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# PICK-&JOY® FRUITING VEGETABLES

harvest time at home

Pick-&Joy® fruiting vegetables are the perfect way to harvest food in your own home and enjoy truly fresh produce. The idea of harvest-at-home vegetables led to the flagship Pick-a-Tom in 2005. Since then, it has grown into a unique, edible program comprising 25 beautiful, healthy varieties sold under the brand Pick-&Joy®.

Pick your own vegetables straight away and enjoy delicious, healthy produce. That's what Pick-&Joy® is all about. A source of inspiration for the home and garden, it adds a flavourful, nice, and

wholesome touch to your kitchen and brightens up any balcony, terrace, or garden.

Thanks to our product development and in-house breeding programme, Vreugdenhil Young Plants is continuously improving the quality of our varieties and adding to our range. It's our way of inspiring consumers time and time again.

**Explore the huge range of edible vegetables that you can pick at home. Pick & enjoy!**



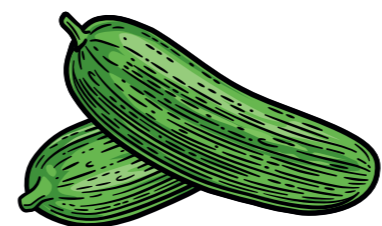
**PICK-&JOY**

In the sun	Watering	Half sun/ half shade
Plant nutrition	Repot	Edible
Recycle	Outside	Temperature
Out of the wind	Cutting	Plant height

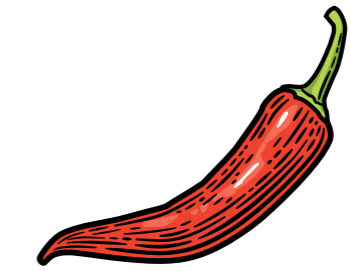
For more care tips visit: [WWW.PICKANDJOY.COM](http://WWW.PICKANDJOY.COM)

## WHY PICK-&JOY®?

- In-house breeding programme.
- Longest availability in the market (from March to August).
- Largest range of compact vegetable plants available: no fewer than 25 varieties!
- Instantly pick your own vegetables.
- For indoor and outdoor use: kitchen, terrace, balcony, and garden.



**FUN**



**TASTY**



**IMMEDIATE HARVESTING**



**ENVIRONMENTALLY AWARE**



**HEALTHY**





### CHERRY TOMATO RED

- The original Pick-a-Tom®
- Best selling item
- Creates a nice atmosphere both indoors and outdoors



### CHERRY TOMATO YELLOW

- Unique look due to yellow fruit
- Great for combining



### CHERRY TOMATO ORANGE

- Beautiful plant habit
- Cheerful appearance
- Flavourful with firm bite



### PLUM TOMATO RED

- First plum tomato in the program
- Sweet flavour with a firm bite
- Creates a nice atmosphere both indoors and outdoors



### SNACK PEPPER RED

- Beautiful shiny fruits
- High yield of peppers
- Perfect for stuffing



### SNACK PEPPER YELLOW

- Beautiful plant habit
- Fresh yellow snack peppers
- High yield of fruits



### CHERRY TOMATO BROWN

- Vibrantly coloured fruit
- Deliciously sweet and fresh
- Lots of tomatoes on each plant



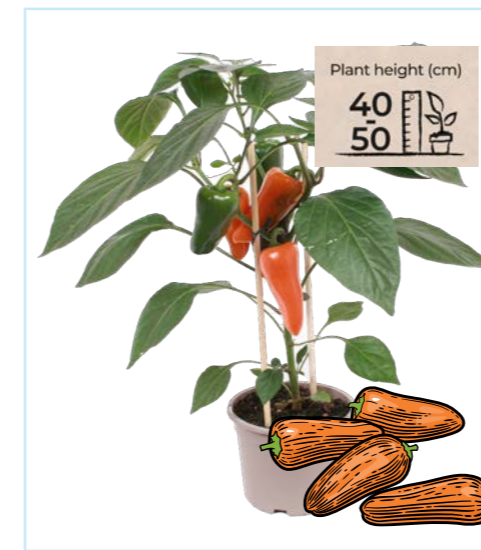
### CANDYTOM RED

- Very sweet flavour
- Indeterminate
- Beautiful vine structure
- Supplied with a bamboo rack



