



SEED POTATOES
& ONIONS



Central Farm and Garden, Inc.

Seed Potatoes and Onions The CF&G Way

Central Farm and Garden, Inc. has quickly become a leading supplier of Seed Potatoes and Onion Sets in the marketplace.



Our program success is based on listening to the needs and concerns of our Dealers and implementing new ideas and product lines that fill gaps in areas

where other suppliers are unable. Central Farm and Garden, Inc. has dedicated the resources and personnel to allow our Produce Division to concentrate solely on quality, service, market forecasts and sustained growth. In turn, this focus allows us to offer our dealers the best product, timely delivery, and fair pricing within the industry.

The most important factor in determining whether or not a Dealer should purchase this product line from Central Farm and Garden, Inc., lies within the foundation of the program. Because this is a perishable product line and the weather dictates the selling and growing season, risks as a dealer are higher than other product lines. Our goal is to remove that risk from you our Dealer and carry it for you. With product arriving almost daily, we are able to continually provide fresh, quality items to the Dealers throughout the Spring Season. This eliminates storage, temperature, quality, and most availability issues for our Dealer.

The following information is designed to assist in your sales of this product. This information does not replace the knowledge or willingness of the sales staff to assist you with questions. Feel free to contact your salesperson with answers to frequently asked questions and concerns not found here.

Central Farm and Garden Inc. ~ 380 North Smyser Road ~ Wooster, Ohio 44691

Seed Potato & Onion
Product Guide





Stock Items

Potatoes

All Potatoes come in both A & B size

A & B refer to size, not quality

Kennebec

Katahdin

Red Pontiac

Red Chieftan

Yukon Gold

Irish Cobbler

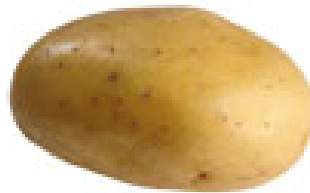
Superior

Red Norland

Russett

All Blue

All Red



Onion Plants

(Direct Ship Program Only)

Vidalia Type

Yellow Spanish

White Bermuda

White Spanish

Sweet Red

Texas 1015

Walla Walla

Candy



Organic & specialty varieties may be available upon request.

Onion Sets

Yellow

White

Red

Bottle/Globe

Holland/Stutgarter

Yellow Oversize

White Oversize

Red Oversize

Shallots

Candy



Spring Garlic

Large

Jumbo

Elephant



Availability of varieties, sizes and types may vary based on the season. Please check your CF&G salesperson or the CF&G Dealer Services department for the most up to date availability.



Potato Varieties: Detailed Description and Use

Kennebec Oblong shape; shallow eyes; smooth buff skin; white flesh. Mid-season; good storage, good table variety.

Katahdin Round shape; shallow eyes; smooth buff skin; white flesh. Late season; excellent storage; good boiling variety.

Red Pontiac Oblong to round shape; medium deep eyes; dark red, smooth or netted skin; white flesh. Late season, short storage, fair boiling, excellent baking variety.

Red Chieftan Similar to Red Pontiac except: smoother skin, shallower eyes. Early to late-mid season, excellent storage, good boiling, excellent baking.

Yukon Gold Oval shape; shallow, pink eyes; yellowish-buff finely flaked skin; light yellow flesh. Mid-season, excellent storage, good boiling and baking variety.

Irish Cobbler Round shape; deep eyes; buff skin; white flesh. Early Season, good boiling and shipping variety.

Superior Round shape; medium shallow eyes; buff light flaky russet skin; white flesh. Early mid-season, fair storage, excellent chipping and good cooking early in season.

Red Norland Medium oblong shape; shallow eyes; smooth, red skin; white flesh. Early mid-season, good storage, a fair cooking variety.

Norkotah Russett Long and very smooth shape; shallow and numerous eyes; heavy dark russetted and netted skin; white flesh. Mid-season, good storage, good for baking.

