

2012

Terra Edibles

HEIRLOOM SEEDS

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Dear Gardening Friends,

This world is changing far too fast – governments are falling, species are disappearing, jobs are tenuous, climates are shifting – uncertainty prevails. The only thing we can control is our own small space. Thank goodness for our gardens where we can plant, grow and nourish our families without intervention or taxation. *Terra Edibles* is proud to offer organically-grown seed for small garden growers, offering a wide selection of heirloom tomatoes, beans and other popular vegetables, as well as herbs, flowers and aromatic sweet peas. Many of our seeds have been grown out by certified organic growers – these are indicated with a 'CO' beside their name. Each seed packet is only \$2.95 each.

Our new tomatoes for this year are Apricot, Azoychka, Cosmonaut Volkov and Dad's Sunset. New vegetables include Red Mexican bean, Charentais melon, Dwarf Grey Sugar pea, Yellow Carrot radish, Midori Giant Edamame soybean, Green Hokkaido squash and a return of the popular Tatume Climbing zucchini. Check our website for additional new varieties.

On page 32, you will find our **Seeds for Survival**—a special boxed kit which includes twelve seed packets, a *Tomato Bulletin* and instructions on how to plant, harvest and save your own seeds—great for the new gardener and for those who want to provide an abundance of healthy home-grown food for their family.

Our seeds are available in packets designed for the home gardener. Tomato and pepper packets contain 50–100 seeds; bean and pea packets: 30–50, most flowers and herbs: 100+. The seeds per packet may vary somewhat due to size, type and availability.

If you are in the Quinte/Belleville area, visit ***the Village Green*** store and greenhouse in Foxboro where we maintain a fine selection of local and natural products. In the spring, we offer thousands of tomato, herb and perennial seedlings for sale (sorry, we do not ship seedlings). The store is open year-round Tuesdays to Saturdays, 9–5. If you cannot make it to Foxboro, join us at one of the 'Seedy' events (Toronto, Ottawa, Perth, Peterborough, Picton) or other shows we plan to attend, such as the Peterborough Garden Show (April 5–7).

Happy gardening and good health to you and yours in 2012,
Karyn Wright, Don McKay and our scattered family.

Cover shot: Yellow Brandywine, Black Giant, Rose de Berne and Gardener's Delight cherry tomatoes

Tomatoes

(*Lycopersicon lycopersicum*)

Amazon Chocolate

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

Amish Paste (CO)

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.

Apricot

Early to mid-season. Prolific producer of small to medium-sized yellow fruits that blush as they ripen. Slightly fuzzy skin is similar to the popular Garden Peach tomato with the same sweet flavour – a good salad tomato.

Aurora

Mid-season. Very reliable and 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 and plant it out the next year, you should get a tomato plant 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 small drainage holes in the bottom. Roll top edge down by half, fill with potting soil and plant 1–3 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 \$2.95

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Azoychka (CO)

Mid-season. a.k.a. Zolotoy Barago, a rare and beautiful Russian heirloom tomato. Flattish, large, bright yellow and heavy 3" fruits have a sweet citrusy flavour. The nice tart taste is not the typical sweet or fruity flavour associated with yellow fruited tomatoes – it is more like the flavour of a good red tomato.

Banana Legs (CO)

Early. Determinate plants have beautiful lacy foliage and loads of elongated yellow/orange mildly flavoured fruit. Adds colour to salads and great for making a yellow tomato sauce.

Baxter Bush Cherry (CO)

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.

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 Giant (CO)

Early to mid-season. Big, purple-black fruit are a favourite of seed collectors who rave about its fantastic flavour – the perfect blend of acid and sugars makes it really stand out. The globe fruits weigh 6-14 oz and are borne on highly productive vines.

Black Krim (CO)

Late. Dark-coloured, thin-skinned, meaty fruits are incredibly juicy and can grow up to 1½ lb. under semi-drought conditions. The slightly smoky, salty flavour is great for salads or eaten straight off the vine. Heavy producer. LIMITED QUANTITY.

Black Plum

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

Black Prince (CO)

Mid-season. Medium-size, dark red to brown in colour, round to oblong shape, great rich old-fashioned flavour and excellent yield. Said to be from Siberia. Resists cracking.

Black Sea Man (CO)

Early to mid-season. Small plants with medium-sized deep brown fruits and rich flavour. Determinate, potato-leafed.

