



Terra Edibles

2009

Sustainable
All-
Natural
Environmentally-
Responsible

SANER seeds for heirloom vegetables, herbs and flowers.

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Dear Gardening Friends,

We now offer SANER seeds! SANER seeds are Sustainable, All-Natural, and Environmentally Responsible. Our seeds are open-pollinated, heirloom varieties of vegetables, herbs and flowers. We grow the plants and harvest the seeds the same way we always have. But as of sometime in 2009, we will no longer be able to label them 'organic.' The 'O' word will be controlled by Canada's Organic Products Regulation, along with 'organically grown,' 'organically produced' and similar statements. So we came up with a new term to define our seed, and SANER seems to say it all. As well, we offer many varieties that have been grown by certified organic growers – these are indicated with a 'CO' beside their name.

New tomatoes for this year: Anna Aasa, Dr. Carolyn, Eros, Ildi, Isis Candy, Japanese Black Trifele, Lemon Drop, Moonglow, Paul Robeson, Pineapple, Pomme d'Amour, Rose de Berne, Southern Night and Striped Cavern. Look for the new brassica mixes (CO) on page 17.

Our SANER seeds are available in packets designed for the home gardener. The number of seeds per packet varies by type and availability. For example, tomato and pepper packets contain 50–100 seeds. We have not changed our prices this year – each seed packet remains at only \$2.50 each.

Check out our *Terra Incredibles* starting on page 30. These items, such as the lavender bath products and Algonquin teas, sell well here in our store and are not readily available across Canada. As well, we have listed some terrific Canadian gardening books on page 35. Use the enclosed order form or visit www.terraedibles.ca for photos and descriptions of our products and for secure on-line ordering.

If you are in the area, visit *the Village Green* and greenhouse in Foxboro where we maintain a fine selection of local products. In the spring, we offer thousands of SANER seedlings for sale (we do not ship seedlings). The store is open year-round Tuesdays to Saturdays, 9–5. If we don't see you in Foxboro, perhaps we will see you at one of the Seedy Saturdays (Toronto, Ottawa) or other shows we plan to attend: Eco-Farm Day in Cornwall, February 27–28; the Peterborough Garden Show, April 9–11; Ottawa Eco-Stewardship Fair, April 18; and the Green Living Show in Toronto, April 24–26.

Happy gardening and good health to you and yours in 2009,
Karyn Wright, Don McKay and family.

Tomatoes

(*Lycopersicon lycopersicum*)

Ailsa Craig (CO)

Mid-season. Highly regarded in the British Isles, this variety does well in similar Maritime climate. 2" red fruits on 3 ft. vines.

Amazon Chocolate

Early to mid-season. Similar to Black Krim; 3-4 inch oval with flattened shape. Full-flavoured.

Amish Paste

Late. Amish heirloom. Despite its wispy foliage, this plant produces lots of pointed, red 10 oz. fruit with excellent flavour. Very meaty, few seeds and great for sauces.

Angora (CO)

Late. An interesting variety with unusual silvery leaves that look ghostly in the garden. The fruits are red, 2" and firm.

Anna Aasa

Early. High yields of deep red cherry tomatoes with intense flavour. Be prepared to pick them for months.

Aunt Ruby's German Green

Late. Huge 1-2 lb. light green fruit with pinkish interior. Sweet-tart flavour is a favourite with many 'heirloomists.'

Aurora (CO)

Mid-season. Very flavourful 5-8 oz. fruit, wonderful producer on medium-length vines.

Tomato Information

Heirloom tomatoes have been around for at least 50 years and they breed true from seed. If you save the seed from a ripe heirloom tomato, you should get a tomato that is just like the parent.

Almost all heirloom tomatoes are indeterminate – they continue to produce fruit for several weeks on long vines. Determinate varieties have shorter vines and will ripen all at once. Unless otherwise indicated, the varieties listed here are indeterminate.

Seeds per packet of tomatoes = 50 – 100

Companions - plant near asparagus, basil, carrots, celery, marigolds, nasturtiums, onions and parsley. Do not plant near cabbage, fennel, kohlrabi or potatoes.

As containers for growing tomato plants, plastic 1 litre milk bags are terrific—open the top of the bag and cut two drainage holes in the bottom. Roll top edge down by half, fill with potting soil and plant seeds. Place bags in plastic trays. As the seedlings grow, unroll the top and add more potting soil. The plant sends out roots along its stem creating a stronger root ball. Simply cut off the bag before planting.

Each tomato seed package \$2.50

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Baxter Bush Cherry

Early. Tasty and firm 1" dramatic red cherry. Vigorous and productive determinate does not need staking.

Beefsteak

Late. Popular old variety which is very large, deep red with fine rich flavour.

Believe It or Not

Late. Huge pinkish-red, fantastic flavoured tomato with tender, juicy, meaty flesh.

Big Rainbow

Mid-season. One of the prettiest bi-coloured tomatoes, can grow up to 2 lbs. Delicious and sweet. Striking when sliced as the yellow fruit has neon red streaking through the flesh.

Black Cherry (CO)

Early to mid-season. Rare, true cherry tomato with black skin. Deep red flesh with blackish hues. Flavour is sweet with some of the smokiness of the Black Krim.

Black Krim (CO)

Late. Dark-coloured, thin-skinned, meaty fruits are incredibly juicy and can grow up to 1.5 lb. under semi-drought conditions. The slightly smoky, salty flavour is great for salads or eaten straight off the vine. Heavy producer.

Black Plum

Mid-season. Oval 2" fruit with dark mahogany colour and rich flavour lends itself well to spaghetti sauces. Nice in salads.

Bonny Best (CO)

Mid-season. An all-time favourite with wonderful old-fashioned flavour. Produces an abundance of 6–10 oz. smooth red fruits (2-chambered) on a medium-sized plant.

Brandywine - Pink, Red (CO) or Yellow (CO)

Late. One of the most famous heirlooms (1885, Amish), the winner of many taste tests with bright tangy flavour. Large beefsteak type, up to 1 lb., ideal for slices, salads and sandwiches. Not a heavy producer on long vines with potato-leaf foliage. Please indicate choice of colour: **Pink, Red** or **Yellow**.

Brookpact

Very early. This variety is good for those with limited space. Plants are small and neat but produce lots of large 6–10 oz. red fruit.

Brown's Large Red (CO)

Late. The thin-skinned, good tasting fruit can weigh up to 1.5 lb (5"+). Vines are long and rangy and could use trellising. When not quite ripe, these are good for fried green tomatoes.

Bulgarian Triumph (CO)

Mid-season. 2-3" round red slicer, very tasty, juicy, best eaten right off the vine, very productive.

Burbank (CO)

Early. Developed by the famous plant breeder, Luther Burbank. Very good quality 3-4" red fruits on a small determinate plant.

Camp Joy (CO)

Early. Extremely productive of 2" fruit easy to pick from the low spreading plant. Its tremendous production makes it good for market gardeners. Developed by Alan Chadwick, the originator of bio-intensive gardening.

Canabec Super (CO)

Early. Developed in Quebec for good fruit set during cool spring weather. Very productive of dark pink 6 oz. fruit on short vines.

Carmello (CO)

Late. Smooth, round, 2-3" red and yellow fruits, good flavour, crack resistant.

Caro Rich (CO)

Mid to late. Bred to be high in beta carotene. A large bushy plant producing gorgeous heavy bright orange 3-4" fruit.

Chadwick's Cherry (CO)

Early. 1" round, red cherry tomatoes borne in clusters, sweet-tart flavour, does not split, very prolific indeterminate can grow huge.

Champagne (CO)

Early to mid-season. Very pale yellow almost white tomato, 1/2" wide and grows in clusters. It is similar to Matt's Wild Cherry but not as heavy yielding.

Cherokee Purple (CO)

Late. From Tennessee pre-1890, unique dusty rose colour with a sweet, rich smoky flavour that rivals Brandywine. Productive plants with potato-leaf foliage, heavy crops of 12 oz. fruits, good in dry conditions.

Cossack Pineapple Ground Cherry (Physalis spp.)