Season Length is based on the potatoes growing period, not when to plant:

Early 85-90 days

Mid-season 90-100 days

Late 110-120 days





Onion Plant Varieties, Description and Uses

Variety	Shape	Flavor	Flesh	Storage Life
Vidalia Type (AKA Yellow Granex)	Thick-Flat	Exceptionally Mild	Firm & Crisp	Rather Short
Yellow Spanish	Globe	Mild	Fairly Firm	Good
White Spanish	Globe	Mild	Fairly Firm	Good
Candy	Thick-Flat	Exceptionally Sweet/ Mild	Fairly Firm	Rather Short
White Bermuda	Thick-Flat	Especially Mild	Fairly Firm	Short
Texas 1015	Thick-Flat	Exceptionally Mild	Firm & Crisp	Rather Short





Onion Set Varieties, Description and Uses

The Bottle Onion Set

Shaped like a little football

Grows into round onions, like a baseball

Good for green onions or cooking onions

Good Storage



The Holland/Stutgarter Onion

Completely Round in Shape

Called the KEEPER onion because of excellent storage

In a cool dry place, this onion will store through Winter

Grows into round/slightly flat onion

Good for green onions or cooking

Excellent Storage



The Yellow Onion Set

Completely round in shape

Grows into the flat slicing onion

Good for green onions or cooking onions

Good Storage



OVERSIZE Yellow, White, Or Red Sets

Completely round in shape

About the size of a quarter or larger

Only grows Green Onions

Limited Storage



The White Onion Set

Completely round in shape

Grows into the flat slicing onion

Good for green onions or cooking onions

Better Storage than the Yellow Onion



Candy Onion Sets

The Candy Onion set has what is called intermediate or medium maturity. It has a uniquely mild, sweet taste and consistently produces such onions. It has a globe shape on the outside and has large thick rings, mostly single centers. The onion has short sturdy tops with small tight necks which allow for quick curing. The exterior is a golden brown. When growing for a cooking onion, it will yield jumbo, sweet onions similar to the Walla Walla. Storage is good for this onion.



The Red Onion Set

Completely Round in shape

Grows into the flat slicing onion

Good for green onions or cooking

Does not store well

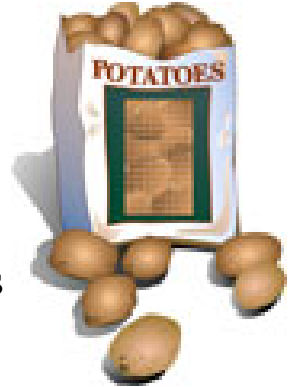




Packaging and Size Information

Seed Potatoes come in 50lb sizes..

Our Yellow, White, and Red regular and oversize Onion Sets come in 32lb netted bags. The regular sets are also available in the individual pre-packaged, 100ct. bags and come 50 bags per box or 25 bags per box.



The Holland/Stutgarter Onion Sets come in 50lb bags and are only available in yellow.

Shallots are available in 10lb and 32lb bags. The shallots also come in pre-packaged bags of 5 bulbs per pack, 25 or 50 bags per box.

Candy Onion Sets are stocked in 10# bags. We do have 32# bags available upon request, however, this is considered a Special Order and a minimum two week lead time would be necessary.



Onion Plants are sold in half crates containing 30 bunches per crate, 60-100 plants per bunch.



Product Availability

Onion Sets are available for shipment the beginning of the third week in February. This includes all packaging options, all varieties, and garlic.

Seed Potatoes are available for shipment approximately the first Monday in March.

Onion Plants are shipped via a direct order program from the grower. The earlier we receive your order the smoother the process of receiving the product will be. If you are ordering late in the season (i.e. April 15th), expect a minimum of 10 days to receive the product. Shipments are sent on Monday and Tuesdays ONLY. Therefore, an order placed on Tuesday will NOT be shipped until the following Tuesday. Onion Plant orders can begin shipping as early as February 10th and as late as April 15th.

Candy Onion Sets are stocked, however, we do recommend that you early order this product as availability is limited.

Toward seasons end in early May, some products are no longer ordered into stock and may not be available. Those include Packaged Red Sets, 32# bags of Bottle/Globe Sets, Packaged Garlic, and Packaged Shallots, and the less popular varieties of Seed Potatoes including All Blue, All Red, Irish Cobbler, Superior, and Russett. Call Customer Service or your sales associate to verify availability.



