



West Coast Seeds™



HELP REPAIR THE WORLD

Gardening Guide 2023





Hey gardeners,

Thanks for joining us with the 2023 Gardening Guide. We've got a new look that we are happy to share with all of you, and of course, you can expect the same great quality of seeds.

If you're new here, welcome. Our growing guide is a passion project; a collaboration between writers, designers, photographers, and a community of brand ambassadors. Our shared vision encompasses the values of sustainability, innovation, and community support. Our mission is to empower the earth's stewards with untreated seeds and an academy of organic gardening knowledge.

We stand up for the environment, and we are mindful of our impacts on climate and soil. Last year, we saw another shift of weather patterns that affected farmers and gardeners across the nation. The time to act is now. Through regenerative agriculture, natural soil revitalization, alternative solutions to traditional lawns, and organic home growing, we can grow together to heal the earth.

While we remain optimistic in the face of climate adversity, it is also important for us to give back to the communities in which we live, work, and

play. And you, our customers, have stepped up in a big way to help us support organizations assisting those in need. In 2022, we raised over \$90,000 for organizations supporting food security, sustainability, and the ongoing humanitarian efforts in Ukraine.

In 2023, we are partnering with Food Banks Canada to help them realize a vision where no Canadian goes hungry. West Coast Seeds is supporting FBC through key fundraising campaigns including the donation of 15% of sales from this year's Black Friday to Cyber Monday weekend and giving 100% of sales from the Food Banks Canada custom seed collection, available for purchase online and at retail locations where WCS is sold.

Our company was built on the exchange of generational wisdom, and we will continue to lead the industry with sustainable products and education on organic growing practices, while championing important giving initiatives.

We wish you a fantastic growing season in 2023.

Go forth and garden,

Aaron Saks
President, West Coast Seeds

AWARD-WINNING SEEDS

Throughout this catalogue we mention varieties that are award winners. These awards are presented by a number of prestigious national and international bodies, including the All America Selections (AAS), Fleuroselect, and the Royal Horticultural Society (RHS). To earn these high honours, seed breeders

enter their seeds into official trials where they are grown out and judged for flavour, colour, flower size, speed to maturity, disease resistance, and other favourable traits. These varieties have been scrutinized by teams of judges in many geographical regions, and are tabulated before being awarded.



COMMUNITY ROOTS

BY ERIKA SIMMS

The year has gone by so quickly! We donated seeds to 450 organizations across North America and Internationally. In BC, we supported communities that experienced wildfires and floods.

Here are some ways that we have supported communities:

- We sent **seeds to farmers** in St. Vincent and the Grenades to help them recover from a volcano eruption.
- We raised **\$75,000** for humanitarian efforts in the Ukraine with our Sunflower Fundraiser. Not only did many groups and individual grow sunflowers in support of the Ukraine, but many also ran their own fundraising campaigns as well.
- We raised **\$9,000** for the Vancouver Aboriginal Friendship Centre

through our seedling sale.

- We donated **6,000 lbs. of food** bank goods to Earthwise Society in Delta and Jewish Family Services in Vancouver.

Of course, we must mention that we supported **165 groups** through our Fundraising Program. These groups raised **\$68,000** to support their communities.

Our community partners have great stories to tell. Visit the Community Spotlight page on our website.



BEGIN YOUR BEEKEEPING JOURNEY

Come learn how to get started in beekeeping, nurture honey bee colonies, harvest honey, and join the growing community of backyard and urban beekeepers.

Urban Bee Supplies is your one-stop-shop for backyard beekeeping, with everything you need to begin your beekeeping journey. We specialize in helping 'newbees' get started with the tools and knowledge to properly care for their bee colonies and successfully engage in this rewarding and fascinating hobby. We offer beginner courses, live 'starter' honey bee colonies, and beginner kits with all the equipment you need to house bees, plus the tools to manage them. Search Urban Bee Supplies on Eventbrite to stay up to date on our upcoming classes.

The deluxe beginner kit is Urban Bee's minimum recommendation for the aspiring beekeeper, containing: 2 hive boxes, an inner cover and hive cover, screened bottom board, entrance reducer, frames and frame feeder, hive tool, bee brush and smoker. This is a convenient way to get started knowing you have most of what you need for your first few months of beekeeping. The beginner kit is also a great gift for that friend or family member interested in keeping honey bees. Aspiring beekeepers will also need their correct size in protective clothing, available from Urban Bee Supplies.

**Visit our store in Ladner,
or shop online.**

Urban Bee Supplies
5300 34B Avenue
Delta, BC V4L 2P1

Sales: 604.364.1993

urbanbeesupplies.ca



OUR GUARANTEE TO YOU

A seed is a living product, and your success in growing our seeds depends on many factors including weather and the skills of the grower (such as soil preparation, proper planting technique, irrigation, and weed and pest control). These factors are out of the control of West Coast Seeds and are the responsibility and risk of the grower. Yearly germination rate estimates are noted on each grower package (B, C, D, & E sizes), as well as seed counts and lot number.

If you have trouble with any of our seeds within the period of six months from the date of purchase, please contact us so that we can work with you to find a solution. If any seed item proves unsatisfactory, we will replace the item or credit your account, whichever you prefer.

TABLE OF CONTENTS

Vegetable Seeds	3	Soil Blockers	135
Planting Guide Booklet	69-79	Labels & Ties	132
Fruit Seeds	80	Lighting	128
Herb Seeds	82	Pots	130
Flower Seeds	90	Seed Starting	131
Wildflower Seeds	108	Crop Protection	133
Live Goods	114	Hand Tools	134
Ornamental Grasses	116	Fertilizers	137
Lawn Solutions	118	Mason Bees	139
Cover Crops	120	Birding	140
Sprouting	126	Index	144
Microgreens	124		

4 WAYS TO ORDER

ORDER ONLINE:

www.westcoastseeds.com

CALL US:

Toll Free 1 (888) 804-8820

Lower Mainland, BC (604) 952-8820

Retail Store

4930 Elliott Street,
Delta, BC V4K 2Y1

Hours

Mon – Sat 9:30 am – 5:30 pm

Sun 11:00 am – 4:00 pm

Visit our website for hours during
stat holidays.

Delta Warehouse, Office and Trial Gardens

5300 34B Avenue,
Delta, BC V4L 2P1

Toll-Free 1-888-804-8820

Phone (604) 952-8820

Fax (604) 952-8828

Email
orderdesk@westcoastseeds.com

Hours

Mon – Fri 8:00 am – 4:30 pm

SHOP AT OUR RETAIL PARTNERS

(visit us online for a store locator)

VISIT OUR RETAIL STORE

Email

orderdesk@westcoastseeds.com

Surrey Warehouse

19036 22nd Avenue,
Surrey, BC V3Z 3S6

Toll-Free 1-888-804-8820

Phone (604) 952-8820

Fax (604) 952-8828

Email

orderdesk@westcoastseeds.com

Hours

Mon – Fri 8:00 am – 4:30 pm

Cambridge Warehouse (Pinebush Home & Garden)

321 Sheldon Dr, Cambridge, ON
N1T 1B1

Email: sales@pbhomegarden.com

INTRO TO ORGANIC GROWING

Welcome to the world of organic growing.

Throughout this Gardening Guide, we hope to share useful tips for gardeners of all skill levels, but we appreciate that it can seem intimidating for folks fresh to the hobby. We've assembled some helpful guidance that we hope will demystify and encourage great organic gardening choices.

- 1 In most cases, there are more seeds in the packet than the average household can manage at harvest time. If the whole seed packet gets planted on the same day, the whole crop is going to mature during the same week, which can be overwhelming.
- 2 Some crops seem custom-built for storage and use through the fall and winter: drying beans, storage carrots, storage onions and shallots, quinoa, garlic, and winter squash. Others, by their nature, are great for freezing or canning. Be prepared with your chosen preservation method for when your crops are ready to harvest.
- 3 We sometimes need to sow more than once. Seeds and seedlings are living organisms, and they are subject to damage from moisture, drought, cold, heat, animals, and other factors. In the best-case scenario, every seed germinates with the ideal spacing in the row, and the weather cooperates generously with the gardener. This is not always the case, even for very experienced growers.
- 4 Seed planting should not happen all in one day. Each type of seed has its own needs in terms of timing. Planting seeds before the recommended date does not make spring come sooner. Be patient and coordinated with seed planting and enjoy it. Make it a routine to look forward to through the winter, spring, and summer.
- 5 Keep notes. Take photos. Learn from each year's successes as well as failures. Be prepared to try again if something goes wrong, but also learn from it. Our memories are served very well with some simple notes and photographs, and time is the greatest gardening teacher.

Learn the principles
of organic growing
by downloading our
free Gardening
Basics Guide



TAKE A BITE – ALL ABOUT VEGETABLES

Growing vegetables is an exciting and rewarding pursuit. An essential food group packed with nutrients in a variety of beautiful colours, vegetables offer an incredibly diverse range of plants that are a fundamental part of our diets as humans. They are versatile, and are enjoyed raw, cooked, pickled, and canned. We encourage you to experiment with new techniques and unique varieties. Every seed is a learning opportunity and can be a rewarding one, at that!

Vegetable families

Many plant families share common traits that give us an idea of what to expect from their crops. Examples of these families and plants within them include:

BRASSICA

Broccoli, Brussels sprouts, cabbage, cauliflower, kale.

Brassicas are said by many to be super foods, rich in nutrients and the compound sulforaphane, which is linked to improved heart health and digestion. This family is prone to damage from the cabbage moth, and the plants are prone to soil disease called clubroot.

SOLANUM

Eggplants, peppers, potatoes, and tomatoes.

Solanum plants thrive in acidic soil.

ALLIUM

Chives, garlic, leeks, onions.

Alliums need consistent moisture throughout the growing season, with bulb-forming kinds requiring less water as they near maturity.

LEGUME

Beans, peas, soy, lupins, clover, sweet peas.

Legumes fix nitrogen in the soil, and impact the plants growing nearby, as well as crops that might follow them in the garden.

CUCURBIT

Cucumbers, melons, squash.

Cucurbits thrive in hot summer weather, and perform best in rich, fertile soil with steady moisture.

CHENOPODIUM

Beets, chard, spinach, quinoa, amaranth.

Chenopodium plants are wind-pollinated, so isolation is required when they are grown for commercial seed production.

UMBELLIFERAE

Carrot, fennel, dill, cumin, cilantro.

Umbelliferae plants play a key role in pest control, naturally attracting predatory insects to help control the population of pest insects.

By recognizing the relationships between vegetable families, we can better understand plants' basic needs, as well as the impact they may have on their neighbouring crops, leading to gardening success.

Vegetable Economy

Beginner gardeners are often faced with the challenge of deciding what to grow to make the most of their garden space. The gardening space, size, location, and amount of light that reaches it are important considerations when selecting varieties. Crops like corn and pumpkins take up a lot of space, use a lot of soil nutrients, and they need the whole growing season to produce just two or three edible fruits per plant. Whereas a crop like garlic is planted in the fall and grows over the winter when the ground is not being used. Many leafy greens and herbs can be harvested multiple times throughout the season, so a little space can yield a plentiful harvest. With some planning, even a small space can produce masses of vegetables.

Vegetable Partners

One of the pillars of organic growing is to understand the relationships between different plants, but also relationships between those plants and other garden organisms. We should look at the garden as an entire ecosystem. The soil itself is a living system, and the health of the soil directly impacts the health of the plants growing in it.

One common problem in early summer is incomplete pollination of squash flowers. The flowers either don't produce fruits, or fruits wither from the blossom end back. This can occur if squash flowers are being

hidden by other abundant foliage in the garden. Planting tall flowers among squash plants calls attention to passing insects and increases the chances of pollination.

Another example might be enriching garden soil with a cover crop. Buckwheat grows very quickly, and it breaks down nearly as quickly in the soil. As it breaks down, it feeds earthworms and other soil organisms, and as they digest it, the soil becomes more fertile. We might not harvest the buckwheat, and we might not even see the earthworms, but the result is rich, dark, fertile soil that will produce a healthy crop.

Vegetable Sustainability

At the core of practicing organic growing is a focus on sustainability. By growing some of our own food, we can feed ourselves with nutrient-dense fruits and veggies grown locally and contribute to a healthy environment. We support harvest as empowerment, whether through growing food indoors such as sprouts and microgreens or making the best use of your community garden plot or backyard garden. We encourage you to enjoy planting, growing, and eating vegetables.

Staff Tip

"Fine mesh produce bags can be gently secured over developing vegetables like squash to help protect them from pests. Change them out for dry ones after it rains to prevent moisture issues and larger ones as the fruit grows. For more destructive pests like squirrels, metal mesh baskets, 1/2" holes or smaller, can be pinned in place over immature fruits using landscape staples to help protect them."

Britney Price, Retail Partner Representative



CROP ROTATION

Crop rotation is an essential practice in organic growing. It makes the most of soil nutrients, and it's very helpful in the prevention of soil borne pests and diseases that can harm crops. It takes advantage of the natural tendency for soil to become more acidic over time and provides guidance on what to plant in a particular spot based on the crop that was grown there previously.

Begin by adding compost to the area. If soil is acidic, lime will help neutralize the pH.

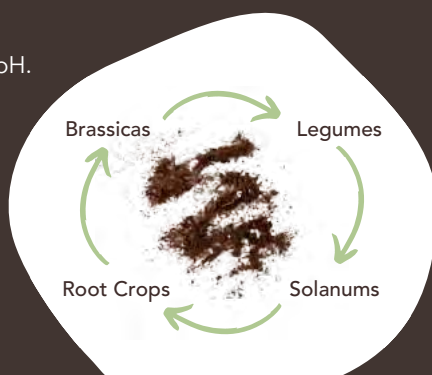
YEAR 1 Plant Brassicas, lettuce, or spinach.

YEAR 2 Follow with Legumes or Alliums.

YEAR 3 Follow with Solanums.

YEAR 4 Follow with Root Crops.

Then revitalize the soil with compost and lime and start the cycle again.



AMARANTH

Amaranthus sp.

The plants are tall, exotic looking, and make a stunning addition to both ornamental and vegetable gardens. Amaranth is closely related to quinoa and goosefoot. Amaranth seeds can also be toasted, popped in hot oil like popcorn, or used to produce nutritious sprouts and microgreens. Amaranthaceae.

Growing amaranth

Timing: Direct sow in late spring. Optimal soil temperature: 18-24°C (65-75°F). **Starting:** Sow 5mm (0.2") deep in well drained soil in full sun. Thin to 25-35cm (10-14") apart. Seeds germinate in 4-10 days, depending on conditions. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0-7.5. Keep moist until germinated, and then simply keep the area weeded. **Harvest:** Pick baby greens as needed. If growing for seeds, choose A.hypochondriacus and provide ample spacing. Seed will ripen in late summer - watch for birds visiting the plants. Rub the flower heads over a bucket, or into a yard waste bag. If the seeds do not fall easily, leave the plants for one more week and try again. Seed Info: In optimum conditions at least 70% of seeds will germinate. Per 100' row: 1.5M seeds, per acre: 392M seeds.

Amaranthus tricolor



Red Leaf MU519

OP, 40-60 days. Also known as Chinese spinach. This variety has large, fleshy, burgundy and green, paddle-shaped leaves. The fast maturing plants grow 2-2.5m (6-8') tall with delicious immature leaves. To cook amaranth steam the washed leaves quickly, it cooks faster than spinach. (1470-1838 s/g)

A 1g	B 5g	C 25g
\$3.49	\$5.99	\$9.99
D 100g	E 500g	
\$26.99	\$109.99	

Amaranthus hypochondriacus

RICH IN COLOUR AND TEXTURE



Burgundy Certified Organic MU551

OP, 90-100 days. Grow this organic ancient Aztec cousin of quinoa for nutritious, gluten-free grains that mature at the end of summer. The tall, highly ornamental plants grow 1.5-2m (5-6'), with flamboyant plumes of attractive burgundy flowers followed by copious white seeds. The immature leaves are also edible. (1304-1630 s/g)

A 1g	B 5g	C 25g
\$3.99	\$7.99	\$17.99
D 125g	E 500g	
\$79.99	\$189.99	

Amaranthus hypochondriacus



Hopi Red Dye Certified Organic MU560

OP, 21 days to baby greens, 110 days for seeds. This variety looks spectacular as micro-greens, but it's also ornamental in the garden, and grows prolific seed heads that are chock full of seeds that can be ground into gluten free flour. Or use the whole plant to create intense red dye as the Hopi people did. (1557-1947 s/g)

A 1g	B 5g	C 20g
\$4.49	\$9.99	\$19.99
D 100g	E 500g	
\$69.99	\$289.99	

Amaranthus tricolor



Callaloo MU569

OP, 40-60 days. This Amaranth is grown all over the Caribbean to cultivate baby leaves for the dish known as Callaloo. There are many regional variations to this dish of cooked greens. Harvest as microgreens or at the immature size of about 30cm (12") tall, while the leaves are still tender. Mature plants have highly ornamental, edible flowers. (1078-1198 s/g)

A 0.5g	B 2g	C 15g
\$3.49	\$4.99	\$7.99
D 50g	E 250g	
\$11.99	\$24.99	

Staff Tip

"Try to be sure your garden is near a water source. It is much easier if you can run a hose to your garden bed rather than lug water to it every time your plants are thirsty. The best way to tell if your plants need watering is to push your finger an inch down into the soil (about a knuckle deep). If it's dry, then it's time to water." Maggie Plett, Customer Service Manager



ARTICHOKE

Cynara sp.

Artichokes are grown for the enormous, unopened flower buds that form at the tips of stems on large plants. These architectural and ornamental plants are high in folate and vitamin C, low in sugar and fat, and a good source of the minerals iron, phosphorus, and magnesium. These plants are in the Aster family, Asteraceae

Cynara cardunculus var. scolymus



Imperial Star Certified Organic AR103

OP, 85-90 days. The tall, hardy organic plants produce 7 to 8 highly uniform, nearly spineless buds in the first season. The buds are sweet and tender. This is a great choice for both the home garden and for open field production. The plants grow 0.9-1.2m (3-4') tall. This variety is also known as Tavor. Hardy to zone 6. (20-23 s/g)

A 1g	B 5g	C 25g
\$6.99	\$22.99	\$59.99

Cynara cardunculus



Cardoon AR104

OP, 150-210 days. This striking perennial heirloom is grown as an ornamental artichoke but its leaf stalks and stems are edible. It grows at least 1.2m (4') tall with stunning silvery-green, deeply-cut leaves and thistle-like flowers of rich, royal purple. Its flowers are highly attractive to bees and other pollinators. (23-31 s/g)

A 1g	B 5g	C 25g	D 125g
\$3.49	\$6.49	\$14.99	\$49.99

Growing artichoke

Timing: Start indoors in mid to late winter under bright lights. Optimal soil temperature: 21-27°C (70-80°F). **Starting:** Sow 2 seeds per pot, 5mm (0.2") deep. Keep moist, in a warm place, until seeds germinate in 10-21 days, depending on conditions. Transplant seedlings into the garden 2 weeks after the last frost date. Artichokes need a cool period (250 hours) below 10°C (50°F) before they flower, but will not survive hard frost. Space 1m (3') apart. Seeds can also be germinated between damp sheets of paper towel. Days to Maturity: From transplant. **Growing:** Ideal pH: 5.6 - 6.6. Select a sunny, sheltered location in well-drained soil. Dig in lots of compost or rotted manure and 125-250ml (1/2-1 cup) balanced organic fertilizer per plant. In temperate regions, with protective mulch, artichokes may overwinter. In fall, cut back to 15cm (6") and mulch well with soil, straw, or leaves to keep roots from freezing. Uncover the following spring, once night time temperatures are reliably above 10°C (50°F). **Harvest:** Cut individual flowers before they start to open in late summer. Seed Info: In optimum conditions at least 70% of seeds will germinate. Usual Seed Life: 1 year.

ARUGULA

Eruca sativa.

Annual arugula is rich in vitamins A, C, and potassium. The leaves of this cool season crop have a clean, peppery flavour. The plants are best harvested when young as they will develop a pungent, mustardy quality as they mature. Wild arugula is perennial, and can be harvested in the summer, after the annual variety has gone to seed. Both types of arugula are in the Mustard family, Brassicaceae.

Growing arugula

Timing: Direct sow every 3 weeks from early to late spring, and again in early fall. Optimal soil temperature: 4–12°C (40–53°F). **Starting:** Sow no more than 5mm (0.2") deep in well-drained soil in full sun. Thin to 10–15cm (4–6") apart. Overcrowded plants will bolt earlier. Seeds germinate in 4–8 days, depending on conditions. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.5–7.0. Keep moist until germinated, and then keep the area weeded. **Harvest:** Pick baby greens or mature leaves as needed, or cut entire plant down to 1" for regrowth. Quite a lot can be harvested several times from a short row. The hotter the weather, the spicier and tougher the leaves will be. Arugula is slow to bolt and is heat tolerant. Seed Info: In optimum conditions at least 75% of seeds will germinate. Usual Seed Life: 3 years. Per 100' row: 1.2M seeds, per acre: 348M seeds.

Eruca sativa



Astro
Certified Organic MS504

OP, 30–40 days. With a nutty, spicy flavour that is sometimes peppery, this organic arugula really perks up salads, sandwiches, and even pizza. It is very cold hardy, and has a milder flavour when grown in cool weather. (592–740 s/g)

A 1g	B 5g	C 25g
\$3.89	\$6.49	\$12.99
D 125g	E 500g	
\$44.99	\$139.99	

Astro MS483 (Conventional)
(488–611 s/g)

A 1g	B 5g	C 25g
\$3.99	\$4.99	\$9.99
D 100g	E 500g	
\$24.99	\$99.99	

Eruca sativa



Esmee
Certified Organic MS570

OP, 21–40 days. This organic cool-season arugula has an appealing, rounded oak-leaf shape. The leaves grow upright, but have a very three-dimensional nature, so they add loft to salad mixes. Ready to harvest as baby greens in just 21 days. (430–478 s/g)

A 1g	B 5g	C 25g
\$3.69	\$5.99	\$7.99
D 125g	E 500g	
\$22.99	\$54.99	

SITE SELECTION

Situate the garden with care.



Nearly all vegetables need 6 to 8 hours of full, direct sunlight every day during their growing season in order to produce well. While some plants (such as leaf crops, carrots, peas, onions, radish, cauliflower, and cucumber) will tolerate light shade, no vegetables really thrive in it. Aside from sunlight, another major consideration is wind. Plants growing in windy areas may reduce transpiration in order to conserve water to the point that growth stops. Wind sucks moisture from

the soil, erodes topsoil, and blows the heat out of cloches and cold frames. In windy areas, consider erecting windbreaks of some sort to reduce wind by about 50%. Fencing works well, but so does a simple windbreak constructed from heavyweight row cover (p.133) suspended along some posts. With even a simple windbreak, it's easy to raise the ambient temperature in the garden by as much as 5°C. Any way to increase warmth in the garden will benefit summer crops.

Growing wild arugula

Timing: Start indoors 2–4 weeks before the last frost and transplant out in late spring. **Starting:** Lightly cover seeds with a thin layer of soil. Keep them warm and damp. Germination is slow, so be patient. Days to Maturity: From transplant. **Growing:** Wild arugula has a sprawling habit and feathery, deeply cut leaves. Space plants 10–15cm (4–6") apart in rows 30cm (12") apart. Remember that this perennial will re-emerge in spring. Keeping the plants cut will encourage new, more tender growth. Trim the young leaves with scissors as needed. Seed Info: Usual Seed Life: 3 years.

Diplotaxis tenuifolia



Bellezia Certified Organic MS565

OP, 51 days. While this organic variety is technically a perennial, it is generally grown as a fast maturing annual crop. It features highly upright growth for dense planting and easy harvesting. The flavour is bright and peppery.

A 500s	B 2500s	C 10,000s	D 50,000s	E 250,000s
\$3.69	\$4.99	\$6.49	\$14.99	\$43.99

Diplotaxis tenuifolia



Dragon's Fire MS571

OP, 45–55 days. A wild variety, this unique arugula has purple/red veins dramatically etched onto shapely green leaves. Plants are vigorous and has uniform growth. Flavour is zesty and spicy--add some fire to a salad or sandwich by tossing in a few leaves. If it wasn't so delicious, it'd be almost too beautiful to eat. (2335–2595 s/g)

A 0.5g	B 2.5g	C 10g	D 25g	E 100g
\$3.49	\$5.99	\$12.99	\$20.99	\$64.99

Diplotaxis tenuifolia



Selvatica Certified Organic MS566

OP, 40 days. This organic heirloom sylvetta is so mild and nutty it almost sets the standard by which to compare other varieties. The flavour is refined but subdued, and not spicy. It pairs beautifully with other mild greens.

A 500s	B 2500s	C 10,000s	D 50,000s	E 250,000s
\$3.49	\$4.99	\$5.99	\$12.99	\$44.99

ASPARAGUS

Asparagus officinalis.

Asparagus is a perennial crop that will produce for 20 years or more. Planting asparagus is an exercise in patience because the seeds are slow to germinate. While the crowns need three seasons before harvest, the wait is worth it. Home grown asparagus has a flavour not found on store shelves. Asparagaceae

Asparagus officinalis



UC157 F2 AS106

This F2 hybrid has earlier production, heavier total yields, better uniformity and good disease resistance. Three to five spears are produced from each mature crown. The spears are 1.5-2cm (1/2-3/4") in diameter, with light bracts. (52-60 s/g)

A 1g	B 5g	C 25g	D 125g	E 500g
\$3.49	\$4.99	\$9.99	\$29.99	\$89.99

Growing asparagus

Timing: Start seeds indoors late winter to late spring under bright lights. **Starting:** Soak seeds for 2 hours. Plant 1 seed per 5cm (2") pot, 1cm (0.4") deep. Keep in a warm place. Seeds can take 2-8 weeks to sprout depending on soil temperature. **Growing:** Ideal pH:6.5-7.0. Transplant when seedlings are 10-12 weeks old and danger of frost has passed. Prepare beds by digging deeply in well-drained soil. Add a lot of compost or manure, and a handful of complete organic fertilizer for each plant. Space plants 45cm (18") apart in rows 120cm (48") apart. **Harvest:** Allow plants to grow to maturity, undisturbed for two years before starting to harvest. This will establish strong root systems that will be productive for years to come. In the third year, cut spears, but stop after 30 days to allow new spears to mature. Seed Info: In optimum conditions 75% of seeds will germinate. Usual Seed Life: 3 years.

Asparagus officinalis



Guelph Millennium AS109

F1. This all male variety was bred at the University of Guelph. It is much loved for its cold tolerance, its productivity, and the solid green colour of its spears and foliage. It is a winner of an RHS Award of Garden Merit.

A 10s	B 50s	C 250s	D 1000s	E 5000s
\$5.99	\$15.99	\$44.99	\$149.99	\$629.99

Asparagus officinalis

MORE TENDER
AND NUTTY



Voltaire AS110

F1. All asparagus varieties can be blanched to produce white spears, but Voltaire is bred for the job. White asparagus is more tender than green, with a delicate, mild, nutty flavour. To blanch, pile soil around spears as they grow. Voltaire produces equally tasty green spears if not blanched.

A 25s	B 100s	C 500s	D 2500s	E 10,000s
\$9.99	\$32.99	\$109.99	\$399.99	\$999.99

Growing asparagus from crowns:

Plant 4 weeks before last frost. Prepare soil by digging in finished manure, compost, and glacial rock dust. Dig a round pit about 30cm (12") deep and form a mound at the bottom. Set the crowns so that their roots are evenly spaced, pointing outward from the centre with the crowns 5-8cm (2-3") below the soil's surface. Each spring, when new growth is visible, top dress with balanced organic fertilizer. Mulch with straw in cold winters. Harvest the spears sparingly in the first two years when they are 5" to 7" high and let the remainder grow into ferns to establish a strong root system. In year three, harvests can be as long as two months. Mature plants can be divided.

Guelph Millenium AS108

F1. Expect high yields of purple-tipped green spears from a late season crop that may extend into June. Each crown is composed of a central group of stems surrounded by dangling, finger-like roots. Winner of an RHS Award of Garden Merit, and hardy to Zone 2. Expected shipping date: March 2023

A 5 crowns	B 20 crowns	C 50 crowns	D 1000 crowns
\$16.99	\$39.99	\$109.99	\$1599.99

Purple Asparagus AS104

F1. Purple asparagus is sweeter and milder than the traditional green varieties. Plant the crowns in early spring and do not harvest for the first year. Instead, let the stalks and foliage grow so it can photosynthesize. Purple Asparagus is hardy to Zone 2. Expected shipping date: March 2023.

A 5 crowns	B 20 crowns	C 50 crowns
\$12.99	\$29.99	\$59.99

ARTIST SEED PACKET CONTEST

Support through charitable giving is fundamental to our mission of repairing the world.

West Coast Seeds held a call for submissions of original artwork for a chance to be featured on one of our seed packets, with 100% of the proceeds donated to a registered Canadian charity selected by the winning artists. From hundreds of beautiful entries, two winners were chosen. These artworks exemplify our connection to the garden as a playground for creative expression; a source of joy and wellness.



BOLERO CARROTS BY SHELLEY HUDSON

Shelley Hudson recognizes that through caring about the world around us, growth can produce an inspiring abundance of life and colour. Her watercolour artwork strives to raise awareness around the necessity of sustainable gardening practices with a positive outlook. With proceeds benefitting the Canadian Red Cross, Shelley encourages support for their impactful work in Ukraine and around the world.

CR272A
\$4.29



NEON PUMPKIN BY MYRIAM BASTIEN

Myriam Bastien is a French-Canadian artist living on the west coast of beautiful British Columbia. Keeping her childlike wonder active, Myriam enjoys every stage of growing vegetables. From seed saving and gardening to cooking, she draws inspiration from the garden's vibrant colours for her pencil crayon artwork. With proceeds benefitting Food Stash Foundation, Myriam hopes to support her community, reallocating food waste from grocery stores and farm surplus to feed families in need.