From the same family as tomatoes, this abundant, sweet and delicious 1" yellow, pineapple-flavoured fruit can be feasted upon every visit to the garden; can also be dried or used in pies. 2 ft. high bushes spread 3-4 ft. wide. Fruit, which falls to the ground when ripe, grows inside an attractive papery husk. Self-seeds.

Deutscher Fleiss

Early. German heirloom with potato leaf foliage. Red 2–4 oz. fruits have nice sweet flavour. Remains firm when fully ripe and is crack resistant.

Djena Lee's Golden Girl (CO)

Mid-season. Bright gold colour, 8–12 oz. meaty fruit with rich sweet tangy flavour.

Doublerich

Mid-season. An excellent main crop tomato with heavy and meaty 3 oz. pink fruit said to have twice the vitamin C as other tomatoes. Medium vines.

Dr. Carolyn

Early to mid-season. Ivory to pale yellow 1-inch cherry tomatoes with a nice balance of sweet, tart and depth of flavour. High yield on large vines.

Druzba

Mid-season. This densely foliated Bulgarian heirloom bears plenty of fruit. The 4" fruits are bright red on indeterminate vines.

Dufresne #2 (CO)

Late. Developed by a Quebec plant breeder with beautiful, pink 3–4" fruit with tender skin and excellent taste. Spreads 5–6 ft.

Emerald Evergreen

Mid-season. One of the best-tasting green tomato in the beef-steak size (8–10 oz). Rich olive-green fruits ripen to a brighter shade of green with a golden yellow tint. For slicing or frying.

Eros

Early. 2–3 inch orangey-red, plum-shaped, semi-meaty tomatoes that produce in large numbers. Fabulous in salads.

Gardener's Delight

Mid-season. A large red cherry tomato with extra-sweet tangy flavour. Good yields in clusters of 6–12 on a large plant that keeps producing for weeks.

Garden Peach

Early. This peachy yellow fruit is fuzzy with a pink blush, very mild tasting and is a good keeper. Vigorous vines produce an abundant supply of smallish tomatoes.

Glamour

Mid-season. Very popular old variety. Strong, medium to large-sized firm tomato with good taste and crack tolerance.

Golden Jubilee

Mid-season. Bright golden orange fruit on vigorous plant. Meaty interior with good flavour. Low acid. Good yields.

Goldie

Late. Very large golden-yellow fruit with excellent flavour which should be staked to keep fruit off the ground.

Gourmet Mix (medium)

Mix of early and mid-season varieties will provide a good supply of red, orange and yellow tomatoes for the backyard gardener.

Includes medium to large size varieties.

Gourmet Mix (small)

A multi-coloured mix of cherry and grape-type tomatoes for those with small gardens and an adventurous spirit.

Green Grape (CO)

Late. Very small seeds produce flavourful, large cherry-sized fruit with greenish-yellow colour on outside when ripe and bright green inside. Large crops on 3–4 ft. vines.

Green Zebra (CO)

Late. Yellow and green 2" fruits with dark green vertical stripes. Emerald green flesh is juicy, sweet and mild. Very productive plants.

Grightmire's Pride

Early. Similar to Oxheart but earlier. A heavy tasty tomato with lower acid and light red colour. Of Yugoslavian descent.

Harbinger

Early. Terrific flavour, reliable, lots of medium-sized, thin-skinned fruit per plant. Introduced in 1910. Cool hardy.

Henderson's Pink Ponderosa

Mid-season. Introduced in 1891 by Peter Henderson & Co.

Huge size (up to 2 lbs.), meaty, dark pink in colour with mild, sweet and delicious flavour—good for slicing or canning.

Hillbilly

Late. A huge bi-colour (bright yellow with red marbling), good slicer. Rich sweet flavour. Said to originate from West Virginia.

Ildi

Early. Oval yellow cherry with a well-balanced flavour. Very prolific on vigorous vines. Often mixed-up with Yellow Grape.

Isis Candy

Mid-season to late. 1" yellow-gold cherry with red/pink marbling and a yummy sweet fruity taste. Quite productive.

Japanese Black Trifele

Mid-season. One of the best black tomatoes, high yields of blemish free fruits, rarely cracks. Rich full flavour, great for canning. The size of a Bartlett pear, bred in Russia, potato leaf.

Landry's Russian

Early. Canadian heirloom brought to the prairies by Russian immigrants. Indeterminate plant with 2-3" round, salad style fruit, great flavour, high yields.

Lemon Drop

Early. Miniature yellow cherry with good eating quality. Vigorous disease-resistant vines.

Manitoba (CO)

Mid-season. Developed in Manitoba for prairie conditions. A fairly compact plant with 3 ft. vines. Determinate, ripening most of its fruit at once. Good crops of consistent, round red fruit are resistant to cracking.

Marglobe Supreme

Mid-season. Highly adaptable determinate plants with almost globe-shaped fruits. High yields of uniform, sweet, thick-walled red fruits. Excellent canning tomato.

Matt's Wild Cherry (CO)

Mid-season. Small red cherry-type with super sweet flavour. Very prolific vines produce until the first frost.

Mennonite

Mid-season. Meaty beefsteak type with very small seed cavities; excellent slicing tomato with orange colour and sweet flavour.

Moneymaker

Mid-season. An old English heirloom; greenhouse variety; produces 4-6 oz globes that are intensely red, smooth and of very high quality. Grows well in hot humid climates and sets in most any weather. Flavourful but becoming rare.

Montreal Tasty

Mid-season. A lovely large red slicer on compact vines, great for families with room for only one type of tomato.

Moonglow

Mid-season. Deep orange, mid- to large-sized oval tomato with a good flavour. Heavy yields.

Mortgage Lifter (CO)

Early. Large (many over 1 lb.), meaty and vigorous red beefsteak. Great flavour and good slicer with few seeds. Plants are highly productive and disease resistant.

Moskvich (CO)

Early. Siberian origin. 4" bright red fruit is round to flat with tasty flavour. Good producer, good keeper.

Mountain Gold (CO)

Mid-season. Beautiful 3-4" round fruits with orange skin and

8	Each tomato seed package	\$2.50
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orange flesh, above average yields. Well-balanced flavour.
Indeterminate. No cracking and blemish-free.

Mr. Stripey (CO)

Mid-season. Very large, yellow fruit with pinkish red stripes and ridged shoulders – beautiful sliced on the plate. Very mild, low acid taste. Indeterminate vines.

Nepal

Late. This long-vined plant produces beautiful unblemished 7–8 oz. fruit with a unique flavour. From the Himalayans.

Nyagous (CO)

Late. A mid-sized cluster tomato with a deep red/black colour. A very tidy (pretty) tomato with exceptional flavour. Meaty flesh has some 'shelf life' – good for market gardeners.

Old Brook (CO)

One of the earliest full-sized tomatoes. Large 1 lb. fruit is delicious and juicy, well-suited to home canning due to its high acidity, resistant to blossom end rot and blight. Long vines.

Old Flame (CO)

Late. Up to 1 lb. fruit ripens to a sunny yellow shot through with rose-red. Beautiful marbelized effect when sliced. Sweetly mild flavour with smooth and creamy texture. Very unusual.

Opalka

Late. Resembling red peppers more than tomatoes, the long 9–11 oz. fruits are very solid and meaty, contain few seeds, are flavourful and great for sauces or fresh eating. Originally from Poland. Long indeterminate vines.

Oxheart (CO)

Mid-season. Well adapted to high humidity. Large, solid pink, heart-shaped fruit weighing up to 2 lbs. with few seeds and excellent sweet flavour. Wispy foliage on 3 ft. vines.

Paul Robeson

Mid-season. A very popular mid-size black (deep maroon) tomato, blemish-free with complex sweet tangy flavour. Produces well in colder climates.

Peron Sprayless (CO)

Late. From Argentina, attractive large 13 oz. red fruit with top notch tart flavour and no cracks or green shoulders. A reliable producer in the cooler weather of fall. Pest and disease resistant. Sturdy, productive plants.

Persimmon (CO)

Late. The 3–5" orange fruit have a sweet, fruity flavour which is delicious. Resistant to cracking. Plants spread 3–5 ft. across.

Pineapple

Late. Large yellow beefsteak-sized tomatoes with red streaks on blossom end. Sweet, bright flavour.