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 - Red (CO) or Yellow (CO)

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

Brookpact (CO)

Very early. Perfect for those with limited space. Plants are small and neat but produce lots of regular, large 6-10 oz. red fruit.

Brown's Large Red

Late. The thin-skinned, good tasting fruit can weigh up to 1½ lb. (5"+). Vines are long and rangy and could use trellising. When not quite ripe, these are good for fried green tomatoes.

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.

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

Early. 1" round, red cherry tomatoes borne in clusters, sweet-tart flavour, does not split, very prolific indeterminate can grow 10 ft.

Champagne (CO)

Early to mid-season. Very pale yellow almost white tomato, ½" wide and grows in clusters. It is similar to Matt's Wild Cherry with intense flavour but is not as heavy yielding.

Cherokee Chocolate

Late. A chocolate-coloured relative of Cherokee Purple. Fruits have succulent dark flesh that is tangy and sweet. This variety produces great yields of 12 oz fruit.

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.

Cosmonaut Volkov (CO)

Early to mid-season. A Ukrainian tomato with a perfect blend of sweet and tart flavour; 8–12 oz red fruits are slightly flattened; high yields on semi-determinate vines.

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.

Dad's Sunset (CO)

Mid-season. Produces lots of medium-sized, orange persimmon-shaped fruits with a mild, very pleasant flavour. One grower said she and her son drank lots of juice from her Dad's Sunset crop.

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.

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.

Dr. Wyche's Yellow (CO)

Mid-season. Heavy yields of one pound tomatoes. Meaty and rich tasting for a yellow-orange tomato.

Druzba (CO)

Mid-season. This densely foliated Bulgarian heirloom bears lots of tasty 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.

Earl of Edgecombe (CO)

Mid-season. One of the best tasting full-size orange tomatoes we've grown. The flavour is rich, sweet and tart all at once. The texture is smooth and meaty. Fruits are uniformly round, blemish-free and resistant to cracking and blossom end rot. An English heirloom dating back to the 7th Earl of Edgecombe.

Emerald Evergreen

Mid-season. One of the best-tasting green tomato in the beefsteak 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" orangey-red, plum-shaped, semi-meaty tomatoes that produce in large numbers. Fabulous in salads.

Gardener's Delight

Mid-season. A large red extra-sweet tangy cherry tomato. Good yields in clusters on a large plant that keeps on going.

German Pink (CO)

Mid-season. Potato-leaf plant has a great yield of pinkish one-pound beefsteak fruits with very nice flavour. German Pink has an old history - could be of Amish descent. One of the really good eating big pinks.

Glamour (CO)

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.

Gourmet Mix - Medium

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

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.

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 (yellow with red marbling), good slicer. Rich sweet flavour; potato-leaf foliage. Originates from West Virginia.

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.

Jaune Flammé (CO)

Mid-season. Deep orange colour, 1 oz., juicy and delicious with a gentle sweet-tangy flavour, excellent producer.

Landry's Russian

Early. A Russian immigrant. 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.

Lime Salad

Early to mid-season. Small to medium size yellow-green tomatoes with sweet-tart flavour - great in salads.

Longkeeper

Mid-season to late. Very attractive bright red 3-5 oz. fruit with excellent flavour. At the end of the season, this is the one that you can pick, wrap in newspaper and store for months.

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.

Matt's Wild Cherry (CO)

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

8	Each tomato seed package	\$2.95
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Mennonite

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

Mexican Red Grape (CO)

Mid-season. A tasty red grape tomato grown out from open pollinated red grape tomatoes from Mexico—small size, bright red colour and tasty.

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

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 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.

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. Sweet mild flavour with smooth and creamy textured flesh. Very unusual.

Opalka (CO)

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 (CO)

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

Peacevine (CO)

Early. Small red cherry tomato with zippy taste due to high vitamin C content; has a uniquely high level of gamma-amino butyric acid, a body sedative that calms jitters (hence 'Peacevine'). Produces great yields all season until first frost.

Peron Sprayless (CO)

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

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 (CO)

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

Plum Tigris (CO)

Mid-season. A pretty plum-shaped variety that has shining red and yellow stripes; very unusual. Plants produce lots of 4 oz. fruit that have great flavour. Believed to originate from Russia.

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 (sun-)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.

Red Currant (CO)

Mid-season. Delicate leaves on an attractive 3–6 ft. plant. Fruit is small and red, about ¾" 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.

