
| Smokehouse | Lancaster, Pennsylvania | Large, flattish shape, yellow flushed and striped red. Crisp flesh, yellowish, moderately fine-grained | Fresh cider flavor, good quality cooking, eating and baking, keeps well | September/ October |



| Name(s) | Time & Place of Origin | Size, Color, Taste & Texture | Qualities | Ripens |
|--|---|--|---|------------------|
| Yellow Bellflower | 1800's New Jersey | Large to medium, lemon yellow skin with some red-orange blushing on the side, yellowish-white flesh is firm, crisp, juicy and aromatic | Good eating and cooking apple, flavor improves with storage | October |
| Grimes Golden | 1700's Brooks County, WV | Medium to large, round to oblong, yellow skin, very sweet, aromatic, tender, crisp, juicy, yellowish-orange flesh | Good all-purpose dessert and cooking apple, crisp and sweet, good keeper | October |
| **Mammoth Blacktwig | 1800's VA, TN, AK | Medium to large, skin green with deep red, several stripes, flesh is white, almost yellow, firm, juicy, and mildly subacid | Fresh eating, cooking, juicing, disease resistant, good keeper | October |
| Kentucky Limbertwig | Cumberland Mountains, Kentucky | Medium to large, skin green with deep red, several stripes, flesh is white, almost yellow, firm juicy, and mildly subacid | Fresh eating, cooking, juicing, disease resistant, good keeper | October/November |
| Gold Rush | 1980's Perdue Research Farm (Parents are Golden Delicious & Red Rome) | Medium, yellow with a round shape smooth skin and fine-textured flesh | Dessert apple, sweet but complex flavor, good for fresh eating, pies, and cider, bears young and heavily, high disease resistant, very easy to grow and stores well | October |
| Fallawater (Mountain Pimper, Molly Whopper) | 1842 Bucks County, PA | Large to very large, round to oblate, tough skin that is dull, dirty green with dull red or bronze shades and easy to grow | Very mild sweet flavor, tender, juicy flesh, great fresh eating and sauce making | October |
| Virginia Beauty | 1810 Zach Safewright, of the Piper's Gap Community of Carroll County, VA | Medium to large, conical, smooth, dark red or purplish skin, fine-grained and tender flesh | Classic mountain eating apple, mellow sweet floral flavor, and a fine pie apple | October |



In the Fall of 2006, we searched Avery County for Historical Apples. In the process, we ran upon some old-fashioned pears. We were able to secure a variety called **Seckel pear**, or locally known as the **Honey pear**. Thomas Jefferson wrote of this pear extensively in his writings.

While many pear varieties are self-pollinating, all pears will benefit from planting two different varieties together. Plant the European varieties together and Asian varieties together. Asian pears bloom earlier than the European pears. The trees available are grafted on to standard rootstock, should reach 15-20 feet in height and need to be planted a minimum of 15 feet apart. These pear trees are 5/8 inch in diameter and will arrive 4-5 feet tall.

| Name(s) | Time & Place of Origin | Size, Color, Taste & Texture | Qualities | Ripens |
|--------------------------------|--|---|--|---------------------------|
| Seckel (Honey Pear) | <i>Heirloom pear from France, first grown at Monticello</i> | <i>Small, reddish-brown skin, very sweet, juicy, aromatic dessert pear for fresh eating</i> | <i>Self-pollinating tolerant of fire blight, fresh eating, but not a good keeper</i> | <i>Late September</i> |
| Bell | <i>Kearneysville, WV USDA-ARS Appalachian Fruit Research Station</i> | <i>Yellow with an attractive splash of red, ranked highest in flavor intensity, flavor balance and juiciness.</i> | <i>Vigorous, fire blight resistant</i> | <i>September</i> |
| Yoinashi™ (Asian) | <i>A tradename of Fowler Nurseries, Inc., Newcastle, CA</i> | <i>Large, orange-brown, russeted finish, sweet, crisp, richly aromatic fruit</i> | <i>Fire blight resistant, stores well</i> | <i>Mid-Late September</i> |
| Olympic (Asian) | <i>Korea</i> | <i>Large, round, heavily russeted brown Asian pear, crisp & juicy</i> | <i>Considered one of the best Asian varieties for long term storage</i> | <i>October</i> |

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Blueberries

Blueberries, of course, do very well in our area. Our acidic soils are their natural home. However, care should be taken to soil sample if bushes are to be planted in a yard or garden, where lime has been applied, and pH may have been raised significantly.