Polish

Mid-season. The compact 3 ft. plant is loaded with beefsteak-type pinkish fruit, weighing up to 1 lb. Very productive, potato leaf.

Pomme d'Amour

Mid-season. Very old heirloom with pale red skins and terrific flavour. Grows in large clumps. Semi-determinate.

Principe Borghese (CO)

Mid-season. A compact, bushy plant spreading 3 ft. Bears a very large crop of small 1 oz. red fruit. Used for dried tomatoes in Italy and good in sauces.

Purple Calabash (CO)

Late. Another unusual indeterminate, which has been called the ugliest tomato in the world. Fruit is large, 3-6", convoluted and brownish-pink in colour. Its saving grace is the excellent flavour and ability to tolerate extreme drought conditions. 4-6 ft. vines.

Purple Russian

Mid-season. From the Ukraine, this purplish, uniform, egg-shaped tomato is great for salsa, salads and preserving. Unbelievable flavour in blemish-free fruits. Very productive vines.

Red Currant (CO)

Mid-season. Delicate leaves on an attractive 3-6 ft. plant. Fruit is small and red, about 3/4" and very intense in flavour.

Red Pear (CO)

Late. Another very old variety, known since the early 1800s. Fruits are flavourful, red, pear-shaped, small and popular for gourmet salads. Productive with long, rambling 6 ft. vines.

Red Striped Roman

Early. A stunning and unique orangey/yellow to red/yellow zigzag or wavy striped ovular-shaped tomato. Mid-sized, excellent flavour, meaty, good for drying or for salads.

Riesentraube (CO)

Mid-season. Rare and remarkable German heirloom meaning "giant bunch of grapes." Bears hundreds of red 1 oz. double-lobed and pointy fruits in clusters of 6-10. Excellent, flavourful salad tomato. Large and bushy plants require little care.

Rosabec

Mid-season. Pinky-red, mid-sized table tomato from Quebec.

Rose de Berne

Mid-season. Dark pink medium-size with perfect globe shape,

smooth, round and blemish-free. Thin-skinned, juicy with a zingy sweet flavour. Heavy yield.

Russian (CO)

Mid-season. Very meaty, large red oxheart or paste-type fruits with bright, sweet flavour. Great cut up into salads or canned.

San Marzano

Mid-season. A widely-used large paste tomato with good crack resistance and good productivity. Great for sauces, canning or for drying. Medium vines. Indeterminate.

Sicilian Saucer

Mid-season. Huge heavy red tomato, up to 2 pounds, slightly flattened shape. Non-sprawler that does not need caging. Thick, juicy, meaty flesh.

Silvery Fir (CO)

Mid-season. From Russia. The feathery, carrot-type leaves make an attractive small 2 ft. plant. Determinate, has a large crop of red 2-4" fruit with nice flavour.

Southern Night

Mid-season. Old Russian variety with 3.5-inch round and slightly flattened fruits. Dusky deep maroon exteriors, green shoulders and brick-red interiors. Bright, rich and deep flavour. Determinate, potato-leaf.

Striped Cavern

Mid to late. Light red with orange stripes on outside with scarlet sunburst pattern on inside. Medium (2.5-inch) fruits with a hollow, blocky, pepper-shape that is good for stuffing. Mild, sweet flesh.

Striped German (CO)

Mid-season. A real gem, uniquely bicoloured red and yellow. The interior is marbled red and yellow. 1-2 lb. fruits on compact vines. The flavour is superb.

Stupice

Very early and very popular. From Czechoslovakia. Famous for being the earliest tomato of all and continuing to produce large crops all season. The 2-4 oz. red, juicy fruits have excellent flavour for fresh eating. Potato-leaf on long vines.

Superfantastic

Early. An all-around beautiful tomato with excellent flavour and attractive red 4-6 oz. fruit on 2 ft. vines.

Tangerine (CO)

Late. Produces good crops of large orange fruits, up to 1 lb. late in summer. Excellent tangy flavour. Very large plants.

Tigerella (CO)

Early. 2-3" diameter sweet-tart red fruit with orange stripes is a good producer. A delight in any garden.

Tomatillos (*Physalis ixocarpa*)

Larger than ground cherries, 2-3" husked green fruit with a flavour like a slightly sweet green tomato. Used in green salsa with hot peppers and coriander. Very prolific, bushy 3-4 ft. tall.

Whippersnapper

Mid-season. A very small, 1 ft. plant with pink cherry type fruit. Produces well for the size of the plant. Good for containers.

White Currant

Mid-season. Tiny creamy white fruit are amazingly sweet. As with many cherry types, the yield is huge - borne in clusters.

White Queen (CO)

Mid-season. 3-3.5" in diameter. Vigorous vines produce very well. White skin and pale flesh have delicious flavour. Considered to be the most beautiful white tomato.

Wonder Light

Early. Siberian origin. Unique lemon-shaped, lemon-coloured fruit (very pretty) which won't crack, good flavour. Keeps longer than most due to firm texture.

Yellow Bell

Mid to late. A terrific yellow paste heirloom from the 1800s. Fruits are pear-shaped, 4-5" long, dry and meaty with few seeds. Large plants are quite productive.

Yellow Cherry (CO)

Mid-season. 3/4" bright yellow cherry tomatoes on 6 ft. vines. Amazing abundance with excellent taste. Great in salads.

Yellow Currant (CO)

Mid-season. These abundant currant tomatoes are smaller than the original wild tomato. The delicate leaves make for an attractive 3-6 ft. plant. Fruit is about 3/4" and very intense in flavour. A favourite with gourmet chefs.

Yellow Pear (CO)

Late. Very old variety (early 1800s), low in acid and easy to grow. Fruits are pear-shaped, sweet, small and juicy - popular with gourmet chefs. Productive long, 6 ft. vines.

Yellow Perfection (CO)

Late. An old-fashioned type with potato leaf foliage and 4-6 ft. vines. Produces large crops of pale orange 2-3" fruit with good flavour and low acid. Does not develop a tough skin.

Yellow Stuffer

Mid-season. Good-sized bright yellow, hollow fruit with few seeds looks like a pepper. Good for stuffing and therefore popular with chefs and restaurateurs.

Zeiglers Fleisch (CO)

Mid-season. Has very attractive bright red 3-5 oz. fruit with excellent flavour on a small plant. Good for containers.

Beans (Phaseolus vulgaris)

Key:
B = bush
D = dry use
P = pole
S = snap variety
W = wax

Bean - Andrew Kent

Long, flattish buff-coloured seeds with maroon mottling, good in soups. Nice as a snap bean when young. Does well in cooler weather. 100 days. S or D/B

Bean - Arikara Yellow (CO)

Upright vigorous plants, quite productive, yellow-tan seeds. Originally from Arikara Indians. 80-90 days. D/B

Bean - Aunt Alley's

A good quality heirloom green bean. 4-5" flattened pods of superior flavour, very good as a shell bean, fair producer of cream-tan seeds. 60 days. S/B

Bean - Aunt Emma's

A Mennonite heirloom bean with large round white seeds. Quicker cooking than other beans, used for baked beans and salads. D/P

Bean (Legume) Information

Companions - plant near brassicas, carrots, cucumbers, potatoes, summer savory and turnips. Do not plant near beets, chives, gladiolae or onions.

Purple beans, such as Royal Burgundy, are supposed to tolerate the cold well and so can be planted a couple of weeks earlier than most beans which should be planted only when the soil is becoming warm. Pole beans need more regular rainfall.

Peas, beans, sweet peas and other legumes will be more productive if **nitrogen inoculant** (see page 14) is added to the seeds at planting time, especially if planted in an area where legumes haven't been grown before or where the soil is poor.