PU678A
\$4.29



For future contests and opportunities, make sure to follow @westcoastseeds on social and sign up for our newsletter.

BROAD BEANS

Vicia faba

The named varieties of Broad Beans, Windsor and Eleonora, are intended for growing as food crops. The seeds are large and succulent, unlike the small-seeded fava beans we offer as a cover crop. All broad beans will fix nitrogen in the soil, so they are perfect for planting in the fall, harvesting in the spring, and following with nitrogen loving crops like Brassicas, lettuce, or spinach. Fresh or dried, broad beans must be cooked before eating in order to rid them of potentially toxic alkaloids. The young, tender leaves can be eaten raw, or cooked like spinach. Broad beans are one of the world's most ancient and widespread food crops. Fabaceae.

Growing broad beans

Timing: Direct sow in the fall before the first frost date in mild winter areas.

Direct sow late winter to mid-spring in cold climate regions. Optimal soil temperature: 10–21°C (50–70°F). **Starting:** Sow the seeds 5cm (2") deep, 15cm (6") apart in double rows 23cm (9") apart. Each set of double rows should be 1m (3') apart. Germination takes 10–14 days, depending on conditions. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–6.5. Enrich the soil with compost prior to planting. Keep overwintered plants weeded. Provide stakes or strings between the rows to stop plants from falling over. If black aphids appear in late spring or early summer, pinch off the growing tips on which the aphids feed. Spray with blasts of water to dislodge the aphids. **Harvest:** Pick when the pods begin to droop from the weight of the seeds. Shell (like peas) and cook or use in soup. For dried beans, wait until the pods start to shrivel. Note: Some people are highly allergic to broad beans. Seed Info: In optimum conditions at least 80% of seeds will germinate. Usual Seed Life: 2–3 years. Per 100' row: 450 seeds, per acre: 98M seeds.

Vicia faba



Eleonora Certified Organic BN204

OP, 100 days (6 months if overwintered). This organic broad bean stands upright, which makes them the top choice for windy or exposed gardens. The attractive bluish green foliage tops hardy plants that grow to 80cm (31") tall. The straight pods are high quality and excellent for fresh eating with sweet, rich flavour. The seeds are ideal for freezing as they maintain their colour and flavour for months. (1 s/g)

A 50g	B 125g	C 500g
\$6.49	\$9.99	\$22.99
D 1kg	E 5kg	
\$32.99	\$123.99	

Vicia faba



Windsor BN150

OP, 75-85 days (6 months if overwintered). These wonderful, large beans mature in 4-5 months when sown in spring. The plants grow 90-120cm (36-48") tall with light green pods that each contain 6-7 large pale green seeds, and shell easily. Windsor is superb for family gardens and easy for small children to handle. (1 s/g)

A 50g	B 125g	C 500g
\$4.49	\$6.99	\$14.99
D 1kg	E 5kg	
\$16.99	\$54.99	

BUSH BEANS

Phaseolus vulgaris

Bush beans are perfect for smaller gardens, and the pod set is relatively concentrated. They are nitrogen fixers that can benefit the entire garden when considered as companion plants. You might try planting one or two successions in the summer, then planting nitrogen-hungry spinach and lettuce in the fall. All beans are in the family Fabaceae.

Growing bush beans

Timing: Direct sow late-spring through mid-summer. Try to plant during a warm, dry spell. Soil must be warm. If it is not warm enough, seeds may rot, especially since our seeds are not treated with fungicide. Sow drying beans as early as possible, so they can mature before rainy/cold weather sets in. Optimal soil temperature: 21–32°C (70–90°F). Seeds will sprout in 8-16 days, depending on conditions. **Starting:** Sow bush bean seeds 2–5cm (1–2") deep, 5–8cm (2–3") apart, in rows 45–60cm (18–24") apart. Thin to at least 15cm (6") apart in each row. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later. For a longer harvest, plant at 3 week intervals. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–6.5. Well drained, warm soil is best. Raised beds help with both drainage and warmth. Use 250ml (1 cup) of balanced organic fertilizer for 3m (10') of row. Too much nitrogen fertilizer can

cause poor pod set and delayed maturity. If beans flower but do not set pods the cause may be a zinc deficiency. Try spraying the plants with kelp-based fertilizer. Wet leaves on crowded plants are subject to diseases. Thin plants to increase air circulation and avoid touching the plants while they are wet. **Harvest:** Bush beans are determinate, so they set their pods over a short, 2–3 week span. If pods get fat with seed, the plant will stop flowering. The smaller the beans, the more tender they are. For dried beans, leave the pods on the plants until they begin to turn straw colour and rigid. Harvest whole plants for drying, or individual pods. Allow these to dry completely before shelling, and then allow the beans themselves to dry for a further two weeks in a dry, airy environment, out of direct sunlight. Seed Info: In optimum conditions at least 80% of seeds will germinate. Usual Seed Life: 3 years. Bush beans per 100' row: 800 seeds. Per acre: 232M seeds.

Phaseolus vulgaris



Calypso BN176

OP, 80 days. Also known as Orca drying bean. This unusual bi-coloured Mexican heirloom has a creamy texture when cooked, and it looks great on the plate. The plants are relatively compact bushes, growing to only 45cm (18") tall. The beans are easy to grow and fun to harvest. (2-4 s/g)

A 15g	B 100g	C 500g	D 2.5kg	E 10kg
\$3.99	\$9.99	\$26.99	\$89.99	\$369.99

Phaseolus vulgaris



Campo de' Fiori BN167

OP, 58 days. These big beans have big flavour. The 15cm (6") pods are broad, flat, stringless, and medium green. The intense flavour of these Italian beans remains even after canning and processing. Or enjoy them straight out of the garden when they are sweet and crisp. (1-3 s/g)

A 20g	B 100g	C 250g	D 1kg	E 5kg
\$3.69	\$6.99	\$9.99	\$22.99	\$64.99

Phaseolus vulgaris



Carson BN107

OP, 56 days. Carson produces lovely, slim, flavourful, tender wax beans with a uniform butter-yellow colour. The pods grow to 14cm (5") long. Carson offers a reliable high yield, and has high resistance to Anthracnose and Bean Common Mosaic Virus, and intermediate resistance to bacterial brown spot. (3-4 s/g)

A 25g	B 100g	C 225g	D 1kg	E 5kg
\$3.99	\$6.99	\$12.99	\$39.99	\$139.99

Phaseolus vulgaris

**Cassoulet BN173**

OP, 90 days. Reminiscent of the classic French Tarbais bean, but on short, bushy plants. Unusually thin skins cover delicate, low-starch beans with subtle flavour. The plants are extremely productive, setting masses of beans, and flowering right through summer for huge yields of dry beans. (1-3 s/g)

A 50g	B 250g	C 1kg
\$5.69	\$15.99	\$44.99

Phaseolus vulgaris

**Celine****Certified Organic BN211**

OP, 58 days. The pretty purple pods of this beautiful organic wax bean are stringless and tender. The colour is brighter than other purple varieties. The 11-14cm (4-5") pods develop early and the robust, highly productive plants also have high resistance to Bean Common Mosaic Virus.

A 25s	B 100s	C 250s
\$3.49	\$5.29	\$7.99
D 1000s	E 5000s	
\$15.99	\$61.99	

Phaseolus vulgaris

**Derby****Certified Organic BN210**

OP, 55 days. This AAS award winning, organic, compact bush bean is low-growing and suitable for container gardening. The plant produces an abundance of tasty round green 17cm (7") pods and has a good holding ability for an extended harvest. Derby is resistant to Common Bean Mosaic Virus. (2-5 s/g)

A 15g	B 50g	C 200g
\$4.49	\$7.69	\$18.99
D 1kg	E 5kg	
\$74.99	\$289.99	

Phaseolus vulgaris

**Dragon Tongue BN140**

OP, 65 days. Technically a wax bean until it develops its purple streaks, this beautiful Dutch heirloom is wonderful to eat fresh, or to save and use as dried beans. When the flat 21-25cm (8-10") beans turn from a lime green to yellow with bright purple stripes, they are ready for cooking or freezing. (2-3 s/g)

A 50g	B 100g	C 250g
\$4.69	\$5.99	\$6.99
D 1kg	E 5kg	
\$19.99	\$74.99	

Phaseolus vulgaris

**Ferrari BN168**

OP, 55 days. A French filet type bean with wonderful flavour. The slim, stringless, 13cm (5") pods develop early on compact plants. It is suitable for early starting under protection and is compact enough for container growing. It is resistant to Anthracnose and Bean Common Mosaic Virus, and also tolerant to Cucumber Mosaic Virus. (4-6 s/g)

A 20g	B 100g	C 250g	D 1kg	E 5kg
\$4.29	\$6.99	\$12.99	\$36.99	\$159.99

Phaseolus vulgaris

**Gold Rush Yellow Wax BN161**

OP, 58 days. These stringless, yellow pods with green tips are best picked at 10-12 cm (4-5") long. They have a glorious flavour and a crisp texture that is a great for pickling and freezing. The medium sized bush plants are resistant to Bean Common Mosaic Virus and tolerant of root rot. (4-5 s/g)

A 50g	B 100g	C 500g	D 5kg
\$4.69	\$6.99	\$10.99	\$54.99

Phaseolus vulgaris

**Goliath BN177**

OP, 57 days. This incredible bush bean bears 22cm (8½"), medium green pods. Goliath was bred in Washington State to be resistant to Bean Common Mosaic Virus and tolerant to Brown Spot. They make a fine choice for home gardeners and market growers alike.

A 50s	B 250s	C 1000s	D 5000s	E 25,000s
\$3.99	\$7.99	\$15.99	\$54.99	\$179.99

Phaseolus vulgaris

**Jacob's Cattle Bean**
Certified Organic BN205

OP, 67 days. This organic heirloom produces snap beans, before the seeds mature for drying beans. The plump, oblong beans are creamy white with burgundy brown speckles that darken as they age. By the end of the season, the prolific bush plants produce masses of pods that are easy and fun to harvest for winter storage. (1-3 s/g)

A 15g	B 75g	C 225g
\$4.99	\$12.99	\$24.99
D 1kg	E 2.5kg	
\$79.99	\$169.99	

Phaseolus vulgaris

**Jade BN112**

OP, 60 days. These tender gourmet beans are refined and straight, with rich flavour. The medium dark green, round pods grow 13-18cm (5-7") long. They have a longer set period with consistent quality, later into the season than other varieties. It is resistant to Bean Common Mosaic Virus, rust, and curly top. (3-4 s/g)

A 25g	B 100g	C 250g
\$3.99	\$7.99	\$12.99
D 1kg	E 5kg	
\$36.99	\$129.99	

Phaseolus vulgaris

**Mascotte BN103**

OP, 50 days. This AAS Winner is celebrated for its compact size and suitability for container growing. Even in a window box, it produce high yields of 13-15cm (5-6") French filet beans that have excellent flavour and a crunchy texture. The plants are highly resistant to Bean Common Mosaic Virus, Anthracnose, and halo blight.

A 50s	B 250s	C 1000s
\$3.99	\$7.99	\$22.99

Phaseolus vulgaris

**Masai French BN118**

OP, 55 days. This French filet type bean has superb flavour. The tender, uniform, 10cm (4") long beans are produced in abundant yields on tidy, upright plants. The plants' petite size make them a good choice for containers. Masai is resistant to Bean Common Mosaic Virus, and tolerant to Curly Top virus, bacterial brown spot, and halo blight. (5-7 s/g)

A 20g	B 100g	C 225g	D 500g
\$4.49	\$10.99	\$16.99	\$26.99

Phaseolus vulgaris



Maxibel Filet Certified Organic BN135

OP, 55 days. Maxibel is one of the most popular and best tasting bush bean varieties. The stringless, pencil-thin French filet pods are very straight and grow to 18cm (7"). The sturdy bush plants have a huge but concentrated harvest, so replant every 2-3 weeks. (3-5 s/g)

A 25g	B 50g	C 100g
\$6.49	\$11.99	\$15.99
D 250g	E 500g	
\$32.99	\$44.99	

Maxibel Filet (Conventional) BN137

A 12.5g	B 50g	C 250g
\$4.99	\$10.99	\$26.99
D 1.25kg	E 5kg	
\$119.99	\$649.99	

Phaseolus vulgaris



Serpedor BN124

OP, 75 days. This compact bush bean produces masses of richly flavoured wax Romano type pods over a long harvest period. The pods are broad, flat, and completely stringless, growing to 15cm (6") long. Serpedor works well in containers. (3-5 s/g)

A 25g	B 100g	C 225g
\$4.99	\$9.99	\$15.99
D 1kg	E 2.5kg	
\$54.99	\$99.99	

Phaseolus vulgaris



Purple Queen Improved BN203

OP, 52 days. These slightly curved, round, stringless pods grow 15cm (6") long. Harvest the abundant pods when they are pencil-thick. Though determinate, and very much a compact bush bean at only 45cm (18") tall, the plants produce over a long period if kept picked. Purple Queen has good disease resistance and superb flavour. (3-4 s/g)

A 25g	B 100g	C 500g
\$3.99	\$6.99	\$19.99
D 2.5kg	E 10kg	
\$64.99	\$199.99	

Phaseolus vulgaris



Royal Burgundy BN115

OP, 60 days. Round, stringless, dark purple pods grow to 12-15cm (5-6") long and are held off the ground by strong, upright plants. This high yielding variety is well suited to cooler soils. The richly flavoured pods turn green after cooking. (3-4 s/g)

A 25g	B 100g	C 250g
\$3.69	\$5.99	\$7.99
D 1kg	E 5kg	
\$16.99	\$59.99	

What are the differences between Snap, Shelling, and Drying Beans?

Botanically, the bulk of beans grown in gardens are Phaseolus vulgaris. This includes both pole and bush bean varieties, which are bred to be stringless and can be harvested as a snap, shelling, or drying depending on the time of harvest. The varieties that are sold as drying beans can also be eaten as snap or shelling beans.

When planning your garden, include those beans that are suitable for drying and be sure to harvest them when fresh and snappy, then leave some for harvesting as shelling beans.

Make sure to leave some to dry and store for your winter meals.

Phaseolus vulgaris



Strike BN101

OP, 55 days. Strike is prized for its uniformity and concentrated set on vigorous, upright plants. The smooth, 12-15cm (5-6") pods are straight and stringless, with reliably fine flavour. The concentrated set makes it ideal for canning and machine harvesting. Strike is resistant to Bean Common Mosaic Virus. (3-4 s/g)

A 25g	B 100g	C 250g
\$3.99	\$5.99	\$9.99
D 1kg	E 5kg	
\$15.99	\$49.99	

Phaseolus vulgaris



Taylor Dwarf Horticultural BN159

OP, 80 days. This dwarf Italian heirloom bush plant works well in cool climates. Enjoy as a snap bean while still green, or wait for the pods to turn streaky red and collect the tan beans for drying. They are much loved for their nutty flavour and creamy texture. (2-3 s/g)

A 50g	B 100g	C 250g
\$3.99	\$6.99	\$9.99
D 1kg	E 5kg	
\$15.99	\$39.99	

Phaseolus vulgaris



Tricolor Bean Blend BN111

OP, 52-60 days. This blend of green, yellow, and purple bush bean is a long time customer favourite that will brighten meals and lengthen the harvest. We combined three productive varieties in one package for a rainbow of colours in the garden and a longer harvest window. (2-4 s/g)

A 30g	B 100g	C 1kg
\$4.69	\$6.99	\$29.99

LIMA BEANS

Phaseolus lunatus

Early Thorogreen Lima BN171

OP, 67 days. A productive lima bean for northern growing seasons. These dwarf plants grow to only 50cm (20") tall, so do not require staking. Big clusters of 10cm (4") pods develop near the tops of the plants, each containing beautiful, plump limas. Enjoy these fresh from the garden, or dry them for winter use. They are high in fibre and protein, but contain hardly a trace of fat. (2-3 s/g)

A 25g	B 100g	C 250g	D 1kg	E 5kg
\$3.69	\$4.99	\$6.99	\$14.99	\$39.99

Grow as per Bush Beans instructions, see page 6.



SNAP OR STRING BEANS

Harvested and eaten fresh.

SHELLING BEANS

Harvested and eaten when the seeds are young and fresh.

DRYING BEANS

Left on the vine to mature and dry for winter storage.

POLE BEANS

Phaseolus vulgaris

As with many types of vegetables, garden beans come in two forms: determinate and indeterminate, or bush and vine types. Just like tomatoes, determinate bush beans typically produce their crop all at once over a short period of time. With their compact size, they make a wonderful companion to big feeders in the garden such as tomatoes. Indeterminate vine types (in this case, pole beans) continue to produce new flowers and pods as long as the plants are kept picked. Some varieties seem to just go on and on, producing ever more beans until cool weather sets in.

Pole beans need the support of a trellis of some kind, but they more than make up for the hassle through easy picking and the extended harvest period. Try the long and tender Fortex, a so-called French filet bean, bred for its slender, stringless pods. The Kentucky and Blue Lake variations are also fantastic. Seychelles is amazingly productive and tasty, too.

Phaseolus vulgaris



Blue Lake BN126

OP, 70 days. Blue Lake Pole beans are straight, stringless and unusually smooth, with a stronger flavour than the bush variety. The vines produce lots of dark green pods that are round to oval in cross section, and 15-18cm (6-7") long. This variety does very well in the Prairies. (3-4 s/g)

A 50g	B 100g	C 225g
\$3.69	\$4.99	\$6.99
D 1kg	E 5kg	
\$19.99	\$49.99	

Staff Tip

"To help your peppers and tomatoes stay warmer during the cold Alberta evenings, keep them close to your house to help utilize the warmth trapped within the building structure. It also helps to use a cover to increase heat levels for your peppers to maximize production."

Bobbi Rayton, National Sales Manager

Phaseolus vulgaris



Borlotti BN120

OP, 80 days. The long vines of this Italian heirloom will grow 20 feet tall if provided support. These produce masses of 15cm (6") pods by late summer, each filled with good, firm cream coloured beans streaked with red. It's amazing how productive this vigorous climber can be. (1-2 s/g)

A 50g	B 100g	C 250g	D 1kg
\$5.99	\$9.99	\$16.99	\$49.99

Phaseolus vulgaris



Fortex Filet BN132

OP, 70 days. This vigorous pole bean produces exceptionally long, medium-green pods that grow to over 25cm (10"). They can also be harvested at 15-20cm (6-8") for extra slender filet beans. The delicate, sweet-flavoured pods are wonderful fresh and they freeze well for winter use. (1-3 s/g)

A 15g	B 50g	C 100g
\$5.99	\$11.99	\$17.99
D 250g	E 500g	
\$39.99	\$54.99	

Phaseolus vulgaris



Hilda Romano BN172

OP, 60 days. Hilda has flat pods, no strings, and great flavour. This bean is one of the first to produce in the summer and keeps going until frost if kept picked. It needs a strong support, and produces an incredible harvest. The pods grow to 23cm (9") long and the plants are Bean Common Mosaic Virus resistant. (1-3 s/g)

A 15g	B 50g	C 100g
\$5.49	\$12.99	\$15.99
D 250g	E 500g	
\$34.99	\$69.99	

Phaseolus vulgaris



Kentucky Blue BN128

OP, 70 days. This AAS Winner combines the great flavour of Kentucky Wonder with the cool season hardiness of Blue Lake. Its long, round pods are dark-green and straight, and the plants bear over a long season. The plants grow to 2.5m (8') and the pods are best at 15-18cm (6-7"). (2-4 s/g)

A 25g	B 100g	C 500g	D 1kg
\$4.29	\$8.99	\$24.99	\$36.99

Phaseolus vulgaris



Kentucky Wonder Brown BN122

OP, 70 days. This is the brown-seeded strain of the very popular heirloom that has been grown since 1864. It is well loved for its vigour and fine flavour. The long, oval, silvery-green 18-22cm (7-9") pods are virtually stringless and are borne on very tall vines. The dark seeds have better chances in cool soil. (2-3 s/g)

A 50g	B 100g	C 250g
\$3.99	\$5.99	\$6.99
D 1kg	E 5kg	
\$15.99	\$64.99	

Phaseolus vulgaris



Lazy Housewife BN209

OP, 80 days. This heirloom pole bean was first introduced by W. Atlas Burpee back in 1885. When picked young as snap beans, the pods are green and entirely stringless, with a rich and buttery flavour when cooked. Left to mature, they can reach 20cm (8") long, and the all-white, pearl-like seeds make for an excellent drying bean. (2-3 s/g)

A 25g	B 100g	C 250g
\$5.49	\$10.99	\$16.99
D 1kg	E 5kg	
\$54.99	\$219.99	

Phaseolus vulgaris



Matilda BN134

OP, 70 days. The big, round, straight pods average 15cm (5") long and are heavily produced on this variety of German breeding. The flavour is both sweet and mild. Plants are vigorous, productive and early, but will produce all season long if pods are well picked. The pods have a distinctive hooked shape. (2-4 s/g)

A 25g	B 75g	C 225g
\$6.99	\$16.99	\$39.99
D 500g	E 1kg	
\$74.99	\$89.99	

Phaseolus vulgaris



Purple Peacock BN129

OP, 70 days. This beautiful plant features dark purple leaves and 12-17cm (5-7") pods that follow attractive, light purple flowers. This productive variety flowers before all other beans, and handles cool conditions well. The purple pods turn green when cooked but keep their flavour and tenderness even when mature. (2-3 s/g)

A 50g	B 100g	C 250g
\$3.99	\$6.99	\$7.99
D 1kg	E 5kg	
\$21.99	\$59.99	

POLE BEANS

Phaseolus vulgaris



Seychelles Certified Organic BN202

OP, 55 days. Fast growth, early maturity, and a long season are the hallmarks of this remarkable organic pole bean. It's an AAS Winner for productivity and delicate flavour. The plump, stringless beans are perfect at 13-15cm (5-6") long, and as long as they are kept picked, the plants just keep producing more. (4-6 s/g)

A 15g	B 50g	C 225g
\$4.69	\$7.99	\$22.99
D 1kg	E 5kg	
\$64.99	\$259.99	



COMPANION PLANTING MIX -
HAPPY SOIL



Three Sisters Mix BN130

OP, 70 days. Corn, beans, and squash have been grown together for centuries in the Americas. This is a special blend of all three, conveniently packaged in a single packet. (2-4 s/g)

A 25g	B 100g
\$4.49	\$7.99

RUNNER BEANS

Phaseolus coccineus

Fast-growing runner beans are botanically distinct from common bush/pole beans. They prefer cool summer weather and drop their blossoms if it gets too hot. They also need moisture and cool roots all summer as well as a sturdy trellis to climb and cover. Their shockingly red flowers are magnets for hummingbirds and wild bees.

Phaseolus coccineus



Celebration BN139

OP, 75-95 days. Large clusters of salmon-pink flowers are followed by 25cm (10") long pods. This early, high-yielding runner bean grows 2.4m (8') with heavy production in August and September. It was a hit from our field trials, attracting hummingbirds and bumblebees all summer. RHS Award of Garden Merit winner.

A 15s	B 50s	C 250s
\$4.49	\$7.99	\$21.99
D 1000s	E 5000s	
\$64.99	\$279.99	

Phaseolus coccineus



Firestorm BN207

OP, 75-95 days. By carefully crossing traditional runner beans with French filet beans, Firestorm produces highly productive runner beans with improved texture and flavour. Enjoy the stringless immature pods whole or allow the tender seeds inside to mature for use in soups and stews. Or wait for the full size pods at 25cm (10") long for drying to enjoy over the winter months.

A 15s	B 50s	C 250s
\$4.49	\$7.99	\$21.99
D 1000s	E 5000s	
\$64.99	\$279.99	

Phaseolus coccineus



Scarlet Emperor BN127

OP, 75 days. The large clusters of beautiful scarlet flowers and its rapid, sprawling growth make Scarlet Emperor an ideal choice for screens, trellises, and balconies. The long pods are tender and tasty when picked small. Seeds are large and easy to harvest for drying beans. (1-2 s/g)

A 50g	B 100g	C 250g
\$4.29	\$6.99	\$7.99
D 1kg	E 5kg	
\$23.99	\$74.99	

Phaseolus coccineus



Snowstorm BN206

OP 65-75 days. This improved runner bean features clusters of showy white flowers. These are followed by long, sweet, tender pods. The pods are straight and smooth, and stringless at 20-25cm (8-10") long, but will mature to a full 30cm (12"). Dry the mature beans for use in soups and stews. The vines can reach 3m (10') or higher by mid-summer.

A 15s	B 50s	C 250s
\$4.49	\$7.99	\$21.99
D 1000s	E 5000s	
\$64.99	\$279.99	

SOYA BEANS

Glycine max

Growing soya beans (edamame)

Timing: Direct sow in late spring, once the soil has warmed up. Cold, damp soil can result in rotten seeds and poor germination. Optimal soil temperature: 21-32°C (70-90°F). **Starting:** Do not pre-soak soya bean seeds. Sow seeds 2-5cm (1-2") deep, in rows 60cm (24") apart, planting seeds 5-10cm (2-4") apart. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later. For a longer harvest, plant at 3 week intervals. Germination takes 8-16 days depending on conditions. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 5.8-6.2. Well-drained, warm soil is best. Raised beds help with both drainage and warmth. Add balanced organic fertilizer. Too much nitrogen fertilizer can cause reduced pod set and delayed maturity. If beans flower but do not set pods, it may be a zinc deficiency. Try spraying the plants with kelp based fertilizer. Wet leaves on crowded plants are subject to diseases. Thin plants to increase air circulation and avoid touching plants when they are wet. **Harvest:** Pick pods that are in the middle of the plant as soon as they start to fatten up. Pull up the whole plants in fall, and pick the remaining pods as needed. Seed Info: In optimum conditions at least 85% of seeds will germinate. Usual Seed Life: 3 years. Per 100' row: 800 seeds, per acre: 174M seeds.

Soya beans have been in cultivation since around 5000 BCE in China and the Korean peninsula. They are extremely high in protein, dietary fibre, iron, phosphorus, magnesium, zinc, and vitamins B6 and K, but must always be cooked before eating. Plants can be loaded with little furry pods that develop towards the end of summer. Soy is also a member of the bean family Fabaceae.

Glycine max



Kuroshinju BN175

OP, 80-85 days. This early maturing soya bean's seeds turn black when fully cooked and are rich in antioxidants. It has a silkier texture, and sweeter flavour than many other varieties. The bushy 60cm (24") tall plants were very productive in our trials, producing pods with two to three seeds each, that are held aloft for easy harvest. (2-4 s/g)

A 15g	B 25g	C 75g
\$8.29	\$12.99	\$19.99
D 250g	E 1kg	
\$44.99	\$129.99	

BEETS

Beta vulgaris.

Beets make for incredibly healthy eating. Both the roots and the leaves are excellent sources of antioxidants, minerals, and vitamin C. They also contain betaine, a compound that is essential for cardiovascular health. Beets are very good for beginner gardeners and gardening with kids. The seeds are large and easy to handle, and the basic principles of thinning and watering the seedlings ensure a fairly trouble-free crop. Amaranthaceae

Growing beets

Timing: Direct sow after last frost to mid-summer. Beets will not produce roots if planted when the soil is too cold. Seeds will germinate in 5–12 days, depending on soil temperature. Optimal soil temperature: 10–26°C (50–80°F). **Starting:** Sow 1cm (0.4") deep, 5–10cm (2–4") apart in rows 30–45cm (12–18") apart. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–6.8. For uniformly sized beets, thin carefully to 7–15cm (3–6") apart when seedlings are 5cm (2") tall. Eat thinned plants, roots and all. Root size is controlled by spacing and variety. If beets have black cankers in the roots, soil may need more boron. Dissolve 1 tbsp of Borax

to 4L (8.5 US pints) of water, and spread evenly over 9 sq. m (100 sq ft) of soil. Do not apply at a heavier rate. Circular lesions with a purple halo on the leaf may be cercospora leaf spot. Prevent by rotation and sanitation. Leaf miner larvae cause blistered grey tunnels in leaves. Just squish them inside the leaf. Floating row cover carefully applied over beets will prevent the leaf miner fly from laying its eggs. **Harvest:** Pick at any size. Eat the greens, too. Store in the ground or in moist peat or sand, just above freezing. Seed Info: In optimum conditions at least 75% of seeds will germinate. Usual Seed Life: 3 years. Per 100' row: 600–1M seeds, per acre: 436M seeds.

Beta vulgaris



Avalanche BT184

OP, 50 days. This AAS Award Winner is a pure white beet with very mild flavour. While it's still very sweet, it lacks the earthy beet aroma, and there is no bitter aftertaste. They're delicious raw or cooked. Avalanche is early maturing with good tolerance to Cercospora. Harvest at 8cm (3") for the best crunchy texture.

A 50s	B 200s	C 1000s	D 5000s	E 25,000s
\$3.49	\$5.99	\$14.99	\$44.99	\$134.99

Beta vulgaris



Chioggia Certified Organic BT169

OP, 65 days. "kee-OH-gee-ah." This striking organic, heirloom variety dates back prior to the 1840s and is named after an Italian village. Its light-red, smooth, round roots feature bright pink and white alternating rings inside. These sweet and tasty beets are best at 6cm (2½") in diameter.