Roma

Mid-season. A quality paste variety with very thick flesh and few seeds in a 2–3" plum-shape. Prolific and durable. Good for sauces, pastes and canning.

Rosabec

Mid-season. Pinky-red, popular mid-sized 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.

Scotia

Early. A delightful mid-sized red tomato on medium-length vines that produces early and continues until the first frost.

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.

St. Pierre

Early. A beautiful French heirloom. The tender fruits have a full, rich tomato flavour; large in size, great for canning or fresh eating. They are deep red and excellent producers.

Striped Cavern (CO)

Mid to late. Light red and 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.

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.

Tangerine (CO)

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

Tappy's Heritage (CO)

Mid-season. Beautiful, smooth, medium to large-sized red fruit are globe-shaped and borne in clusters of 2 to 4. Fruits ripen from pink to orange-red, to deep red on the bottom with orange-red shoulders. Good disease resistance, great yields, perfect shape, excellent sweet full flavour and meaty texture.

Thai Pink Egg

Early. A very special heirloom, true pink, firm, oval salad size fruit with terrific flavour and abundant production that just keeps on going. Great for snacking and salads. From the 'Land of Smiles' – Thailand.

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. 3–3½" 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. One-inch 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 ¾" 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 and children. Productive long, 6 ft. vines.

Yellow Striped Roman

Early. A stunning and unique yellow and orange striped ovular tomato. Mid-sized, excellent flavour, meaty, good for drying, sauces and salads. Sister to Red Striped Roman.

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)**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

Key:
B = bush habit
D = dry use
P = pole
S = snap/shell
W = wax

Bean - Aunt Alley's (CO)

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/B

Bean - Black Turtle (CO)

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

Bean - Black Valentine

An heirloom from the 1800s. Flavourful and productive green bean with slender, stringless pods. If any go to seed, the shiny, black seeds are also good for dry use. 60-80 days. S or D/B

Bean - Burpee's Stringless Green (CO)

Introduced by Burpee in 1894. Pods are 5" long, stringless and grow on a low bush. 50 days. S/B

Bean - Cherokee Trail of Tears

Originally grown by the Cherokee, this bean was carried over the Trail of Tears from October, 1838 in the Smoky Mountains to March, 1839 in Oklahoma; over 4000 Cherokees died in this forced winter march. The pods darken from green to purple; the seeds are shiny and black. 80 days for snap use. S or D/P

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 cream and purple/red striped pods; stringless, very tasty 5-8" long pods on a low bush, terrific fresh or dried. 70 days. W/S or D/B

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 and other legumes will be more productive if **nitrogen inoculant** (see page 15) 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 – Dry Bean Mix

A colourful selection of beans perfect to grow out, dry and save for use in hardy winter soups, stews and bean pots. D/B

Bean – Fin de Bagnol (CO)

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

Green pods and smallish minty-green seed, good flavour used both fresh and dry. Early. 80 days. S or 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 – Golden Wax

A popular hardy, stringless wax bush variety that produces loads of creamy yellow pods. 50 days. W/B

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 – Hopi Black

From the American S.W. Used by the Hopi for dye and for food. Drought-resistant with early maturity. A.k.a. turtle bean; tasty, can be eaten fresh or dry, consistent ripener and dries quickly. Does well in prairie climate. 100-105 days. S or D/B

Bean – Hutterite Soup (CO)

Gourmet heirloom brought to Canada by Hutterite Christians from Austria in 1750-60. Delicious pale green seed, prolific bush bean, easy to grow, makes very good creamy soup. D/B

Nitrogen Inoculant \$6.00/pkg

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.

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.

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.

Bean – Jacob’s Cattle (CO)

A famous heirloom, a.k.a. 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 – Magpie

Large seeds are patterned in an attractive black and white design. Shells easily. From the early 1900s. 65–100 days. S or D/B

Bean – Mostoller Wild Goose

A shorter season white bean with tan eyes on a half-runner vine. Nice eating as a green snap bean when young or used as a dry shell bean. Works well in a Three Sisters heirloom garden of corn, beans and squash. 60 days. S or D/P

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. S or D/P

Bean – Orca (CO)

A.k.a. Calypso and/or Yin Yang. Beautiful shiny black and white seeds. A great soup or baked bean. 70–90 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 (CO)

Drought tolerant. Great producer of medium-sized, light red-coloured kidney beans with lots of flavour. D/B

Bean – Provider (CO)

Robust early green bean with nice flavour for eating fresh off the vine. 60 days. S/B