Bean - Black Turtle (CO)

Small black kidney with excellent flavour, extremely prolific half runner with purple stems and flowers. 80 days. D/B

Bean - Burpee's Stringless Green Pod

From 1894. Stringless straight 5" long pods. 46-50 days. S/B

Bean - Carmina

A red bean developed from the Red Mexican. Outstanding yielder. Used the same as the much larger kidney bean. D/B

Bean - Cranberry (CO)

Old-time favourite for dry beans, excellent in soups and stews; large crops of plump burgundy beans. Reliable even under adverse conditions. 75-95 days. D/P

Bean - Cubaños

Very drought resistant. High yield, purple blossoms produce small black seeds in 4" flat pods on a semi-vining bush. 85 days. D/B

Bean - Dove Creek Red

Productive red Mexican bean with growth habit and pod type of pintos. 90 days. D/B

Bean - Dragon's Tongue

Dutch butter bean, wax variety with creamy pods striped with purple; makes a good shell bean when stripes turn red. Stringless, very tasty 5-8" long pods on a low bush, terrific fresh or dried. 70 days. W/S or D/B

Bean - Dry Bean Mix

A colourful selection of beans good to grow out, dry and save for use in soups, stews and bean pots. Makes a great gift for the beginning gardener. Over 60/package. D/B

<p>Nitrogen Inoculant \$5.00/pkg</p> <p>Nitrogen inoculant contains a harmless bacteria which forms nodules on the roots of legumes (peas, beans, etc.). These turn nitrogen gas from the air into nitrogen fertilizer available for use by the plants. The increased yields are especially noticeable for soils with low organic matter content, low pH soils and soils which haven't grown legumes before.</p> <p>One package of inoculant will treat up to 5 lbs. of garden peas, beans, soybeans and sweet peas. Pour a small amount of inoculant directly onto slightly dampened seeds and stir. Plant seeds immediately without letting the inoculant dry out.</p> <p><i>Note: Due to the dated nature of inoculants (one year only), they are usually not available until March. Back orders will be shipped when available.</i></p>
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Bean - Fin de Bagnol

Old gourmet variety of French string bean with delicious round slender pods. Best picked young every 2-3 days before strings appear and served as tiny gourmet green beans, fine flavour.

Productive, good for cool soils. 50-60 days. S/B

Bean - Flambeau

A flageolet type with green pods and mint green seed, good flavour used both dry and as a shell bean. Early. 80 days. SorD

Bean - Fradinho

A Brazilian brown variety (brown background with darker brown stripes). Produces some runners, bears heavily, reliable and tolerates hot dry weather well. In NE Brazil these types of beans are used for baking in preference to the black bean. D/B

Bean - Gerald's White

A Great Northern-type of flattened white bean. Very tasty and productive. Mid-season, some plants will sprawl. D/P

Bean - Great Northern

Great producer of medium-sized kidney-shaped white seeds. Excellent baking bean. Highly valued and found in burial mounds known to be many centuries old. 65-90 days. D/B

Bean - Ice Wax

A snap wax bean, very productive with short tidy growth habit. Although a wax bean, the pods are a whitish grey colour, small and short like a filet bean. 50-55 days. S/W/B

Bean - Jacob's Cattle (CO)

A famous heirloom, also known as trout bean. Good crops of maroon/white beans with a kidney bean shape, excellent for baking and soups. Very reliable producer. 80-100 days. D/B

Bean - John's Old

Vigorous, productive pods contain 4-5 large mottled seeds. Nice eaten young as snap, as green shell or dried. 75 days. S or D/B

Bean - October Pole

Strong vines with heavy 7" pods contain 6-7 tan/maroon seeds, shelled beans have good flavour and tender skins when cooked. 90 days. SorD/P

Bean - Orca (CO)

Also known as Calypso and/or Yin Yang. Beautiful shiny black and white seeds. A great soup or baked bean. 70-90 days. D/B

Bean - Palomino

A trout-type kidney bean closely related to Jacob's Cattle but yellow-brown/white instead of red/white. 100 days. D/B

Bean - Pencil Pod Black Seeded Wax

Choice yellow wax pods with sleek black seeds on a vigorous mid-season bush. This favourite dates from 1900. 60 days. W/B

Bean - Pink Kidney

Drought tolerant. Great producer of medium-sized, light brick coloured kidney beans. D/B

Bean - Rattlesnake Snap

Dark green pods streaked with purple, 7-8" long on 10' vines. Very fine flavour and good drought resistance. 60-90 days. S/P

Bean - Refugee (CO)

Extremely high production of small tasty pods for snap or dry use. White/black/brown mottled seed, pink blossoms; semi-vining. 70-80 days. S or D/P

Bean - Royal Burgundy

Very impressive with dark purple stems, lilac flowers and purple pods. Nice in an ornamental border. Cool weather tolerant, with high yields. 50-60 days. S/B

Bean - Russian Soup

Small, strong productive plants. 3-4" pods produce 4-6 light-coloured seeds - for bean/garlic winter soups. 80 days. D/B

Bean - Sangre de Toros

This is an attractive, small red bean. The name suggests South American origin. Fabulous for any dried bean use. D/B

Bean - Scandinavian

Vigorous productive plant has large leaf-brown seed. Nice flavour. 105 days. D/B

Bean - Scarlet Runner (*Phaseolus coccineus*)

Grown in North America since 1800. Good as small snap bean, sliced pods or green shell; use in place of limas. Large plants: 12-15' tall, highly ornamental with numerous scarlet flowers and attractive foliage - makes great teepees for children or to hide a fence. Edible. 65 days. S or D/P

Bean - Sequoia (CO)

Very prolific purplish bush produces stringless 5" deep-purple pods that turn green when cooked. Beige beans are good for canning. 65-70 days. SorD/B

Bean - Thousand to One

Very small beans in a striking mixture of black, white and mottled brown seeds. Extremely productive, cooks quickly - very nice soup bean. 75-100 days. S or D/B

Bean – Tongue of Fire

A tan/maroon cranberry type bean that is believed to have originated in Southern Ontario, travelled to Europe 300 years ago and then came back to North America with immigrants from Italy. Heavy bearer for canning and freezing. 70 days. S or D/B

Bean – Tweed Wonder

From Australia. Very good flavour green bean on large productive plants. Seeds are a lovely dark purple colour. A late bean to be grown in areas with a long growing season. S/B

Bean – Wild Goose

A Canadian variety that looks like a pinto but is the size of a navy bean. At one time navy beans came in many colours before white became standard. This is one of the different colour types: splotchy black on tan. Use as you would a navy bean. Prolific and easy to grow. 70 days. D/B

Bean – Witkiem (Broad/Fava)

A classic English variety of broad (a.k.a. fava/faba) bean suitable for both spring and fall sowing. Inedible pods contain up to 6 large beans for fresh, frozen, dried or processed use. 75 days.

Other Vegetables

Beet – Bull's Blood (*Beta vulgaris*)

Beautiful dark red-purple tops with a sweet flavour. Matures 35 days to baby leaf tops, 55 days for beet root.

Beet – Chioggia (*Beta vulgaris*)

Beautiful dark red and white striped bulls-eye design hails from Italy (1840). Very tender for eating and pickling. Retains markings if baked whole and sliced just before serving. 50 days.

Beet – Lutz Green Leaf (*Beta vulgaris*)

This slow-growing heirloom beet takes most of the summer to produce an unusually large root which stores well over the winter. No matter what the size, it remains tender and delicious. The abundant crop of leaves can be used for greens.

Brassica – Basic Mix (CO)

A mix of delicious and eye catching brassica greens (tat soi, mizuna, savoy and more) that can be planted every two weeks for a continuous harvest.

Brassica – Premium Mix (CO)

The basic brassica mix of greens beefed up with arugula, rapini and hot mustards. A real taste treat.

Broccoli – Calabrese (*Brassica oleracea italica*)

From the 1880s, this popular market variety has tight heads up to 8" in diameter. After harvesting the central head, side shoots follow. Mild and tender flavour is good raw in salads, dips or lightly steamed with butter. ~200seeds/pkt.

Broccoli – Rapini

A.k.a. broccoli rabe has spiked leaves that surround a green bud which resembles a small head of broccoli. Small yellow flowers are edible. The flavour is nutty, bitter and pungent - often used in Chinese, Italian and Portuguese cuisine. A good source of vitamins A, C and K, potassium, calcium and iron.

Carrot – Chantenay (*Daucus carota*)

These orange-scarlet carrots are 6" long, 2.5" thick, have great flavour, store well, are smooth, even-shaped and free from eyes.

Carrot – Dragon (*Daucus carota*)

PURPLE exterior with orange insides. Sweet, almost spicy flavour is sure to please. 90 days.