A 100s	B 1000s	C 5000s	D 25,000s	E 100,000s
\$3.69	\$12.99	\$44.99	\$179.99	\$499.99

Beta vulgaris



Early Wonder Tall Top BT160

OP, 55 days. This popular workhorse adapts to all seasons, but does especially well in early spring with rapid growth in chilly soils. The tasty green leaves and red stems grow 40–45cm (16–18") tall and are wonderful in salads. (46–120 s/g)

A 5g	B 25g	C 125g	D 500g	E 5kg
\$3.49	\$5.99	\$10.99	\$32.99	\$249.99

Beta vulgaris



Beet Blend BT171

50–65 days. Can't choose which beet to grow? Try this blend of five colourful beet varieties. There is enough variety here to keep all gardeners interested. Sow a small amount of seed every three weeks from mid-April to July, and enjoy a long harvest window all summer and well into the fall. (85–95 s/g)

A 5g	B 25g	C 125g
\$5.69	\$14.99	\$59.99

Beta vulgaris



Cylindra BT165

OP, 50–70 days. A very sweet heirloom first introduced to the US from Europe in 1892. These cylindrical shaped beets are very nice for pickling and slicing. The leaves are a little sweeter than other beets, and are very nice as salad greens and micro-greens. The roots grow to 20cm (8") long with dark red flesh. (79–113 s/g)

A 5g	B 15g	C 25g	D 125g	E 500g
\$3.29	\$4.99	\$6.99	\$10.99	\$28.99

Beta vulgaris



Merlin Certified Organic BT177

F1, 55 days. A deep red, organic beet with very flavourful flesh that keeps its shape well when planted densely. Hybrid disease resistant tops stay leafy and green throughout the season. A great choice for harvesting beet greens but also tasty cooked and pickled.

A 100s	B 1000s	C 5000s	D 25,000s	E 100,000s
\$3.69	\$11.49	\$36.99	\$129.99	\$399.99

Beta vulgaris



Bull's Blood Certified Organic BT174

OP, 60 days. This is the classic choice for salad and micro-green growers. The beautiful dark red, smooth leaves have a particularly pleasant flavour. Harvested as baby greens, they look spectacular in salad mixes. If the leaves are not harvested, the plants produce uniform, round, tasty, red beetroots. (56–88 s/g)

A 3g	B 10g	C 25g	D 125g	E 500g
\$4.29	\$7.99	\$14.99	\$56.99	\$159.99

Bull's Blood BT175 (Conventional)

(34–121 s/g)

A 3g	B 10g	C 25g	D 125g	E 500g
\$3.49	\$4.99	\$7.99	\$25.99	\$79.99

Beta vulgaris



Detroit Supreme BT161

OP, 65 days. This improved strain features smooth skinned red roots with tidy tap roots, and a sweet, earthy flavour. The leaves are dark green with red veins and a small crown. This variety does not zone (develop prominent rings in the flesh) in hot weather, and it is resistant to mildew. (33–107 s/g)

A 5g	B 25g	C 125g	D 500g	E 5kg
\$3.69	\$5.99	\$12.99	\$34.99	\$289.99

Beta vulgaris



Red Ace Certified Organic BT173

F1, 55 days. Hybrid vigour brings better germination, fast spring growth, and excellent disease resistance. The large, deep red, round roots are uniform, sweet and tender. This RHS Award of Garden Merit winner is resistant to Cercospora.

A 100s	B 500s	C 1000s	D 5000s	E 18,000s
\$4.49	\$6.99	\$9.99	\$36.99	\$89.99

Red Ace BT166 (Conventional)

A 200s	B 1000s	C 5000s	D 25,000s	E 100,000s
\$3.99	\$6.99	\$15.99	\$69.99	\$219.99

Beta vulgaris



Taunus (Coated) BT182

F1, 60 days. Harvest this cylindrical beet at full size or as baby 'fingerling beets.' The highly uniform roots have deep purple flesh, minimal zoning and high resistance to cracking. It grows to a height of about 30cm (12"). An excellent beet for slicing, pickling and chopping.

A 150s	B 1000s	C 5000s	D 10,000s	E 50,000s
\$4.49	\$9.99	\$26.99	\$44.99	\$149.99

Beta vulgaris



Subeto (Coated) Certified Organic BT185

F1, 50 days. These organic beets are noted for their speedy growth, uniformity, and handsome appearance. The skins are smooth, covering very dark red flesh that is crisp and sweet. Subeto really stood out in our trials for its rich flavour, tidy appearance, and overall productivity.

A 100s	B 500s	C 2500s	D 10,000s	E 50,000s
\$4.49	\$8.99	\$22.99	\$54.99	\$226.99

Beta vulgaris



Touchstone Gold Certified Organic BT179

OP, 53 days. This is the ultimate golden beet. Its roots are smooth and orange/red on the outside with intensely golden flesh beneath and subtle banding. The green tops are tall and strong — not to mention sweet and delicious. This gorgeous beet looks amazing when pickled.

A 200s	B 1000s	C 5000s	D 25,000s
\$7.99	\$19.99	\$74.99	\$329.99

Touchstone Gold BT176 (Conventional) (45-104 s/g)

A 4g	B 10g	C 25g	D 125g	E 500g
\$7.69	\$15.99	\$32.99	\$109.99	\$329.99

BRASSICAS

Brassica

Through generations of plant breeding, the single species *Brassica oleracea* has given rise to a surprising array of modern vegetables, from cauliflower and kale to broccoli and kohlrabi. These are "the Brassicas." No better example exists of how plant breeding over a long time can result in extreme variations from a common ancestor. This is also a good example of how members of a single family share particular needs and present certain challenges to the gardener.

WINTER			SPRING			SUMMER			FALL		
J	F	M	A	M	J	J	A	S	O	N	D
START INDOORS			TRANSPLANT OUTDOORS WHEN ABOVE 10°C			HARVEST					

Growing brassicas

Timing: Start indoors early March to mid-June. Transplant out after 5–6 weeks. Direct seed when temperatures are reliably above 10°C (50°F). Most fall harvest and overwintered types are started in July and transplanted by August 15th. Optimal soil temperature: 10–30°C (50–85°F). Seeds should germinate in 7–10 days. In optimal conditions, at least 80% of seeds will germinate. **Starting:** Sow indoors, 3 or 4 seeds per pot, 5mm (¼") deep, under very bright light. Thin to the strongest plant. For broccoli, Brussels sprouts, cabbage, cauliflower, and kale, space 45–60cm (18–24") apart in rows 75–90cm (30–36") apart. Space kohlrabi 10–15cm (4–6") apart in rows 30–45cm (12–18") apart. Transplant outdoors when above 10°C. Days to Maturity: From transplant date. **Growing:** Ideal pH: 6.5–7.0. All Brassicas prefer humus-rich, fertile soil amended with composted manure. Soil overly rich in nitrogen can cause problems, so use a balanced organic fertilizer, adding ¼ to ½ cup mixed into the soil beneath each transplant. Try to keep these crops irrigated evenly for fast, strong growth. Avoid growing any of these vegetables in beds that hosted Brassicas the previous season. Crop rotation is essential to prevent plant diseases like Clubroot. The cabbage moth (small white butterfly) is attracted to all of these crops. Protect crops by using lightweight row cover (p. 133).

BROCCOLI

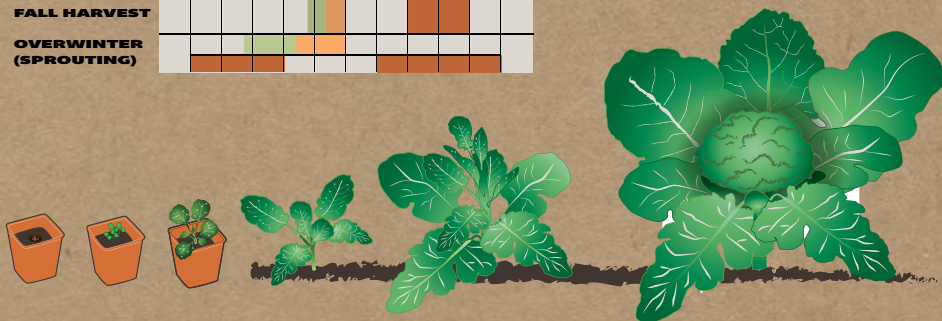
Brassica oleracea var. *italica*.

Brassica oleracea var. *italica*. Broccoli is surprisingly easy and incredibly rewarding to grow in the home garden. A head of broccoli is basically a giant cluster of flower buds. These flower buds "want" to open and be pollinated and make seeds, so timing is key to making the most of the broccoli bed. When broccoli is ready to harvest, the grower has to take action. Even a couple of days' delay can result in a huge display of yellow flowers on long, thin stems. Cut the side shoots even if not using, for if the flowers are pollinated, the plant will stop producing new shoots.

Growing broccoli

Keep the plants evenly watered throughout the growing season. Hybrid varieties tend to produce the more uniform, evenly shaped heads seen in the grocery store. Open pollinated varieties are more variable in shape but have excellent flavour that has kept them in cultivation for centuries. Give these large plants the space they need by transplanting to 30–60cm (12–24") apart in the bed. One typical stalk of cooked broccoli provides 75mg of vitamin C, 1300 IU of beta carotene, 3g of protein and 5g of dietary fibre with only 40 calories. No wonder this is one of the most popular vegetables of all. The crown portion tastes great when cooked or steamed. Even the leaves are great for eating. Retain the stems for soups or soup stock.

	WINTER			SPRING			SUMMER			FALL		
	J	F	M	A	M	J	J	A	S	O	N	D
SPRING PLANTING												
FALL HARVEST												
OVERWINTER (SPROUTING)												



Start Indoors

Start seeds indoors using a sterilized seed starter mix. Keep seedlings under bright lights until transplant time.

Transplant

Set transplants out by the time they have 6–8 true leaves. When plants are 20–25cm (8–10") tall, push soil around stems up to the bottom of the first big leaf to encourage side shoots.

Harvest

Cut central head when buds begin to fatten and before yellow flowers appear. Side shoots will develop at leaf joints. Cutting the head lower on the stem will encourage fewer, but larger side shoots. Keep picking side shoots to keep the plant producing. Overwintering broccoli is harvested the following late winter through spring. Per 100' row: 170 seeds, per acre: 30M seeds

Brassica oleraceae var. *italica***Atlantis BR203**

F1, 60-80 days. This cross between broccoli and kale is perfect for spring/summer sowing and late summer/fall harvests. The main head can be harvested 60-80 days after direct sowing. Then the plant produces many tasty, tender side shoots. The sweet flavour lingers somewhere between broccoli and asparagus.

A 50s	B 200s	C 1000s
\$7.99	\$24.99	\$69.99

Brassica oleraceae var. *italica***Gypsy BR183**

F1, 62 days. With the best heat resistance of any broccoli variety, Gypsy holds very well in summer. It is also good in cool spring and fall weather. The flavour is very fresh and refined. The uniform, domed heads are deep green and tolerant to powdery mildew. (172-278 s/g)

A 0.25g	B 2g	C 10g
\$3.99	\$12.99	\$42.99

BROCCOLI RAAB (RAPINI)*Brassica rapa* ssp. *rapa*.

Broccoli raab grows early and quickly, with many tender shoots topped by clusters of flower buds. The flavour is slightly more bitter than broccoli, and pairs well with rich sauces and meat dishes. Be sure to stay on top of this crop and harvest the stalks, leaves, and flower clusters just before the flowers begin to open.

Growing broccoli raab (rapini)

See Growing Brassicas on page 12. Plant in full sun in well-drained soil enriched with a generous amount of organic matter. Direct sow from early spring to late summer. Seeds should sprout within seven days. Germination can occur between 7–29°C (45–85°F). Plants grow 30–45cm (12–18") tall, but keep a close eye on them once the buds appear. Some flowers may open among the buds, but they are both edible and tasty. Use lightweight floating row cover to prevent insect damage. This crop grows best with even moisture. Drip irrigation works well.

Brassica oleracea var. *italica***Aspabroc (Broccolini) BR189**

F1, 50 days. Resembling broccoli raab with an asparagus stem, Broccolini® is a natural hybrid of broccoli and gai lan. It has a deliciously sweet, delicate flavour that is subtle and peppery. The flavour is milder and sweeter when cooked. When eaten raw, the vegetable has a tender, yet crunchy texture.

A 25s	B 100s	C 1000s	D 10,000s
\$5.99	\$13.99	\$99.99	\$699.99

Brassica oleraceae var. *italica***Hybrid Broccoli Blend BR180**

F1, 50-72 days. The varying growth rates of these three vigorous hybrid varieties will provide an extended harvest of about 2 months from a single sowing date. All varieties make side-shoots after the central head is cut. Some varieties grow faster than others, so do not discard the slower ones. (240-260 s/g)

A 0.5g
\$5.69

Brassica rapa var. *ruvo***Sorrento BR193**

OP, 40-45 days. Sorrento quickly produces uniform dark green florets approximately 5cm (2") in diameter. Along with the buds, the stems and leaves are edible and tasty. The plants grow approximately 76cm (30") tall. Plan to harvest late fall into early spring. (541-745 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$5.99	\$10.99
D 100g	E 500g	
\$29.99	\$109.99	

Brassica oleraceae var. *italica***Centennial BR186**

F1, 100 days. This tasty variety features small beads on large, smooth heads, with very few side shoots. This remarkably versatile broccoli can be grown year round in mild coastal growing conditions. If broccoli has been a challenge before, try Centennial.

A 100s	B 250s	C 1000s
\$5.99	\$7.99	\$21.99

Brassica oleraceae var. *italica**Brassica oleracea* var. *italica***Green Magic BR181**

F1, 60 days. Improved hybrid uniformity and bolt resistance make Green Magic perfect for summer harvests. Considered a mid-early variety, it's also good for fall harvests. Its large, smooth, blue-green heads have tightly packed beads, excellent flavour, and tolerance to powdery mildew. This is a Winner of the RHS Award of Garden Merit. (217-262 s/g)

A 0.25g	B 1.25g	C 10g	D 100g
\$4.89	\$10.99	\$49.99	\$329.99

Natalino BR190

OP, 90 days. This Romanesco broccoli has chartreuse-coloured, spirally pointed buds around 10-13 cm (4-5") heads. Natalino is best planted to mature in September to October. It makes a wonderful addition to a raw vegetable and dip tray. The flavour is bold and authentic. (270-314 s/g)

A 0.5g	B 2g	C 10g	D 100g
\$3.69	\$4.99	\$9.99	\$54.99

SPROUTING BROCCOLI*Brassica oleracea* var. *italica*

Sprouting broccoli produces masses of purple or red broccoli shoots. These cold hardy plants have a long growing season and are the first to produce in the early spring. Start harvesting these delicious shoots in early spring and keep harvesting to produce more shoots. Delicious in stir fry or lightly steamed.

Growing sprouting broccoli

See Growing Brassicas on page 12. Start seeds indoors from late spring to middle of summer. Transplant out in late summer. Or direct sow in early summer. They will grow through the fall and produce purple/red shoots late winter through early spring. Optimal soil temperature for germination is 10–30°C (50–58°F). Give these plants plenty of space as they can grow up to 1m (3 ft) tall. Use lightweight floating cover when plants are young to prevent insect damage. Growing zones 3–10.

Brassica oleraceae var. *italica***Santee (Coated) Certified Organic BR202**

F1, 80-100 days. Santee is an organic purple sprouting broccoli that does not require overwintering for bud development. Masses of stems sprout over a long harvest window of several weeks. Overwinter it for early spring production, or simply sow in the spring for late summer and fall production.

A 25s	B 250s	C 500s
\$9.99	\$69.99	\$119.99

Staff Tips

"Extend your growing season by learning how and when to succession plant."
Jennifer Gould, Wholesale Sales & Merchandising

"Accept variance, be flexible, and keep trying. Each season is unique and brings its own challenges whether they be due to weather patterns, critter activity, changes to your soil, etc. Each season provides a new opportunity to learn, whether you are a beginner gardener or have had your hands in the soil for decades."

Rebecca Kouwenhoven, Retail Partner Inside Sales Team Lead

BRUSSELS SPROUTS

Brassica oleracea var. gemmifera.

At first glance it may seem incredible that cabbage and Brussels sprouts belong to the same species. But look again at the tightly packed structure of each and the similarities become apparent. This is an easy crop to grow — as with its cousins, one of the main challenges is keeping plants free from cabbage moth damage. Follow the timing carefully for best results. Brassicaceae

Growing brussels sprouts

See Growing Brassicas on page 12. High nitrogen levels result in loose sprouts with internal browning, so do not apply fertilizer after mid-summer. Cool temperatures during sprout development are important for compact, quality sprouts. Sprouts are sweeter after moderate freezes. Pick when sprouts are firm and well-formed, beginning with the ones at the bottom. The upper sprouts continue to form and enlarge as the bottom ones are harvested. To harvest all at a uniform size, pinch out the growing point at the top of the stem when the lower sprouts are 1–2cm (½–¾") in diameter. A full stem of mature sprouts should develop in about 2 weeks. Per 100' row: 170 seeds, per acre: 30M seeds.

Brassica oleracea var. gemmifera



Igor Certified Organic BS219

F1, 115 days. Igor is a medium-late, high yielding organic variety with vigorous growth to around 80cm (32") tall. The sprouts are dark green, firm, smooth, and uniform from top to bottom on the stem. Igor stands up very well against frost for an extended harvest, November to January from a May or June planting. This is a Winner of the RHS Award of Garden Merit.

A 25s	B 250s	C 1000s	D 5000s
\$6.49	\$32.99	\$89.99	\$249.99

Brassica oleracea var. gemmifera



Gustus BS212

F1, 100-120 days. Gustus is early maturing with medium green, firm, button-like sprouts that are evenly spaced and well formed. Transplant late April, and harvest masses of tasty sprouts from late August through September. (137-241 s/g)

A 0.15g	B 1g	C 2.5g	D 10g
\$5.29	\$16.99	\$36.99	\$99.99

Brassica oleracea var. gemmifera



Nautic (Coated) Certified Organic BS211

F1, 120 days. Nautic produces delicious sprouts, both succulent and tender. It was bred for high disease resistance, including a strong resistance to powdery mildew. Sprouts are spaced slightly apart so the plants dry more quickly after rain, reducing bud loss and making it easier to harvest.

A 25s	B 100s	C 1000s	D 5000s
\$6.49	\$15.99	\$89.99	\$399.99

Brassica oleracea var. gemmifera



Red Ball BS210

OP, 120 days. The red foliage and sprouts have colour and flavour that improves in cold weather and after frost. The yields on this 1m (39") variety are a bit lower, but the dark red sprouts are sweeter and said to be more nutritious. They look stunning when cooked, and make an interesting gourmet side dish. (292-315 s/g)

A 0.25g	B 1g	C 5g
\$4.49	\$7.99	\$19.49

CABBAGE

Brassica oleracea var. capitata

Cabbages are surprisingly easy to grow, particularly the late maturing fall and winter harvest varieties. The number one challenge with this crop is the cabbage moth that emerges in early summer and begins laying eggs on cabbages. When their caterpillars hatch, they can decimate a cabbage row. The butterflies will continue laying eggs until it cools down in September, so keeping lightweight row cover in place is a good idea. The cabbage was first brought to Canada by Jacques Cartier on his third voyage in 1541. Its first recorded appearance in the US was in the 1660s. Brassicaceae

Growing cabbage

See Growing Brassicas on page 12. If growth slows, side-dress with a little more fertilizer. Heads of early varieties can split from over-maturity, rapid growth after heavy rain, or irrigation after a dry spell. Splits can be delayed by twisting the plant or cultivating deeply around plants to break roots and slow growth. Fall and winter varieties stand in the garden longer without splitting. Per 100' row: 200 seeds, per acre: 44M seeds.

SUMMER HARVEST

Brassica oleracea var. capitata



Caraflex (Coated) Certified Organic CB246

F1, 50-70 days. The small, very pointed, highly uniform heads of this organic cabbage can be planted densely. Tight wrapper leaves protect the tender, crunchy, sweet interior from weather and pests. The 0.7-1kg (1.5-2lbs) heads of this RHS Award of Garden Merit winner has very nice flavour and a shape that is becoming ever more popular in North America.

A 15s	B 100s	C 1000s	D 5000s
\$6.49	\$16.99	\$99.99	\$349.99

Brassica oleracea var. capitata



Early Jersey Wakefield CB236

OP, 60-75 days. This heirloom has pointed, medium sized heads to 1-1.4kg (2-3lb). The leaves are loose, tender, dark-green, and fine-tasting. Expect concentrated, early maturity. It can be overwintered and resists splitting. It was first grown by Francis Brill in 1840 in Jersey City, NJ. (238-265 s/g)

A 0.5g	B 5g	C 25g
\$3.29	\$4.99	\$6.99
D 100g	E 500g	
\$13.99	\$39.99	

Brassica oleracea var. capitata



Integro (Coated) Certified Organic CB259

F1, 85 days. This organic cabbage has an upright head with a high dome and short core that produces a 1.4-1.8kg (3-4lb) head. The thick, tightly packed interior leaves have a vivid attractive contrast and sweet flavour. This is a superior cabbage for summer or fall harvests.

A 15s	B 100s	C 250s
\$4.49	\$9.99	\$14.99
D 1000s	E 5000s	
\$54.99	\$229.99	

Brassica oleracea var. capitata



Kalibos CB226

OP, 105-110 days. Kalibos is a spectacular, fresh-tasting, pointed cabbage with intense reddish purple leaves and high sugar content. The plants are large, with big blue-green outer leaves, and the 1-1.3kg (2-3lb) heads are held well off the ground. The interior is dense with a small, tender core. Clubroot resistant. (265-275 s/g)

A 0.1g	B 1g	C 2.5g	D 10g
\$3.89	\$9.99	\$14.99	\$84.99

SUMMER HARVEST

Brassica oleracea var. *capitata***Tiara (Coated) CB272**

F1, 45 days. Tiara is so early, the chances are good it will be the first cabbage to mature in the garden. This improved variety is loved by growers for its 0.5-1kg (1-2lbs) heads, uniformity and holding ability. The home gardener will love its short internal core and tender, thin leaves that are perfect for coleslaw.

A 50s	B 250s	C 1000s	D 5000s
\$4.69	\$9.99	\$24.99	\$84.99

SUMMER/FALL HARVEST

Brassica oleracea var. *capitata***Copenhagen Market CB237**

OP, 63-100 days. This Danish heirloom was introduced by H. Hartman & Co. in 1909. It forms round, solid heads weighing 1.4-1.8kg (3-4lbs) and 15-20cm (6-8") in diameter, making it the largest early round-head cabbage for summer harvest. It has good keeping ability, excellent uniformity, and rich flavour. (240-265 s/g)

A 0.5g	B 5g	C 25g	D 50g
\$3.29	\$4.99	\$6.99	\$9.99

Brassica oleracea var. *capitata***Consul CB225**

F1, 67 days. Consul resists splitting for many weeks so it's ideal for harvesting over a long period from a single spring sowing. It's a great choice for home and market gardeners. The smooth, round, 1-2 kg (2-5lbs) heads have rich flavour and tightly packed centres.

A 25s	B 500s	C 2500s	D 10,000s
\$4.49	\$19.99	\$89.99	\$239.99

Brassica oleracea var. *capitata***Taiwan Cabbage CB243**

F1, 55 days. This oblate (flat-growing) hybrid has heads that are wider than they are tall with massive wrapper leaves. This popular variety has really nice flavour (it's excellent for sauerkraut) and outstanding heat tolerance in heads averaging 1.5kg to 2.5 (3-6 lbs). (153-239 s/g)

A 0.25g	B 2g	C 15g
\$3.89	\$10.99	\$39.99

WINTER HARVEST

Brassica oleracea var. *capitata***Deadon (Coated) Certified Organic CB245**

WINTER. F1, 105 days. This organic cabbage has savoyed, purple leaves over a tightly packed lime green centre. The 15-25cm (6-10"), 1.8-2.5kg (4-6 lbs) heads are very cold hardy, and only get sweeter after hard frosts. Firm texture is matched by delicate flavour, making this RHS Award of Garden Merit winner one of our trial favourites.

A 20s	B 100s	C 250s	D 1000s
\$4.49	\$14.99	\$24.99	\$59.99

Brassica oleracea var. *capitata***Danish Ballhead CB242**

WINTER. OP, 120 days. This general purpose heirloom was first introduced in 1887. Big 18-25cm (7-10"), light-green, well-protected heads stand well into winter. They resist bolting and splitting, and keep until late spring. Danish Ballhead is mild and tender, and one of the standard storage cabbages. (246-320 s/g)

A 1g	B 5g	C 25g
\$3.49	\$4.99	\$6.99
D 100g	E 500g	
\$14.99	\$44.99	

Brassica oleracea var. *capitata***Lennox (Coated) Certified Organic CB244**

WINTER. F1, 105 days. This is an industry standard for organic winter cabbage that can be harvested at compact size, or full sized heads that are 2.2-2.5kg (5-6 lbs), slightly flattened and round. Lennox holds its green colour much longer than other winter varieties. It is productive for storage, uniform, and vigorous.

A 50s	B 200s	C 1000s	D 5000s
\$6.49	\$19.99	\$64.99	\$229.99

Brassica oleracea var. *capitata***Lodero CB277**

WINTER. F1, 105 days. This versatile red cabbage produces medium-sized heads weighing 1.5-3kg (3-6lbs). Its upright growing habit allows for slightly closer spacing. Suitable for summer sowing for fall harvest. Stores well and delicious raw, cooked or pickled. High resistance to club root.

A 20s	B 50s	C 125s
\$5.99	\$8.99	\$15.99
D 500s	E 2500s	
\$37.99	\$156.99	

SUI CHOI

Brassica rapa ssp. *pekinensis*

Easy-to-grow sui choi is the core ingredient of the Korean pickle, kimchi. Chop sui choi into strips to add to soups and fried rice dishes. Fresh sui choi from the garden is sweet and tender.

Growing sui choi (napa cabbage)

Timing: Start indoors in early spring and transplant or direct sow a month later. Fall crops can be direct sown in mid-summer. Optimal soil temperature: 10-20°C (50-68°F). Germination occurs in 5-10 days.

Starting: Sow 3 or 4 seeds 5mm (¼") deep in each growing spot. Thin to the strongest plant. Provide slightly more space between plants than for regular cabbage. Days to Maturity: From transplant. **Growing:** Ideal pH: 6.0-6.8. Sui Choi does best in rich humus soil amended with composted manure. Mix 125ml (1/2 cup) complete organic fertilizer into soil under each plant. If growth slows, side-dress with a little more fertilizer.

Provide steady water and keep weeded. To avoid diseases, plant in soil that has not been used to grow Brassicas for at least 4 years. Use lightweight row cover to protect plants from cabbage moths. Keep the bed free from debris that could shelter slugs. **Harvest:** Sui Choi can be harvested at any size. Seed Info: In optimum conditions, at least 80% of seeds will germinate. Usual Seed Life: 3years. Per 100' row: 200 seeds, per acre: 44M seeds. See Growing Brassicas on page 12.

Brassica rapa *pekinensis***China Express (Sui Choi) CB271**

F1, 65-80 days. The large, broad, barrel-shaped, heads are tightly packed, weighing up to 2.2kg (5 lb) after trimming. They have good bolt resistance and excellent uniformity. For full-sized heads, sow in summer with the last planting 10 weeks before frost. Established plants are vigorous and will stand in the garden until frosts get severe. (230-387 s/g)

A 0.5g	B 2g	C 15g
\$4.29	\$10.99	\$36.99

CARROTS

Daucus carota



Bolero CR283

F1, 75 days. Bolero is the first choice for storage carrots. This RHS Award of Garden Merit winner is very sweet and crunchy, and keeps fresh for months in storage or in the ground. The 20cm (8") long, slightly tapered roots have the typical blunt Nantes tip. Bolero is highly resistant to Alternaria blights and powdery mildew. (277-750 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$4.29	\$11.99	\$26.99	\$89.99	\$399.99

Bolero (Pelleted) CR284 (36-84 s/g)

A 2g	B 10g	C 100g	D 500g	E 2kg
\$4.99	\$7.99	\$29.99	\$74.99	\$269.99

Daucus carota



Dragons Certified Organic CR278

OP, 60-90 days. Dark red to purple on the outside, with a bright orange interior and vivid yellow core. These organic roots can grow to 15-20cm (6-8") long. The flesh is spicy and sweet, and very high in lycopene. Cook these carrots to take full advantage of the nutrition they have to offer. (829-895 s/g)

A 0.25g	B 5g	C 25g	D 100g	E 250g
\$4.49	\$25.99	\$119.99	\$359.99	\$742.99

Daucus carota



Deep Purple (Coated) CR316

F1, 75 days. The very straight, tapered roots grow 17-20cm (7-8") long. These carrots are named for the fact that the purple characteristic runs right to the core, and they keep their colour when lightly cooked. The tops are strong for easy harvests, with great storage. This is a winner of the RHS Award of Garden Merit. (442-630 s/g)

A 125s	B 500s	C 2500s	D 10,000s	E 25,000s
\$4.49	\$5.99	\$14.99	\$44.99	\$89.99

Daucus carota



Mokum CR287

F1, 60 days. Mokum are so crisp and delicate that they should actually be hand dug, not just pulled out by the tops. Enjoy the fine flavour as tender baby carrots (they colour up quickly) or longer at 15-20 cm (6-8"). These deep orange carrots are high in vitamin A and sugars. (427-831 s/g)

A 0.5g	B 2.5g	C 10g
\$4.49	\$10.99	\$44.99
D 75g	E 500g	
\$149.99	\$549.99	

Daucus carota



Nantes Coreless CR294

OP, 75 days. This delicious carrot shrugs aside heavy soil, and forms beautiful 15-20cm (6-8") long, fine-grained roots that are bright orange throughout with no cores. The carrots are cylindrical, uniform, crisp, and sweet, with relatively small tops. (848-1224 s/g)

A 0.75g	B 5g	C 25g
\$3.29	\$5.99	\$7.99
D 100g	E 500g	
\$14.99	\$49.99	

Daucus carota



Napoli (Coated) Certified Organic CR277

F1, 55 days. Napoli is an extra early hybrid for cool season growing under cover in spring and late fall/winter. Rated by many as one of the best tasting carrots available, they become incredibly sweet after frost. Maturing to 12-17cm (5-7"), they are also superb as baby roots. This is a Winner of the RHS Award of Garden Merit. (400-700 s/g)

A 0.5g	B 3g	C 10g
\$4.99	\$12.99	\$29.99
D 25g		E 125g
\$49.99		\$219.99

Daucus carota



Neptune CR310

F1, 65 days. Versatility and long storage ability make Neptune a good choice for growers and homesteaders alike. The handsome orange roots grow 20-25cm (8-10") long, with outstanding flavour and crisp texture. They were a big hit in our trials, and performed well with carrot fertilizer, producing really substantial, uniform roots. (570-625 s/g)

A 1g	B 5g	C 25g
\$3.99	\$6.99	\$21.99
D 100g		E 500g
\$74.99		\$209.99

Daucus carota



Nutri Red CR308

OP, 76 days. Flavourful, striking red carrots that are meant to be cooked, rather than eaten raw. The colour intensifies when cooked, and the lycopene becomes more accessible to the body. Slender, gourmet carrots grow to 23cm (9") in length. (577-690 s/g)

A 0.5g	B 2.5g	C 10g
\$3.49	\$6.99	\$8.99
D 50g	E 250g	
\$26.99	\$109.99	

Daucus carota



Purple Haze CR281

Deep purple on the outside and bright orange inside, this 2006 AAS winner has a lovely sweet taste, especially when raw. Lightly stir-fry to retain a deeper purple colour. Sow seeds after the May long weekend to reduce the chance of the carrots bolting. The roots are 25-30cm (10-12") long, and slender with a graceful taper. (442-740 s/g)

A 0.5g	B 2.5g	C 15g	D 50g
\$4.99	\$16.99	\$54.99	\$149.99

Daucus carota



Rainbow Blend CR279

75-110 days. Our premium blend of carrots that are packed with nutrients in an attractive array of colours. Get the most out of this collection by sowing as evenly as possible to reduce thinning and waste. Repeat sowings will provide a colourful carrot bounty from late spring to winter. Kids will love the variety and the flavour.

