

Growing Giant Vegetables



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Many gardeners are proud of their efforts, and want to show their expertise by producing the largest vegetables they can.

First prepare the planting bed. Till in copious amounts of manure, compost, leaf mold, or other organic materials rich in nutrients. Let it sit for a week or so, then have a soil test done to see exactly what nutrients are needed in what amounts. Next, select the best plants or seeds. The list below has varieties known to produce large specimens under the right conditions.

Each type of vegetable has tricks and tips to help produce a prize winner. If you plan to show your veggies at a fair, get a copy of the rules and standards. Vegetables are often judged on color and uniformity as well as size. Consult other growers or the internet for more advice.

As your vegetables grow, check them daily to adjust watering, monitor for disease and insects, and apply fertilizer when required. As the plants grow, select the best examples for intensive management. Protect your specimens from animals and harsh weather with netting or row cover cloth.

Vegetable	Variety	Notes
Bean	Yard Long (asparagus)	2-3 foot pods
	Jumbo (bush snap)	12 inch pods 1 inch thick
	Dr. Martin (lima)	Beans up to 1½ inches across
	Christmas (lima)	6 inch pods with 3 beans each
Beet	Colossal Long Red Mangel	2 foot roots up to 15 pounds
Cabbage	Tropic Giant	15 pound heads
	Perfection Drumhead Savoy	12 pound heads
Carrot	S American Flakkee	8-9 inches long, 2 inches wide
	Scarlet Imperial Long	36 inches long
	Healthmaster	Up to 10 by 3 inches, 1½ pounds
Cauliflower	Giant of Naples	3 pound heads
Chard	Fordhook Giant	22-27 inches tall
Corn	Skyscraper	16 ft plant with 28 in ears, white kernels
Cucumber	China Long	20-36 inches long, 2-3 inches wide
	Telegraph Improved	Up to 18 inch fruits
	Armenian	2-3 feet long
	Kyoto	Up to 3 feet long
Garlic	Elephant	Mild, over 1 pound bulbs
	Kettle River Giant	Softneck, artichoke type
Kale	Giant Walking Stick	5-7 feet tall
Leek	Giant Musselburgh	9-18 inches long and 2-3 inches wide
Lettuce	Giant Caesar	Cos romaine type, 16 by 6 inch heads
Muskmelon	Emperor	20 pound fruits
	Colossal Furrowed	44 pound fruits

Vegetable	Variety	Notes
Okra	Cow Horn	15 inch pods, best picked under 5 in
Onion	Kelsae Sweet Giant Beacon	World record holder at over 15 pounds 6 pound bulbs, round, white
Parsley	Giant Italian	2-3 feet tall
Pepper, Hot	Anaheim TMR 23 Chili Hungarian Hot Wax	7-8 inches long 5-8 inches long by 1-2 inches wide
Pepper, Sweet	Big Bertha Giant Marconi Keystone Giant Chinese Giant Golden Giant Giant Aconcagua Peto Wonder Corno di Toro Chinese Giant	4 inches wide by 7 inches long 8 inches by 3 inches, 2001 AAS winner 5 inch fruit, thick flesh 5 inch square fruit Yellow, 7½ by 5 inches Up to 11 inches long, 2½ inches wide 4½ by 7½ inches 8-10 inches by 2-3 inches wide 6 inches long by 4-5 inches wide
Pumpkin	Atlantic Giant Prizewinner Big Max Big Moon Amish Pie	200-500 pound fruits, flattened shape Up to 300 pounds 50-100 pounds, edible Up to 200 pounds, pale flesh Up to 75 pounds, edible, sweet
Radish	German Giant Round Black Spanish California White Mammoth Sakurajima Mammoth	Baseball sized Softball sized 8-12 inches long by 2-2½ inches wide To 15 lbs in US, over 100 lbs in Japan
Spinach	Giant 157	Extra large smooth leaves, productive
Squash, Butternut	Tahitian Melon Hercules	High sugar content, up to 40 pounds Largest butternut squash
Squash, Crookneck	Giant Summer Crookneck	Twice the size of other crooknecks
Squash, Cushaw	Hopi White Albino Hopi Black Green	30-40 pound fruits Up to 60 pound fruits
Squash, Hubbard	Blue Hubbard	Over 600 pound fruits
Squash, Summer	Burpee Fordhook Zucchini Super Zuke	8-12 inches long 12 inch fruits
Sunflower	Large Black Stripe Giant	6-10 foot plant with a 20 inch head 10-12 feet tall with a 15 inch head
Tomato	Delicious Giant Italian Plum Giant Oxheart Giant Belgium Polish Giant Jerry's German Giant Giant Beefsteak Jefferson Giant	Over 7 pounds Up to 1 pound Over 1 pound, heart shaped pink fruits 1½-5 pound fruits Up to 2 pound fruits 3 pound fruits, pink or yellow/red stripes 12-32 ounce meaty fruits 1-2 pound heart shaped pink fruits
Turnip	Golden Ball	Softball sized in 60 days
Watermelon	Carolina Cross #183	Over 200 pound fruits