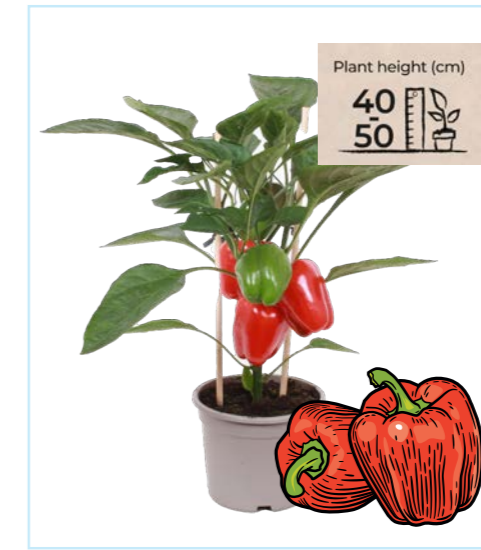
### CANDYTOM YELLOW

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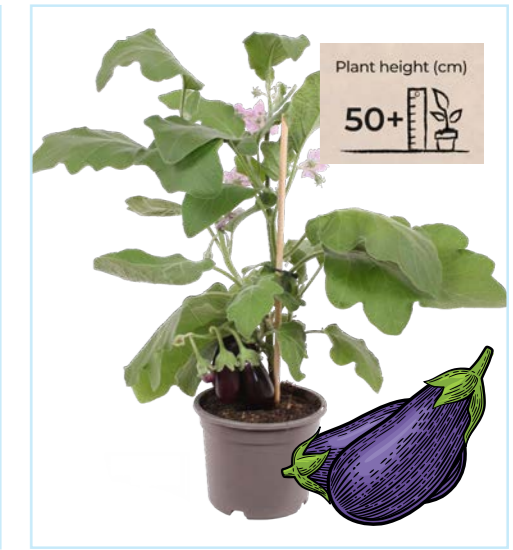
### SNACK PEPPER ORANGE

- Very sweet snack pepper
- Beautiful colour
- Perfect for snacking



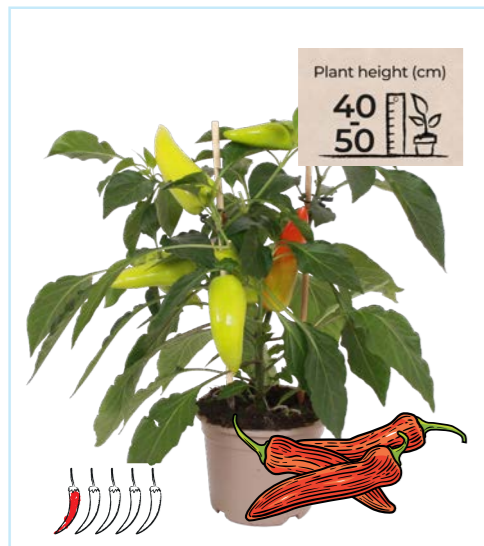
### RED PEPPER

- Beautiful large fruits
- High in vitamin C
- Perfectly suitable for salads or for stuffing



### AUBERGINE

- Plant with a high decorative value
- Beautiful lilac flowers and deep purple fruits
- Great on the grill



### MILD CHILI RED

- Beautiful ripening process
- Extraordinary plant as a result of its large fruits and surprising colors
- Mild flavour



### HOT CHILI RED

- Spicy flavour
- Very high yield
- An eyecatcher in the kitchen



### HOT CHILI YELLOW

- A feast for the eyes
- Very spicy flavour
- Very high yield



### AUBERGINE

- Plant with a high decorative value
- Beautiful lilac flowers and deep purple fruits
- Great for on the grill