A 0.75g	B 5g	C 25g	D 125g
\$4.49	\$15.99	\$54.99	\$189.99

Daucus carota



Scarlet Nantes CR296

OP, 65-75 days. This heirloom has been grown and selected for North American conditions for the last 50 years. It is a workhorse that is widely adapted and often out-performs some of the more finicky Nantes hybrids. Expect great flavour and strong tops on 18cm (7") carrots. They can also be harvested as baby carrots. (747-1060 s/g)

A 1g	B 0.75g	C 5g
\$3.49	\$4.99	\$6.99
D 25g	E 100g	
\$10.99	\$36.99	

CARROTS

Daucus carota



Ya Ya (Coated)

Certified Organic CR300

F1, 65-70 days. This smooth skinned, uniform 18cm (7") organic, carrot performs all season long. It has incredible flavour in summer and gets even sweeter after frost. The strong tops are good for bunching. Yaya continues to be a customer favourite year after year. (345-465 s/g)

A 0.5g	B 2g	C 10g	D 25g
\$4.29	\$8.99	\$29.99	\$69.99

Daucus carota



Volcano CR313

F1, 130-140 days. Growers will love this hybrid for its resistance to breaking and tolerance of very late harvests. The roots are smooth to 18-22cm (7-9") long. The tops are upright and strongly attached for easy pulling. It has high resistance to Alternaria, intermediate to Cavity Spot.

A 250s	B 1000s	C 5000s
\$3.49	\$9.99	\$19.99
D 25,000s	E 100,000s	
\$44.99	\$134.99	

Brassica oleracea var. botrytis



Adona (Coated)

Certified Organic CF350

F1, 90 days. Strong and vigorous organic cauliflower with dense, white, sweet-tasting curds and large leaves useful for blanching the graceful heads. The tightly wrapped 12cm (5") heads are well protected and are ideal for late summer and fall growing, but performs well in all seasons. Adona has good heat tolerance and resists tip burn.

A 25s	B 100s	C 500s
\$6.29	\$13.49	\$45.99
D 1000s	E 5000s	
\$64.99	\$265.99	

Daucus carota



Yellowstone (Coated)

Certified Organic CR299

OP, 70 days. This is the ultimate, organic roasting carrot, perfect for winter meals. The 15-20 cm (6-8") long, tapered, pale yellow roots look sensational on the plate and grow to the size of parsnips. Sow all summer for fall and winter harvests. They are packed with vitamins C, E, and K, plus folate and the antioxidant lutein. (572-1054 s/g)

A 0.5g	B 5g	C 25g
\$4.49	\$15.99	\$69.99
D 100g	E 500g	
\$189.99	\$679.99	

Daucus carota



White Satin (Coated)

CR276

F1, 65 days. Luminous white roots grow to 25cm (10") long, with strong, 40-45cm (16-18") green tops. The slightly tapered roots have unique crisp texture and strong carrot flavour, and they store particularly well. Try White Satin roasted as part of a winter meal. (378-854 s/g)

A 1g	B 5g	C 25g
\$5.49	\$14.99	\$54.99

Daucus carota



Viper CR318

F1, 120 days. The crisp orange roots have virtually no core, and the flavour is robust. They can reach over 30cm (12") long, but stay only 2cm (¾") at the shoulder so they're well suited for dense plantings. Strong tops make for easier harvests.

A 200s	B 1000s	C 5000s
\$3.99	\$5.99	\$10.99
D 25,000s	E 100,000s	
\$44.99	\$100.99	

Brassica oleracea var. botrytis



Amazing CF306

OP, 75 days. Amazing is indeed amazing at holding its texture and flavour in the field and can be harvested as baby head or full size. At maturity, the 25cm (10") heads are large and self-blanching. If growing cauliflower has been challenging in the past, try Amazing—it's an excellent choice for newbies. (192-263 s/g)

A 0.1g	B 1g	C 5g	D 10g
\$4.49	\$9.99	\$32.99	\$44.99

CAULIFLOWER

Brassica oleracea var. botrytis.

Cauliflower must be one of the most gratifying of all vegetables to grow at home. A perfectly formed, mature head of cauliflower is like a work of art, and with the introduction of colourful varieties, sure to astound the gardener and chef alike. Their versatility in the kitchen knows no bounds as recipes for cauliflower pizza crust, vegan alfredo sauce and cauliflower wings continue to proliferate and delight vegan and meat-eaters across the board. Brassicaceae.

Growing cauliflower

See Growing Brassicas on page 12. Cauliflower should grow steadily to make a large plant and curd. If growth slows, scratch additional fertilizer into the surface of the soil around each plant. Maintain even soil moisture with regular watering. Shade the developing curds from sun by tying up leaves or covering with newspaper. This is known as "blanching," and will keep the heads white. Per 100' row: 200 seeds, per acre: 44M seeds.

Brassica oleracea var. botrytis



Cauliflower Blend CF300

55-90 days. This premium blend of our three most popular white cauliflowers provides a longer harvest period from just one planting. When thinning transplants, be sure to leave some slower growing plants so all maturity dates are included. (180-210 s/g)

A 0.5g	
\$5.99	

Brassica oleracea var. botrytis



Goodman (Coated)

Certified Organic CF333

OP, 65 days. This organic cauliflower forms very nice 25cm (10") wide, well protected heads on tall, attractive plants. It has a relatively tight harvest window, but is productive early in the season. The curds are deep with tender florets and very nice flavour. (420-441 s/g)

A 0.1g	B 1g	C 5g
\$5.49	\$24.99	\$89.99

Brassica oleracea var. botrytis



Graffiti CF312

F1, 80 days. The medium sized heads of this uniform, main-season type are intensely purple, with large, purple wrapper leaves. It looks stunning served raw on a veggie platter, but also retains most of its colour when cooked. Graffiti is a Winner of the RHS Award of Garden Merit.

A 25s	B 200s
\$8.99	\$36.99

CAULIFLOWER

Brassica oleracea var. *botrytis*



Fioretto 60 CF345

F1, 60 days. This is the first true sweet sprouting cauliflower to hit the market. It was bred to have longer interior stems that are similar in form to sprouting broccoli. Tiny white florets appear in dense clusters atop pale green stems. They have a sweeter flavour than regular cauliflower. Fioretto is great for home and market growers.

A 10s	B 50s	C 250s
\$4.99	\$11.99	\$36.99
D 1000s	E 5000s	
\$109.99	\$449.99	

Brassica oleracea var. *botrytis*



Multi-Colour Blend CF317

70-90 days. Try this painterly selection of our most colourful cauliflowers—orange, purple and green. They're chock full of nutrients, robustly flavourful, and stunning on the plate.

A 45s
\$9.99

Brassica oleracea var. *botrytis*



Skywalker (Coated) Certified Organic CF346

F1, 75 days. This organic cauliflower features large leaves that wrap around the 14cm (5.5") medium-sized heads. These are densely packed with tight, white curds. The plants are uniform and well adapted for growing across North America, and they're perfect for late summer or fall harvests. Skywalker is resistant to Fusarium Wilt, and Fusarium Yellows.

A 10s	B 50s	C 250s
\$3.99	\$8.99	\$24.99
D 1000s	E 5000s	
\$69.99	\$289.99	

Brassica oleracea var. *botrytis*



Sunset CF302

F1, 70-75 days. Dazzling, bright orange curds form on this round-headed cauliflower for early autumn harvests. Sunset is suitable for picking at immature size for baby cauliflower heads as well.

A 25s	B 100s	C 500s	D 1000s
\$7.69	\$16.99	\$54.99	\$89.99

Brassica oleracea var. *botrytis*



Trevi CF348

F1, 90-95 days. Start Trevi cauliflower indoors in early spring for transplanting by mid-summer. Enjoy the uniform, long-lasting, lime green heads over a long autumn harvest. The flavour is superior and the texture is firm and crisp. The extraordinary vivid colour of this unique hybrid cauliflower is sure to impress on market tables and at the dinner table.

A 25s	B 100s	C 500s
\$6.99	\$24.99	\$84.99
D 1000s	E 5000s	
\$109.99	\$419.99	

Brassica oleracea var. *botrytis*



Walcheren Winter CF349

OP, 300 days. This overwintering cauliflower was a big hit in our 2020 seed trials. The densely packed heads are 10-15cm (4-6") in diameter on large plants and will withstand frost from -12 to -19°C (16 to -5°F) depending on wind and snow cover. Walcheren Winter does not start curd formation until after the winter frosts. (300-326 s/g)

A 0.25g	B 1g	C 5g
\$4.49	\$6.99	\$21.99
D 25g	E 100g	
\$61.99	\$202.99	

CELERY & CELERIAC

Apium graveolens

People unfamiliar with celeriac are unlikely to buy one on impulse in the grocery aisle, as the round tangle of hairy roots really doesn't look very appealing. But appearances can be deceiving, as they are both delicious and versatile in the kitchen. Classic recipes for them abound, and they are a root vegetable worth getting to know better. Like artichokes, when celeriac is cut, it discolours quickly. Just place cut pieces directly into a bowl of cold water with a little lemon juice added to maintain its white appearance. If you're not familiar with celeriac, try a simple coleslaw of julienned celeriac, some grated carrot, and a mayonnaise/mustard dressing. It's tasty and unique enough to impress your friends. It's also good to add to soups for a light crunch or cooked as a mash. The roots, leaves, stalks, and seeds of celery are full of flavour and useful in the kitchen. Give this slow-growing crop plenty of time and consistent moisture, and it will repay with solid heads and thick, succulent stalks. Umbelliferae.

Apium graveolens



Amsterdam Cutting Leaf Celery CL450

OP, 80 days. This Dutch heirloom is used to flavour soups, salads, stews, and stocks. It has larger leaves than stalk celery and can be harvested a handful at a time, as needed. The pronounced flavour is richly savoury and excellent for eating fresh or drying. (1989-2460 s/g)

A 0.5g	B 2.5g	C 10g
\$3.49	\$4.99	\$6.99
D 50g	E 250g	
\$14.99	\$44.99	

Apium graveolens var. *rapaceum*



Brilliant CL345

OP, 110 days. This celeriac is easy to grow and harvest. The big white roots have few markings and grow vigorously. The flavour is nutty and has mild celery and parsley notes. Try steaming, roasting or adding to mashed potatoes. (2071-3600 s/g)

A 0.03g	B 0.4g	C 2g
\$5.69	\$32.99	\$109.99

Growing celery & celeriac

Timing: Start indoors late winter to mid-spring. Optimal soil temperature: 15–24°C (60–75°F). Seeds take up to 20–30 days to germinate. **Starting:** Sow seeds 5mm (0.2") deep, 3 seeds to a pot, and thin to the strongest plant. Days to Maturity: From transplant. **Growing:** Ideal pH: 6.0–6.5. Celery is a heavy feeder and needs rich, moist soil. Add compost to soil and apply 60–125ml complete organic fertilizer per 1.5m (5') of row. Transplant when 10–12cm (4–5") tall, in late spring to mid summer. Space transplants 30cm (12") apart in rows at least 45cm (18") apart. Water frequently. Premature bolting results from young plants being exposed to temperatures below 13°C (55°F) for several days. Good disease prevention measures include crop rotation and aphid control. The larvae of the carrot rust fly are an occasional celery pest—they burrow into the heart and stunt or kill the plant. **Harvest:** Pick individual stalks as needed, or cut the whole head at the soil surface. If winter isn't too cold, celery will stand in the garden until spring, allowing light pickings for soups and salads. Seed Info: In optimum conditions at least 55% of seed will germinate. Usual Seed Life: 3 years.

CELERY

Apium graveolens



Summer CL447

OP, 45-55 days. Also known as kin-tsay or Chinese celery. This slow-bolting, vigorous variety has upright growth, and dark green leaves over long, crunchy, hollow stalks. Chinese celery has a stronger flavour and is generally easier (and much faster) to grow. Use the leaves as well as the stalks in stir-fries, soups, salads, and dumplings. (1745-3081 s/g)

A 0.5g	B 2.5g	C 10g	D 25g
\$3.29	\$4.99	\$7.99	\$10.99

Apium graveolens



Tall Utah 52-70 CL343

OP, 100 days. This is an early and disease-resistant celery that's slow to bolt. The plants are upright and compact, growing to 76cm (30") tall, with good heart development and strong roots. Tall Utah holds its form and colour well for market or home growers. (3026-4325 s/g)

A 0.25g	B 5g	C 125g
\$3.49	\$4.99	\$19.99
D 250g	E 500g	
\$26.99	\$49.99	

Apium graveolens



Tango (Coated) Certified Organic CL347

OP, 85 days. Improved breeding makes Tango the organic celery of choice for a wide range of growing conditions. It is early maturing and excels in southern Canada and the northern US. The stalks grow to 45-50cm (18-20") tall and are self-blanching. It has a wonderful flavour and very little fibre.

A 200s	B 500s	C 1000s	D 5000s
\$6.49	\$10.99	\$14.99	\$54.99

Apium graveolens



Victoria (Pelleted) CL448

F1, 100 days. Victoria is a bolt-resistant, upright plant with crisp, juicy, tasty stalks that are an appealing apple-green colour with white at the base. Victoria matures extra early and keeps its colour and flavour even after cooking.

A 25s	B 100s	C 200s
\$3.69	\$4.99	\$11.99
D 1000s	E 5000s	
\$16.99	\$74.99	

CHICKPEA

Cicer arietinum

From hummus to chana masala, the versatile chickpea can be a vehicle for countless flavours and textures. Chickpeas are one of the earliest cultivated legumes, believed to have been grown in the Middle East over 7,500 years ago. Packed with protein and nutrients, the seeds of this legume remain a staple crop all over the world. The plants themselves are a little bit quirky, but attractive as they grow, and very rewarding to harvest. Fabaceae.

Growing chickpea

Timing: Chickpeas require 90–100 days to mature. Direct sow after the last average frost date or start them indoors 4 weeks before. Optimal soil temperature: 10°C (50°F). Seeds sprout in 14–21 days depending on conditions. **Starting:** Avoid disturbing the roots. Sow seeds 3-5cm (1 1/2"–2") deep, one seed per cell or in peat/coir/paper pots that can be transplanted into the ground. Do not soak the seeds prior to planting. Days to Maturity: From sowing date. **Growing:** Ideal pH: 6.0–8.0. Transplant when the seedlings are at least 10cm (4") tall, taking care to leave the roots undisturbed. Grow in full sun in rich soil with good moisture retention. Space plants 8–15cm (3–6") apart and in rows 46–61cm (18–24") apart. The plants have shallow root systems that are easily damaged by cultivation, so take care to hand weed around plants as they establish. Avoid overhead watering. **Harvest:** Use fresh pods when they are still green. For dry seeds, wait until the plants turn brown and then allow them to dry completely on a flat surface. Harvest the seeds as the pods split when completely dry. Seed Info: In optimum conditions at least 65% of seeds will germinate. Usual Seed Life: 3 years. Per 100' row: 200 seeds, per acre: 100M seeds.

Cicer arietinum



Chickpeas Certified Organic CH101

OP, 100 days. These dainty organic plants grow 20-50cm (8-20") tall, with feathery leaves and white flowers that may have pink or blue streaks. Each pods contain 2-3 seeds, and the whole pod can be cooked and eaten. The shelled peas can be eaten fresh, sprouted, dried, and even pounded into gram flour (besan). As a nitrogen-fixer, it can also be grown as a cover crop. (1-3 s/g)

A 50g	B 150g	C 500g	D 1kg	E 5kg
\$4.69	\$6.99	\$9.99	\$14.99	\$54.99

CHICORY

Endive and radicchio have a sophisticated, savoury flavour that is often oversimplified as "bitter" when compared to mild greens like lettuce and spinach. Their bold complexity harmonize well with the sharp quality of balsamic vinegar, aged cheese, and cured fish and meats. These crisp greens stand up well to grilling and hot dressings — the heat brings out even more flavour and sweetness. Asteraceae.

Growing endive & radicchio

Timing: Sow after the last frost date and again in early to late summer to take advantage of the fall growing season. Optimal soil temperature: 10–22°C (50–72°F). Seeds sprout in 2–15 days depending on conditions. In hot weather, plants will go to seed quickly, so have new plantings ready to go. **Starting:** Either direct seed or start indoors and transplant. Sow seeds 5mm (0.2") deep, and thin or transplant to allow 30-45cm (12-18") between plants with rows 30–45cm (12–18") apart. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–6.5. Enrich soil with compost and add complete organic fertilizer beneath each transplant. Rapid, continuous growth is essential for good yields and high quality. Regular watering is essential. Fall plantings can be protected from rain by putting a cloche over them. Endive heads can be blanched to reduce bitterness by placing a cardboard or plastic disc on top. This blocks sunlight, and creates a whiter, milder centre. Radicchio requires a good supply of phosphorus and potassium but will not form a head and may bolt if there is too much nitrogen available.

Harvest: Use as a cut and come again crop or let the heads form and cut at ground level. Many will grow back. Seed Info: In optimum conditions at least 65% of seeds will germinate. Usual Seed Life: 3 years. Per 100' row: 140 seeds, per acre: 40.6M seeds.

ENDIVE

Cichorium endivia



Benefine Certified Organic MS563

OP, 65 days. We love the flavour of this très fine organic frisée endive as much as its amazing uniform growth. The green outer edges of the rosette have a mature, bitter flavour, and this matches perfectly with the succulent and sweet blanched interior leaves.

A 100s	B 500s	C 2500s
\$4.69	\$9.99	\$28.99
D 10,000s	E 50,000s	
\$89.99	\$329.99	

Cichorium endiva



Broadleaf Batavian Escarole MS481

OP, 85 days. This rosette vegetable is large, broad in shape, with slightly ruffled, lettuce-like leaves that form tightly packed heads around creamy white hearts. Broadleaf Batavian Escarole is a bulky heirloom that dates back to the 1860s, and is delicious tossed with bacon or croutons under a hot salad dressing. Plant a few short rows at intervals in spring and summer for a regular supply of delicious greens. (596-746 s/g)

A 1g	B 5g	C 25g
\$3.49	\$4.99	\$6.99
D 250g	E 500g	
\$26.99	\$35.99	

ENDIVE

Cichorium intybus



Italian Dandelion MS498

OP, 65 days. Also known as Catalogna frastagliata, it's not a dandelion, but an heirloom chicory. The fast growing, upright, dark green, notched leaves stand in thick bunches. Cut the plant at any height and it will re-grow again from a thick taproot. Steam it like spinach or add it raw to salads. Italian Dandelion is winter hardy, highly nutritious, and much loved by Italian gardeners and chefs. (680-850 s/g)

A 1g	B 5g	C 15g	D 125g
\$5.29	\$14.99	\$26.99	\$149.99

Cichorium intybus Galatina



Puntarelle MS508

OP, 70 days. This is one of the least recognized garden vegetables in North America, but it's also an absolute delicacy. The tall, upright leaves are dandelion-like and grow to 40cm (16"), forming a rosette. The central stem produces a dozen or more side shoots that are crisp and hollow, and ribbed on the inside like celery. See a longer description on our website. (668-836 s/g)

A 1g	B 5g	C 25g	D 100g
\$3.69	\$4.99	\$6.99	\$14.99

Cichorium intybus



Sugar Loaf MS492

OP, 80-90 days. Sugar Loaf grows like an upright, tightly headed, very large romaine lettuce. Beneath the outer, pale-green leaves lies a blanched heart of sweet, golden white leaves with extraordinary flavour. Perfect for late summer and fall harvests, this is one of the nicest greens to serve with a hot dressing. (634-793 s/g)

A 1g	B 5g	C 25g	D 100g
\$3.69	\$5.99	\$10.99	\$22.99

Cichorium endiva



TFM (Tres Fine Maraichere) MS507

OP, 65 days. The classic French heirloom endive known as frisée. The finely cut leaves are slightly bitter, growing in a very prostrate rosette. Growers like to bundle up the outer leaves to a point above the plant and fix them in place with an elastic band. This results in a blanched interior that is much sweeter and more tender than the tougher outer leaves. (632-790 s/g)

A 1g	B 5g	C 25g	D 125g
\$3.69	\$6.49	\$14.99	\$36.99

RADICCHIO

Cichorium intybus var. foliosum



Palla Rossa Special MS491

OP, 85 days. The fantastic flavour of this reliable heirloom has earned it legions of devoted fans. It forms a gorgeous, firm, round, dark-red and white head which appears like a jewel when the outside green wrapper leaves are pulled aside. Harvest by cutting at the soil level, and it may produce a second or even third crop. (582-728 s/g)

A 1g	B 5g	C 25g
\$3.69	\$5.99	\$14.99

Cichorium intybus var. foliosum



Radicchio di Lusia MS561

OP, 85 days. This is possibly the most beautiful vegetable we've ever laid eyes on. This variegated heirloom radicchio has incredible, mild flavour and delectably crisp texture. The overlapping cream coloured leaves are speckled liberally with crimson, growing more pale towards the centre of the tightly packed heads. (565-707 s/g)

A 0.5g	B 2.5g	C 10g	D 50g	E 250g
\$3.69	\$5.99	\$7.99	\$22.99	\$82.99

Cichorium intybus var. foliosum



Rossa di Verona MS509

OP, 85 days. This lovely heirloom radicchio has bright, tightly packed, cabbage-like, red and white leaves. Use as decorative wrappers for canapes, add to salads or chop it in quarters and grill it with olive oil and balsamic vinegar. Sow from July to September for fall and winter harvests. Cut the plants down to the ground in the spring for a new crop of apple-sized heads. (586-733 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$9.99

COLLARDS

Brassica oleracea var. acephala

Botanically speaking, collards and kale are nearly identical, sharing their species name as well as placement in the 'Acephala' group — those Brassicas which do not form heads. Collard greens tend to be slightly more bitter than kale, with larger cell walls and slightly thicker, larger leaves. Collards become nicely tender and mild when cooked. The word, 'collard,' is derived from the Middle English 'colewort,' which may have described the ancestral wild cabbage. Collards take a prominent place at the table in West and Central African cuisines and African-American Southern soul food. Brassicaceae.

Growing collards

See Growing Brassicas on page 12. Add lime to the bed 3 weeks prior to sowing. Collards can be grown as a cut and come again crop for salad mixes by direct-seeding and cutting when plants are 5-8cm (2-3") tall. Per 100' row: 170 seeds, per acre: 30M seeds.

GREAT AS A WRAP
OR LOW CARB
SUBSTITUTE



Brassica oleracea var. viridis



Top Bunch CO351

F1, 50-70 days. This is the earliest maturing collard we know of. At maturity the leaves can measure over 60cm (24") from stem to tip, and they are held pointing upward, away from the soil. The petioles are long and substantial for easy bunching, and the plants are highly uniform in size and shape. The bluish green leaves are just slightly savoyed, thick, with large cell walls. The flavour is rich and savory — very nice in soup or simply steamed on its own. (147-193 s/g)

A 0.5g	B 1g	C 5g	D 25g	E 100g
\$4.99	\$5.99	\$14.99	\$39.99	\$118.99

CORN HYBRIDS EXPLAINED

Open Pollinated Corn (OP)

The original corn, called "field corn," had a high content of starch over sugar. Sweet corn occurs as a mutation in field corn and was cultivated by several Indigenous Peoples in North America. The Iroquois gave the first recorded sweet corn (called Papoon) to European settlers in 1779. It soon became a popular food.

Crop breeders isolated several cultivars of sweet corn that would produce genetically similar offspring seeds. These include Golden Bantam, Pink Popcorn, Calico Popcorn, and Bloody Butcher. There are many others, including quite a few Mexican varieties.

Hybridization crosses the pollen of one variety with the receptive female flowers of another. The seeds that result are hybrid seeds. Hybridization allowed for more uniform maturity, improved quality, and disease resistance. The genes that enhance the sugar content and shelf life of sweet corn are carried in the plants' pollen. In order for the genetic expression to be true, the variety may need to be isolated to prevent cross-pollination. SU, SE, and SH2 are the names of isolated gene groups. These are hybrids, not genetically engineered organisms (GEO).

TYPE	SOIL TEMP	NEEDS ISOLATION FROM	STAYS SWEET
OP Sweet	15°C (60°F)	Supersweet (sh2), but not Sugary Enhanced (se)	eat right away
Normal Sugary Hybrid (su)	15°C (60°F)	Supersweet (sh2), but not Sugary Enhanced (se)	relatively short time
Synergistic Hybrid (sy)	15°C (60°F)	does not need isolation from other varieties	the first 24 hours
Sugary Enhanced Hybrid (se)	17°C (64°F)	Supersweet (sh2), but not Normal Sugary sweet (su)	quite good shelf life
Supersweet Hybrid (sh2)	21°C (70°F)	all other varieties if maturity dates are within 15 days	best shelf life
Popcorn / Ornamental	15°C (60°F)	all other varieties if maturity dates are within 15 days	let dry on plant and then cure for storage

Sugary (su)

SU varieties have modest amounts of sugar in their kernels, and they tend to have pretty fine corn flavour. But their conversion of sugar to starch is rapid, so they have a narrow harvest window before the flavour deteriorates. They tend to have good plant vigour. To avoid cross-pollination and poor quality, SU varieties must be isolated from (OP) field corn and popcorn. They must also be isolated from the supersweet (sh2) group. First developed circa 1902.

Sugary Enhanced (se)

The SE gene improves the eating quality over SU varieties by slightly increasing the level of sugars in the kernels. SE varieties also have a very tender outer layer of the kernel. The SE gene does not slow the conversion of sugars to starch but the harvest window is slightly longer than with SU varieties because of elevated sugar levels. SE varieties do not require isolation from SU varieties, but they do require isolation from SH2 and (OP) field or popcorn. SE hybrids first appeared in the 1950s.

Supersweet or Shrunken-2 (sh2)

Supersweet or shrunken-2 types have four to ten times the sugar content of normal sugar (su) types and with proper handling are able to be stored for up to 10 days. They're less hardy than sugary enhanced (se) types, requiring higher soil temperature for germination, precise planting depth, and isolation from all other corn pollen for optimum results. The name derives from the shriveled appearance of the dried kernel. First hybridized in the 1950s.

Triplesweet or Synergistic (sy)

Synergistic varieties combine more than one line of genetics on the same ear. The first varieties developed of this type have 25% SH2, 25% SE and 50% SU kernels on the cob, but now different combinations are possible. There is an increasing number of brand names and trademarks that cover specific genetic combinations under this general type of hybrid.