Bean – Rattlesnake Snap (CO)

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

Bean – Red Mexican (CO)

This is an attractive, small red bean – good for use in red bean and rice dishes, soups and casseroles. D/B

Bean – Refugee

Stringless, striped 3" pods yield 4–7 pink seeds with black spots. Pink blossoms. 12" tall bush will have runners up to 3'. A good snap bean (for eating green off the vine) that was canned commercially in Ontario at the turn of the 20th century. S/B

Bean – Royal Burgundy (CO)

Very impressive snap bean 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 – Scarlet Runner (*Phaseolus coccineus*)

Grown in North America since 1800. Good as small snap bean, sliced pods or green shell; use in place of lima beans. Large plants: 12–15 ft. tall, highly ornamental with numerous scarlet flowers and attractive foliage – makes great teepees for children or for hiding 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. S or D/B

Bean – Tongue of Fire (CO)

a.k.a. Borlotto Cranberry. Bush version of the Italian bean much in demand and prized for its 'Tongue of Fire' red pods up to 8 in/20 cm long. The name refers to the colouring and not to the wonderful creamy flavour. Seeds are white with red specks and great in soups. Eaten as fresh green beans before they ripen, an abundant producer. S or D/B

Bean – Ukrainian

A white marrowfat-type (large round white seed); excellent taste used for soup or mashed as a sandwich filling. 80–90 days. D/B

Bean – Wild Goose

A Canadian variety that looks like a pinto but is the size of a navy bean. Navy beans come in many colours with white as the standard. This one is splotchy black on tan. 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. ~100 seed balls/pkt.

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 - Golden Detroit (*Beta vulgaris*)

Round orange beets turn yellow and retain their sweet flavour when cooked. Young leaves are great fresh in salads and mature leaves can be cooked as greens. 55 days. ~100 seed balls/pkt.

Beet - Lutz Green Leaf (*Beta vulgaris*)

This slow-growing heirloom 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. ~600 seeds/pkt.

Brassica - Premium Mix (CO)

The basic brassica mix of greens beefed up with arugula, rapini and hot mustards. A real taste treat. ~600 seeds/pkt.

Broccoli - Calabrese (*Brassica oleracea italica*)

From the 1880s, this popular market variety has tight heads up to 8". Harvest the central head, side shoots follow. Mild flavour is good raw in salads, dips or lightly steamed. ~400 seeds/pkt.

Broccoli - Rapini (a.k.a. Broccoli rabe)

Spiked leaves surround a green bud resembling a small head of broccoli. Small yellow flowers are edible. Nutty, bitter and pungent flavour used in Chinese, Italian and Portuguese cuisine.

Cabbage - Early Jersey Wakefield (*Brassica oleracea*)

A very early variety introduced in the 1840s, with tasty, 2-3 lb, sweet and flavourful, conical heads. Biennial. 60-70 days. ~300 seeds/pkt.

Carrot - Chantenay (*Daucus carota*)

These orange-scarlet carrots are 6" long, 2½" thick, have great flavour, store well, are smooth, even-shaped and free from eyes. ~1000 seeds/pkt.

Carrot - Dragon (*Daucus carota*)

Purple exterior with orange insides. Sweet, almost spicy flavour is sure to please. 90 days. ~1000 seeds/pkt.

Carrot - Tonda di Parigi (*Daucus carota*)

These round, 19th-century Parisian heirloom carrots are harvested at 1-2"; tender, uniform and deep orange. The flavour is excellent and very sweet. Popular for market gardening. Plant thick for bunching. Biennial. 60 days. ~1000 seeds/pkt.

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. High in essential vitamins. Originates from Australia. ~80 seed balls/pkt.

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 a temperate climate.

Collards – Georgia Southern (Creole) (*Brassica oleracea*)

A great old southern favourite biennial, pre-1880 heirloom. Great for the south, but also good up north (cold/heat/drought tolerant), huge yields of 3-foot tall blue-green leaves, very tasty (light frost will improve flavour). ~400 seeds/pkt.

Corn – Luther Hill

An excellent white heirloom sweet corn with a sugary flavour. Developed in 1902 by Luther Hill of New Jersey. Vigorous plants, 5-6 ft. tall, often producing two 6" cobs per plant.

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*)

From Australia (1894). Very productive, look like small round melons, an excellent cucumber flavour, easy to digest and popular with gourmet chefs. Yellow when mature, they're best eaten while still young and pale green. Drought tolerant. ~200 seeds/pkt.