Carrot – Oxheart (*Daucus carota*)

Rare heirloom from 1884, a dense-textured short, stubby carrot with good flavour raw and fresh, can grow to a pound, stores well in a root-cellar. Suited for heavy soils and new gardens which haven't been deeply cultivated.

Chard – Five-Colour Silverbeet (*Beta vulgaris*)

Also called Rainbow Chard, these 2 ft. plants offer an abundance of beautifully coloured leaves in a vegetable that is quickly regaining popularity. Originates from Australia.

Chinese Cabbage – Pok Choy (*Brassica rapa*)

Tah Tsai – crisp white petioles and dark green leaves that can be harvested at any stage for eating with the cut-and-grow-again method. Needs rich, well-drained soil and temperate climate.

Citron – Red-Seeded (*Citrullus citroides*)

This rare heirloom in the same family as the watermelon, but hardier and more prolific. Inedible raw, its flesh is used as preserves or as the candied peel found in fruit cake.

Corn – Luther Hill

An excellent white heirloom sweet corn with a sugary flavour. Developed in 1902 by Luther Hill of New Jersey. Plants are quite vigorous, 5-6 ft. tall, often producing two 6" cobs per plant. Space plants 12" apart to allow room for the development of suckers which often produce small cobs.

Corn – Stowell's Evergreen (CO) (*Zea mays*)

An open-pollinated white corn introduced in 1848; a good

variety for home gardeners and market growers; 8-9" ears; 14-20 rows of kernels; 1-2 ears/stalk. 80-100 days.

Cucumber – Lemon (*Cucumis sativus*)

These very productive cucumbers from Australia (1894) are the size of lemons and look like small round melons but have an excellent cucumber flavour, are easy to digest and popular with gourmet chefs. Yellow when mature, they're best eaten while still young and pale green. Drought tolerant.

Cucumber – Straight Eight (*Cucumis sativus*)

Eight-inch slicing fruit that can also be used for pickling. Very productive. 60-70 days.

Eggplant – Diamond (*Solanum melongena*)

Excellent Ukrainian variety grows up to two feet tall; fruits are set in clusters of 4-6. Dark purple fruits are 6-9" long and up to 3 inches in diameter. Even texture and flavour, never bitter. 65-95 days from transplant.

Kale – Curly Green (*Brassica oleracea*)

Productive and tasty, overwinters well. Remains good flavour even when flowering. Flowering tops are terrific as mustardy salad and soup additions. Leaves can be chopped, steamed and added to garlic mashed potatoes as a Dutch treat. ~200seeds/pkt.

Kale – Red Russian (*Brassica napus*)

Hardy biennial heirloom favoured for its tenderness, sweet flavour, beautiful red spines and nutritive value. Retains its sweetness during warm weather and tolerates extreme cold. 50-60 days. ~200seeds

Lettuce – Bibb (*Lactuca sativa*)

This deep green butterhead type lettuce is in demand by better restaurants for its distinct flavour. Good for early spring or late summer sowing.

Lettuce – Bronze Arrowhead (*Lactuca sativa*)

Said to be the finest, most colourful and most delicious leaf lettuce for the home garden. 40-50 days.

Lettuce – Deer Tongue (*Lactuca sativa*)

Heirloom bibb lettuce with mild-tasting, tongue-shaped leaves. Nice picked young as baby greens. Slow to bolt. 45-50 days.

Cucumber/melon/squash (Cucurbits) Information

Seeds per packet = 30-60

Companions - plant near beans, corn, lettuce, peas, sunflowers and radishes (pungency repels striped cucumber beetles). Do not plant near potatoes.

Lettuce – Four Seasons (*Lactuca sativa*)

Large, ruby-tipped leaf lettuce, mild flavour, hardy.

Lettuce – Freckles (*Lactuca sativa*)

Gorgeous red-spotted romaine. Baby green at 28 days or full size at 55 days. Spots darken to maroon as the lettuce matures.

Lettuce – Grandpa's Leaf (CO) (*Lactuca sativa*)

Crisp green leaves tinged with bronze, slow to bolt, sweet mild flavour, hardy, thin to 1" apart for large leaf clusters. 55 days.

Lettuce – Red Deer Tongue (*Lactuca sativa*)

Heirloom bibb lettuce with mild-tasting, tongue-shaped tender leaves that are blushed in light red. Nice picked young as baby greens. Slow to bolt. 45–50 days.

Lettuce – Red Sails (*Lactuca sativa*)

Highly recommended for its deep-red and green loose leaves. Large open plant is slow to bolt and retains sweetness. Plant every two weeks for continuous harvest. 60 days.

Lettuce – Salad Mix (*Lactuca spp*)

This assortment of popular head and leaf lettuces in a rainbow of colours and textures can be planted every two weeks for a continuous harvest (about 200 seeds per packet).

Lettuce – Sugar Cos (Little Gem) (CO) (*Lactuca sativa*)

Upright, small paddle leaf romaine lettuce, green sweet head, exceptional taste, never bitter, good for spring and fall crops.

Lettuce – Tennis Ball (*Lactuca sativa*)

From 1850s. Softball size, tight rosettes up to 7", cool weather grower, good for greenhouses and small gardens. 50–55 days.

Lettuce – Yugoslavian Red Butterhead (*Lactuca sativa*)

Red-tinged leaves form bibb-type heads that reach 12" across. Excellent mild flavour. 55 days.

Melon – Cream of Saskatchewan (*Citrullus lanatus*)

A fine-flavoured small yellow-fleshed watermelon weighing up to 8 lbs. Shorter season – produces well in the north. Thought to be brought to Saskatchewan by Russian immigrants.

Melon – Eden's Gem (CO) (*Cucumis melo*)

A shorter season green netted melon with crisp spicy flavour, up to 1 pound. 65–80 days.

Melon – Jenny Lind (*Cucumis melo*)

Very old variety has small 2–2.5 lb. fruits that are slightly ribbed with whitish-green sweet and juicy flesh. 70 day.

Melon – Oka (*Cucumis melo*)

Large, netted melon, flattened shape, orange, aromatic flesh with rich muskmelon flavour. Good for northern gardens.

20	Each vegetable seed package.....	\$2.50
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Melon – Sugar Baby (*Citrullus lanatus*)

Sweet watermelon with bright red flesh, wonderful flavour, dark green with black striped exterior, small seeds, 6–10 lbs. 5–9 ft. vines will yield 3–5 melons. Shorter season variety at 75 days.

Mizuna (CO) (*Brassica rapa*)

Delicate fringed leaves with mild flavour, often used in mesclun salad mixes.

Parsnip – Harris Model (*Pastinaca sativa*)

Short and stocky – good for coarser soils. Clear white flesh with consistent smooth formation and narrow shoulders; a delicious table vegetable when fried, boiled or creamed. 120 days.

Pea – Blue Pod Capuchijners Soup (*Pisum sativum*)

Developed by Capuchin monks in Europe in the 1500s, this pole pea grows to 6 ft, has beautiful bi-coloured flowers (rose/wine) that fade to a sea blue, pod is a deep maroon that also turns blue. Eat like snap peas when young or leave to dry to make pease porridge.

Pea – Golden Sweet Edible Podded (*Pisum sativum*)

An excellent rare pea from India on 4–6 ft vines. Purple flowers and golden edible pods result in a very attractive plant. Best when eaten young as snow peas, excellent for stir-fry, seeds can be dried and added to soups.

Pea – Homesteader (*Pisum sativum*)

Excellent bush pea. 2–3 ft. tall bearing 4" dark green slender, pointed pods. Peas are large and sweet with superior flavour, excellent for freezing.

Pea – Sugar Snap (*Pisum sativum*)

An edible podded pea that tastes as terrific raw as it does cooked. Round pods have thick walls and will snap when bent. 6 ft. vines should be supported. An all-time winner.

Pepper – Fish (*Capsicum spp.*)

Pre-1870 heirloom. Green and white leaves on 2 foot plant. 2–3" fruits ripen from creamy green to orangey-brown to all red at maturity. Medium-hot, perfect for salsa. 80 days from transplant.