Program Details

You do not have to pre-season order your products. Let us carry the risk and store the product for you. Order it as you need it!



This product is available to you on your normal delivery schedule.

We guarantee the certification of the seed and potatoes and quality of all products that you receive. If you are not happy for any reason, return the product **within** 7 days of receipt or on your next delivery in its original package and we will refund your purchase or replace the product at no charge. This guarantee does not apply for product that has been mis-handled or inappropriately stored by the dealer. During cold weather months, all product will be probed to ensure appropriate temperature of the product at the time of delivery.



Frequently Asked Questions

Q. Are potatoes nutritious?

A. YES! Potatoes are a low calorie, fat and cholesterol free vegetable high in vitamin C, potassium and a good source of vitamin B6 and dietary fiber

Q. Are potatoes fattening?

A. NO! It's all those delicious toppings we use that add calories and fat. The potato contains zero fat and a 5.3-ounce potato is only 100 calories

Q. Is it safe to eat a Seed Potato?

A. Absolutely! A Seed Potato is closest to natural form. It has a limited amount of chemical contact after harvesting and is quite healthy. It is more expensive, however, than if you were to consume Table Stock potatoes.

Q. Is it safe to eat the potato skin?

A. Absolutely! In fact, we recommend it. The skin of the potato contains the majority of the potato's fiber, and many of the nutrients are located close to the skin. Wash the potato thoroughly, cut away green discoloration and/or sprouts and enjoy your potato with the skin on.

Q. What is the difference between a Table Stock Potato and Seed Potatoes?

A. Table Stock potatoes are actually seed potatoes just of a higher generation. The higher the generation, the lower the yield when planting. Keep in mind that a Table Stock Potato has also been washed and sprayed with sprout inhibitor and therefore, will most likely not grow or will have an exceptionally small yield when planted. It is best to plant a Certified Seed Potato rather than risking the possibility of a failed crop using a Table Stock Potato.

Q. Is it safe to eat raw potatoes?

A. Yes. Some consider raw potatoes a nice treat.

Q. How late can I plant Seed Potatoes?

A. Seed Potatoes can be planted as late as early July. The disadvantage to planting this late is that continued watering is necessary. The advantages include few sprayings for bugs and a later crop.



Frequently Asked Questions

Q. What is the best variety of potato?

A. All of them! If you are looking for a specific outcome like solid slices for Scalloped Potatoes, a waxy potato (red or white skinned) is recommended. If you like smooth mashed potatoes we suggest starting with a floury (baking) potato.

Q. How does a potato grow?

A. A potato plant is a vine that grows above ground with tubers that grow from the roots under ground. Therefore. A potato is a root.

Q. How do I know how much to plant?

A. 10# of Seed Potatoes will cover 100 feet of row and yield between 75# and 100#'s under average conditions, and depending on the generation of the seed planted.

Q. What is the difference between and “A size” and a “B size” potato?

A. The only difference between and “A size” and a “B size” potato is the size. All potatoes contracted and sold by Central Farm & Garden, Inc. have been through the certification process by either the USDA or the CADA guaranteeing that they are disease free. We will never warehouse, ship, supply, or purchase potatoes that are not certified.

Q. What causes some potatoes to have a hollow center and black crust? What is this?

A. This is called "Hollow Heart," which is caused by a sudden change in the growth rate of the potato. This can happen if the potato plant suffers from lack of water during the growing season then receives too much water all at once. Irrigation and the constant diligence of farmers limit this from happening.

Q. What is the green coloring on the potato skin?

A. The green on the skin of a potato is the build-up of a chemical called Solanine. It is a natural reaction to the potato being exposed to too much light. Solanine produces a bitter taste and if eaten in large quantity can cause illness, this is unlikely, however, because of the bitter taste. If there is slight greening, cut away the green portions of the potato skin before cooking and eating.