Cucumber – National Pickling (*Cucumis sativus*)

Perfect for the home garden with heavy yields of 6" long pickling cucumbers. 54 days. ~200 seeds/pkt.

Cucumber – Straight Eight (*Cucumis sativus*)

Eight-inch slicing fruit that can also be used for pickling. Very productive. 60-70 days. ~200 seeds/pkt.

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.

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. ~400 seeds/pkt.

Kale - Lacinato or Dinosaur (*Brassica oleracea*)

a.k.a. Dinosaur or Nero di Toscana kale or Black Palm Cabbage. Italian heirloom that dates back to the 18th century. Large dark green leaves are wrinkled, have great flavour and are highly nutritious. Produces well all season, but best eaten when leaves are small and tender. 60-65 days from transplant. ~400/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. ~400 seeds/pkt.

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. ~500 seeds/pkt.

Lettuce - Bronze Arrowhead (*Lactuca sativa*)

Said to be the finest, most colourful and most delicious leaf lettuce for the home garden. 40-50 days. ~500 seeds/pkt.

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.

Lettuce - Four Seasons (*Lactuca sativa*)

Large, ruby-tipped leaf lettuce, mild flavour, hardy. ~500 seeds/pkt.

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. 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. 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. ~500 seeds/pkt.

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. ~500 seeds/pkt.

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 – Charentais (*Cucumis melo*)

Small, round green with stripes and smooth skin; has very sweet dense orange flesh and fragrant aroma. The largest of the French cantaloupes (2–3 lbs) – quite superb. 80–85 days from transplant. ~50 seeds per packet

Melon – Ginger's Pride (*Cucumis melo*)

Long vines produce ribbed green oblong fruit, 12" and up to 15 lbs. Pale orange flesh is mild, juicy and mellow. 80–90 day.

Melon – Minnesota Midget (*Cucumis melo*)

One of the best for northern gardens, this melon seed produces round, tasty 4–6" fruits on 3 foot vines which should be trellised. Resistant to wilt.

Melon – Montreal (*Cucumis melo*)

A wonderful heirloom regaining well-deserved popularity. The sweet, spicy, pale-green flesh is delicious but the fruit needs an early start and lots of heat to gain its potentially large size. A Canadian member of Slow Food's Ark of Taste.



Melon – Oka (*Cucumis melo*)

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

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. ~500 seeds/pkt.

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.

Pea – Dwarf Grey Sugar (*Pisum sativum*)

An early small sugar pea. The 2.5" pods are light green, curved, sweet and very tender when picked young. At 30" tall, this pea does not need staking; admired for its purple flowers. 65 days.

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 (CO) (*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.

Pea – White-Flowered Snow Pea (CO)

A climbing variety with small edible pods that form after the white flowers fall off. Nice flavour.

Pepper – Bulgarian Carrot (CO) (*Capsicum annuum*)

Short plant produces quite hot, but fruity 3½" long carrot-shaped peppers that turn from green, to yellow orange, to orange when mature. Crunchy flesh adds colour and sizzle to chutneys, pickles and salsas. Excellent when roasted. 80 days from transplant.

Pepper – California Wonder Sweet (*Capsicum* spp.)

An excellent sweet green bell pepper, 3–4" blocky fruit with very good yields, a popular old-time variety. 70–80 days, suited for cooler climates. ~40 seeds/pkt.

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.

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. ~40 /pkt.

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

Excellent sweet red bell pepper for cool, short seasons borne on short, sturdy bush plants. 70 days. ~40 seeds/pkt.

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. ~40 /pkt.

Pepper – Red Rocket (CO) (*Capsicum* spp.)

Red 5" long chili peppers. Very hot. ~40 seeds/pkt.

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 yields valuable pumpkin seed oil. 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 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. ~200 seeds/pkt.

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. ~200 seeds/pkt.

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. ~200 seeds/pkt.

Radish – French Breakfast (*Raphanus sativus*)

A mild, spicy flavour, red tops and white bottoms are features of this popular 1885 gourmet variety of radish. Harvest when the root is 2 to 3 inches long. 25–30 days. ~200 seeds/pkt.

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. ~200 seeds/pkt.

Radish – Yellow Carrot Shaped

Long, yellow-skinned spring radish that tolerates heat fairly well. Rare, from the 1700s. ~100 seeds/pkt.