Pea Information (*Pisum sativum*)

Seeds/packet of peas = 30-50

Companions - plant near beans, carrots, corn, cucumbers, pumpkins, radishes and turnips. Do not plant near chives, horseradish, leeks, onions or potatoes.

Pepper – Jimmy Nardello Sweet Italian (CO) (*Capsicum* spp.)

Prolific 6–9" long fruits, green to red, the best sweet "banana" type for frying or for pasta sauces with slightly spicy taste, low 24" plants are great for container growing. 85 days.

Pepper – King of the North (*Capsicum* spp.)

Excellent sweet red bell pepper for cool, short seasons. 70 days.

Pepper – Purple Beauty (CO) (*Capsicum* spp.)

Mid-sized lobed pepper starts purple and deepens to almost black when ripe. 70 days.

Pepper – Quadrato Asti Giallo (*Capsicum* spp.)

Large, squarish lobed bell pepper from Italy. Green pepper ripens slowly to golden-yellow. Thick crisp flesh with sweet spicy flavour when either green or yellow. 80 days from transplant.

Pumpkin – Kakai

Eye-catching, tan and black striped fruits average 5–8 lbs. Dark green hullless seeds are delicious roasted. This is a variety of the Austrian type that yield valuable green pumpkin seed oil said to promote prostate health. 100 days.

Pumpkin – Rouge Vif d'Etampes (*Cucurbita maxima*)

Bright red-orange French pumpkin (a.k.a. Cinderella) dates back to 1883. Flat shape looks like a cheese wheel – beautiful for fall decorations; skin is mostly smooth with some rough spots, cracking and netting. 10–25 lb. fruits have sweetish, orange flesh that is good for pumpkin or squash pie. 95–115 days.

Radish – Black Spanish (*Raphanus sativus*)

Winter type. Black skin with white tender flesh. Roots to 7" long with a pungent flavor suggesting that its Medieval growers preferred radishes with more character than today's choices. Developed prior to 1400. Good keeper if stored in cool moist sand. 60 days.

Radish – Cherry Belle (CO) (*Raphanus sativus*)

Bright red with white centers. Sweet, mild crisp flesh that retains freshness over a long period. 25–30 days.

Radish – Daikon China White (*Raphanus sativus*)

A large radish with white roots 6–8" long. Crisp and tender with pungent flavour. Sow in fall for spring harvest, in spring for summer harvest.

Radish – French Breakfast (*Raphanus sativus*)

A mild, spicy flavour, red tops and white bottoms are features of this 1885 gourmet variety of radish.

Radish - Plum Purple (CO) (*Raphanus sativus*)

Unique deep purple round roots with firm white flesh that remains sweet and mild all season. Exceptional for the market garden as well as the home garden.

Soybean - Black Jet (*Glycine max*)

Bred for eating as a vegetable, this soybean has great flavour when eaten in the green stage as a pea. Also good dried or made into soy milk.

Soybean - Envy (CO) (*Glycine max*)

Great short-season variety, one of the earliest fresh eating soys. 2 ft. plants produce loads of all-green beans of exceptional quality. 75-85 days.

Spinach - New Zealand (*Tetragonia tetragonioides*)

Spreading branches produce succulent leaves and stemtips of very fine flavour throughout the season, long after ordinary spinach has finished. The more you pick, the more they produce. Eat raw or cook like regular spinach. ~25 seeds/pkt.

Squash - Acorn Table Queen (*Cucurbita pepo*)

Large, dark green acorn with sweet, dry, thick orange flesh dates back to 1913. Productive, drought tolerant, good keeper on strong 6-8' vines. Great for baking. 90 days.

Squash - Anna Swartz Hubbard (*Cucurbita maxima*)

Extremely hard shell and excellent storage ability. High quality flesh is the colour of sweet potatoes and has a similar flavour. Fruits: 5-8 lbs.

Squash - Green Hubbard (*Cucurbita maxima*)

Extremely hard shell and excellent storage ability. High quality flesh is the colour of sweet potatoes and has a similar flavour. Fruits: 5-8 lbs.

Squash - Red Kuri (*Cucurbita maxima*)

Beautiful dark orange, pear-shaped fruit, 4-7 lbs. Very good keeper. Sweet, dry flesh is nice mashed or made into baby food. 110 days.

Squash - Spaghetti (*Cucurbita pepo*)

Fruits are oblong, yellow and quite unique. Boil the entire fruit when mature for 20 minutes. Cut open and remove seeds. Season the spaghetti-like flesh for a delicious side dish or add spaghetti sauce or cheese for a full meal.

Squash - Tonda Scuro di Piacenza (*Cucurbita pepo*)

The heirloom version of the Eight Ball hybrid summer squash. Rich, dark green colour, round shaped and very flavourful, perfect for home or markets. Vigorous plants produce well.

Squash – Turk’s Turban (*Cucurbita maxima*)

Distinctive ornamental heirloom (c. 1869) has fair table quality in 8–12" orange ball with colourful striped cap. 80–100 days.

Squash – Waltham Butternut (*Cucurbita mixta*)

Medium large 12" blocky, pear-shaped squash with a tan-yellow skin and deep orange nutty-flavoured flesh. High-yielding vines produce 3–6 pound fruits. Excellent keepers. 83–100 days.

Squash – Yellow Scallop Summer (*Cucurbita pepo*)

Bright yellow fruits (patty pan style) with rich, mellow flavour. Pre-Columbian – a rare native American squash. High yields on bushy plants.

Turnip – Purple Top White Globe (*Brassica rapa*)

Grown since before 1880 for its sweet, mild fine-grained white flesh. Best eaten when 3–4" but if grown out to 6" will store well. Edible dark green leaves. 45–65 days.

Zucchini – Black Beauty (*Cucurbita pepo*)

Semi-bush type of summer squash with spines. Dark-green rind with cream-coloured flesh. Very crisp and flavourful.

Zucchini – Golden (*Cucurbita pepo*)

Not as old as the dark zucchini but very popular with chefs. Compact bush plant produces lots of glossy golden-yellow fruits. 50–55 days.

Zucchini – Tatume Climbing (*Cucurbita pepo*)

This rambling squash can be trained up a trellis and will easily reach 20 ft. if allowed to spread. Very productive, right up to frost, with round dark green fruit used the same way as zucchini.

Herbs

Arugula – Greek (CO) (*Eruca sativa*)

Arugula (a.k.a. rocket) has a nutty, spicy flavour that is popular in salads or cooked and served like spinach. Easily and quickly grown; will self-seed. This cultivar originated in Greece.

Borage (*Borago officinalis*)

Beautiful and edible. 1–2 ft. plant has blue flowers that, with the leaves, can be added to salads or made into a summer iced tea. Annual, may self-seed. Attracts bees to garden.

Chamomile – German (*Matricaria recutita*)

Prolific producer of flowers which are popular in calming teas. Self-seeding annual.

24	Each herb seed package \$2.50
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Chives (*Allium schoenoprasum*)

Easily-grown member of the onion family—chop into salads, dips and soups. Can be harvested from early spring until the first snowfall for fresh, dried or frozen use.

Coriander (*Coriandrum sativum*)

A.k.a. cilantro or Chinese parsley, seeds are popular in Mexican and Asian cooking, has a spicy, musky smell and flavour. Easily grown, attracts beneficial insects. ~80seeds/pkt.

Dill (*Anethum graveolens*)

This 2–3 ft. herb is widely used in cooking. A member of the *Compositae* family (like coriander), its small flowers are attractive to beneficial insects (a favourite of the swallowtail butterfly). Self-sows if some seed heads are left attached.

Garlic Chives (*Allium tuberosum*)

12" perennial with flat leaves that give a mild garlic taste to any dish. A 'must have' in every kitchen garden.

Greek Oregano (*Origanum vulgare hirtum*)

Well-known, very hardy perennial herb with excellent flavour, used in Italian food, spaghetti, stews, etc.

Lovage (*Levisticum officinale*)

Lovage leaves possess excellent celery-flavour which can be added to soups, stews and casseroles. Vigorous tall (6 ft.) herb, very dependable, lovely as background in a flower garden.

Mustard - Hot mix (CO) (*Brassica* spp.)