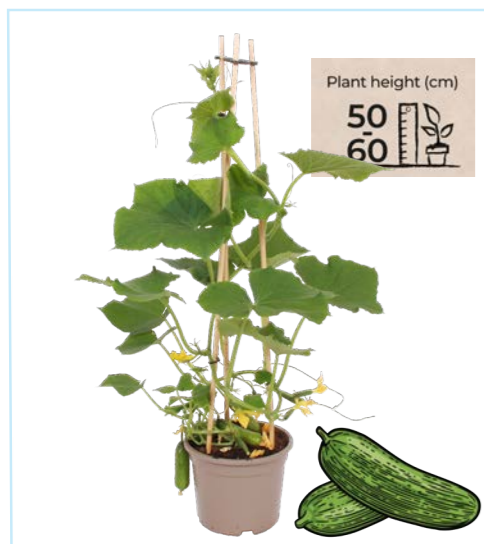
### COCKTAIL TOMATO RED

- High yield
- Suitable for outdoor or large pot
- Ravourful tomatoes



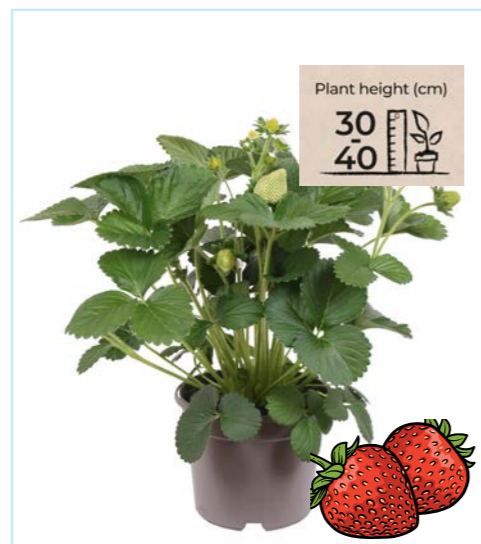
### HOT CHILI RED

- Spicy flavour
- Very high yield
- Eye-catcher for the patio



### SNACK CUCUMBER

- High yield
- Vigorous
- Suitable for outdoor or in a greenhouse



### STRAWBERRY DELIZZ

- Harvest throughout summer
- Very sweet
- High yield of fruits



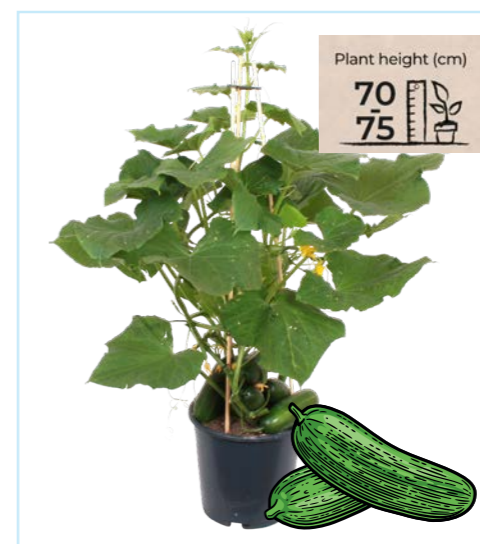
### GREEK BASIL

- Compact, fine-leaved variety
- Cut back regularly
- Very appetising and fragrant



### SNACK PEPPER ORANGE

- Very sweet snack pepper
- Vigorous plant
- Perfect for snacking



### SNACK CUCUMBER

- High yield
- Vigorous
- Suitable for outdoor or in a greenhouse



12 CM



### CHERRY TOMATO RED

- A compact tomato
- A very suitable decorator in the kitchen window



### HOT CHILI RED

- Spicy flavour
- High yield of fruits
- Great for in the kitchen window



### SNACK PEPPER RED

- Beautiful shiny fruits
- High yield of peppers
- Great for in the kitchen window

## THE SCOVILLE SCALE

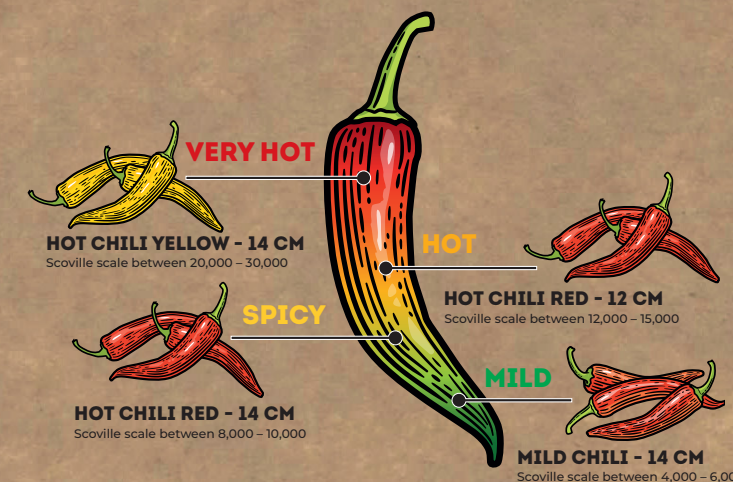
The Scoville scale, developed by Wilbur Scoville in 1912, measures the hotness of chili pepper and spicy sauces.