Rutabaga – Laurentian (*Brassica napus*)

Six inch roots have a deep purple colour on the top and a creamy yellow on the bottom. Very sweet flavour is maintained even during long storage. Biennial. 100 days. ~600 seeds/pkt.

Soybean – Butterbean (*Glycine max*)

A green soybean that is great fresh off the vine, vigorous, prolific with a tasty, nut-like flavour. Good for edamame.

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.

Soybean – Midori Giant (CO)

A heavy yielding large-seeded soy. For a nice oriental snack - boil pods for 5 minutes, cool, pop open and enjoy with a little salt. Sweet, buttery flavour. 70 days.

Soybean – Shirofumi Edamame (CO) (*Glycine max*)

A gourmet edamame soybean known for exceptionally sweet, nutty flavour and smooth texture. Medium to tall plants produce prolific pods containing an average of three beans each. 90 days for fresh, 110 days for dry use.

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 – Galeux d'Eysines** (*Cucurbita maxima*)
 Fruits weigh 10–20 lbs. with sweet, moist orange flesh—good for baking. Very unusual bumps form on the surface if picked before fully mature—good for centrepieces. 90 days.
- Squash – Green Hokkaido** (*Cucurbita maxima*)
 Japanese origin. Kabocha type – a cupless buttercup, grey-green shell with high quality, very dry fibreless flesh. 105–110 days.
 ~20 seeds per packet
- 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 – Marina di Chioggia** (*Cucurbita maxima*)
 From Chioggia, Italy. Dusty-green, bumpy 10 lb. squash with rich, sweet flesh, good for pies, roasted or for gnocchi. Featured in Barbara Kingsolver's book *Animal, Vegetable, Miracle* as the "Best tasting winter squash ever." 105 days.
- Squash – Red Kuri** (*Cucurbita maxima*)
 Beautiful dark orange, pear-shaped fruit, 4–7 lbs. Very good keeper for winter storage. Sweet, dry flesh is perfect 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 tomato/meat sauce and/or cheese for a full meal.
- Squash – Vegetable Marrow** (*Cucurbita pepo*)
 An old fashioned vegetable that dates back to 1824. White oblong squash, 1 ft. at maturity but most tender at 4" with mellow, buttery flavour. Very productive early bush. 50 days.
- Squash – Waltham Butternut** (*Cucurbita moschata*)
 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) with rich, mellow flavour. Pre-Columbian – a rare native American squash. High yields, bush.

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. ~600 seeds/pkt.

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 other zucchinis.

Herbs

Arugula – Greek (CO) (*Eruca sativa*)

Arugula (a.k.a. roquette) 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.

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, has a spicy, musky smell and

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; thyme 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 31).

flavour. Easily grown, attracts beneficial insects. Seeds as well as leaves are popular in Mexican and Asian cooking.
~80 seeds/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).

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.

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.

Sage - Garden (*Salvia officinalis*)

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

Sage - White (*Salvia apiana*)

Perennial. Important ceremonial herb used by the Californian natives for purification, much like artemisia or wormwood. Roots were used after birth; leaves were smoked, taken as a tea, or used in sweat lodges to alleviate the symptoms of colds.



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.

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-cut basil is a summer must-have in many tomato recipes. 1-1½ ft. tall annual.

Thyme (*Thyme vulgaris*)

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

Flowers

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 and/or orange petals. Annual, 12-18" tall, will re-seed. Edible. ~80 seeds/pkt.

Cornflower (*Centaurea cyanus*)

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

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. Harvest 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*)

Easy to grow, annual climber or trailer with continuous production of mixed shades of red/orange/yellow edible flowers. Mass them in a windowbox for a striking display. Likes poorer soil.

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.

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.

Wildflower Mix – Yellow

Mix of yellow wildflowers includes black-eyed susan, grey-headed coneflower and woodland sunflower. Blooms from July to October; heights from 2–6 ft.; attracts beneficial insects (bees and butterflies). Leave stand all winter to provide bird seed.

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.

Captain of the Blues – Deep mauve, from 1891.

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.

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 cacophony of colour.

Terra Incredibles

The Tomato Bulletin \$6.00

Our 36-page 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 tomato growers.

Soy T-lite candles \$1.00 ea

Benefits of soy candles: all natural, biodegradable, 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 will burn for 5-6 hours each.