Blueberries are not very good self-pollinators. They will produce much better if two or more varieties are planted together.

Plants should be spaced at least 5 feet apart and fertilized only lightly for the first 2-3 years. Plants will take 3-5 years to begin producing large yields. Pick berries off the first three years to allow the bush to grow. All varieties (except Northland, 3-4') offered here will reach 4-6 feet at maturity. More details are available in the North Carolina Cooperative Extension Service publications.

All these varieties have may eventually produce 10 pounds or more per bush.

| <i>Name(s)</i> | <i>Growth Habit</i> | <i>Size, Color, Taste & Texture</i> | <i>Qualities</i> | <i>Ripens</i> |
|-----------------------|--|--|---|-----------------------------|
| Blue Crop | <i>Upright vigorous, productive bush, very cold hardy and drought tolerant</i> | <i>Large-medium, firm berry, good flavor, tart, and loose fruit clusters</i> | <i>Winter hardy, excellent for freezing</i> | <i>July</i> |
| Blue Ray | <i>Upright spreading, vigorous, productive and cold hardy ornamental</i> | <i>Large, firm, sweet berry, with large tight clusters</i> | <i>Ripens early-mid season</i> | <i>July</i> |
| Patriot | <i>Upright spreading growth habit with good ornamental and cold hardiness</i> | <i>Medium to large fruit in tight clusters; Patriot can tolerate wetter soil sites</i> | <i>Ripens in early to mid-season, allow to ripen for a few weeks before picking</i> | <i>July</i> |
| Northland | <i>Semi-dwarf (4'), compact shape, very cold hardy</i> | <i>Medium, light blueberries, very flavorful, similar to wild blueberries</i> | <i>Vigorous producing, attractive foliage</i> | <i>July/August</i> |
| Jersey | <i>Upright vigorous growth and very cold hardy</i> | <i>Medium to large, strongly flavored berry and long loose clusters</i> | <i>Ripens late in season, and picked out for its intense flavor</i> | <i>August and September</i> |



Strawberries

Strawberry plants are best grown in a matted row type planting. This requires planting them approximately 18-24 inches apart, in rows at least three feet apart. In our area, full fruit production is completed the second year. **After the third year, it is recommended that the strawberry patch be re-planted. Strawberry plants are self-pollinating and therefore do not require multiple varieties.**

Successful strawberry production requires close attention to planting, weeding, fertilization, and **winter mulching is most important.** Recommendations are all available in the North Carolina Cooperative Extension Service publications.

| <i>Name(s)</i> | <i>Traits</i> | <i>Size, Color, Taste & Texture</i> | <i>Qualities</i> | <i>Ripens</i> |
|-----------------------|---|---|---|-------------------------|
| Earliglow | <i>A wonderful heirloom flavor is this variety's trademark, best early-season variety around, and excellent for fresh eating and freezing</i> | <i>Uniform color, tough glossy skin, firm flesh, medium size (size tends to decrease as the season progresses), and excellent freezer</i> | <i>Good resistance to red stele root rot and intermediate resistance to Verticillium wilt</i> | <i>June</i> |
| Jewel | <i>Grows well in different locations and moderate winter hardiness</i> | <i>#1 mid-season variety, with consistent productivity, and excellent freezer</i> | <i>Firm, sweet-flavored berries</i> | <i>Late June-July</i> |
| Albion | <i>A great ever-bearing berry (often bears fruit 12-14 weeks after planting)</i> | <i>Large to VL, very firm, conical berries</i> | <i>Excellent flavor for an ever-bearing variety</i> | <i>June thru August</i> |

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Raspberries and Blackberries

Raspberries and Blackberries should both be planted in rows approximately 4 feet apart. The spacing between plants and need for trellising, depends upon the variety chosen. **These berries are self-pollinating and therefore do not require multiple varieties.** All these raspberries can be grown for home garden use with little if any trellising if managed properly. Ask your County Agent.