A blend of spicy mustards with a range of green through purple colours and a mix of leaf edges and widths.

Mustard - Tat Soi (CO) (*Brassica juncea*)

A highly nutritious Asian green, good in soups, salads and stir-fries. Hardy attractive rosettes of dark green mild-flavoured leaves could grow in an ornamental border or in containers.

Parsley - Hamburg Rooted (*Petroselinum crispum*)

Very old variety. Use leaves for garnish and slender parsnip-like roots for soups and stews to add a delicate parsley flavour. Good winter storage. 90 days.

Parsley - Moss Curled (*Petroselinum crispum*)

Standard curly-leaved variety with bright green, deeply cut and finely divided leaves. Fragrant aroma and pleasant flavour.

Rosemary (*Rosemary officinalis*)

Hardy plant with pale blue flowers. Spicy, fragrant leaves used for seasoning and perfume. 2–3 ft. tall tender perennial.

Sage - Garden (*Salva officinalis*)

A fragrant, slightly bitter herb used for flavouring meats, soups and dressings as dried or fresh. 1-2' tall tender perennial.

Savory - Summer (*Satureja hortensis*)

Easy to grow, delicate flavour, add green or dried to bean dishes, meat loaf and vegetable casseroles. One foot tall annual.

Savory - Winter (*Satureja montana*)

Attractive low bush with stronger, more pungent flavoured leaves than the summer savory, good for borders. Perennial.

Sorrel - Garden (*Rumex acetosa*)

Large, succulent leaves (rich in vitamin C and with a slightly lemon flavour) adds zest to salads and can be made into an amazing sorrel soup. Perennial.

Sweet Basil (*Ocimum basilicum*)

Aromatic and attractive in the garden, use fresh or dried leaves sparingly in poultry, meat, fish or sauces. Plant next to tomatoes as a companion. Fresh basil cut onto sliced tomato is a summer snack favourite. 1-1.5 ft. tall.

Thyme (*Thyme vulgaris*)

Most popular thyme variety, robust growth. Complements roasted meats, stews and soups. 6-12" perennial.

Flowers

Amaranth - Hopi Red Dye (*Amaranthus spp.*)

4-6 ft. tender annual will reseed. Edible baby leaves add red contrast to salad greens. Young plants can be steamed; seeds can be ground into a high-protein, gluten-free flour. Used by the Hopi as a food dye to produce red cornbread.

Blue Flax (*Linum perenne*)

A border perennial with dainty pale blue flowers. Used to treat rheumatism, diarrhea and coughs.

NOTE: The number of seeds per packet of herbs and flowers varies depending on the size and availability of the seeds: e.g. nasturtium packets contain about 20 of the quite large seeds; poppy packets have well over 200 of the very fine seed; most others contain around 100 seeds. For the tinier seeds, we recommend using a seed spoon for planting (see pg 30).

26 Each flower seed package \$2.50

Calendula – Mixed (*Calendula officinalis*)

This pot marigold blooms reliably from June to frost. The petals are used in various herbal remedies. This mix has both double and single flowers, yellow or orange petals, many with a touch of red. Annual, 12–18" tall, will re-seed. Edible. ~80seeds/pkt.

Cornflower (*Centaurea cyanus*)

Annual with striking blue blossoms (a.k.a. bachelor's buttons). Infusions of cornflower said to calm nervous disorders. Edible.

Daisy – Gloriosa (*Rudbeckia hirta*)

Large (5–7") flowers in mix of yellow, mahogany and bi-colours on 3 ft. stalks. Also called brown-eyed susans. Perennial.

Daisy – Shasta (*Chrysanthemum maximum*)

Large white flowers with yellow centres on 3 ft. stalks. Striking when massed in clumps. Semi-hardy perennial.

Forget-me-not (*Myosotis alpestris*)

Low plants with tiny indigo-blue flowers are perfect for borders. Easy to grow biennial, will self-seed.

Hollyhock (*Althea rosea*)

Grown in China for a thousand years before being introduced to England in the 1500s, these 5–9 ft. biennial plants are striking and showy with their spires of tissue paper single-petal blossoms in mixed colours. A cottage classic.

Hyssop (*Hyssopus officinalis*)

Semi-evergreen shrub, good for hedges; anise-scented aromatic with true dark-blue flowers on 1–2 ft. stalks. Drought-resistant and loved by butterflies and bees. Late summer perennial.

Lathyrus Sweet Pea (*Lathyrus latifolius*)

Perennial sweet pea in mixed colours, grows up to 6 feet. Very attractive and hardy once established.

Love-in-a-mist (*Nigella damascena*)

Very easy to grow annual in a blend of blue, mauve, white and purple flowers. Beautiful as a filler in the garden border. Can be harvested for fresh cut flowers or dried seed pods.

Marigold – French (*Tagetes patula*)

Annual with beautiful double maroon and orange blossoms, the preferred variety for insect control. Easy to grow. Edible.

Morning Glory – Grandpa Ott's (*Ipomoea purpurea*)

A beautiful Bavarian variety that has a small, deep purple flower with a red star at its throat. Self-seeding, hardy annual on vigorous vines. Dates from 1870s.

Nasturtiums (*Tropaeolum majus*)

A favourite for many reasons—easy to grow, annual climber or trailer with continuous production of mixed shades of red, orange and yellow flowers. Mass them in a windowbox for a striking display! Likes poorer soil. Edible flowers.

Nicotiana - Aztec (*Nicotiana alata*)

The pure white flowers of this 3–4 foot tall tender annual are intoxicatingly fragrant with a jasmine-like scent from dusk to dawn. 80–85 days.

Poppy - Mixed Colours (*Papaver somniferum*)

Large double/double red or pink flowers that have been a feature in my mother's garden for many years - star quality!

Poppy - Peony (*Papaver somniferum*)

Large beautiful double/double red flowers with distinctive seed heads which can be used in dried flower arrangements.

Purple Coneflower (*Echinacea purpurea*)

Native 2–3 ft. perennial. Beautiful large rose-purple flowers attract butterflies, abundant in late summer providing valuable colour in the border. Drought resistant, also a medicinal plant.

Russell Lupins

A part of the scenery along the roadsides in the Maritimes, this popular perennial has mixed colours and grows to about 3 feet. A must-have in heritage and cottage gardens.

Sunflower - Ornamental (*Helianthus annuus*)

Sturdy 6 ft. annual with beautiful flowers in shades and bicolours of yellow, gold, brown and burgundy. Good wind-break; bees and butterflies (and squirrels) love them.

Sweet Annie (*Artemisia annua*)

Also called sweet wormwood, this plant has a very distinctive pleasant odour, used in dried flower wreaths and pot pourri for its aroma. Self-seeding annual needs space, grows to 6 ft. tall.

Tithonia (*Tithonia rotundifolia*)

This stunning Mexican sunflower attracts bees and butterflies. Four foot tall annual is covered with bright reddish-orange flowers from July until frost. Drought and heat resistant.

Safe Seed Pledge:

*We pledge that we do not knowingly buy or sell
genetically engineered seeds or plants.*

Terra Edibles does not share or sell our mailing list.

Heirloom Sweet Peas

(*Lathyrus odoratus*)

These highly-scented, annual sweet peas are grown by Mr. Peter Grayson in Derbyshire, England. He is said to have the best collection of heirloom sweet peas in the world. Be sure to save some of your own seed at the end of the season for next year.

Black Knight – Very deep maroon/violet bicolour, from 1898.

Busby Pea – Pink and white bicolour from Australia, from 1823.

Captain of the Blues – Deep mauve, from 1891.

Countess Cadogan – Violet/blue bicolour, from 1899.

Cupani's Original – Introduced in 1699 by Father Cupani, a Franciscan monk in Palermo, Sicily. Hardy flower has deep blue standards and purple wings.

Dorothy Eckford – Brilliant white, from 1903.

Henry Eckford – Bright orange, from 1906.

King Edward VII – Beautiful crimson, from 1903.

Lord Nelson – Navy blue in colour, from 1907.

Matucana – The earliest variety offered, dating from 1543, this highly scented sweet pea is purple and deep blue bicoloured.

Miss Wilmott – Lovely deep orange pink, hooded variety, from 1901.