Originally this was done through taste tests that looked at how far you had to

dilute a ground pepper before it was no longer perceived as a sharp.

The higher the value, the hotter the pepper. The value of the Pick-&-Joy® peppers varies between 4,000 en 30,000.

885,000-2,100,000	Pure capsaicin
350,000-855,000	Pepper spray
100,000-350,000	Madame Jeannette
50,000-100,000	
30,000-50,000	
20,000-30,000	Pick-&-Joy® Hot Chili Yellow 14cm
15,000-30,000	
12,000-15,000	Pick-&-Joy® Hot Chili Red 12cm
6,000-12,000	Tabasco sauce Pick-&-Joy® Hot Chili Red 14cm
2,500-6,000	Pick-&-Joy® Mild Chili 14cm
1,000-2,500	Spanish pepper
100-1,000	
0-100	Pepper

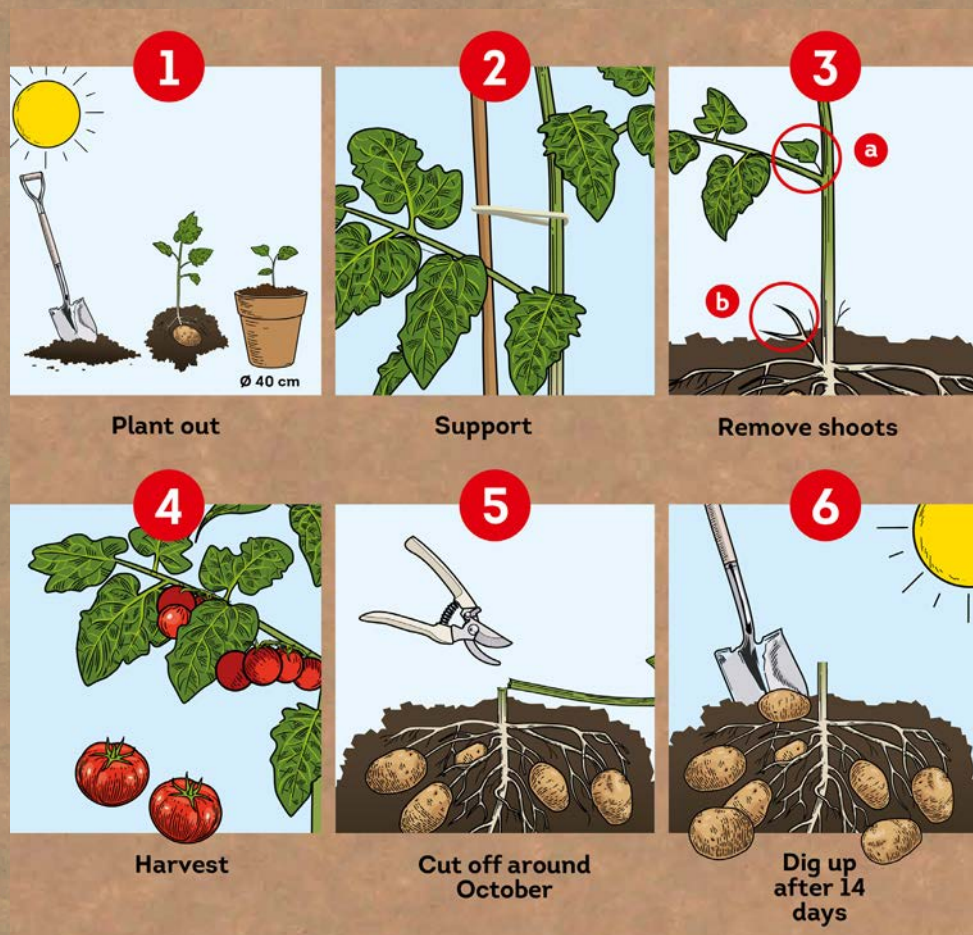


13 CM



### POTATOM

- Tomatoes and potatoes in one plant
- Grow it yourself in a vegetable garden, small greenhouse or a large pot.
- Double yield



# THE ORIGINAL PICK-A-TOM

## WHERE DID IT ALL BEGIN?

The Pick-&-Joy® program dates back to 2005, when the foundations were first laid for the current range with our pick-your-own-tomato plant. But as well as expanding the range, we work to continuously improve our products within our own breeding programme. For example, our original Pick-a-Tom has become our bold Cherry Tomato Red, which makes for a colourful atmosphere Indoors or outdoors.