Beeswax T-lite candles \$1.30 ea

Beeswax candles actually clean the air when burned. The negative ions produced circulate in the room and attract pollutants. Dust, odours, moulds, bacteria, viruses and other toxins are captured and neutralized. Beeswax candles burn cleaner, hotter, brighter and longer than paraffin candles. These natural honey-scented, golden-coloured T-lites will burn for 5-6 hours each.

Beeswax 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. One of those items that just makes sense!

Oil of Oregano (10ml.) \$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 is a natural treatment for infections - internal and external; and comes with a pamphlet of background information and recommended uses.



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.

Lavender Sachets \$3.50 each

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

Always room for Tea

These teas are 100% hand-picked organic and ethically wildcrafted in the Canadian Wilderness. They contain no caffeine, additives or preservatives.

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

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

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

White pine, sweet grass and sage blend for use with meditation, as a decongestant, anti-inflammatory for joint pain, cools fevers and relieves indigestion.

Algonquin Lucid Dream Tea (24 bags) \$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.

Algonquin Sweetfern Tonic Tea (24 bags) \$8.00

This delicious and healthy gentle tonic detoxifies blood, strengthens organs and the immune system, clears skin and eases rheumatism. Tastes like black tea; delicious iced.



Seeds for Survival

Many people are concerned about the selection of food seed that is and will be available for future planting. By purchasing *Seeds for Survival*, you choose to be proactive in ensuring a supply of food for yourself and your family. By planting out the *Seeds of Survival*, you will not only have healthy and flavourful food for a good part of the year, but by saving a portion of the new seed after your harvest, you can keep the cycle going.

These vegetable varieties have been selected for their ease of growing, their ability to produce an abundance of healthy food, their hardiness (the seeds as well as the plants), they are light feeders and tolerant in their soil requirements. They are packed in a reusable container and include planting/harvesting/seed saving instructions, *The Tomato Bulletin* and a dessicant packet to keep the seed dry. The twelve vegetables include: a hardy green bean, Great Northern Bean, Early Jersey Wakefield Cabbage, Chantenay Carrot, Five-colour Silverbeet Chard, Chives, Harris Model Parsnip, Homesteader Pea, French Breakfast Radish, two early red varieties of tomato and Purple Top White Globe Turnip.

Seeds for Survival \$48.00

Gift Certificates are available in denominations of \$10.00 for those who want to share their love of gardening but don't know the requirements of the recipient. Just indicate on the order form how many you want but do not add on any taxes.

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.

<u>Item Name</u>	<u>Quantity</u>	<u>Unit Price</u>	<u>Total Price</u>
Total from previous page _____			

Gift certificate (no taxes)		\$10.00	

Total of items (include books) _____
 Shipping & Handling within Canada _____ \$5.95
OR Shipping & Handling outside Canada _____ **OR** \$10.95
 Sub-total _____

Canadians: add your provincial HST
 (5% for AB, MB, SK, QC, PE, NT, YT, NU),
 (12% for BC), (13% for ON, NB, NL), (15% for NS) _____

Total of Order _____

Make cheque or *Canadian* money order payable to: **Terra Edibles**

Credit Card Information: **Visa** **Mastercard**

Card Number: _____

Expiry Date: _____

Signature: _____

SHIP TO:

Name: _____

Address: _____

City: _____ **Prov:** _____

Country: _____ **Postal Code:** _____

Books available through *Terra Edibles*

These Canadian written and produced reference books are good tools 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* \$12.00**

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

***From Seed to Table: a practical guide to eating and growing green* by Janette Haase \$28.00**

Growing your own, eating seasonally and locally, and understanding the issues; all this plus a month-by-month 'how-to' garden organically written by a Kingston, Ontario area resident. Garden plans, guidelines for planting vegetables and useful recipes are also found in this easy-to-read must-have manual. I refer to it often. (245 pages)

***Garden Wheels* by Calendula Publishing**

Barbara Shulz and her team from Nova Scotia have created these laminated information 'wheels' ~ 'by gardeners for gardeners.' Each wheel describes 40 common plants with planting, growing and harvesting information, uses and special notes. Save money if you order the full set.

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

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

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

***Herbs* \$22.00**

Complete set of 4 *Garden Wheels* \$80.00/set

Terra Edibles
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 Foxboro ON K0K 2B0

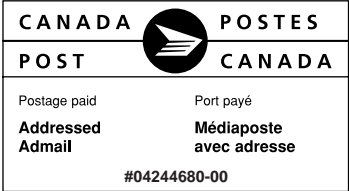


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