NORMAL SUGARY HYBRID (SU)

Zea mays



Golden Jubilee CN361

F1 (su), 95-105 days. Golden Jubilee is the highest-yielding, main-crop variety for canning or freezing. The tall plants bear 23cm (9") ears that have 16-20 rows of deep, sweet, yellow kernels with excellent flavour. This has been a customer favourite for over 20 years. (4-5 s/g)

A 10g	B 50g	C 225g	D 1kg	E 5kg
\$4.69	\$7.99	\$22.99	\$74.99	\$249.99

Zea mays



Honey and Cream CN379

F1 (su), 80-90 days. The old-fashioned corn flavour of this West Coast Seeds Classic is exceptionally fine. The succulent, 18cm (7") cobs have 12 rows of extremely creamy and flavourful kernels. Honey & Cream is resistant to Common Rust and Northern Corn Leaf Blight. (3-6 s/g)

A 10g	B 50g	C 225g	D 1kg	E 5kg
\$3.69	\$6.99	\$14.99	\$54.99	\$219.99

OP SWEET

Zea mays



Golden Bantam CN373

OP, 85-95 days. This heirloom produces 8 rows of large, yellow kernels on 12-18cm (5-7") cobs. Plants grow 1.5-2m (5') tall. The sweet flavour is fantastic for fresh eating or freezing on the day it is picked. Golden Bantam was first introduced to the market in 1902 by W. Atlee Burpee. (3-5 s/g)

A 25g	B 50g	C 225g	D 1000g	E 5000g
\$4.49	\$5.99	\$11.99	\$44.99	\$129.99

POPCORN / ORNAMENTAL

Zea mays everta



Pink Popcorn CN365

OP, 85 days. Tall, highly ornamental plants produce two cobs each that can reach 15cm (6") long. Dry the cobs with the pink kernels intact and then knock them loose for storage and popping. Enjoy fluffy white popcorn with a distinctive nutty flavour. This variety is one of the earliest of all popping types. (7-9 s/g)

Zea mays everta



Calico Popcorn CN386

OP, 90-105 days. Tiny kernels dot these 15cm (6"), multicoloured cobs in yellow, brown, white, purple, red, and blue. Use for edible popcorn, or simply as ornaments to mark the harvest season in early fall. Give the tall, slow growing plants as early a start as possible for the greatest number of ripe cobs. (6-8 s/g)

Zea mays everta



Glass Gem Certified Organic CN396

OP, 105 days. Words don't do justice to the multicoloured, translucent, gem-like kernels on these amazing organic, cobs. The plants are sturdy and grow 6-8' tall, with several 18-20cm (7-8") long ears. The kernels can be popped or ground into flour, or simply enjoyed for fall displays. (6-8 s/g)

Zea mays



Double Red Certified Organic CN398

OP, 85-100 days. This delicious, early, organic sweet corn has variably red and purple kernels inside red husks on stocky, red-stemmed plants. Expect one to two 15-20cm (6-8") ears per plant. This ancient heirloom was cultivated by the Hopi people of the American southwest. Enjoy the sweet flavour immediately after harvest, or dry for use as corn flour. (6-7 s/g)

A 10g	B 50g	C 100g	D 1kg
\$4.49	\$9.99	\$10.99	\$69.99

A 10g	B 50g	C 250g
\$4.99	\$9.99	\$24.99
D 1kg	E 5kg	
\$69.99	\$256.99	

A 10g	B 50g	C 250g
\$5.99	\$16.99	\$59.99
D 1kg		E 5kg
\$189.99		\$719.99

A 10g	B 50g	C 100g
\$5.69	\$14.99	\$21.99
D 1kg		E 5kg
\$170.99		\$673.99

POPCORN / ORNAMENTAL

Sorghum bicolor



Mixed Colours Broom CN388

OP, 100-110 days. This tall heirloom cousin of corn produces huge seed heads 60-100cm (24-36") long. It is both a tasty grain and a highly prized ornamental for the garden. The stalks are used for making brooms. It is widely adapted to a variety of growing conditions and very easy to grow. (40-43 s/g)

A 2g	B 10g	C 50g	D 250g	E 1kg
\$3.69	\$5.99	\$9.99	\$29.99	\$89.99

Zea mays everta



Caramel Crisp Popcorn CN374

F1, 105 days. This corn produces upright stems with large cobs and kernels that pop into huge, uniquely mushroom-shaped popcorn. This variety has excellent disease tolerance and is popular in the confectionery industry. Instructions for curing popcorn seeds are available on our website. (4-6 s/g)

A 10g	B 50g	C 225g	D 1kg	E 5kg
\$4.99	\$7.99	\$16.99	\$54.99	\$219.99

SUGARY ENHANCED HYBRID (SE)

Zea mays



Kandy King CN387

F1 (se), 73 days. Good rates of cool-soil emergence and a short growing season make this variety number one for early cropping. Tender and sweet yellow kernels grow on long, slender 20-22cm (8-9") ears. Kandy King holds its sweet flavour in refrigeration for up to ten days after picking.

A 50s	B 200s	C 1000s	D 5000s	E 25,000s
\$4.69	\$6.99	\$17.99	\$74.99	\$289.99

SUGARY ENHANCED HYBRID (SE)

Zea mays



Peaches and Cream Early CN369

F1 (se), 70 days. Bicolour. Peaches & Cream is a fantastic mid-season hybrid with 22cm (8½") cobs with 18-20 rows each of white and gold kernels. The kernels actually produce two different flavours in every bite. This popular standby produces productive, 2m (6') tall plants and very sweet cobs. (4-6 s/g)

A 10g	B 50g	C 100g	D 1kg	E 5kg
\$3.69	\$8.99	\$10.99	\$64.99	\$249.99

Zea mays



Sugar Buns CN380

F1 (se), 70-80 days. This is the earliest gourmet SE type in our trials. It is delightfully tender with a rich, creamy sweetness packed in fourteen rows of yellow kernels on a slim, 19cm (7½") ear. Two ears grow on each sturdy, 1.5-2m (5-5½") plant. Sugar Buns freezes particularly well. (4-7 s/g)

A 20g	B 50g	C 225g	D 1kg	E 5kg
\$6.49	\$9.99	\$26.99	\$89.99	\$269.99

Zea mays



Bodacious CN382

F1 (se), 80-90 days. Bodacious ears are large at 20cm (8") and very sweet and tender. The husk is an attractive dark-green colour and kernels are vivid yellow. This variety is highly recommended for premium corn-on-the-cob or for freezing and canning. (6-8 s/g)

A 20g	B 50g	C 225g	D 1kg	E 5kg
\$5.49	\$7.99	\$24.99	\$99.99	\$329.99

SUPERSWEET HYBRID (SH2)

Zea mays



Jubilee Super Sweet CN370

F1 (sh2), 85 days. Jubilee Super Sweet combines the eating quality of hybrid sweet (su) with the extra sweetness of a super sweet. Tall, 2.4m (8') plants yield 20-23cm (8-9") ears with 18 rows of yellow kernels. They have incredibly sweet flavour with a very deep yellow colour.

A 50s	B 250s	C 1000s
\$4.69	\$11.99	\$26.99
D 5000s	E 25,000s	
\$109.99	\$289.99	

Zea mays



Simplicity CN381

F1 (sh2), 76 days. Bicolour. Each 20cm (8") long cob is well covered by dark green husks that extend past the tip. They bear 16-18 rows of sweet, juice-packed kernels with high sugar content and an extended shelf life. The flavour is excellent and the cobs have superior tip fill. This corn has intermediate resistance to rust, Stewart's Wilt, and Northern Corn Late Blight.

A 50s	B 250s	C 1000s
\$4.99	\$9.99	\$32.99
D 2500s	E 10,000s	
\$59.99	\$179.99	

SYNERGISTIC HYBRID (SY)

Zea mays



Allure

Certified Organic CN395

F1 (sy), 75 days. Bicolour. This alluring variety is the first organic synergistic hybrid available to home growers. Its seeds germinate well in cooler soils, producing very vigorous seedlings. The plants reach 2.1m (7') by mid-season, setting ears at 70cm (27") from the ground. The bi-colour ears are slender, but very well filled, all the way to the tip at 20cm (8") long. Best of all, the ears have very good holding ability and a decent post-harvest shelf life. Excellent disease resistance.

A 50s	B 250s	C 1000s
\$6.49	\$15.99	\$49.99
D 5000s	E 25,000s	
\$189.99	\$749.99	

Zea mays



Honey Select CN363

F1 (sy), 79 days. Honey Select is a hybrid type with two types of kernels: 75% sugar enhanced/25% supersweet. Elegant, 22cm (9") long ears with 18-20 rows of bright yellow, crunchy kernels. Bred for the home gardener, this AAS Winner needs no isolation from other varieties. Expect two ears per plant. (4-7 s/g)

A 10g	B 50g	C 225g
\$4.69	\$10.99	\$26.99
D 1kg	E 5kg	
\$84.99	\$329.99	

Zea mays



Picasso CN394

F1 (sy), 75 days. Bicolour. Picasso's large, well-filled cobs grow to 20cm (8") long, with husks striped in red and bright pink tassels. The rest of the 2m (6½') tall plants bear attractive red markings, making it quite an ornamental variety. Picasso combines the best of three breeding lines for great value.

A 50s	B 250s	C 1000s
\$4.69	\$9.99	\$29.99
D 2500s	E 10,000s	
\$54.99	\$159.99	

CORN SALAD

Valerianella locusta

Corn salad is not widely known in North America though it has been cultivated in European kitchen gardens for several centuries and remains a popular crop on the fine dining table, where it is known as lamb's lettuce or mâche. Its cold hardiness and petite size make it an excellent crop for smaller gardens and even containers. The succulent leaves and mild, nutty flavour work with any salad dressing, and the whole rosettes complement salad mixes well. Barbarea verna.

Growing corn salad

Timing: Sow corn salad as soon as soil is workable and again in early fall. Ideal temperature: 5-18°C (45-65°F). Seeds sprout best in cool, moist soil. Seeds germinate in 7-21 days. **Starting:** Sow 3 seeds per inch 1cm (0.5") deep in rows 30cm (12") apart. Thin to 5cm (2") apart. Days to Maturity: From direct sowing.

Growing: Grow in light, fertile soil with a pH range of 6.5-7.0. Corn salad grows best in a bed that was fertilized after summer crops have been harvested, so it's perfect for following any crop that ends in September, like bush beans or lettuce. Try filling a raised bed with corn salad for fall & winter harvests: 50' of planted row will provide a big bowl of tender leaves harvested once a week. **Harvest:** Bunch small groups of leaves together and cut with a sharp knife 2-5cm (1-2") above the soil, so the plants can grow back. Or sow very densely, and gradually thin the plants throughout winter, cutting them at the soil line. Corn salad leaves frequently come in contact with soil, so rinse them thoroughly. Seed Info: In optimum conditions at least 75% of seeds will germinate. Usual Seed Life: 3 years. Per 100' row: 3600 seeds, per acre: 257.4M seeds.

Valerianella locusta



Granon

Certified Organic MS477

OP, 30 days. This organic corn salad was selected for its upright rosette form and speedy growth. The oval to round, dark green leaves have a very nice flavour. Grow in the open field or under glass. This is a good choice for fall and late fall, and early spring growing. (703-879 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$9.99	\$32.99
D 125g	E 500g	
\$109.99	\$329.99	

Valerianella locusta



Vit Corn Salad MS478

OP, 50 days. With names as varied as Lamb's Lettuce, Field Salad, Mâche, Fetticus, and Rapunzel, the petite, succulent, green leaves of this plant are very cold hardy. They have a mild and nutty flavour, and are lovely eaten raw in salads or cooked like spinach. (369-462 s/g)

A 1g	B 5g	C 25g
\$3.99	\$5.99	\$9.99
D 125g	E 500g	
\$16.99	\$49.99	

Staff Tips

"When you have healthy soil, you attract worms that benefit the soil with aeration and worm castings, which helps produce healthy happy plants." Sharon Hagel, Retail Store Assistant Manager

"If you want to turn your hydrangeas blue from pink, you can add an empty Coke can in the soil near the base of the plant. Acidity levels dictate the color of the hydrangeas. Low acidity = pink, high acidity = blue. The aluminum increases the acidity in your soil. Alternatively, you can turn blue hydrangeas pink by applying garden lime to the soil." Sukh Sekhon, Financial Controller

CRESS

Lepidium sativum

Each of the cress variations has its own charms, but all of them have a slightly spicy, pepper-like flavour that combines well with nearly anything savoury, from cheese to cured meats. They are grown for use as baby greens, adding a touch of spice and flavour to salad mixes and sandwiches. The marriage of cress and cream cheese is simply divine. Cress can be grown indoors, under grow lights, or outdoors from early spring to late fall (and all winter on the B.C. coast if some frost protection is provided). These fast growing, cold-tolerant plants work well in containers, and belong in the lexicon of all chefs, both professional and novice.

Barbarea verna



Belle Isle Upland Cress Certified Organic MS559

OP, 50 days. Botanically different from the other cresses, this biennial grows more slowly and is also slower to bolt. Once established, it is very easy to grow. It's a super cold-hardy addition to salads, and blends well with milder greens like chickweed. (956-1196 s/g)

A 0.25g	B 1g	C 5g	D 25g	E 100g
\$3.69	\$4.99	\$9.99	\$29.99	\$89.99

Lepidium sativum



Curly Cress Peppergrass MS495

OP, 10 days. These fast-growing, frilly leaves seem to leap out of the ground. A little bit of Peppergrass really perks up a salad or sandwich. Plant a small amount frequently or grow indoors as microgreens. (397-497 s/g)

A 1g	B 5g	C 25g	D 125g	E 500g
\$3.69	\$4.99	\$6.49	\$9.99	\$26.99

Lepidium sativum



Persian Cress Certified Organic MS555

OP, 21 days. The leaves of this organic cress are flatter, with distinctly serrated margins. The peppery flavour is a touch milder, but still tangy enough for salads and sandwiches. It makes an excellent microgreen. Grow outdoors in early spring and again in the fall and winter. (360-450 s/g)

A 0.5g	B 2.5g	C 10g	D 50g	E 250g
\$3.69	\$4.99	\$9.99	\$29.99	\$109.99

WATERCRESS

Nasturtium officinale

Growing watercress

Timing: Start indoors in April or direct sow outdoors in late May, and again in September for fall harvests. Optimal soil temperature: 10–15°C (50–60°F). **Starting:** Sow seeds 5mm (1/4") deep and keep the soil constantly moist. The edge of a brook works well, or a flooded greenhouse. Thin seedlings to 10cm (4") apart. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.5–7.5. Watercress prefers fertile, humus-rich soil in full sun to partial shade. It will grow well in containers if soil moisture can be kept constant. The best method is with drip irrigation and free drainage. Pots sitting in water tend to go stagnant and may result in stinky anaerobic bacteria. **Harvest:** Harvest leaves and stems at any time, but left to grow, it will develop into a large mat of succulent foliage. Seed Info: In optimum conditions at least 35% of seeds will germinate. Usual seed life: 3 years.

Grow watercress for its spicy, crisp, succulent foliage and place in the perennial food garden. It is one of the oldest known leaf vegetables consumed by humans and one of the most nutrient dense.

Nasturtium officinale



Watercress MS496

OP, 60 days. This perennial cress is rich in vitamins with a distinctive flavour for salads and vegetarian dishes. Small, dark green leaves grow on crisp stems. The peppery flavour of watercress is at its peak in the cooler season, fading after the plant flowers. See website for more growing instructions. (3843-4804 s/g)

A 0.25g	B 5g	C 25g	D 125g	E 250g
\$3.69	\$10.99	\$32.99	\$119.99	\$199.99

SEED LONGEVITY: SAVING & STORING

Seed Longevity

One of the factors that most influences the germination rate of seeds is how they are stored. Like the plants that produce them, seeds come in all sorts of forms and sizes. They are also variable in their longevity. Since seed packets often contain more seeds than might be needed in one season, it's important for gardeners to learn how to store seeds. Vegetable seeds that are considered "long-lived" include the Brassicas (broccoli, Brussels sprouts, cauliflower, cabbage, collards, kale, kohlrabi), the chicory group (endive, escarole, radicchio), cucumber, lettuce, melons, mustards, peppers, radish, rutabaga, sunflower, tomato, and turnips. Stored correctly, these seeds should maintain a good viability for more than five years. "Medium-lived" varieties include beans, carrots, celery, chard, eggplant, parsley, peas, pumpkin, and squash.

Saving Seeds

Choose open pollinated (OP) seeds from a crop to plant again next season. Open pollinated plants are produced by crossing two parents from the same variety, which in turn produce offspring just like the parent plants. Depending on many factors in the selection process, there may be non-conforming plants (off types) in an open pollinated variety. Open pollinated varieties are also subject to something called genetic drift, which can occur if off-types are allowed to contribute to the gene pool. In seed breeding, only the best, most desirable fruits are selected for seed harvesting. Seeds from less-than-perfect fruits are discarded.

Storing Seeds

The secret to successful seed storage is to keep them cool and dry. As soon as this season's seeds arrive, store them in an airtight container in a cool spot, away from any obvious heat source, and out of the sunlight. Try to store them between 4–10°C (40–50°F). The refrigerator is not ideal, as humidity tends to fluctuate inside. When chilled seeds are exposed to air, harmful condensation may occur. Freezing may kill many seed types. Some people like to include desiccant packets with their seeds to ensure a dry environment. One other trick is to wrap a teaspoon of milk powder in a piece of tissue and use this the same way. This will absorb any available moisture in the airtight container.

CUCUMBERS

Cucumis sativus

Provide cucumber plants with the warmth they desire and a support to climb, and they will produce amazing numbers of fresh, crunchy fruits. They are easy to grow, and once they get going in mid-summer they seem unstoppable. They belong in the family Cucurbitaceae, along with their cousins the melons and squash.

Growing cucumbers

Timing: Cucumbers need very warm soil to germinate. If direct sowing, wait until late spring or early summer. If the weather turns cool and rainy after planting, seeds might need to be re-sown. For transplants, start in individual peat pots 3–4 weeks before setting out into warm soil. Transplant when the plants develop their third leaf. If the plants are too big, they may experience transplant shock. Optimal soil temperature: 15–30°C (60–85°F). **Starting:** Sow 3–4 seeds 2cm (1") deep in each growing spot. Thin to the strongest plant. Space plants 23cm (9") apart in rows 90cm (36") apart. Days to Maturity: from transplant date.

Growing: Ideal pH: 6.0–6.8. Plant in warm, well-drained soil. Raised beds work well. Add compost or well-rotted manure to the bed and complete organic fertilizer mixed into the soil beneath the transplant. Cucumbers are vigorous and need lots of nutrition and water. Use plastic mulch, plant

under floating rowcovers or cloches — anything to warm things up. Once the weather warms up, keep soil evenly moist. When plants begin to flower, remove covers so bees can access the flowers to pollinate. Fruit that is not fully pollinated might be small and shriveled, and should be removed from the plant. Most varieties should produce fruits until the weather cools down. Keep plants well picked for better production. Try to water the soil only, keeping the leaves as dry as possible. If plants get off to a good start, few pests will bother them. Powdery mildew may settle on leaves in late summer. To minimize this, avoid overhead watering, and try to keep the plants themselves dry. **Harvest:** Pick fruits when they reach the size shown on the packet for each variety. Carefully picked plants should continue to produce all season. Seed Info: In optimum conditions at least 80% of seeds will germinate. Usual Seed Life: 3 years. Per 100' row: 240 seeds, per acre: 35M seeds.

CUCUMBER GLOSSARY

Beit Alpha

A breedline line of cucumbers that originated in the eastern Mediterranean, as opposed to English or Dutch types from northern Europe.

Burpless

Bred for digestion. These will not produce the gassiness that some people experience after eating cucumbers.

Gynoecious

Having mostly female flowers for increased

productivity.

Monoecious

Plants that bear both male and female flowers.

Parthenocarpic

Having all female flowers, in order to produce seedless cucumbers. These do not require any pollination but will produce seeds if they are pollinated. Seeds may appear naturally in such fruits if harvested late in the season.

Melothria scabra



Cucamelon CU413

OP, 67 days. AKA Mexican Sour Gherkin, cucamelon vines are slender and delicate, with fruits that are both cute and novel. They have a very appealing cucumber flavour with slight citrus notes. Harvest them at the 2cm (1") size, before the seeds develop. This heat loving plant is most productive in hot weather or a greenhouse setting.

A 30s	B 100s	C 250s
\$3.89	\$6.99	\$10.99
D 1000s	E 5000s	
\$19.99	\$64.99	

Cucumis sativus



Crystal Apple CU396

OP, 65 days. At maturity, these novel heirloom cucumbers resemble Granny Smith apples with their pale green skins and round shape. Pick the smooth, tender fruits when they're young for the best eating quality. This variety dates back to 1934. The plants are tidier than Lemon cucumber. (35-47 s/g)

A 1g	B 5g	C 25g	D 125g
\$3.89	\$4.99	\$10.99	\$29.99

Cucumis sativus



Lemon Cucumber CU399

OP, 70 days. These attractive heirloom cucumbers are small and round with lemon-coloured skin. The lime-green flesh is very mild, sweet and never bitter. They're very nice for slicing and easy to digest. The vigorous long vine does well on a trellis or fence. This productive variety was introduced to the US market from Australia by Samuel Wilson in 1894. (32-50 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$7.99
D 125g	E 500g	
\$22.99	\$74.99	

Cucumis sativus



Green Dragon CU402

F1, 60 days. Substantial fruits grow to 25-36cm (10-14") long, with linear indentations and spines that are easily wiped away with a cloth. This burpless slicer has a nice flavour. Trellis for the straightest fruits. (29-37 s/g)

A 1g	B 5g	C 25g	D 125g
\$3.99	\$6.99	\$22.99	\$54.99

Cucumis sativus



Ishtar CU416

F1, 52 days. Ishtar can be field grown, but performs best in a greenhouse from spring to autumn. It's a smooth-skinned, parthenocarpic, Beit Alpha type, with 14cm (5½") long, cylindrical fruits. This variety boasts intermediate resistance to Powdery Mildew, so it's great for coastal growers.

A 5s	B 25s	C 125s
\$4.69	\$9.99	\$29.99
D 500s	E 2500s	
\$84.99	\$349.99	

Cucumis sativus



Olympian CU400

F1, 65 days. This mid-season Marketmore type is a gynoecious hybrid that performs well in the greenhouse or outdoors. Each plant produces lots of firm, thin-skinned fruits with crisp flesh. The fruits are 18-23cm (7-9") in length. They have tolerance to Anthracnose, angular leaf spot, scab, powdery and downy mildew. (35-37 s/g)

A 1g	B 5g	C 25g	D 125g
\$3.99	\$7.99	\$24.99	\$89.99

Cucumis sativus



Marketmore CU390

OP, 68 days. This improved Marketmore type grows well in cool coastal gardens, producing lots of fruit later in the season. The fruits are 20-23cm (8-9") long, bright green, sweet, and tapering at both ends. Marketmore 76 is resistant to scab, powdery & downy mildew, and mosaic virus. (35-42 s/g)

A 1g	B 5g	C 25g
\$3.99	\$4.99	\$6.99
D 125g	E 500g	
\$16.99	\$64.99	

Cucumis sativus



Mercury CU395

F1, 55 days. This was a standout in our cucumber trials for flavour and productivity. Mercury is an exceptionally early Beit Alpha type. The fruits are 20cm (8") long with thin, shiny, dark skins and crisp, sweet, flavourful flesh. The plants are very productive both outdoors and in the greenhouse, and they're suitable for pickling when picked at an immature stage. (28-31 s/g)

A 1g	B 5g	C 25g	D 100g
\$3.99	\$7.99	\$21.99	\$74.99

Cucumis sativus

Mini-Me Certified Organic CU382

F1, 45 days. This parthenocarpic, early, organic variety bears an abundance of 7-8cm (2.5-3 inch) fruit that are perfect for snacking. Mini-Me is a productive plant that performs well in the field as well as in greenhouses as it does not require pollination. The mini cucumbers are uniform with smooth skins and crisp, mildly sweet flesh.

A 10s	B 25s	C 50s
\$5.99	\$9.89	\$13.99
D 250s	E 1000s	
\$43.99	\$141.99	

Cucumis sativus

Patio Snacker CU381

F1, 50-55 days. These compact little plants grow to only 91-152cm (36-60"), but produce full-sized slicing cucumbers from mid-summer on. Trellis the little plants in large containers, or try planting them in hanging baskets so the fruits can hang.

A 10s	B 25s	C 125s
\$4.99	\$7.99	\$24.99

Cucumis sativus

Roxynante Certified Organic CU391

F1, 45 days. This long English-type, organic hybrid produces tasty, dark green fruits to 38cm (15"), with firm, refreshing flesh. Grow this parthenocarpic variety in isolation from other cucumbers to produce seedless fruits that do not require pollination. The productive plants feature two fruits per node. Trellis for straight fruits.

A 5s	B 25s	C 100s
\$11.99	\$49.99	\$129.99
D 200s	E 1000s	
\$219.99	\$929.99	

Cucumis sativus

Socrates Certified Organic CU414

F1, 52 days. Socrates is a thin-skinned Beit Alpha, organic variety bred for cool conditions in the autumn and early spring. The 18-20 cm (7-8") fruits are sweet and crunchy. This is a parthenocarpic variety and thrives in both poly tunnels and in the field. This RHS Award of Garden Merit winner and has good resistance to scab and powdery mildew.

A 5s	B 25s	C 100s
\$9.99	\$32.99	\$84.99
D 500s	E 1000s	
\$329.99	\$499.99	

Cucumis sativus

Suyo Long Certified Organic CU394

OP, 60-70 days. Trellis these distinctive organic Chinese cucumbers for straight, dark green, 30cm (12") long fruits. The prolific vines produce mild to sweet, crisp cukes that are almost seedless and perfect for salads and pickles. The fruit has the traditional ridges with white spines that can easily be brushed off with a tea towel. (31-32 s/g)

A 1g	B 5g	C 25g	D 100g
\$4.99	\$9.99	\$32.99	\$84.99

Cucumis sativus

Tasty Emperor CU417

F1, 65 days. These Japanese style long cucumbers are slender, early, and thin-skinned. The high-yielding plants are productive for a long period with fruits growing 25-30cm (10-12") long. They have superb flavour and crisp, crunchy flesh. Trellis for the straightest fruits. (35-45 s/g)

A 0.25g	B 1g	C 5g	D 25g	E 100g
\$5.49	\$6.99	\$21.99	\$69.99	\$219.99

Cucumis sativus

Tyria Certified Organic CU415

F1, 58 days. This organic, long English cucumber is incredible. The mildly sweet flesh is rarely bitter, and covered by lightly ribbed, but smooth and tender skin. The parthenocarpic plants are highly productive in poly tunnels or in the open field, but trellis them for the straightest fruits up to 35cm (14") long. Resistant to scab and powdery mildew.

A 5s	B 25s	C 100s	D 500s	E 1000s
\$13.99	\$59.99	\$169.99	\$549.99	\$859.99

PICKLING CUCUMBERS

Cucumis sativus

Artist Gherkin (Coated) CU419

F1, 45 days. This spiny little hybrid was bred for the perfect gherkin pickles. Fruits can be picked at 2.5cm (1") but even when the odd one grew to 10cm (4") in our trials, they never became bitter. The productive plants kept the crop coming all summer in the field and in a greenhouse. The large, bushy plants are parthenocarpic.

A 15s	B 50s	C 250s
\$4.99	\$7.99	\$23.99
D 1000s	E 2500s	
\$58.99	\$124.99	

Cucumis sativus

Excelsior Certified Organic CU412

F1, 65 days. Excelsior is an outstanding organic pickling variety for full season production. The plants are open and vigorous in habit with medium to dark-green fruits averaging 10-12cm (4-5") in length. High resistance to Corynespora and scab, with intermediate resistance to powdery mildew, cucumber mosaic virus, and vein yellowing virus.

A 10s	B 50s	C 200s
\$6.99	\$18.99	\$58.99

Cucumis sativus

Homemade Pickles CU407

OP, 60 days. These pickling cucumbers are medium green with small white spines and a crisp interior. Pick them at 5cm (2") for baby pickles or wait for larger ones. In time, they can grow to around 13cm (5") long. The plants are vigorous with excellent disease resistance and high yields. (39-42 s/g)

A 0.5g	B 5g	C 25g
\$3.29	\$5.99	\$15.99
D 100g	E 500g	
\$26.99	\$69.99	

Cucumis sativus

Wisconsin SMR-58 CU405

OP, 55 days. This "everbearing" heirloom variety was developed at the University of Wisconsin in 1959. It produces masses of small, crisp, sweet fruits over the whole growing season if kept picked, and it's one of the best for pickling. Ours performed better outdoors than in the greenhouse in our trials. It is resistant to scab and Mosaic virus. (37-43 s/g)

A 0.5g	B 5g	C 25g	D 100g
\$3.49	\$4.99	\$7.99	\$21.99

EGGPLANT

Solanum melongena

These surprisingly attractive plants are quite easy to grow and given long, hot summers will produce pretty, purple flowers followed by an array of shapes and colours of fruit across a spectrum of varieties. You can choose from Chinese varieties (elongated), Indian (egg-shaped) and Mediterranean (pear-shaped), each featuring prominently in their respective cuisine with their ability to readily absorb flavour. Grown in the garden and harvested at the peak of ripeness, their texture and richness will convert the uninitiated. The plants, which work well in containers, grow to about 60cm (24") tall. It is a cousin of the tomato, pepper, and potato in the family Solanaceae.

Growing eggplant

Timing: Sow indoors 8-10 weeks before planting out. Use bottom heat and keep seedlings warm. Optimal soil temperature: 24–32°C (75–90°F). Seeds should germinate in 7–12 days. **Starting:** Sow seeds 5mm–1cm (0.2–0.4") deep. Use individual peat pots to reduce disturbance to the roots when transplanting. Transplant with 45–60cm (18–24") between plants. 3–5 gallon containers work well. Days to Maturity: From transplant date. **Growing:** Ideal pH: 5.5–6.0. Soil should have abundant phosphorus and calcium, so add lime and compost to the soil 3 weeks prior to planting. Add complete organic fertilizer mixed into the soil beneath the transplant. Use a clear plastic cloche or floating row cover to help growth by increasing warmth. Cool temperatures increase leafy growth, but fruit will not set. To prevent rot and wilt, plant in well-drained soil and follow a 4-year crop rotation. If cutworms are a problem, use paper collars at the plant base. To prevent the spread of Tobacco Mosaic Virus to plants, wash hands after handling tobacco before touching plants and control aphids, which can spread the disease. **Harvest:** When fruit has stopped rapid growth and the skin is still shiny, harvest with scissors. Do not pull them off the plant. Seed Info: In optimum conditions at least 65% of seeds will germinate.

Solanum melongena



Black Beauty Certified Organic EG414

OP, 74 days. Dark purple-black, glossy-skinned, 0.5-1kg (1-3lb) fruits that form early on sturdy organic plants. This productive heirloom has been grown for over 100 years. With sufficient heat and soil nutrition, Black Beauty can be very productive. It performs well in containers that are five gallons or larger. (172-238 s/g)

A 0.25g	B 1g	C 5g
\$3.89	\$8.99	\$26.99

Solanum melongena



Diamond Certified Organic EG427

OP, 75-85 days. Diamond is an early maturing, organic eggplant and can be productive even in northern climates. Ideal for growing in regions with short seasons or those with cool summers. The appealing, slender 10-15 cm (4-6 inch) dark purple fruits hang in clusters and have a nice, firm texture with mild flavour and no bitterness.

A 50s	B 200s	C 1000s
\$3.49	\$4.99	\$9.99
D 5000s	E 25,000s	
\$28.99	\$112.99	

Solanum melongena



Eggplant Blend EG412

55-80 days. This premium variety pack includes five different eggplants, from the large black to the petite streaked and the long pale types. Ideal for containers, this blend reveals the diversity of these easy to grow fruits. Start the seeds in April, and harvest from mid-June into early September.