CF&G Seed Potato & Onion Product Guide



Problem	Possible Cause	Remedy
Hollow heart; irregular hole in the center of a common potato, often with brown discoloration; usually affects very large tubers; will rot in storage	Rapid and uneven growth; watering too much after blooming; prolonged moisture after a drought; too much fertilizer; planting too far apart, which over stimulates growth.	Apply enough water in times of drought; mulch with at least four to six inches of hay or straw to ensure moisture retention
Green tuber; green color is from chlorophyll, which is harmless, but exposure to light increases the glycoalkaloid content of the potato and the two bitter-tasting toxins, solanine and chaconine. These toxin levels can triple in only eight hours of exposure to light.	Exposure to sun while growing, curing or in storage	Hill up potatoes as they grow; keep storage dark; peel and cut away green parts; discard very green potatoes; do not leave potatoes in the sun to dry.
Tan streaks throughout tubers	Hot, dry weather causes stress	Add organic matter to soil; water; mulch.
Small Tubers	Late planting; drought; soil too alkaline; not enough phosphorus in soil; weeds; harvested too early; poor-quality or improperly stored seed potatoes not enough sunlight during growing season; too much nitrogen in soil.	Plant earlier, lower soil pH; add phosphorus to soil; harvest later; grow in sunnier location; grow corn for a season or two before planting potatoes in that section again
Potatoes turn black after cooking	Stored at temperatures above 100° F or potassium deficiency	Store at cooler temperatures; add potassium
Poor Germination	Seed Pieces have rotted in ground	Let seed pieces heal over; dust with sulfur to prevent rot; plant later or in drier weather.
Bumpy, deformed, knobby dumbbell-shaped tubers	Early drought; high growing temperatures (over 80°F); too much nitrogen	Plant earlier; add organic matter to soil; water; mulch; grow corn for a season or two before planting potatoes in the section

All information on Potato common potato problems has been taken from the published book “The Potato Garden: A Grower’s Guide” by Maggie Oster



How To Plant, Harvest & Store Seed Potatoes

Yield

A good yield of potatoes will be 50-75 pounds of usable tubers from 100 feet of row.

Soil Requirements

A well-drained fine, sandy, loam soil, high in organic matter, is preferred.



Seedbed Preparation

After tilling or plowing, level the surface slightly so that furrows can be made. Some gardeners will wait a day or so after plowing before planting the seed pieces.

Soil pH and Fertilizer Practices

Liberal amounts of fertilizer are required for large yields of potatoes. Ideally, the fertilizer should be placed in continuous bands of 2 to 3 inches to each side and slightly below the seed piece. However, most gardeners will broadcast the fertilizer before plowing or spading. A typical rate would be 25 to 30 pounds of 8-16-16, 10-20-20 or equivalent per 1,000 square feet. When plants are 4 to 6 inches tall, band 2 to 3 pounds of fertilizer per 100 feet of row about 6 to 10 inches from the row if growth is not satisfactory and if foliage is yellowish-green.

Planting

Plant the seed 3 ½ to 4 ½ inches deep in shallow trenches and cover with an inch or two of soil. The seed pieces should be spaced 9 to 12 inches apart in rows 28 to 34 inches apart. Nine to 12 pounds of seed will be needed for each 100 feet of row when 1½ to 2 ounce seed pieces are planted 12 inches apart.

Cultivation and Weed Control

Due to the small area involved and the number of other crops being grown in the garden, chemical weed control is not suggested. Cultivation should be shallow and frequent enough to control weeds. Avoid deep cultivation which cuts potato roots and slows growth. When plants are 6 to 8 inches tall, some soil should be moved toward the row to start forming a ridge. By the time the plants are 15 to 18 inches tall (last cultivation), the ridge should be 4 to 5 inches high. Ridging is necessary to prevent greening of shallow tubers.



Insect and Disease Control

Most lawn and garden stores sell approved insecticide-fungicide combinations for use on potatoes. A prevention program of spraying or dusting can start as soon as the plants emerge and continue until late summer or a few weeks before harvest. Flea beetles, leaf hoppers, aphids and Colorado potato beetles are the major insects affecting leaves and stems. Early blight and late blight are the major foliage diseases.