Due to many natural occurring brambles in our area, disease problems are common in domestic plantings, but can be controlled effectively. Details regarding planting and managing raspberries and blackberries are available in the North Carolina Cooperative Extension Service publications.

| <i>Name(s)</i> | <i>Type</i> | <i>Size, Color, Taste & Texture</i> | <i>Qualities</i> | <i>Ripens</i> |
|-----------------------|--|---|--|------------------------|
| Nova | <i>Summer bearing Red Raspberry</i> | <i>Medium to large berry, firm bright red with superb flavor</i> | <i>Nearly thornless, vigorous with upright habit</i> | <i>July</i> |
| Prelude | <i>Everbearing Red Raspberry advertised as an excellent raspberry with both a spring and fall crop</i> | <i>Medium to large roundish berries, excellent sweet flavor, and good freezer</i> | <i>One of the earliest red raspberries to ripen in June, followed by another crop in August thru September</i> | <i>June and August</i> |
| Jewel | <i>Black Raspberry</i> | <i>Glossy black, large size, with a rich raspberry flavor</i> | <i>Excellent for jams and jellies, very popular variety, excellent yields of berries on winter hardy canes</i> | <i>July</i> |
| Chester | <i>Thornless Blackberry</i> | <i>Large, very flavorful, an excellent quality fruit</i> | <i>Semi-erect thornless canes, thornless blackberries, needs sheltered from cold winter winds</i> | <i>August</i> |
| Natchez | <i>Thornless Blackberry</i> | <i>Large, excellent flavor</i> | <i>Semi-erect thornless canes, high production potential</i> | <i>June/July</i> |





Grapes

Grapes do very well in our area and are a traditional favorite. Grapes are considered somewhat self-fruiting **but will do better when planted in pairs of different varieties.**

Grapes do take some work with trellising, regular fertilizing, and annual pruning. Each grapevine will produce a vine 20-40 feet long and will need to be set in rows at least 6 feet apart. Our grapes vines are two-year-old vines, Graded #1, with an excellent root system. Details on grape production are available in the North Carolina Cooperative Extension Service publications.

| <i>Name(s)</i> | <i>Traits</i> | <i>Size, Color, Taste & Texture</i> | <i>Qualities</i> | <i>Ripens</i> |
|--|---|---|---|---|
| <i>Concord</i> | <i>Developed over 150 years ago</i> | <i>Still sets the standard for jelly and juice making</i> | <i>Seeded grape, very hardy, high vigor, and disease resistance</i> | <i>Late September, becoming sweeter with October frosts</i> |
| <i>Niagara</i> | <i>Niagara County, New York</i> | <i>Multipurpose grape, good for fresh eating, jelly, and juice</i> | <i>Seeded grape, with outstanding hardiness, vigor, and disease resistance</i> | <i>Late September-October</i> |
| <i>Buffalo</i> | <i>1938 Cornell University</i> | <i>Medium size, reddish-black, very sweet</i> | <i>Very adaptable to a diversity of sites, early ripening grape, recognized as the sweetest of its season</i> | <i>September</i> |
| <i>Captivator or Pink Sugar Grape</i> | <i>We believe this is our "Pink Sugar Grape" based on local testing</i> | <i>Multi-purpose, sweet pink grape, good for fresh eating, jelly, and juice</i> | <i>Seeded grape, very hardy, high vigor, and shows signs of disease resistance</i> | <i>September</i> |

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Asparagus

Asparagus does well in our area. The asparagus comes as one-year-old, large graded crowns (25 per bundle). Asparagus needs to be spaced in shallow trenches, approximately every 18 inches, in rows 3-4 feet apart. They require 2-3 years to begin producing fully.

| <i>Name(s)</i> | <i>Traits</i> | | |
|-----------------------------|------------------------|--|--|
| Millennium Asparagus | <i>Excellent yield</i> | <i>Great taste, large tight-tipped, uniform spears</i> | <i>Grows well in all soil types, tolerates cooler springs & cold winters</i> |

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