A 0.5g	B 2g
\$5.49	\$14.99

Solanum melongena



Fingerling long Purple EG419

OP, 60 days. Stocky, productive plants bear four or more fruits each. The dark purple, club shaped fruits reach 20-25cm (8-10") long with firm flesh that is mild in flavour. This heirloom arrived in American gardens back in the 1850s. It's a great choice for cooler northern areas. (246-281 s/g)

A 0.1g	B 1g	C 5g
\$3.29	\$4.99	\$6.99

Solanum melongena



Listada de Gandia Certified Organic EG428

OP, 75-85 days. This attractive bi-coloured, organic, heirloom eggplant is both a pleasure to the eyes as well as exquisite to eat. The plants produce plenty of 13-15cm (5-6 inch) oval shaped fruits covered with delightful purple and white speckles and firm but tender flesh.

A 50s	B 200s	C 1000s
\$3.69	\$5.29	\$12.29
D 5000s	E 25,000s	
\$35.99	\$144.99	

Solanum melongena



Little Finger Certified Organic EG430

This certified organic eggplant has slender, purple fruits with thin skins and sweet flesh. The 15cm (6") fruits have few seeds and grow in clusters. Best harvested young when skins are glossy. This early and productive eggplant is adapted for year-round growing and is a good choice for container growing. (265-280 s/g)

A 0.1g	B 1g	C 5g
\$3.99	\$11.99	\$39.99
D 25g	E 100g	
\$132.99	\$446.99	

Solanum melongena



Piccolo Certified Organic EG426

This hybrid eggplant has pretty purple and white speckled skin that covers firm flesh that is perfect for both stuffing and pickling. The charming 8cm (3") fruits are plump and oval and have a long shelf life. The parthenocarpic plants are vigorous and productive in the open field or greenhouse.

A 10s	B 25s	C 100s
\$6.99	\$11.99	\$32.99

Piccolo EG424 (Conventional)

A 10s	B 25s	C 100s
\$7.49	\$10.99	\$32.99

Solanum melongena



Thai Long Green Certified Organic EG429

OP, 75-80 days. The 25 cm (10 inch) long, slender green skinned fruits of this organic eggplant have tender and mild flesh that absorbs flavours well. The drought resistant plants can grow up to 60 cm (2 feet) tall and are mostly spineless. Try these unique fruits roasted, stir fried, or in stews and curries.

A 50s	B 200s	C 1000s
\$3.69	\$5.29	\$12.29
D 5000s	E 25,000s	
\$36.99	\$147.99	

Solanum melongena



Traviata Certified Organic EG417

F1, 58 days. Expect very uniform 15-20cm (6-8") fruits on this extra early organic eggplant for greenhouse or cloche tunnel production. Traviata has tasty flesh beneath shiny purple skins on extra large fruits. The plants are productive over a long period, producing abundant fruits throughout summer.

A 10s	B 50s	C 200s	D 1000s
\$7.49	\$16.99	\$45.99	\$159.99

FENNEL

Foeniculum vulgare

Growing fennel

Timing: Start indoors 4 weeks before the last frost date in individual peat or coir pots. Fennel dislikes root disturbance. Transplant or direct sow 4 weeks after last frost and continue with successions to mid-July. Ideal temperature for germination: 15–21°C (60–70°F). Seeds should

sprout in 10–14 days. **Starting:** Sow 3–4 seeds 1cm (1/2") deep. Thin or space to 20–30cm (8–12") in rows 45cm (18") apart. Days to Maturity: From direct sowing.

Growing: Grow fennel in a sunny position in well-drained loamy soil. If the soil is on the clay side, add some sharp sand to the bed. In the first year, fennel will grow to about 60cm (24") tall, but in mild areas plants can reach 2m (6') tall. **Harvest:** Use a knife to slice the bulb from the root when it has thickened to 5cm (2") or more across. If this is done carefully, smaller bulbs may sprout from the root later. Seed Info: In optimum conditions at least 75% of seeds should germinate. Usual seed life: 3 years. Per 100' row: 240 seeds. Per acre: 53M seeds.

Foeniculum vulgare var. dulce



Orion (Coated) Certified Organic HR1092

F1, 80 days. Orion's firm, large bulbs and extremely vigorous growth make this organic fennel an excellent choice. The substantial bulbs are crisp and juicy, with a very pleasant flavour. Bulbs keep particularly well, so they're great

for both home and market uses. (213-267 s/g)

A 0.1g	B 2g	C 5g	D 25g
\$6.99	\$36.99	\$54.99	\$189.99

Foeniculum vulgare var. dulce



Preludio Certified Organic HR1194

F1, 80 days. 50 days for baby bulbs. The quest for bolt-resistant bulbing fennel led to this new organic hybrid. Its bulbs are heavy and substantial, shiny smooth on the outside, and packed with flavour. They are dense and uniform, with firm,

crisp texture, and the tops are verdant and upright, so they look fabulous on the market table. This is the best variety for late summer and early fall harvests in most areas.

A 25s	B 100s	C 500s	D 2500s	E 10,000s
\$4.69	\$7.99	\$24.99	\$74.99	\$234.99

Foeniculum vulgare var. dulce



Selma Fino HR1089

OP, 80 days. Selma Fino's large, flat, white bulbs are a delicious treat at a summer meal. This superior strain of fennel will bulb reliably and doesn't bolt from a spring sowing. Shave thinly and add to salad, or grill whole. Add to stews for a sophisticated hint of licorice flavour. (209-262 s/g)

A 0.5g	B 2g	C 25g
\$3.89	\$6.99	\$19.99

GAI LAN

Brassica oleracea var. alboglabra

Also known as Kai Lan or Chinese kale, this variation is closely related to broccoli, and has a very similar flavour with a touch more bitterness. Unlike broccoli, it can be direct sown outdoors from spring to fall. Gai lan is delicious steamed. A classic Cantonese side dish is a simple stir-fry with garlic and oyster sauce. Gai lan is a classic member of the mustard family Brassicaceae. As with many of its cousins, timing is everything and it is a great candidate for succession planting.

Growing gai lan

See Growing Brassicas on page 12. Sow short rows every few weeks to avoid the whole crop coming ready at once. Grow in fertile soil in full sun. Gai lan is simplest from direct sowing. Sow the seeds 5mm (0.20") deep, and water with a mist sprayer. Thin seedlings to stand about 15–30cm (6–12") apart. Harvest stalks with leaves and flower buds intact by cutting each stalk near its base, before the flowers open. Tender side shoots may re-grow. It can be grown densely in containers and treated as a cut-and-come-again crop of baby leaves.



Brassica oleracea var. alboglabra

Green Pearl MU550

F1, 50-60 days. This Chinese broccoli is delicious and easy to grow and cook. Harvest the stalks just before flowers open. The stems are succulent — almost like asparagus in texture, with very nice broccoli flavour. (232-291 s/g)

A 1g	B 5g	C 25g
\$3.99	\$7.99	\$22.99
D 125g	E 500g	
\$69.99	\$199.99	

KALE

Brassica oleracea var. acephala

There are three distinct groups of kale: Mediterranean kale (long, thin leaves like Lacinato), Scottish kale (typically very curly leaves), and Russian or Siberian kale (finely serrated), which arrived in Canada in the mid-1800s. These days, there are also many crosses and combinations. Kale contains the highest levels of beta-carotene of any green vegetable. It's also high in vitamins A, C, K, and B6, along with potassium, calcium, and iron. Most kale plants will keep producing as long as they are kept picked.

KALETTES

Brassica oleracea var. acephala



Autumn Star Kalette KL449

F1, 110 days. Like Brussels sprouts, the kalettes form along the stem of each plant, but they are open like miniature kale plants, rather than closed like sprouts. Each one is about 5cm (2") in diameter, and they can be harvested for fresh raw eating, or cooked as an exciting new side dish. Autumn Star is the earliest of the kalettes to mature.

A 25s	B 100s	C 250s
\$12.99	\$36.99	\$69.99
D 500s	E 1000s	
\$98.99	\$165.99	

Brassica oleracea var. acephala



Mistletoe Kalette KL450

F1, 125 days. Mistletoe tends to mature during the holiday season. It is the tallest of the kalettes, with tender, sweet, bite-sized, open sprouts

forming along the whole stem. Sow and transplant at the same time as Autumn Star for an extended harvest window and discover the sweetness of winter-kissed kalettes.

A 25s	B 100s	C 250s
\$12.99	\$36.99	\$69.99
D 500s	E 1000s	
\$98.99	\$165.99	

Brassica oleracea var. acephala



Snowdrop Kalette KL451

F1, 140 days. Snowdrop matures in winter, after Autumn Star and Mistletoe. Sown and transplanted all together, they will produce a very long harvest window. Prepare to harvest in January and February, when most other crops are finished or fast asleep. The little sprouts are sweetened by frosty temperatures, and the colours are very much enhanced.

A 25s	B 100s	C 250s
\$12.99	\$36.99	\$69.99
D 500s	E 1000s	
\$98.99	\$165.99	

KALE

Brassica oleracea var. tronchuda



Beira Tronchuda KL435

F1, 55 days. The round leaves have a distinctive bluish green colour and prominent white midribs. The leaves are thick, with a flavour of Scots kale and cabbage. This hybrid version of traditional Portuguese kale has superb heat resistance in summer, but is also winter hardy with a flavour that is improved by frost.

A 50s	B 250s	C 1000s
\$4.99	\$14.99	\$36.99

KALE

Brassica oleracea var. *acephala***Darkibor (Coated) KL440**

F1, 75 days. Darkibor is the darkest of the blue-green kales, with finely curled leaves and intense flavour. This is an early-maturing kale for late summer and fall harvests. The plants are upright, easy to grow, and ideal for multiple harvests. Its dark leaves make very nice garnishes.

A 50s	B 250s	C 1000s	D 5000s
\$5.49	\$14.99	\$32.99	\$109.99

Brassica oleracea palmifolia**Lacinato Certified Organic KL439**

OP, 65 days. This elegant heirloom has long, dark green leaves that emerge from the central stem like ostrich plumes. It grows 1m (3') tall with deeply blistered, strap-like leaves that are frost hardy, but tender when cooked. Lacinato is sometimes called Dinosaur Kale due to its large size and distinctive, prehistoric look. It is an descendant of Mediterranean kale. (266-333 s/g)

A 1g	B 5g	C 25g
\$3.99	\$5.99	\$11.99
D 100g	E 500g	
\$27.99	\$79.99	

Lacinato KL425 (Conventional)
(272-341 s/g)

A 1g	B 5g	C 25g
\$3.29	\$5.99	\$10.99
D 100g	E 500g	
\$24.99	\$69.99	

Brassica oleracea var. *acephala***Starbor KL441**

F1, 50 days. These uniform, compact plants are the best kale choice for harvesting all in one go at 30-45cm (12-18") tall. The dark blue-green leaves are very tasty, and appealingly curled, with short inter-nodes — meaning they're packed more tightly on the stem than other types. Starbor is a Winner of the RHS Award of Garden Merit.

A 50s	B 250s	C 1000s	D 5000s
\$5.49	\$14.99	\$32.99	\$99.99

Brassica carinata**Ethiopian KL448**

OP, 48 days. As its name suggests, this cousin of kale is grown as a leafy green in Ethiopia. The leaves have a milder flavour and the flowers are highly attractive to honey bees. Grow it for tasty, nutritious baby greens or full size leaves. (220-275 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.49	\$4.99	\$9.99	\$16.99	\$51.99

Brassica oleracea var. *acephala***Rainbow Lacinato Certified Organic KL428**

OP, 65 days. A splendid organic cross of Lacinato with cold hardy Redbor produces these multicoloured plants. It is slower to bolt and more productive than Lacinato. The multicoloured hues of the leaves become pronounced after frost. (323-359 s/g)

A 0.25g	B 1g	C 5g	D 100g
\$3.99	\$9.99	\$17.99	\$169.99

Brassica oleracea**Storm (Pelleted) KL446**

These multi-seed pellets contain up to four different kale varieties each. Kale Storm is perfect for containers, or for simplifying planting in the garden row. Cool temperatures bring out the purple and blue colours in the leaves, so try some as a fall harvest container garden.

A 10s	B 50s	C 125s
\$5.99	\$15.99	\$36.99
D 500s	E 1000s	
\$99.99	\$129.99	

Brassica oleracea var. *acephala***Improved Siberian KL421**

OP, 50 days. Heavily frilled, large leaves with long succulent stalks grow to form stout, heavy-set dwarf plants only 30-42cm (12-15") tall and 60cm (24") wide. The leaves are bright blue-green, and ready for fresh use all winter. (443-554 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.69	\$4.99	\$7.99	\$16.99	\$59.99

Brassica oleracea var. *acephala***Redbor (Coated) KL424**

F1, 50 days. This tightly curled, dark red kale is a striking addition to salad blends. It is vigorous and cold-resistant, and the plants are 45-60cm (18-24") tall and deep mahogany red throughout. The leaves get even darker after frost. Redbor is a Winner of the RHS Award of Garden Merit. (228-286 s/g)

A 0.25g	B 1g	C 3.5g	D 10g
\$7.99	\$24.99	\$74.99	\$124.99

Brassica oleracea var. *acephala***Vates Blue Curled Scotch KL429**

OP, 50-80 days. Sow this slow-bolting Scottish kale in early spring, or July for fall and winter harvests. Vates is a low-growing dwarf type with finely curled blue-green leaves. It grows to only 30-40cm (12-16") tall, and about 60cm (24") in diameter, and is especially tender after a light frost. (351-439 s/g)

A 1g	B 5g	C 50g	D 500g
\$3.29	\$5.99	\$13.99	\$54.99

Brassica napus var. *pabularia***Red Russian Certified Organic KL438**

OP, 50 days. Frost really brightens up these flat, toothed, grey-green leaves with purple stems and veins. This Siberian heirloom was brought to Canada by Russia traders around 1885, and is sometimes referred to as Canadian Broccoli. It is richer in vitamins and minerals than other greens and is very disease resistant. (312-390 s/g)

A 1g	B 5g	C 25g
\$3.99	\$5.99	\$10.99
D 100g	E 500g	
\$22.99	\$69.99	

Red Russian KL426
(Conventional) (320-400 s/g)

A 1g	B 5g	C 25g
\$3.29	\$5.99	\$9.99
D 100g	E 500g	
\$15.99	\$59.99	

Brassica oleracea var. *acephala***Winterbor KL422**

F1, 60 days. Hybrid vigour really shows in this Scottish kale. The plants are very tall and extremely productive with thick, very curly, ruffled, blue-green leaves. When small, it allows for multiple pickings for salads. This is our hardest winter variety. Winterbor is a Winner of the RHS Award of Garden Merit. (210-263 s/g)

A 0.5g	B 2.5g	C 15g	D 100g
\$6.99	\$22.99	\$99.99	\$549.99

KALE

Brassica oleracea var. *acephala*



Winter Red Certified Organic KL432

OP, 50-80 days. This Red Russian-type kale was developed for uniform colour and cold hardiness. It's a tender salad kale that works well in a crop scheme with others for a continuous, year-round harvest. This kale is exceptionally sweet and delicious after a frost compared to other kales, with tender, dark red edible flower buds (napini) in the early spring. (294-368 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.99	\$5.99	\$12.99	\$38.99	\$139.99

KALE BLEND

Brassica oleracea



Summer Kale blend KL419

40-60 days. Grow the Summer Kale Blend in full sun to partial shade, in garden beds or patio containers. For tender baby leaf kale, sow every 3-4 weeks for a continuous supply and enjoy in salads and wraps, or chop into soups for added nutrition. Allow the strongest plants to continue maturing into the cool weather for a supply all winter.

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$10.99

Brassica oleracea var. *acephala*



Winter Blend KL420

50-80 days. This is a premium blend of our most popular cold-hardy winter kales for sowing mid-summer to harvest throughout the late fall and winter. When other vegetables crumble and wilt, these workhorses keep on producing. Frost improves the flavour and sweetness of these kales, and they will remain edible even in quite cold weather.

A 1g
\$5.99

KOHLRABI

Brassica oleracea var. *gongylodes*

Kohlrabi is firmer, sweeter, and milder than cabbage. Its popularity is growing among many gardeners and cooks, as it is a tasty and versatile vegetable that is easier to grow than many of its Brassica cousins. It is a delight for children to grow with its spaceship appearance in the garden. Peel the skin and grate or julienne the flesh for a fast and delicious coleslaw. Simply mix in some mayonnaise and a squeeze of lemon juice, and season with salt and pepper. Or chop into batons and toss with chili, lime, and salt for a tasty summer snack.

Growing kohlrabi

See Growing Brassicas on page 12. Spring-sown kohlrabi will get larger than tennis balls in fair soil, but aim to pick them when they are still less than 5-8cm (2-3") in diameter, so they will be sweet and tender. Fall grown kohlrabi can grow larger yet stay tender. Kohlrabi is frost hardy and may last well beyond Christmas in the garden. Per 100' row: 360 seeds, per acre: 104M seeds.

Brassica oleracea var. *gongylodes*



Superschmeltz KH432

OP, 70 days. This giant Swiss kohlrabi remains tender up to the largest sizes but must be spaced at least 30cm (12") apart. Its large root system lets it grow where water is limited. It handles winter weather well and can be harvested until April from a mid-summer planting. If left to mature, Superschmeltz can grow as large as a volleyball. (272-340 s/g)

A 0.5g	B 2.5g	C 10g
\$3.99	\$11.99	\$26.99

Brassica oleracea var. *gongylodes*



Kolibri KH434

F1, 55 days. This highly uniform kohlrabi has smooth purple skins over a crisp white interior. The colour is a pleasant surprise in the garden. Cook kohlrabi like carrots or slice them thinly into salads. Kolibri is a Winner of the RHS Award of Garden Merit. (157-197 s/g)

A 0.5g	B 2.5g	C 10g
\$6.49	\$19.99	\$36.99

Brassica oleracea var. *gongylodes*



Konan (Coated) KH436

F1, 50 days. This uniform and vigorous hybrid has large, light green bulbs and firm white flesh. These can reach 15cm (6") wide without losing any flavour or light texture. We grew this AAS Winner in our summer field trials, and it was a hit. The upright leaves are resistant to insect damage, so each one in the row looks perfect, which is good news for market growers and home gardeners alike.

A 25s	B 100s	C 500s
\$6.49	\$14.99	\$44.99
D 1000s	E 5000s	
\$59.99	\$249.99	

Brassica oleracea var. *gongylodes*



Purple Vienna KH437

OP, 55-65 days. This heirloom variety has long enjoyed its status as one of the standards for the home and market. Purple skin covers faintly greenish-white flesh with superb flavour. The tops are small, and the leaves are both colourful and edible. Harvest the attractive purple kohlrabis at 6cm (2") in diameter. (272-340 s/g)

A 1g	B 5g	C 25g
\$3.29	\$5.99	\$7.99
D 100g	E 500g	
\$14.99	\$35.99	

LEEKs

Allium ampeloprasum var. *porrum*

The goal for leek growers is to "blanch" the largest and longest portion of the stem by covering it with earth, either in trenches, or by hilling soil up around the stems as they grow. This prevents sunlight from contacting the blanched stem, which remains white and tender, and slightly sweet, while the dark green leaves of the plant become tough, chewy, and bitter. This crop can overwinter fantastically with winter varieties hardy down to zone 4 and can provide the table with flavour from late summer to spring.

Growing leeks

Timing: Start summer/fall harvest leeks in February/March in flats indoors. For mild winter areas, start winter harvest leeks from March to mid-June. Optimal soil temperature: 10-25°C (50-75°F). Seeds should sprout in 10-16 days. **Starting:** In flats: sow seeds 5mm (¼") deep, about 1cm (½") apart. Transplant when 20cm (8") tall or 6-8 weeks before last frost. Space 15-20cm (6-8") apart, in rows 45cm (18") apart. Days to Maturity: From transplant date. **Growing:** Ideal pH: 5.5-6.5. Leeks like fertile soil with lots of compost and ¼-½ cup complete organic fertilizer worked in beneath each 2m (6') of row. Use a dibber to make holes 15cm (6") deep. Set transplants at the bottom of the hole and cover with soil up to the first leaf notch. Leave the rest of the hole unfilled. Rain will fill it in as the leek grows. To blanch further, hill the soil up around the stem as the leek grows, or mulch with straw. **Harvest:** Dig any time the leeks are 2cm (1") in diameter or larger. Seed info: In optimum conditions at least 65% of seeds will germinate. Usual seed life: 1 year. Per 100' row: 240 seeds, per acre: 70M seeds.

Allium porrum



Alto - Varna Certified Organic LK443

OP, 60-80 days. This is the ultimate organic summer leek. It grows so quickly it can be harvested at the scallion size. Left to mature for late fall or early winter harvests, the white stalks can be up to 35cm (14") long and very slender with lighter green leaves. It has outstanding flavour and fine texture. (257-322 s/g)

A 0.5g	B 5g	C 15g	D 100g
\$3.99	\$9.99	\$16.99	\$74.99

LEEKS

Allium porrum
Bandit (Coated)
Certified Organic LK441

OP, 135 days. This sturdy winter harvest leek comes from Dutch breeding. Dark blue-green leaves are distinctive in the winter garden. Enjoy the incredible flavour and sweetness of these leeks all winter long. They are slow to bolt and should remain in good condition into April. The thick stems show very little bulbing. (311-389 s/g)

A 0.5g	B 5g	C 25g
\$6.49	\$32.99	\$109.99

Allium porrum
Comanche
Certified Organic LK451

F1, 105 days. This is one of the finest organic leeks for mid-summer to early fall harvests. The impressive shanks are topped by upright leaves and they hold well in the field providing a long and flexible harvest window. The flavour is excellent.

A 50s	B 200s	C 1000s
\$7.99	\$22.99	\$84.99
D 5000s	E 25,000s	
\$264.99	\$1,117.99	

Allium porrum

HILL
SOIL UP

Tadorna
Certified Organic LK445

OP, 100 days. This is a very reliable, vigorous, organic leek with dark blue-green leaves and a medium length blanched shank. Harvest in October and November. Tadorna will overwinter in mild regions, and it is tolerant to leaf stripe and leaf spot viruses. (630-788 s/g)

Allium porrum
Chinook
Certified Organic LK448

F1, 65 days. Chinook sets a new standard for speed and uniformity in summer organic leeks. Even in cool spring temperatures this leek grows super fast and upright, developing long, even shanks that are easy to clean in the field. The tops are a vibrant, medium-green.

A 25s	B 500s	C 1000s	D 5000s
\$5.49	\$10.99	\$64.99	\$189.99

Allium porrum
Swiss Giant Lancia (Coated)
Certified Organic LK446

OP, 90 days. This is a very early and downright delicious, organic leek for summer and early fall harvest. Sometimes listed as Swiss Giant, this leek has long white shanks and strong foliage that stands quite erect in the field. Lancia can also be harvested immature for gourmet baby leeks.

A 50s	B 500s	C 1000s	D 5000s
\$4.49	\$14.99	\$16.99	\$49.99

LETTUCE

Lactuca sativa

Lettuce has a fast growth cycle and easy cultivation. Nearly all varieties are open pollinated and a great many varieties exist. The Roman writer Pliny described nine types in the 1st century CE. All this breeding has resulted in hundreds of varieties, with a wide range of textures, colours, and flavours. Iceberg lettuce was bred to have nearly no bitterness, while others have a flavour similar to sharp arugula. Finding a handful of favourites is largely a matter of trial and error, and personal taste. Lettuce is a member of the Aster family, Asteraceae.

LETTUCE FORMS

Five informal terms describe the different forms:

1 Round lettuces are called Butterheads or Bibb lettuce, and tend to have relatively open, soft, delicate leaves. They make excellent lettuce wraps and a well-grown Butterhead can fetch a premium price at the market.

2 Iceberg lettuces form tight heads with high water content, and neutral flavour. The texture is so pleasingly crisp that Icebergs are popularly used in fast food. The bulk of Iceberg lettuce produced in North America is grown in California and shipped from there.

3 Crisp-head lettuces have a crisp texture, but with leaves that are more loosely packed than Icebergs. Many Crisp-heads are prized for their flavour.

4 Loose-leaf lettuces come in several forms, but all of them produce open rosettes with leaves that are easily picked individually. Some grow more upright, and some in a flatter manner. All are delicious and will eventually form packed heads.

5 Romaine lettuce grows in a more upright fashion, with wide leaves and firm, crisp petioles. Most Romaines develop a tender, blanched heart at their core, and they are available in a surprising range of sizes, colours, and shapes.

All lettuces can be harvested at the baby leaf stage, but a few have been bred for harvest at that particular point in their growth. Whichever style is preferred, there are bound to be lots to suit the palate, delight the eye, and fill the garden beds.

The darker the leaves, the more nutritious the lettuce — thus, romaine lettuce can contain 6 times as much vitamin C and 5–10 times as much beta carotene as iceberg lettuce. The outer leaves are often the highest in vitamins.

With the right varieties for the right season, and a little protection, lettuce can be grown nearly all year long.

Growing lettuce

Timing: Lettuce is fast growing and prefers cool conditions. Start seeds indoors in trays and transplant 3–4 weeks later. Or direct sow every 2–3 weeks starting in mid-spring. Using a cloche or cold frame over mid-late August plantings can extend harvests into winter. Optimal soil temperature: 10–22°C (50–72°F). Seeds should sprout in 7–15 days depending on conditions. Seeds don't sprout easily when the soil temperature is over 22°C (72°F) in summer. Get around this by sprouting them indoors in a cool area, or pre-sprout by sprinkling seeds on a damp paper towel, placing it in a plastic bag in the fridge for a few days. In hot weather, lettuce goes to seed quickly, so have new plantings ready to go.

Starting: Direct sow or start indoors and transplant. Sow seeds 5mm–1cm (¼–½") deep. Space or thin heading lettuce to 30cm (12") apart. Space or thin loose-leaf types to 20–25cm (8–10") apart. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–6.5. Aim for a soil with ample drainage and lots of organic matter. Add compost and lime 3 weeks before planting. 1 cup of complete organic fertilizer per 3m (10') of row will give adequate nutrition.

Seedlings should be hardened off by reducing water and putting the plants outdoors 2–3 days before transplanting. Regular watering is essential to prevent leaves from getting bitter. Most varieties will be ready for harvesting baby leaves in half the days shown on the packet. Crop rotation is good for disease prevention. Tipburn (tips of leaves turn brown) is caused by a calcium deficiency, but if lime was applied and fertilizer added, tipburn is likely due to lack of moisture. Slugs are a problem in early and late plantings.

Harvest: Pick individual leaves from the outside of the plant or wait and harvest full heads. Summer lettuce stays in prime eating condition only a short time, so harvest promptly and keep planting. In fall and winter the plants stay in good condition longer. Seed info: In optimum growing conditions at least 70% of seeds will germinate. Usual seed life: 3 years. Per 100' row: 200 seeds head lettuce/1.2M seeds leaf type; per acre: 58M seeds head lettuce/348M leaf type.

BABY-LEAF

Lactuca sativa



Blade Certified Organic LT501

OP, 35-40 days. This organic lettuce produces leaves that are a rich mahogany, fading to pale green, with upright growth and a wavy shape that adds loft to salads. Blade has a high resistance to downy mildew and tipburn.

A 100s	B 1000s	C 5000s	D 10,000s
\$3.89	\$5.99	\$9.99	\$14.99

Lactuca sativa



Celinet Certified Organic LT546

OP, 32 days. This slower growing Batavian organic lettuce has good heat resistance and a long harvest window. The frilly, green leaves are crisp but not brittle. Great flavour and excellent prepared in a variety of ways. Resistant to aphids, downy mildew, tomato bushy stunt virus and lettuce mosaic virus.

A 250s	B 1000s	C 5000s
\$3.49	\$4.99	\$10.99
D 25,000s	E 100,000s	
\$29.99	\$95.99	

Lactuca sativa



Clearwater Certified Organic LT547

OP, 31 days. A tasty, fast growing organic oakleaf with sweet flavour. The medium-green leaves hold its shape well and grow densely with an upright habit, so it is easy to harvest. Adds a satisfying volume to a mixed salad. Resistant to aphids, downy mildew, as well as some resistant to lettuce mosaic virus.

A 250s	B 1000s	C 5000s
\$3.29	\$4.99	\$10.99
D 25,000s	E 100,000s	
\$29.99	\$95.99	

Lactuca sativa



Tamarindo Certified Organic LT506

OP, 35 days. An organic, red loose-leaf variety with an erect growing habit and improved texture, yield, as well as excellent flavour. Tamarindo has a high resistance to downy mildew and is tipburn resistant.

A 100s	B 1000s	C 5000s	D 10,000s
\$3.69	\$5.99	\$9.99	\$14.99

BUTTERHEAD

Lactuca sativa



Buttercrunch LT458

OP, 67 days. This Bibb-type lettuce forms a tight little rosette of soft, dark-green, upward-facing leaves surrounding a tender, pale centre. The small hearts don't become bitter in hot weather. Later plantings stand well into fall and make good growth in spring cold frames. (800-1000 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.89	\$5.99	\$9.99	\$15.99	\$44.99

Lactuca sativa



Tom Thumb LT490

OP, 50-70 days. Dating back to 1830, this heirloom is the oldest American lettuce still in cultivation, which speaks to its charms. It's also the smallest lettuce of all - a tennis ball-sized Bibb for single servings. Tom Thumb works in containers — even window boxes. (804-1005 s/g)

A 0.5g	B 5g	C 25g	D 125g	E 500g
\$3.29	\$4.99	\$6.99	\$16.99	\$49.99

Lactuca sativa



Speckled Butterhead Certified Organic LT473

OP, 50 days. Apple-green, buttery leaves with bright red, uniform little speckles. Elegant as a full leaf for presentations, spectacular as a baby leaf, and as a bonus, a tender pink patterned heart. This heirloom organic is said to have been brought by Mennonites from Lancaster county, PA to southern Ontario in 1799. It was first introduced to the market in 1880. (928-1160 s/g)

A 0.5g	B 2g	C 15g	D 25g
\$3.89	\$6.49	\$21.99	\$26.99

ICEBERG

Lactuca sativa



Red Iceberg LT545

OP, 50 days. This lettuce forms a tightly-packed iceberg head at its centre, framed by gorgeous red outer leaves. Leaves are sweet and mild, with a crisp texture. This iceberg resists bolting in the heat of summer with a delayed seed set. This was a standout in our seed trials and drew a lot of attention. (869-966 s/g)

A 1g	B 5g	C 25g
\$3.29	\$4.99	\$8.99
D 125g	E 500g	
\$28.99	\$95.99	

Lactuca sativa



Dillon Certified Organic LT541

OP, 45 days. This small, compact iceberg has tasty, crisp, refreshing, dark outer leaves, and a creamy green interior. It is well filled and dense. It handles heat and sun well, so it's good for late summer production. It holds well in the field and has an excellent disease resistance package.