Nelly Viner – A pretty frilly pink, from 1901.

Painted Lady – Introduced in 1737. A rose and white bicolour, highly scented.

Queen Alexandra – Beautiful scarlet, dating from 1906.

Mixed Old Fashioned Grandifloras
A mixture of many colours and bicolours, all incredibly scented, for those who prefer a harmonious cacophony of colour.



Each sweet pea packet contains 20-30 seeds ... \$2.50

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Terra Incredibles

Terra Edibles has expanded our non-seed line and is proud to offer some exceptional products, many of them locally produced.

Lavender Sachets \$3.50 each

Fresh lavender florets packed into organza bags make a wonderful gift for a friend or, even better ... yourself!

The Tomato Bulletin \$6.00

Our 36-page tomato information booklet contains sections on heirlooms vs. hybrids, growing tomatoes, diseases and pests, harvesting your crop, preserving your tomatoes (canning, juicing, drying) and saving your heirloom tomato seeds for another year of bounty. Contains a chart describing the characteristics and qualities of many popular heirlooms. A 'must have' for all new growers.

Seed Spoons \$3.00/set

With this set of two spoons you can plant one seed at a time of even the tiniest seeds, eliminating thinning and preventing root disruption which can cause many young seedlings to die. Canadian-made.

Oil of Oregano \$23.00

Joy of the Mountains is a small, family-run herbal company in British Columbia. Their oregano oil (based in extra virgin olive oil with 75% Carvacrol) is imported from the Mediterranean, tested for purity and bottled in 10ml dropper bottles. This food-grade oil of oregano is a natural treatment for infections - internal and external; comes with pamphlet of background information and recommended use.

Soy T-lite candles \$1.00 ea

Benefits of soy candles: all natural, biodegradable and environmentally friendly; burns **clean**, soot-free, **safe**, non-toxic; creates economic growth for the North American farmer; wax melts at a low/safe temperature; water-soluble allowing for easy clean up; and produces a large bright flame for an elegant glow. These unscented, uncoloured (white) T-lites have a **6-hour** burn time each.

Birthday candles \$7.00/package
 Hand-dipped 100% pure beeswax birthday candles are made in British Columbia. Natural colour, natural honey scent. Twenty candles in each package.

Natural stone bracelets \$6.00 ea
 Semi-precious natural stone chips strung on an elastic bracelet—fits all wrists—said to enhance feelings of well-being and increase mental clarity in those who wear them. Available in amethyst (purple), fluorite (pale greens and purples), garnet (deep red), rose quartz (light pink), crystal quartz (icy clear), hematite (metallic silver), sodalite (shades of blue) and peridot (light green).

Aromatherapy essential oils

Essential oils are the concentrated essences extracted from plants and used in the healing art of aromatherapy. These are high quality pure oils collected from ethical sources around the world and are recommended for external use only - blend your own perfumes, bath oils and room scenters. 5 ml. amber glass bottles:

- Cinnamon leaf (*warmth, digestion, security, awareness*) 7.00
- Citronella Ceylon (*insect repellent, inspiration*) 6.00
- Clove bud (*alertness, memory, pain relief*) 7.50
- Eucalyptus (*respiration, spontaneity*) 5.50
- Jasmine (3% in jojoba oil) (*sensitivity, romance, self-worth*) 12.75
- Lavender - French (*relaxing, conflict resolution, acceptance*) 10.50
- Lemon (*alertness, joy, awareness*) 5.50
- Patchouli (*endurance, peace, sexuality*) 12.75
- Peppermint (*respiration, direction, self-confidence*) 5.50
- Rose Maroc (3% in jojoba oil) (*sensuality, love, compassion*) 14.25
- Sweet Orange (*sensuality, joy, creativity*) 5.00
- Tea Tree (*cleansing, energizing, confidence*) 7.00
- Ylang ylang (*exuberance, tenderness, joy, sensuality*) 16.00

LavenderHills products

Grown and produced in Brighton, Ontario, these lavender products are based on essential oils steam-distilled from hand-picked, fresh lavender; all-natural ingredients and processes. Give a gift with a 'touch of class' in every beautifully-presented item.

Lavender Linen Water (250 ml.) \$18.00

Incredibly luxurious, wonderful stress reliever. Spray onto bed linens to create a calming bedtime aromatherapy ambiance and a peaceful night's sleep.

Lavender Bubble Bath OR Shower Gel (250 ml.) \$18.00

Put the pleasure back into bathing with a relaxing lavender-scented mist. Bubble bath and shower gel come in classy cobalt blue, break-resistant containers.

Lavender Hemp & Avocado Massage Oil (60 ml.) \$14.00

The combination of natural botanicals encourages peaceful sleep, soothes the aches of daily life and rehydrates the skin.

Always room for Tea

We have selectively chosen tea blends that feature unique qualities and good value. They are certified organic (CO), most are bagged, one is loose, all are wonderful.

Algonquin Peace Tea (24 bags, CO) \$8.00

A blend of blue vervain, lemon balm, catnip, bergamot, chamomile, hops, valerian and St. John's Wort to calm and aid sleep.

Algonquin Homestead Blend (24 bags, CO) \$8.00

Anise hyssop, red clover and raspberry leaves for flu/cold/cough relief, as a muscle relaxant, hormone balancer and digestive aid.

Algonquin Awakening Tea (24 bags, CO) \$8.00

Labrador tea, mountain mint, alfalfa, nettle, astragalus, angelica, joe-pye, calamus and ginseng blend energizes as a stimulant, aphrodisiac and reduces arthritic and headache pain.

Algonquin Sacred Blend (24 bags, CO) \$8.00

White pine, sweet grass and sage blend for use with meditation, as a decongestant, anti-inflammatory and to relieve indigestion.

Algonquin Lucid Dream Tea (24 bags, CO) \$8.00

Sweet gale, handpicked by canoe in the Algonquin wilderness, is said to enable one to have more memorable dreams, to remember your dreams, or to dream with others. Calming.

Rooibos African Passion Tea (20 bags, CO) \$7.00

African red rooibos and natural exotic passion fruit flavour.

Rooibos African Buchu Tea (20 bags, CO) \$7.00

A blend of the earthy vanilla flavour of the African red rooibos and the minty taste of the Mountain Buchu leaf.

Rooibos Organic Herbal Tea (100 grams, loose, CO) \$7.50

Reddish infusion with sweet, fruity flavour notes. Rich in vitamins and nutrients Origin: South Africa. Caffeine-free.

Books available through *Terra Edibles*

These Canadian written and produced reference books are useful for the skilled as well as the beginner gardener. To order, just enter the titles onto the order form and add in the cost indicated. Taxes and shipping are extra.

***How to Save Your Own Vegetable Seeds* \$10.00**

Seeds of Diversity Canada's 5th edition (48-page) handbook demystifies the techniques of saving seeds from common garden vegetables, giving simple detailed instructions for each type. Includes over 60 photographs plus an index which lists the isolation requirements and seed viability of more than 80 species of garden plants.

***The Organic Companion: Gleanings from Canadian Organic Growers* \$40.00**

Some of the best articles from 30 years of COG's magazines. Includes sections on: caring for the soil, growing fruits and vegetables, raising livestock, saving seed, and much more. One book reviewer called it, "Inspiring and informative." (278 pages.)

***Fertile Ground: Cultivating Thought on the Food We Eat* by Janette Haase \$35.00**

Growing your own, eating seasonally and locally, and understanding the issues; all this plus a month-by-month 'how-to' organic garden written by a Kingston, Ontario area resident. Vegetable garden plans, guidelines for planting vegetables and useful recipes are spiral-bound in an easy-to-read must-have manual. (200 pages.)

***Garden Wheels* by Calendula Publishing \$80.00/set**

Barbara Shulz and her team from Nova Scotia have created these laminated information 'wheels' ~ organic gardening tools 'by gardeners for gardeners.' Each wheel describes 40 common plants with planting, growing and harvesting information, uses and special notes. Order all four wheels for the complete set.

***Companion Planting at a Glance* \$22.00**

***Vegetable Planting Guide* \$22.00**

***Beneficial and Edible Flowers* \$22.00**

***Herbs* \$22.00**

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