Harvesting and Storage

For highest yields and best storage, potatoes should not be dug until two weeks after vines are dead. This allows the skins to set or thicken and reduces skin peeling, bruising, and rot in storage. When harvesting at temperatures above 80°F, Potatoes should be picked up immediately and put in a dark place. Potatoes exposed to sunshine (high temperatures) will turn green and may rot. To store potatoes for several months, the tubers should be cured in a dark place at 60° to 65°F and humidity of 85% or higher for 10 days. After the tubers are cured or healed, keep them in a cool (40° to 45°F), dark place with high humidity.



How To Plant, Harvest & Store Onion Sets

Choose from a selection of Yellow White, or Red Onion Sets and begin planting the sets in the early spring, as soon as the soil is workable. A frost after planting will not harm the sets.



Planting

Before planting, divide the sets into two sizes. Use the largest sets for green table onions and the smaller sets for dry cooking onions. *YES!!! That is correct...plant the largest sets for green onions and the smaller sets for cooking onions.*

Green Table Onions

Choose the large sets the size of a nickel and larger and plant in a row with the roots down, ½ inch apart and two to three inches deep. Deep planting produces more white edible stems. In just four to five weeks you will be serving delicious green table onions. Continue to plant sets weekly for a continuous supply throughout the summer.

Dry Cooking Onions

Choose the smallest sets, the size of a nickel and smaller, and plant in a row with the roots down, two to three inches apart, and only deep enough to just cover the top of the sets with dirt. Keep the rows of sets about 12 inches apart.



Harvesting

Green Table Onions

Pull the onions when the tops are about 12 inches high and remove the outer skin. The green tops can be used in soups and salads. If the green table onions become too large they will have a stronger flavor...these onions may be used for cooking.

Dry Cooking Onions

Dry cooking onions are ready to be harvested when the tops of the plants begin to fall over. This will occur later in the summer (July and August). Once the tops have dried and fallen pull the onions and allow them to dry in the shade for one to three weeks before placing them in storage.

Storing

Only the dry cooking onions can be stored through the winter. Once the onions are thoroughly dried, tie the tops together with string and hang in a cool dry place. You may prefer to cut off the tops, leaving about 1 inch to 1-½ inches of stem, and place the onions in a mesh bag. Hang the bag in a cool dry place. Always keep the onions from freezing.



How To Plant, Harvest & Store Onion Plants

Onions are a cool season vegetable that grows well in home gardens. They grow best in full sunlight and well drained soils.

Soil Preparation

Before transplanting, work the soil 8-10 inches deep. Break up the clods and rake the soil smooth. Remove all rocks and trash. Work the garden soil only when it is dry enough not to stick to garden tools.

Fertilizing

Onions grow best when the garden soil is fertilized properly. Spread 2-3 pounds of fertilizer such as 10-20-20 (or whatever is best for your area) or Nutralime over a 100 square foot area. Measure and spread the fertilizer then mix it with the top 3-4 inches of soil.

Planting

Onions can stand temperatures well below freezing. Plant your plants when the soil thaws and temperatures in your area no longer go below 25 degrees F. Plant them $\frac{3}{4}$ inch deep and 3 inches apart. Do not plant onions more than 1 inch deep.

Watering

Watering once each week usually is enough, but you may need to water more often during dry, windy weather. Water slowly and deeply to help grow strong healthy roots.

Care During the Season

Weeds are easy to remove when they are 3-4 inches tall. When hoeing weeds and grass around your plants, do not work the soil too deeply. You may be damaging onion roots. Always hand-pull weeds when possible to avoid root damage. When onion plants have 5-6 leaves, apply fertilizer again to help grow larger plants and bigger bulbs. Each leaf forms a ring in the onion bulb. More leaves mean more rings and larger onion bulbs. Use about $\frac{1}{2}$ cup of fertilizer for each 10 feet of onion row. Scatter the fertilizer evenly between the rows. Water the plants after adding the fertilizer.

Harvesting

Onions may be picked as green onions from the time they are pencil size until they begin to form bulbs. For dry bulb onions, let plants grow larger. Onions are ready when the main stem begins to get weak and fall. Breaking over the top of onion plants will not increase bulb size. Pull the bulbs out of the soil. Let them lay in the garden for 1-2 days to dry. Then remove the tops and roots and let them keep drying in baskets or boxes for another 5-10 days.