A 50s	B 250s	C 1000s
\$3.69	\$5.99	\$12.99
D 5000s	E 25,000s	
\$34.99	\$144.99	

LOOSE-LEAF

Lactuca sativa



Cracoviensis Certified Organic LT511

OP, 45-65 days. Beautiful wavy lime-green leaves stamped with deep red and purple. This organic Polish heirloom retains its buttery, non-bitter flavour even after bolting, and becomes sweeter as temperatures fall. Referred to by Vilmorin (1885) as "red celuce," implying that its large, tender stem may have been the intent of this variety. (648-811 s/g)

A 0.25g	B 1g	C 5g
\$3.69	\$6.49	\$9.99

Lactuca sativa



Darkness (Lolla Rossa type) LT482

OP, 30 days. Darkness has very dense, frilly leaves that are green at the base, but very deep red at the edges. The stiff frills of these loose-leaf give loft to salad mixes, as well as adding a sharp contrast of colour. The small leaves are perfect for garnishes. (1088-1360 s/g)

A 0.5g	B 2g	C 15g
\$3.69	\$4.99	\$9.99
D 100g	E 500g	
\$36.99	\$99.99	

LOOSE-LEAF

Lactuca sativa



Drunken Woman Certified Organic LT489

OP, 55 days. The best guess is that this organic loose-leaf lettuce's name refers to her fabulous frizzy headed look. The leaves are emerald green tipped in mahogany red. The leaves are crisp and tasty. This is one of the last to bolt in summer and is a customer favourite. (832-1040 s/g)

A 0.25g	B 2.5g	C 10g	D 50g
\$3.89	\$5.99	\$13.99	\$48.99

Lactuca sativa



Grand Rapids TBR LT456

OP, 65 days. TBR stands for tip-burn resistant. This large, frilly, loose-leaf variety forms upright bunches of succulent, flavourful leaves around a blanched centre. It is very fast growing, and the best lettuce for growth under cool, damp, low-light conditions, so it's suitable for a fall/winter cloche. (1122-1403 s/g)

A 1g	B 5g	C 25g
\$3.29	\$4.99	\$6.99
D 100g	E 500g	
\$9.99	\$26.99	

Lactuca sativa



Oaky Red Splash Certified Organic LT480

OP, 60 days. This very upright organic loose-leaf type has a bronze cast oak leaves with irregular red patches. Its mid-ribs mature to a pinky colour, particularly after they've been exposed to light from previous harvests. Oaky Red Splash has a delicate, refined flavour. (804-1006 s/g)

A 0.5g	B 2g	C 10g
\$3.99	\$6.49	\$15.99

Lactuca sativa



Red Deer Tongue LT487

OP, 75 days. The long, pointed leaves of this heirloom are edged with red with strongly upright growth. It makes a wonderful addition to salads because of the rich flavour and robust texture of the leaves. Slow bolting Red Deer Tongue is a much loved stand-by. (972-1080 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$4.99	\$9.99
D 100g	E 500g	
\$24.99	\$72.99	

Lactuca sativa



Red Sails LT459

OP, 66 days. Red Sails features deep bronze, wavy leaves with bright green bases. The large, open plants are very slow to bolt and seldom bitter. It is the slowest bolting red leaf lettuce and an AAS Winner. (595-662 s/g)

A 1g	B 5g	C 25g
\$3.99	\$7.99	\$16.99
D 100g	E 500g	
\$59.99	\$185.99	

Lactuca sativa



Salad Bowl - Green LT460

OP, 60 days. These large, lime-green rosettes resist bolting and never get bitter. The frilly, deeply cut oak-shaped leaves have excellent flavour. Rapid cool-weather growth makes it a prime candidate for spring cold frame growing or fall planting under cover. This is a Winner of the RHS Award of Garden Merit. (964-1206 s/g)

A 1g	B 5g	C 25g
\$3.29	\$4.99	\$6.99
D 100g	E 1000g	
\$12.99	\$53.99	

Lactuca sativa



Salad Bowl - Red LT485

OP, 55 days. This vigorous red loose-leaf variety has bright burgundy leaves with green centres that are great for baby leaf salad mixes. It is slow to bolt, tender and mild-tasting. The bright red colour is best in cool temperatures. Grow all year long. (829-1037 s/g)

A 0.5g	B 5g	C 25g
\$3.49	\$4.99	\$6.99
D 100g	E 1000g	
\$10.99	\$59.99	

Lactuca sativa



Simpson Elite LT454

OP, 45-60 days. The big, loosely-packed, slightly crumpled green leaves surround a blanched, almost white interior. This slow-bolting, drought resistant variety can even handle mild frost, so it's ideal for spring, early summer, and fall harvests. (984-1230 s/g)

A 0.75g	B 5g	C 25g
\$3.69	\$5.99	\$15.99
D 100g	E 500g	
\$44.99	\$149.99	

Lactuca sativa

Tropicana Greenleaf (Pelleted) Certified Organic LT464

OP, 70 days. These amazingly uniform, open, green heads boast the best bolt and heat resistance of any organic loose-leaf type. They're perfect for summer harvests of heads or individual leaves. Tropicana has great flavour and is resistant to tipburn and leaf-scorch.



A 50s	B 250s	C 1000s	D 5000s	E 25,000s
\$3.99	\$6.99	\$11.99	\$44.99	\$189.99



LOOSE-LEAF EAZYLEAF®

The Eazyleaf range is designed to be easy sow, grow, harvest and process. Its suitability for mechanical harvesting makes a great choice for growers. Home gardeners too will appreciate the quality and how easy they are to prepare.

Lactuca sativa



Brentwood Certified Organic LT549

OP, 50-60 days. This organic lettuce has dense heads with red leaves that fade to green. The uniform leaves are slightly cupped and edges ruffled, adding volume to salads. This flavourful lettuce has good field holding ability, bolt tolerance, shelf life, and great disease resistance.

A 25s	B 100s	C 500s
\$3.49	\$4.99	\$9.99
D 2500s	E 10,000s	
\$29.99	\$92.99	

Lactuca sativa



Hampton Eazy Leaf Certified Organic LT516

OP, 45 days. This voluminous, organic oak-leaf lettuce has a high leaf count and dark, shiny leaves. It has fast growth, but is much slower to bolt, so it's better for year round growing. Hampton has nice flavour, good texture, and is easy to harvest.

A 25s	B 100s	C 500s
\$3.69	\$5.99	\$9.99
D 2500s	E 10,000s	
\$26.99	\$89.99	

Lactuca sativa



Illema Eazy Leaf Certified Organic LT517

OP, 35-45 days. This organic loose-leaf features substantial weight, high leaf count, and fast growth. The leaves will add loft, volume to and refined flavour to salad mixes. It can be harvested from the baby leaf stage to full sized, mature heads.

A 25s	B 100s	C 500s
\$3.69	\$5.99	\$9.99
D 2500s	E 10,000s	
\$26.99	\$99.99	

Lactuca sativa



Ezrilla Eazy Leaf Certified Organic LT514

OP, 50 days. This organic loose-leaf has a base that is upright and medium green with nicely frilled leaves and good flavour. Speed of growth is accompanied by long narrow leaf margins for one-cut harvesting.

A 25s	B 100s	C 500s
\$3.69	\$5.99	\$9.99
D 2500s	E 10,000s	
\$26.99	\$99.99	

ROMAINE

Lactuca sativa



Breen Mini (Pelleted) Certified Organic LT442

OP, 45 days. Breen grows quickly into an urn-shaped head that closes in at the top around a perfectly formed heart. The flavour and texture of this organic romaine are superb, and the white veins of its leaves contrast sharply with the luscious red leaves.

A 50s	B 250s	C 1000s
\$3.99	\$7.99	\$22.99
D 5000s	E 25,000s	
\$64.99	\$299.99	

Lactuca sativa



Pomegranate Crunch (Pelleted) Certified Organic LT443

OP, 45 days. This mini organic romaine has dense heads with cherry red leaves, light green hearts (with a red splash) and clean ribs. The colour transition from the outer leaves to the heart is very smooth, creating beautiful contrast.

A 50s	B 250s	C 1000s	D 5000s
\$4.29	\$8.99	\$19.99	\$59.99

Lactuca sativa



Winter Density Certified Organic LT466

OP, 65 days. The heavy, compact, dark green heads stand about 20cm (8") tall with upright, tender leaves. Grow this unique, flavourful English variety in spring, summer, or fall as it is frost tolerant and quite bolt resistant. Started as late as September, they may overwinter and head up in March. It's a Winner of the RHS Award of Garden Merit. (931-1164 s/g)

A 0.75g	
\$4.49	

Lactuca sativa



Parris Island LT470

OP, 75 days. Named after Parris Island, South Carolina, this heirloom romaine has big, chunky, substantial heads with large, light green wrapper leaves around a creamy white heart. It is slow to bolt and tolerant to tip burn and mosaic virus. Parris Island Cos is a Winner of the RHS Award of Garden Merit. (840-1050 s/g)

A 0.5g	B 5g	C 25g
\$3.99	\$4.99	\$6.99
D 100g	E 500g	
\$10.99	\$36.99	

Lactuca sativa



Coastal Star (Pelleted) Certified Organic LT472

A 125s	B 1000s	C 5000s
\$4.99	\$16.99	\$64.99
D 20,000s	E 100,000s	
\$169.99	\$589.99	

Coastal Star Certified Organic LT540

OP, 65 days. Coastal Star is our tallest, darkest romaine. It performs brilliantly in spring and fall, and even in winter with some protection. It is early maturing, with a high resistance to corky root, and its heads are tightly packed with nice hearts and an overall pleasant flavour.

A 200s	B 1000s	C 5000s
\$5.99	\$15.99	\$49.99
D 25,000s	E 100,000s	
\$149.99	\$499.99	

Lactuca sativa



Little Gem LT476

OP, 70 days. These personal size romaines are best picked at 15cm (6") tall. By then they will have developed their tasty blanched hearts. The outer leaves are crisp and firm but tender, and semi-savoyed. The compact size allows for tighter spacing, and it boasts a natural resistance to bolting. This is a Winner of the RHS Award of Garden Merit. (856-1070 s/g)

A 0.5g	B 5g	C 25g	D 125g
\$3.29	\$4.99	\$6.49	\$9.99

ROMAINE

Lactuca sativa



Rouge d'Hiver LT478

OP, 60 days. Literally, the "red of winter," this heirloom romaine has flat, smooth leaves with green veins that form a distinctive, loose romaine with good cold tolerance. It dates back to 1885. This hardy, productive lettuce is slow to bolt. (875-1094 s/g)

A 0.5g	B 5g	C 25g
\$3.49	\$4.99	\$6.99
D 100g	E 500g	
\$14.99	\$44.99	

Lactuca sativa



Freckles LT481

OP, 55-70 days. Freckles resembles Speckled Butterhead, but with more substantial, upright, romaine leaves. This tender heirloom has pale green foliage splashed with maroon red spots. It is long standing in early summer. (831-1039 s/g)

A 0.5g	B 5g	C 25g	D 100g
\$3.69	\$5.99	\$14.99	\$39.99

Lactuca sativa



Pensacola Certified Organic LT548

OP, 31 days. This fast-growing baby leaf organic romaine has great disease resistance and holding ability in the garden. The robust, spoon-shaped leaves have slight serrated edges. Resistant to aphids, downy mildew, tomato bushy stunt virus and lettuce mosaic virus.

A 250s	B 1000s	C 5000s
\$3.49	\$4.99	\$10.99
D 25,000s	E 100,000s	
\$29.99	\$95.99	

Lactuca sativa



Arroyo Certified Organic LT544

OP, 65 days. The upright growth of this organic romaine and its V-shaped base makes it one of the best choices for producing blanched hearts-of-romaine. Its disease resistance makes it a top choice for spring and fall production. Resistant to downy mildew, lettuce mosaic virus, lettuce necrotic stunt virus, and tomato bush stunt virus.

A 200s	B 1000s	C 5000s
\$5.99	\$12.99	\$43.99
D 25,000s	E 100,000s	
\$179.99	\$539.99	

LETTUCE BLENDS



Super Gourmet Salad LT455

OP, 60 to 80 days. Enjoy this colourful and nutritious blend of popular lettuce varieties in a range of leaf shapes and colours. Even as seedlings, the appearance of each lettuce is quite different, and they can be easily thinned to suit personal flavours. Sow small amounts regularly for a continuous harvest.

A 3g	B 6g	C 25g
\$3.99	\$5.99	\$15.99
D 125g	E 500g	
\$29.99	\$89.99	



Fast and Furious Blend Certified Organic LT502

OP, 35 to 40 days. Grow a beautiful salad mix with this blend of our whole line of certified organic baby leaf lettuce varieties. Enjoy contrast in colour, flavour, and texture from freshly cut salad greens. These fast-growing lettuces were bred for harvest at a small size, and each of the varieties features long, narrow petioles for easy harvest.

A 500s	B 2500s	C 10,000s	D 50,000s
\$4.69	\$6.99	\$22.99	\$64.99



Alfresco (Pelleted) LT465

A truly Mediterranean flavour with its mix of red and green lettuce, arugula, endive, and radicchio. The slightly bitter flavour profile is balanced perfectly by a sweet vinaigrette.

A 12s	B 50s	C 125s	D 500s
\$6.49	\$15.99	\$29.99	\$79.99



City Garden (Pelleted) LT450

This blend of green and red lettuces looks spectacular in a container, with diverse shapes, colours, and textures. Harvest baby greens for an instant, pre-mixed salad.

A 12s	B 50s	C 125s	D 500s
\$5.99	\$16.99	\$32.99	\$89.99

MULTI-SEED PELLETTED SALAD BLENDS



Global Gourmet (Pelleted) LT452

Grow a diversity of flavours from mild lettuces to tangy pac choi to spicy mustard greens. The blend is as spectacular looking in containers as they are on the plate.

A 12s	B 50s	C 125s	D 1000s
\$5.99	\$16.99	\$32.99	\$82.99



Summer Picnic (Pelleted) LT525

Grow a bowl of summer sunshine with this mix of red and green lettuces. Harvest these heat tolerant varieties at the baby leaf stage for best flavour.

A 10s	B 50s	C 125s	D 500s
\$5.99	\$15.99	\$29.99	\$79.99



Wonder Wok (Pelleted) MU510

This blend is perfect for a quick harvest of instant stir-fry greens. Each pellet contains 4-5 seeds of different varieties.

A 10s	B 50s	C 125s	D 500s
\$6.49	\$19.99	\$32.99	\$89.99



Mustard Greens Blend MU520

This is a tasty blend of five easy-to-grow favourites to add variety to meals: Toy choi, red komatsuna, mizuna, pac choi, and giant red mustard. Enjoy the leaves while small in salads or let them grow a little taller for use in stir-fries.

A 5g	B 25g	C 100g
\$4.99	\$10.99	\$26.99

SALAD BLENDS

SALAD BLENDS



Saladini Blend MS479

Saladini is a fine way to sample a variety of unusual greens: choi sum, komatsuna, mizuna, pac choi, giant red mustard, red lettuce, and spinach. This is a very pleasing and attractive combination of colours and textures to enjoy raw in salads.

A 5g	B 10g	C 100g
\$4.69	\$6.99	\$39.99
D 500g	E 1kg	
\$159.99	\$199.99	



Stir Fry Blend MU521

This perfectly blended range of flavours can stand up to a quick fry in the wok. It includes komatsuna, pac choi, choi sum, bau sin, red kale, giant red mustard, shungiku, and tah tsai. Grow in a container or space plants to develop to full size.

A 5g	B 25g	C 100g
\$4.29	\$9.99	\$34.99



West Coast Market Mix MS489

Our signature mix offers a wonderful array of delicate flavours and colours. It includes curly endive, tender sweet red oak-leaf lettuce, wavy rich dark green escarole, blonde chicory, and just the right amount of arugula and chervil.

A 5g	B 10g	C 100g	D 500g
\$4.69	\$7.99	\$34.99	\$119.99



Winter Blend Provencal MS497

This Provencal mix combines the tangy flavours of arugula, chervil, and endive with Italian parsley and three colourful, winter-hardy lettuces. This makes a wonderful salad mix that looks great in the winter garden or planters.

A 5g	B 10g	C 100g	D 500g
\$3.99	\$6.49	\$26.99	\$79.99

WILD GREENS

NEVER A DULL SALAD!

Oh sure, lettuce has its charms, but there are so many other exciting leafy green options.

They include what we like to call Wild Greens — a host of plants often treated as weeds. When they are cultivated instead of being neglected, they grow with amazing vigour, and with improved flavour and nutrient value. Make sure to experiment with the sweet, salty, spicy, and bitter flavour options to be had with this group of plants. All the Wild Greens can be grown as microgreens and tender baby leaf greens.

SALTWORT

Salsola komarovii



Salsola MS562

OP, 45 days. Salsola is considered one of the oldest vegetables cultivated in Japan, where it is known as okahijiki ("land seaweed"). This name refers to its tubular stems and leaves, and springy, upright stature. It also grows naturally in salty soils. Salsola has the ability to draw salt out of soil, and when it does, its own flavour becomes salty. Its flavour is quite neutral, but it absorbs other flavours well. It was a hit in our trials due to its pleasant, crunchy texture. Salsola can be steamed, added to soups and stir-fries, pickled, or eaten raw. Once germinated, the plants are easy to grow annuals that can be harvested from late spring to fall. (221-277 s/g)

A 0.25g	B 1g	C 5g
\$3.69	\$4.99	\$9.99
D 25g	E 100g	
\$29.99	\$85.99	

PURSLANE

Portulaca oleracea



Purslane Tall Green Certified Organic MS486

OP, 60 days. This organic hot weather plant produces thick, succulent, green leaves that add a light lemony crunch to salads. It contains more Omega-3 fatty acids than any other vegetable. It can be cut almost to the ground, but keep two leaves at the base for re-growth. (1960-2450 s/g)

A 0.5g	B 2g	C 5g	D 15g
\$4.69	\$7.99	\$14.99	\$26.99

CLAYTONIA

Montia perfoliata



Miners Lettuce MS480

OP, 55 days. Known also as Winter Purslane due to the succulence of its leaves and stems, this native west coast weed is actually sweet tasting, not tart like true purslane. It has wonderful flavour that adds to salad mixes. Claytonia is quite cold hardy, making it one of the top candidates for winter harvest greens. (1793-2242 s/g)

A 0.5g	B 2g	C 10g
\$3.89	\$7.99	\$17.99

SHUNGIKU

Leucanthemum coronarium,
Chrysanthemum coronarium



Frippy Edible Chrysanthemum MU534

OP, 45 days. Popular in Asian cuisines, this flowering plant grows well in cool weather. It's a surprisingly versatile and easy green for cool weather growing. Harvest the young leaves while they are still tender. The bright yellow or white flower petals are also edible. (508-635 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$6.99
D 125g	E 500g	
\$19.99	\$49.99	

DANDELION

Taraxacum officinale



Dandelion MS552

OP, 85-95 days. Dandelions are delectable and nutritious. Eat the young leaves raw, or cook the mature leaves like spinach. Scatter the edible flower petals over salad, or collect the unopened buds for making dandelion wine. The bitter leaves are a source of iron and vitamins A, B1, B2, and C. (1854-2318 s/g)

A 0.25g	B 2g	C 10g	D 50g
\$4.49	\$7.99	\$21.99	\$59.99

ORACH

Atriplex hortensis



Red Orache Certified Organic MS564

OP, 45 days. This organic orach brings a burst of colour and flavour to salad mixes, and it can be grown in containers. It can be planted at nearly any time of the year for fresh greens in just over a month, or micro-greens in three weeks. Orach is quite similar to spinach in flavour, with a slightly saltier taste, but it is much more heat tolerant. (551-613 s/g)

A 0.5g	B 2.5g	C 10g
\$3.49	\$4.99	\$9.99
D 50g	E 250g	
\$24.99	\$91.99	

MUSTARD

Brassica sp.

Mustard greens are fast growing, cold-tolerant, undemanding, and highly nutritious members of the family Brassicaceae. With many rich colours and shapes available, their full-bodied, peppery flavour make them their staples in Chinese, Japanese, African and Indian cooking. They make exquisite sautéed greens.

Brassica juncea



Southern Giant Curled Certified Organic MU524

OP, 45 days. The beautiful, deeply-frilled, bright green leaves of this organic mustard have an upright growth habit and a mild flavour that is even more subdued in baby leaves or after cooking. This is a fantastic addition to salad mixes, adding both loft and flavour. (526-658 s/g)

A 1g	B 5g	C 25g
\$3.69	\$5.99	\$15.99
D 125g	E 500g	
\$54.99	\$179.99	

Brassica juncea



Bau Sin MU539

OP, 40 days. Bau Sin is unique in that it is one of the only mustard varieties that will form a head in cool weather. Leaves are crisp and tender - the mildest and sweetest of all mustard greens. (640-800 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$7.99
D 100g	E 500g	
\$19.99	\$64.99	

Brassica juncea



A 1g	B 5g	C 25g	D 125g	E 500g
\$3.69	\$6.99	\$10.99	\$33.99	\$104.99

Growing mustard

Timing: Mustards are cool season plants that grow quickly and then bolt. Direct sow with frost protection as early as late winter, or without protection from last frost date through spring. Sow in September for late fall and winter crops. Optimal soil temperature: 21°C (70°). Seeds should sprout in 5–10 days. **Starting:** If growing to full size, sow 3–4 seeds in each growing spot. Sow 5mm–1cm (¼–½") deep and thin to the strongest plant, spaced 10–15cm (4–6") in the row. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–6.5. One cup of complete organic fertilizer per 3m (10') of row will provide nutrients. Water regularly. Provide protection in winter by using a cloche or heavy row cover. At all other times, plan on growing fast and harvesting fast, like spinach. Planting short rows every two weeks works best for the home garden for a constant harvest. Use light row cover in spring plantings to protect from cabbage moths and flea beetles. **Harvest:** Cut with a harvest knife like mescluns for baby greens, or as full-size heads. Seed Info: In optimum growing conditions, at least 80% of seeds will germinate. Usual seed life: 3 years. Per 100' row: 400 seeds, per acre: 174M seeds.

Brassica rapa var. niposinica



Mizuna Certified Organic MU543

OP, 45 days. Mild and crunchy with a distant hint of horseradish, the thin, light-green, feathery leaves of this mizuna are deeply-cut but not curled. Harvest leaves about 1-2" above the ground and it will re-grow. (486-608 s/g)

A 1g	B 5g	C 25g
\$3.69	\$5.99	\$9.99
D 100g	E 500g	
\$22.99	\$89.99	

Mizuna MU529 (Conventional) (549-687 s/g)

A 1g	B 5g	C 25g
\$3.29	\$4.99	\$6.99
D 100g	E 500g	
\$13.99	\$36.99	

Brassica juncea

WINTER HARDY



Giant Red MU531

OP, 45 days. This winter-hardy Japanese heirloom can be sown in fall or early spring to harvest as immature leaves every few days. The bronze purple leaves are mild when small, but pack a punch when mature in summer weather. It is very slow to bolt. This is one of the best for pickled mustard greens. (518-648 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$7.99
D 100g	E 500g	
\$15.99	\$49.99	

Brassica rapa var. perviridis



Komatsuna Red MU547

F1, 40 days, 21 days for baby greens. It is slightly faster to bolt than the green Komatsuna, but just as easy and tasty. Few leafy greens have a more appealing flavour and texture. (341-427 s/g)

A 0.5g	B 2g	C 10g
\$3.49	\$4.99	\$9.99
D 50g	E 250g	
\$36.99	\$129.99	

Brassica juncea



A 0.25g	B 1.25g	C 5g	D 20g	E 100g
\$3.69	\$5.99	\$11.99	\$36.99	\$124.99

Brassica rapa var. rosularis



Tah Tsai Certified Organic MU545

OP, 40-50 days. The small, glossy, spoon-shaped, dark-green leaves and white stems of this mustard grow in a perfect flat rosette. Adds rich colour, mild flavour and nutrition to salads and stir-fries. (680-850 s/g)

A 1g	B 5g	C 25g
\$3.69	\$5.99	\$10.99
D 100g	E 500g	
\$24.99	\$79.99	

Tah Tsai MU533 (Conventional) (600-750 s/g)

A 1g	B 5g	C 25g
\$3.49	\$4.99	\$9.99
D 100g	E 500g	
\$19.99	\$64.99	

Brassica juncea



Osaka Segal Purple MU562

OP, 40-80 days. This Japanese mustard has pretty little leaves tinged with reddish purple. The young leaves are sweet and mild, but grow to become pungent at the full 80 days. Flowering stalks are tender with a mustard bite. This is another great choice for salad mixes. (495-550 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$9.99
D 100g	E 500g	
\$16.99	\$74.99	

Wasabi Mustard MU565

OP, 45 days, 10 for micro-greens. Grow as micro-greens, or in the garden row as a fast-growing mustard salad green. Its sharp, peppery flavour is reminiscent of actual wasabi, without producing its infamous nasal burn. This tasty green brings snappy flavour to salad mixes, and stands up well to sweet dressings for contrast. (584-731 s/g)

MELONS

Cucurbitaceae

Melons picked fresh from the vine are unbelievably sweet and, like so many other kinds of garden produce, they are nothing at all like the ones found in the grocery store. The flavour and sugar content of fresh, ripe melons are positively mind-blowing, and make the effort to grow them very worthwhile, especially in areas with hot summer heat. Monitor the ripening fruits regularly for their key signs of full maturity. Melons are cousins of the squash and cucumber in the family Cucurbitaceae.

Cucumis melo



EarliChamp ML502

F1, 72 days. This cantaloupe has faint ribs and heavy netting. The thick orange flesh is wonderfully sweet, and the fruits form earlier than other types. The fruit on EarliChamp is larger and heavier, with good resistance to Powdery Mildew, Fusarium Wilt races 0 & 2. (34-44 s/g)

A 0.3g	B 2g	C 10g	D 100g
\$4.99	\$16.99	\$64.99	\$349.99

Cucumis melo



Halona ML500

F1, 75 days. Halona is a knock-out for aroma and overall flavour. It is productive earlier in the season than most. It has exceptionally good disease resistance, including powdery mildew and Fusarium Wilt. Halona produces medium sized melons for the home garden. (38-48 s/g)

A 0.3g	B 2g	C 10g	D 100g
\$4.99	\$16.99	\$49.99	\$299.99



Growing melons

Timing: It is essential to start seeds indoors or in a greenhouse mid to late April. Transplant at the end of May or first week of June when the plants are 5 weeks old. Optimal soil temperature: 20–25°C (68–77°F). Seeds should sprout in 5–10 days. **Starting:** Sow seeds 1cm (½") deep. Set transplants 60–90cm (24–36") apart in rows 1.5–2m (5–6') apart. Days to Maturity: From transplant date. **Growing:** Ideal pH: 6.0–6.8. Choose a warm, well-drained soil. Add compost or well-rotted manure to the bed and ½–1 cup of complete organic fertilizer mixed into the soil beneath the transplant. Melon plants need 8–10 weeks of good, hot growing weather from the middle of June to the end of August. During that time, a melon vine must grow 5–9 leaves

Cucumis melo



Diplomat ML514

F1, 75 days. The thick pale green flesh of this Galia-type melon has a rich, almost tropical aroma and flavour. Diplomat Honeydew is tolerant to powdery mildew. The fruits are almost round, with fine netting about 2.2–2.8kg (5–6lbs) on a strong vine. (48–60 s/g)

A 0.5g	B 3.5g	C 14g	D 100g
\$4.99	\$26.99	\$79.99	\$329.99

Cucumis melo



Home Run ML510

F1, 82 days. Home Run cantaloupe is an early Athena type with very good flavour. The vines are long and productive, with two main harvests in a greenhouse setting. They have thick flesh, attractive exterior netting, and are very sweet and aromatic. (36–46 s/g)

A 0.25g	B 0.6g	C 3g	D 11g	E 22g
\$4.69	\$9.99	\$29.99	\$64.99	\$99.99

Cucumis melo



Divergent Certified Organic ML867

F1, 75 days. This organic cantaloupe/Galia cross matures early with its fruits close to the crown for more concentrated harvests for fresh market growers and home gardeners. Stagger planting for an extended harvest of sweet refined fruits with excellent disease resistance.

A 5s	B 25s	C 100s
\$5.99	\$14.99	\$39.99
D 250s	E 1000s	
\$89.99	\$249.99	

before starting to flower, then set 4 or more male flowers before making its first female flower, and then ripen its first set of melons before cool damp weather sets in. Various wilts (Fusarium, Verticillium, bacterial) cause the vines to wilt and die. Controls are strict sanitation in the garden and greenhouse, avoid over-watering, plant in well-drained soil, long rotations, and (very important) the use of disease resistant varieties, when available. **Harvest:** Fruit will ripen in late August/September. Fruit will not ripen off the vine. Ripe cantaloupe will easily detach from the vine when light finger pressure is applied. Watermelon is ripe when the tendril nearest to the fruit is dry. Seed Info: In optimum conditions at least 80% of seeds will germinate. Usual seed life: 3 years. Per 100' row: 60 seeds, per acre: 5.2M seeds.