## IMPROVING OUR RANGE

Vreugdenhil Young Plants has become the most innovative grower of pick-your-own vegetable plants. The seeds of the Pick-&-Joy® plants come from our own in-house breeding. Our people work hard in our greenhouse on product development every day to improve the taste, health, ornamental value, cultivation, and sustainability of our varieties. That's how we continue to grow.

## VREUGDENHIL BREEDING & SEEDS

Internationally, we produce and trade seeds for vegetable varieties from our own breeding program under the name Vreugdenhil Breeding & Seeds. These seeds are supplied to professional horticultural companies worldwide, enabling them to produce high-quality vegetable plants.

## VISIT OUR WEBSITE!



Visit our website and discover everything about Pick-&-Joy®. For each plant, we highlight its characteristics, such as color, taste, plant height, and the Brix or Scoville value. No variant in our assortment is the same. We've also included aftercare tips to help you with plants maintenance. Learn where the plant thrives best and what care it requires. Did you know, for instance, that a Pick-&-Joy® plant needs watering 2 to 4 times a week?

The fruits are delicious for cooking. On our website, you'll find tasty recipes where your homegrown harvest is the finishing touch. Below, check out the recipe for Chili Oil, made with Hot Chili Red and Yellow.

## CHILI OIL

### INGREDIENTS

- ☀ 20 Pick-&-Joy Hot Chili Yellow
- ☀ 12 dried Pick-&-Joy Hot Chili Red
- ☀ 2 tablespoons chili flakes
- ☀ 6 cloves purple garlic, unpeeled
- ☀ 750 ml olive oil

### PREPARATION METHOD

Place the Hot Chili Yellow, Hot Chili Red, and chili flakes in a pan. Cut the unpeeled garlic in half and add them to the peppers. Then, add the olive oil and heat the mixture for about 5 minutes. Strain the oil and place the chili peppers, chili flakes, and garlic in a bottle. Finally, add the warm oil to the bottle and let it infuse for at least one night.

Enjoy your homemade chili oil!



## SUSTAINABILITY

Vreugdenhil Young Plants strives for 100% food safety and is happy to contribute to a clean and environmentally friendly living environment.

## HOW DO WE ACHIEVE THAT?

- ☀️ With our certificates: Global Gap, GRASP, MPS-A en MPS-SQ.
- ☀️ The use of sustainable produced and recycleble materials.
- ☀️ Maximum use of biological crop control
- ☀️ With a combination of energy sources like geothermal heat and cogeneration (CHPs).
- ☀️ Purifying and reusing water and nutrients.
- ☀️ Corporate social responsibility for our employees and our environment.



MPS-A MPS-SQ  
MPS-Gap

Global Gap  
GGN 4052852595476



# CANDYTOM

The Pick-&-Joy® Candytom is the most unique tomato plant within the Pick-&-Joy® concept. It is an indeterminate tomato plant that produces large, beautiful clusters of tomatoes. Its indeterminate growth offers several advantages:

- ☀️ Tomatoes the entire summer;
- ☀️ 4-5 clusters at the time of purchase;
- ☀️ Can grow up to 90 cm tall

The Candytom is slightly taller than the other tomato plants in the assortment, growing to about 50 cm in height. This makes it ideal for outdoor placement in a pot, vegetable garden, or greenhouse. For added support, the plant is trained on a bamboo trellis.

## Taste and Preparation

The tomatoes are extra sweet, with a Brix value of 9 to 11. Thanks to their sweet flavor, they are perfect for a tomato salad or as a snack straight from the plant. Children love these tomatoes too because of their sweetness. It's a fun activity to care for the Candytom with your kids and enjoy snacking on the fruits together. Fun, tasty, educational, and healthy!









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