Storing

Store onions in a refrigerator or in a dry, airy place such as a wire net in the garage or basement.



How Display Onion Plants

The most important point to remember with onion plants is that the green tops must remain dry at all times. If the greens become wet or moist, they will mold and brown.

To display your onion plants, simply place them in a flat filled with finely ground sand or peat moss. Keep the sand, *only the sand*, moist. If you see that the greens are becoming limp and losing their color, mix a *highly* diluted solution of miracle grow and pour it in the sand or peat moss. The onion plants will shoot up and regain any color or life that they may have lost.

Your onion plants should be placed out of direct sun to prevent drying. A location with a mild breeze is good for the plants because it keeps the air moving through and around them. If your onion plants are displayed indoors, we recommend placing a small rotator fan near the plants. This will assist in keeping them healthy.

Many times the onion plants are an impulse item. It is good to place them in an area of your store where they are easily visible or with any other vegetable plants that you may have. The best storage onions are those onions with the least amount of sugar content. Of the varieties that we sell, the White Bermuda is the best for storage.

How To Plant, Harvest & Store Shallots

Shallots are considered to be a gourmet-cooking item but are fast becoming popular in the everyday garden.

Shallots can be used in a similar fashion to green onions in soups and salads, but add a bit of a mild garlic flavor as well. Shallots are a cross between an onion and garlic.

Planting

Before planting, make sure that each shallot is separated into individual sets. A small shallot will usually grow about 2-3 large shallots in a cluster and a large shallot will grow smaller shallots with more in a cluster.

Plant your shallot the same as you would the cooking onion, with the roots down, about 3 inches apart, just covering the surface of the shallot with soil.

Harvesting

Your shallots will reach maturity after 5-7 weeks. Dig the shallots the same as you would your regular onion sets.

Storing

Only the dry cooking onions can be stored throughout the winter, therefore your shallots will need to be used over the next several months. Keep them in a cool, dry place, making sure to jostle your storage bag to keep them from meshing together



Sweet Potato Varieties, Descriptions and Use

Beauregard

The Beauregard variety of sweet potato has been an outstanding release, having been accepted by farmers everywhere. Chances are this is the sweet potato that is available at your local market. The outside color is red-orange and the inside color is orange. The Beauregard is a quick maturing potato, resistant to cracking and has a good shape.



Centennial

This could be the most widely recognized sweet potato. Carrot color inside with copper to orange outside skin. "Baby Bakers" in about 90 days. This variety has been used in many bakeoff contests.



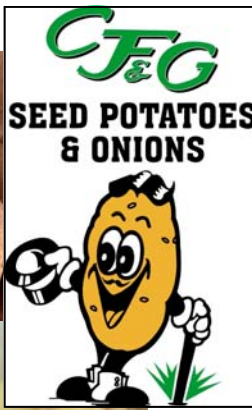
Georgia Jet

The Georgia Jets are a spectacular variety of sweet potato. They provide extremely fast growth, producing #1 size potatoes in only 90 days, and extra-high yields. These plants are ideal for northern gardeners, even in New England. Five years of testing in the state of New York shows that Georgia Jets produce 2 1/2 times the yield of standard sweet potato plants.

Yields in other sections of the country are even more exceptional. Jets have deep orange inside color with moist flesh and a marvelous flavor. The outside skin is so red it is almost purple.

Vardaman

Another bush or "bunch" variety. Golden-yellow outside skin that darkens after digging. The inside is the deepest, brightest, red-orange color of all.



Central Farm and Garden, Inc.

Your #1 Wholesale Source for Seed Potatoes, Onion Sets, Onion Plants, Shallots, Garlic, and more!

Place your orders today!

Call CF&G at 1-800-237-6446,

FAX 877-908-3089 or 330-264-0409

or ask your CF&G salesperson for help with your product needs.



380 North Smyser Road

Wooster, Ohio 44691

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Seed Potatoes and Onions The CF&G Way