Bolting

Spinach thrives in cool soil, and performs best from late winter to early summer, and again from late summer to early winter. When the soil warms up, spinach plants tend to bolt, or "run to seed." This is the plant urgently changing from foliar growth to floral growth in order to produce seeds and spread its genetic lineage. It can happen at alarming speed. Once the process starts, the leaves may become tough and less flavourful, so it's key to plan on harvesting spinach before this happens. Bolting is also typical in arugula, lettuce, mustard greens, and pac choy. Planning for it is the best strategy.

Cucumis melo



Tirreno Certified Organic ML866

F1, 80 days. Grow this wonderful Tuscan organic cantaloupe in a polytunnel or under a cloche, and be rewarded by 1.7kg (3.75 lb) fruits that are heavily netted with very sweet flesh. The even, dark green sutures develop a yellow tinge at ripeness, announcing exactly when to harvest.

A 10s	B 25s	C 100s
\$6.99	\$14.99	\$36.99

WATERMELON

STAND
OUT
COLOUR



Citrullus lanatus Diana ML863

F1, 75 days. Diana produces beautiful little golden-yellow watermelons with fantastic, dark pink flesh. Each fruit weighs around 1kg (2.2 lb). They are fast to mature and have good disease resistance. Their unusual colour makes them stand out in the garden. (21–27 s/g)

A 0.5g	B 2g	C 15g	D 100g
\$5.99	\$14.99	\$69.99	\$329.99

WATERMELONS

Citrullus lanatus



Black Beauty Mini Watermelon ML509

F1, 80 days. Grow Black Beauty for wonderful flavour in personal sized watermelons. The crisp, juicy melons have dark, striped, firm skin over rich red flesh. The compact plants produce fruits that grow 2 to 2.7kg (4-5.5 lbs). (25-32 s/g)

A 0.5g	B 2g	C 5g	D 10g	E 226g
\$3.29	\$5.99	\$8.99	\$12.99	\$159.99

Citrullus lanatus



Sugar Baby Certified Organic ML865

OP, 82 days. This organic heirloom icebox type watermelon dates back to 1959. It has a thin, hard rind with distinct stripes that become almost black at maturity. The flesh is firm, sweet, and orangey red with small, apple-like seeds. The round fruits grow to around 18cm (7") in diameter. (19-24 s/g)

A 1g	B 5g	C 15g	D 100g
\$3.49	\$5.99	\$9.99	\$26.99

Citrullus lanatus



Yellow Doll (Baby) ML864

F1, 70 days. These small, oval, striped melons have thin rinds and few seeds. They are borne on semi-compact vines. The flesh is bright lemon-yellow and very sweet, with a very pleasing, dense, crisp texture. The fruits average 2.2-3kg (5-7 lbs).

A 10s	B 25s	C 100s	D 500s
\$3.69	\$6.99	\$17.99	\$54.99

OKRA

Abelmoschus esculentus.

Beautiful, hibiscus-like flowers are followed by crisp and crunchy seed pods that bring flavour and harmony to curries and jambalayas.

Growing okra

Timing: Start seeds indoors in mid-spring and transplant outdoors in late spring or early summer, once the soil has warmed up. Optimal soil temperature for germination: 24–32°C (75–90°F). Damping off and seed decay are more likely in soil below 21°C (70°F). **Starting:** Buy new seeds each year, and speed up the typically slow germination process by soaking seeds overnight in tepid water. Sow seeds 1cm (0.5") deep. Thin to 30–45cm (12–18") apart in rows 60–90cm (24–36") apart. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–7.0. Use light, loamy, well-drained soil with ample organic matter dug in, and choose a sunny, warm spot. Raised beds work well. Once hot weather arrives, okra plants grow with surprising vigour. Keep them growing steadily with even irrigation and regular applications of balanced organic fertilizer to the surface of the soil around plants. **Harvest:** Pick pods while they are just 6–8cm (2–3") long. Pods become tough at larger sizes. Harvest as long as plants produce, and freeze unused pods either whole or cut. Seed Info: In optimum conditions at least 55% of seeds will germinate. Usual seed life: 1 years. Per 100' row: 400–600 seeds, per acre: 96M–120M seeds.

Abelmoschus esculentus
Moench



Clemson Spineless Okra Certified Organic OK101

By far the most popular cultivated variety of okra, this is an organic heirloom that won the AAS prize back in 1939. In the heat of summer, plants will grow quickly to 1.2m (4'), and are covered in edible, cream coloured flowers. These are followed by full flavoured pods that add brilliant texture to relishes and chutneys, and complement stews, soups, and gumbo. Plants really are spineless, and are very easy to grow. (14-18 s/g)

A 3g	B 25g	C 125g
\$3.49	\$6.99	\$21.99

SHORT-DAY, LONG-DAY, SWEET, & STORAGE ONIONS

Onions begin to form bulbs in response to temperature, but also the length of the day. In Canada and the northern U.S., choose "long-day" onions. Our summer days are much longer than our winter days.

"Short-day" onions will bulb-up too rapidly in the north, whereas long-day onions may not form bulbs at all in the south.

Sweet onions lack the pungency of storage onions due to their low sulfur content. They also have a much higher

water content compared to other onions so they do not store well. They more than make up for this in size and sweetness.

Storage onions can last for months if they are dried and cured properly. Keep onion plants intact after harvest and dry them in a single layer somewhere airy and out of direct sunlight. When the tops have dried and turned brown with the skin around the "neck" of the onion tight and dry, they are ready for storage.

ONIONS

Allium cepa

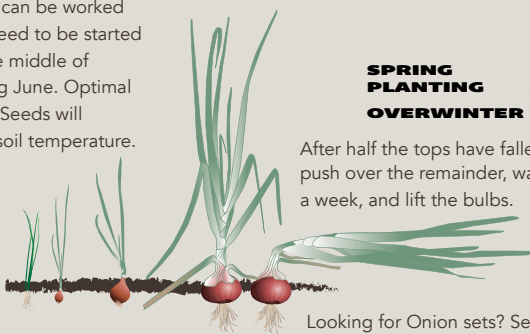
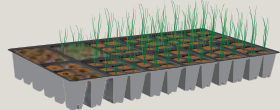
The onion is biennial, meaning that the plants need two seasons to produce seeds. The first season is spent saving up energy in the bulb. After a cold resting period, the bulbs produce spectacular flower clusters that betray their close relationship to Amaryllis, and other showy flowers in the family Amaryllidaceae. Daffodils also belong to this family, so when daffodils first appear in spring, it's time to sow or transplant onions. Long storage potential makes onions a very economical crop. Grow a year-round provision of onions by planting storage onions for summer and fall harvest, overwintering Walla Walla for spring harvest, and scallions for use throughout the year. Home grown shallots are a special treat with incredible flavour.



Growing onions

Timing: Start indoors in late winter and early spring, and transplant as soon as the ground can be worked in the spring. Overwintering onions need to be started early summer and transplanted by the middle of August and will be ready the following June. Optimal soil temperature: 21–25°C (70–75°F). Seeds will emerge in 6–12 days, depending on soil temperature.

Best started in seedling tray.



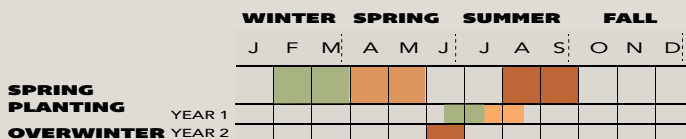
After half the tops have fallen, push over the remainder, wait a week, and lift the bulbs.

Looking for Onion sets? See page 115.

START INDOORS

TRANSPLANT OUTDOORS

HARVEST AND CURE



Starting: Transplants are preferred for home gardeners: Sow 3 seeds 5mm–1cm (¼–½") deep in each cell of a 72-cell tray. Transplant as a clump, spacing each 12–15cm (5–6") apart in rows 45–75cm (18–30") apart. Scallions can be spaced at 2–5cm (1–2") apart in rows 15cm (6") apart. Days to Maturity: From transplant date.

Growing: Ideal pH: 5.5–6.5 (6.0–6.8 for scallions). Fertile and well-drained soil in full sun. Add well-rotted compost and ½–1 cup complete organic fertilizer below each 3m (10') of row. Keep the moisture level high in the top 20–30cm (8–12") of soil. Most of the bulb should form on the surface of the soil, so don't transplant too deeply. Bulb size is dependent on the size of the tops: the bigger the tops, the bigger the bulb. Botrytis blast and downy mildew are common leaf diseases. One starts with white spots and streaks, the other with purple-grey areas on the leaves. Leaves wither from the top down and plants die prematurely. Separate the overwintered and spring crops, because disease starts in older plants and moves to younger. Avoid overhead watering and plant in open, sunny locations. Practice strict sanitation and crop rotation procedures. Spraying with copper hydroxide every 7–14 days at the first sign of a problem may help prevent disease from spreading.

Harvest: Stop watering in the beginning of August to mature bulbs in dry soil. After half the tops have fallen, push over the remainder, wait a week, and lift the bulbs. Curing is essential for long storage: Spread bulbs out in a dry place for about a week, covering them at night to protect them from dew. When the stem is completely dry right down to the bulb, it is cured. If weather is poor, cure inside. Storage: Keep onions in mesh sacks so they get good ventilation, and hang sacks where air is dry and very cool, but above freezing. Check them regularly and remove any sprouting or rotting onions. Well-cured storage onions should keep until late spring. Seed Info: In optimum conditions at least 75% of seeds will germinate. Usual seed life: 1 year. Per 100' row: 260 seeds (scallions: 1.2M), per acre: 76M seeds (scallions: 1,045M).

SCALLIONS

Allium fistulosum



Apache ON572

OP, 65 days. Apache forms a small bulb with deep burgundy skin. Its mild flavour and crisp texture make it a great candidate for adding colour contrast to salads and sandwiches. It is a Winner of the RHS Award of Garden Merit. (220–276 s/g)

A 1g	B 5g	C 25g
\$3.69	\$6.99	\$21.99
D 100g	E 500g	
\$44.99	\$149.99	

Allium fistulosum



Eiffel ON556

OP, 65 days. This strong, upright growing, white Lisbon type scallion has little or no bulbing at the root end. Eiffel has a crisp texture, with mild, appealing flavour. Sow short rows every two weeks from April to the end of September. (235–294 s/g)

A 1g	B 5g	C 25g
\$3.69	\$5.99	\$11.99
D 100g	E 500g	
\$36.99	\$139.99	

Allium fistulosum



Kincho ON569

OP, 50 days. This is a standard scallion for summer and fall production, Kincho is a Japanese variety with dark-green leaves and tall, straight stems that do not bulb. Increase the white stem length by planting in trenches and hilling up. (420–525 s/g)

A 0.5g	B 5g	C 25g
\$3.29	\$5.99	\$14.99
D 100g	E 500g	
\$44.99	\$99.99	

Allium fistulosum



Ippon Negi ON588

F1, 80 days. Negi is one of the traditional Japanese vegetables dating back to the 1800s. The hollow leaves grow to 60cm (24") long. They have a mild flavour and do not form bulbs. Grow as an annual, and harvest the first year.

A 50s	B 250s	C 1000s	D 5000s
\$4.99	\$14.99	\$36.99	\$119.99

Allium fistulosum



Parade (Coated) Certified Organic ON574

OP, 70 days. Parade exhibits incredible uniformity for an organic, open pollinated variety, with little or no bulbing. Its dark green leaves grow vigorously, with white stalks that can be made longer by hilling up soil. Plant short rows from spring to September. (416–520 s/g)

A 0.5g	B 5g	C 25g	D 100g
\$4.49	\$15.99	\$59.99	\$179.99

Allium fistulosum



Ramrod ON571

OP, 65 days. This white-bulbing Lisbon-type has stiff leaves. Sow successively from spring to autumn. This high-performance, boldly flavoured variety was bred for English gardens and perfect for coastal climates. Grow for 150 days if overwintering. (268–336 s/g)

A 1g	B 5g	C 25g
\$3.49	\$5.99	\$12.99
D 100g	E 500g	
\$32.99	\$134.99	

Allium fistulosum



Red Beard ON593

OP, 40–50 days. For the richest red colour, plant Red Beard in late summer to early fall so it is exposed to cold weather before harvest. For whiter stalks hill soil up around them. Red Beard can reach 60cm (24") tall, with the red portion up to 30cm (12") tall. The flavour is very mild and the dark green leaves are tender. (352–440 s/g)

A 1g	B 5g	C 25g
\$3.49	\$5.99	\$10.99
D 100g	E 500g	
\$25.99	\$103.99	

Allium fistulosum



Welsh Onion Certified Organic ON592

OP, 90 days. Noted for their hollow stem, these organic welsh onions can be harvested at an immature scallion size or left to grow to full size. We recommend sowing from March to May and harvesting from July through December. The mature plants grow to 50cm (18") tall and are hardy to Zone 4. (435–544 s/g)

A 0.5g	B 2.5g	C 10g
\$3.69	\$5.99	\$9.99
D 50g	E 250g	
\$29.99	\$119.99	

SHALLOTS

Allium cepa var. *aggregatum*



Ambition (Coated) ON549

F1, 120 days. These are the traditional reddish, globe-shaped French shallots, but with slightly higher shoulders. The delicate flavour really comes alive when sautéed with butter. The substantial size make some look like full sized onions. They have good storage ability, and are very easy to peel.

A 75s	B 250s	C 1000s	D 5000s	E 25,000s
\$5.69	\$11.99	\$29.99	\$99.99	\$399.99

Allium cepa var. *aggregatum*



Consorvor (Coated) Certified Organic ON550

F1, 120 days. This organic variety forms very nice, dark skinned shallots with high shoulders and round bases. Direct sow February to March. Or start some indoors under bright lights for transplanting out in late April/early May. The flavour is incredible, with discernible spiciness.

A 50s	B 200s	C 1000s	D 2500s
\$5.99	\$14.99	\$49.99	\$89.99

Allium cepa var. *aggregatum*



Zebrune ON590

OP, 100 days. This well known French heirloom shallot is sometimes referred to as an eschalion, or banana shallot. The flesh is sweet and mild for gourmet cooking. The sweetness improves in storage. Zebrune were once known as Cuisse de Poulet or 'chicken legs' due to their stretched, oblong shape and wide equator. (228-286 s/g)

A 0.25g	B 1g	C 5g	D 25g	E 100g
\$3.49	\$5.99	\$11.99	\$36.99	\$129.99

STORAGE ONIONS

Allium cepa



Boretta ON447

OP, 110 days. This distinctive heirloom originated around the town of Boretto in northern Italy. It is a small yellow onion with a unique flat top and squat, flattish, cipolini shape. Boretta will store for up to 5 months, and they braid well for attractive market displays. Full flavoured with some heat. (240-300 s/g)

A 0.5g	B 5g	C 25g
\$3.49	\$8.99	\$27.99

Allium cepa



Cabernet Certified Organic ON586

F1, 100 days. With a vigorous habit and tight neck, organic Cabernet is a high quality long-intermediate day onion with excellent holding ability. The internal ring colour is superb, with great uniformity. Early for a red onion, this variety boasts good resistance to foliar diseases, so it's among the best for organic production.

A 50s	B 250s	C 1000s
\$3.69	\$7.99	\$15.99
D 5000s	E 25,000s	
\$54.99	\$189.99	

Allium cepa



Calibra ON564

F1, 100 days. This mild, yellow, sweet Spanish-type storage onion can reach 15cm (6") in diameter by the end of the season. Calibra will store for up to four months, making it a fine choice for home gardeners or market growers. (219-274 s/g)

A 0.5g	B 5g	C 25g
\$5.69	\$21.99	\$79.99
D 100g	E 500g	
\$219.99	\$829.99	

Allium cepa



Patterson (Coated) ON591

F1, 104 days. This fantastic long day storage onion has very round, uniform bulbs with strong skins and a capacity for storage that can stretch to several months. The bulbs are medium to large with thin necks that dry quickly. The firm flesh has well defined layers and a strong flavour.

A 50s	B 250s	C 2500s
\$4.49	\$7.99	\$29.99
D 10,000s	E 50,000s	
\$79.99	\$329.99	

Allium cepa



Rossa d'Inverno Rubino ON589

OP, 110 days. This long day storage onion has a globe shape with deep red skins streaked with even deeper red longitudinal lines. It's an excellent choice for planting in the spring and harvesting by late August. It will store for five to six months. (312-390 s/g)

A 1g	B 5g	C 25g
\$3.69	\$6.49	\$15.99
D 100g	E 500g	
\$59.99	\$99.99	

Allium cepa



Redwing (Coated) ON558

F1, 110 days. Red Wing produces globe-shaped bulbs 7-10cm (3-4") across, with unique deep-red, glossy skins and strong tops. The flavour is superior, and it is generally easy to grow. This may be the ultimate red-skinned storage onion. (193-242 s/g)

A 0.5g	B 5g	C 25g
\$5.99	\$22.99	\$79.99
D 100g	E 500g	
\$269.99	\$999.99	

Allium cepa



Rossa di Milano ON446

OP, 110 days. This Italian heirloom forms substantial onions with sweet, fragrant flesh. Sow in spring and autumn and harvest from late summer to the following spring. This is one of the best storage onions for winter use. The bright red skins look particularly showy when braided. (268-335 s/g)

A 0.75g	B 5g	C 25g
\$3.49	\$6.99	\$16.99

Allium cepa



White Wing (Coated) ON560

F1, 105 days. These round, white, jumbo bulbs have upright, dark green tops. White Wing is not day-length dependent, so it will bulb up to the size of a softball in nearly any climate with a long enough season. They are nice, pungent, very firm onions with fantastic storage ability. (208-260 s/g)

A 1g	B 5g	C 25g	D 100g
\$7.69	\$19.99	\$64.99	\$189.99

SWEET ONIONS

Allium cepa



Ailsa Craig ON570

OP, 95 days. Ailsa Craig forms huge, straw-yellow globes up to 20cm (8") in diameter. They are firm with mild, sweet flesh, and fairly good keepers. This customer favourite is fine textured, and excellent for salads and sandwiches. (300-375 s/g)

A 0.5g	B 5g	C 25g	D 100g	E 500g
\$3.49	\$6.99	\$15.99	\$44.99	\$189.99

Allium cepa



Kelsae (Coated) ON573

OP, 110 days. Kelsae holds the world record for largest onion (over 15 lbs), but stays mild and sweet despite its substantial girth, so it's very useful both as a culinary onion and a show stopper. (237-297 s/g)

A 0.5g	B 2.5g	C 5g	D 25g
\$5.99	\$11.99	\$22.99	\$85.99

Allium cepa



Walla Walla ON565

OP, 150 days spring sown/300 days fall sown. Walla Walla is the classic overwintering onion of the Pacific Northwest. It forms very large bulbs with sweet, mild flavour and crisp, juicy flesh. It can be planted in the spring, but results will be better if planted in mid-late summer to overwinter. Walla Walla is hardy to -23°C (-10°F). (218-273 s/g)

A 1g	B 5g	C 125g	D 250g	E 500g
\$4.49	\$9.99	\$109.99	\$159.99	\$299.99



PAC CHOI

Brassica rapa chinensis

This mild tasting crop is fast and easy to grow. It thrives in cool weather but can also be grown throughout the summer. The absolute secret with this crop is timing — when it's ready for harvest there must be no delay. It is a member of the family Brassicaceae. This is an excellent crop for succession planting.

Growing pac choi

Timing: All are cool season plants that grow quickly and then bolt. Direct sow with frost protection such as a cloche 4–8 weeks before last frost, or without protection from around the last frost date to eight weeks after. Sow again August–September in mild winter areas or with crop protection. **Starting:** Sow 3–4 seeds 5mm–1cm (¼–½") deep in each growing spot. Thin to the strongest plant at a spacing of 15–20cm (6–8") between each plant in rows 30–45cm (12–18") apart. Days to maturity: From direct sowing. Growing: Ideal pH: 6.0–6.8. One cup of complete organic

fertilizer per 3m (10') of row will provide nutrients. Water regularly. Provide protection in winter by using a cloche or heavy row cover. At all other times of the year, plan on growing fast and harvesting fast. Planting short rows every two weeks works best for the home garden for steady harvest. Use light row cover against cabbage moth and flea beetle. Keep growing area tidy to prevent slug damage. **Harvest:** Cut with a harvest knife like mescluns for baby greens, or as full-size heads. Seed Info: In optimal conditions, at least 80% of seeds will germinate. Usual seed life: 3 years. Per 100' row: 260 seeds, per acre: 114M seeds.

CHOI SUM

Brassica rapa chinensis



Jade Spring MU537

F1, 35–45 days. This short season, fast-growing variety produces raw stems with the texture of steamed asparagus, with a mild flavour. Stems will be 0.5–1cm (¼–½"). Early spring plantings may bolt. The incredible flavour can also be savored raw, straight out of the garden. (400–500 s/g)

A 1g	B 5g	C 25g	D 125g	E 500g
\$3.49	\$6.99	\$14.99	\$44.99	\$149.99

Brassica rapa var. chinensis



Yu Tsai Sum MU536

OP, 40–60 days. Grown for tender flower bud stalks and glossy, bright green leaves, it is mild and sweet when cooked briefly. The stems will be 0.5–1cm (¼–½") thick if grown and watered well. Early spring plantings may bolt in hot weather. (520–650 s/g)

A 1g	B 5g	C 25g	D 125g
\$3.69	\$4.99	\$6.99	\$14.99

BOK CHOY

Brassica rapa var. chinensis



White-Stemmed Pac Choi MU526

OP, 50 days. Flattish, elongated, green leaves grow on long, thick, pale white stalks and have a mild, sweet flavour that is useful in salads and excellent in stir-fries. Thin to 30cm (12") between plants. This pac choi may be grown from early spring to late fall. (415–519 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.49	\$4.99	\$6.99	\$10.99	\$29.99

Brassica rapa var. chinensis



Ching Chiang Shanghai MU528

OP, 45 days. Also known as Shanghai Pac Choi. This early baby pac choi is mild and tender, with medium green leaves on pale green, spoon-shaped stalks (petioles). This is a great variety for early spring planting and was bred to tolerate heat, rain, and cold. (480–600 s/g)

A 1g	B 5g	C 25g
\$3.49	\$4.99	\$6.99
D 100g		E 500g
\$10.99		\$25.99

Brassica rapa var. chinensis



Joi Choi MU527

F1, 55 days. This dark-green leafed, white-stemmed pac choi is fast growing but slow to bolt, and can be harvested as baby greens or at the full 45cm (18") height. The large, succulent stems have a crunchy texture, and the whole plant has a mild mustard flavour.

A 100s	B 500s	C 2500s	D 10,000s
\$4.99	\$9.99	\$32.99	\$79.99

Brassica rapa var. chinensis



Mei Qing Choi Baby MU553

F1, 40 days. Tender, sweet, and crunchy, this hybrid Shanghai pac choi is bolt-resistant for longer spring and early summer harvests. Short, compact plants have petioles and lovely, rounded, flat leaves. It is very uniform and cold tolerant so it's perfect for fall and winter harvests.

A 100s	B 500s	C 5000s
\$4.99	\$10.99	\$54.99

Brassica rapa var. chinensis



Toy Choy MU522

F1, 30–50 days. This miniature pac choi can be picked at the "single serving" size. Dark green leaves and glistening white stems mark this as a standout in a display. Use these delicacies gently braised and served whole, to appreciate the mild flavour and graceful appearance. (600–750 s/g)

A 0.25g	B 2.5g	C 15g
\$4.89	\$16.99	\$64.99
D 100g		E 250g
\$379.99		\$479.99

PARSNIPS

Pastinaca sativa

This cousin to the carrot and parsley in the family Apiaceae, has a nutty, earthy flavour. They become sweeter after frost and are incredibly cold hardy, so it is a great fall and winter harvest crop. Try roasting parsnips to develop an intense caramelization that brings their best flavour to the table.

Growing parsnips

Timing: Direct sow from around the last frost date through mid-summer. Optimal soil temperature: 10–25°C (50–75°F). Seeds take 14–21 days to germinate. **Starting:** Sow seeds 5mm–1cm (¼–½") deep. Cover seeds with compost and/or put floating row cover over planting to shade the soil and conserve moisture. Thin to 7–10cm (3–4") apart in rows 45–60cm (18–24") apart. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–6.8. Dig deeply to loosen soil prior to planting, up to 60cm (24") deep. Weed carefully and keep watered. Carrot rust fly maggots may injure roots of parsnips. Use lightweight row cover to prevent insects from settling and laying eggs. Practice crop rotation. **Harvest:** Flavour is best after a couple of good frosts. Dig parsnips from October 1st through the winter as needed. Protect from freezing in the soil with a thick straw mulch if it is a cold winter. Parsnips keep better in well-drained soil. Seed info: In optimal conditions at least 60% of seed will germinate. Usual seed life: 1 year. Per 100' row: 440 seeds, per acre: 128M seeds.

Pastinaca sativa



Tender and True Certified Organic PN584

OP, 250 days. Smooth, white organic roots that can be harvested all winter in mild climates. In cold root storage, this RHS Award of Garden Merit winner can last up to 6 months. They are nearly coreless with a sweet, delicious flavour. This heirloom has good resistance to canker. (226–283 s/g)

A 0.5g	B 2.5g	C 10g
\$3.69	\$4.99	\$7.99
D 50g	E 250g	
\$26.99	\$99.99	

Pastinaca sativa



White Spear PN583

OP, 120 days. From the breeders of Lancer, this improved parsnip has better uniformity in shape with a deep crown set and broad, round shoulders. The roots are very white with a fine, mellow flavour. It has very good storage ability both in the ground and in cold storage.

A 200s	B 1000s	C 5000s
\$3.99	\$9.99	\$24.99
D 25,000s	E 100,000s	
\$78.99	\$263.99	

PEAS *Pisum sativum*

Peas are a great crop for urban gardeners, or anyone short on space, and make a great companion in the spring garden. They can be grown in containers and trellised to grow vertically, even in partial shade. Plus, they are one of the best crops for freezing for winter use. Like their cousins, the beans and peas are always open pollinated, so they are great for seed saving. If the pollen is crossed from one variety to another, rather than creating hybrid offspring, the result is simply some peas of each type in the pod

Growing peas

Timing: Peas prefer cool weather. Plant as early in spring as the soil can be worked, up to 4–5 weeks before last frost. In temperate regions, sow only enation-resistant varieties after April 1 and plant again July to mid-August for a fall crop. Optimal soil temperature: 10–20°C (50–70°F). Seeds should sprout in 7–14 days. **Starting:** Soaking seeds is not advised for wet soils. Sow seeds 2cm (1") deep. Space seeds 2–7cm (1–3") apart in the row. Do not thin. Days to Maturity: From direct sowing. **Growing:** Use well-drained soil amended with finished compost. Add 2 cups of rock phosphate or bone-meal for 3m (10') of row, or 3–4 kg (6–8 lbs) per 30m (100') of furrow. Plant most varieties along a trellis or fence. If plants turn yellow and wither from the ground up just after flowering, it may be pea rot from a soil fungus. It infects the plant in early spring when the soil is very wet. Prevent it by delaying planting until the soil is drier and by using finished compost at planting. Observe a 4-year crop rotation. Pea enation disease is a coastal virus spread by the green peach aphid. It ends flowering and causes pods to become warty and misshapen. **Harvest:** Pick when pods fill out and peas are bright green. Do multiple sowings or grow several varieties to extend the harvest. Seed info: In optimum conditions at least 75% of seeds will germinate. Usual seed life: 2 years. Per 100' row: 1.2M seeds, per acre: 260M seeds.

SHELLING PEAS

Pisum sativum



Alaska PE631

OP, 55 days. This heirloom shelling pea dates back to 1880. It's a versatile, tasty, reliable pea that grows well in cool soil, so it's suitable for northern climates. It has good potential for spring and fall plantings. The short vines grow to only 90cm (36"), but benefit from some support. Expect heavy yields of round, straight, pale green pods, each containing 5–8 smooth peas. (5–6 s/g)

A 25g	B 125g	C 500g
\$3.29	\$5.99	\$7.99
D 2.5kg	E 10kg	
\$22.99	\$64.99	

Pisum sativum



Bolero PE599

OP, 68 days. Pairs of 8cm (3") long pods containing 7–9 large peas each are borne atop bushy plants that grow to 75cm (30") tall. The fat peas are sweet and perfect for freezing or fresh eating. Bolero has one of the best disease tolerance packages of all, making it ideal for markets and processors. It has a high resistance to Pythium and Fusarium race 1. (3–5 s/g)

A 25g	B 125g	C 1kg	D 5kg
\$3.99	\$5.99	\$11.99	\$44.99

Pisum sativum



Green Arrow PE620

OP, 62–70 days. These are excellent shelling peas for fresh eating, freezing, and canning. The 11cm (4.5") long pods are borne in pairs at the tops of short bush plants, containing 9–11 peas each. The peas are tender and sweet and the 70cm (28") tall plants are resistant to enation, wilt, and mildew. (4–5 s/g)

A 25g	B 75g	C 225g
\$3.49	\$5.99	\$6.99
D 1kg	E 5kg	
\$15.99	\$44.99	

Pisum sativum



Little Marvel PE605

OP, 62 days. This heirloom pea forms stocky, semi-dwarf bushes from 30–45 cm (12–18") tall and is well suited to growing in containers or the vegetable bed. Each of the 8–10 cm (3–4") pods contains 6–9 medium green, luscious and sugary peas. This is a winner of the RHS Award for Garden Merit. (4–5 s/g)

A 25g	B 75g	C 225g
\$3.49	\$5.99	\$6.99
D 1kg	E 5kg	
\$14.99	\$44.99	

SHELLING PEAS

Pisum sativum

TALL CLIMBER



Alderman (Tall Telephone) PE591

OP, 70–78 days. Exceptional flavour is well worth the 2.5m (8') tall trellis these peas will need. Huge pods with 8 or 9 peas each have a long harvest window and are easy to pick and shell. This variety is also referred to as 'Tall Telephone' by some growers. (3–5 s/g)

A 25g	B 100g	C 225g	D 1kg	E 5kg
\$3.69	\$5.99	\$7.29	\$14.99	\$39.99

SHELLING PEAS

Pisum sativum



Sabre PE595

OP, 68 days. Curved like a sabre, the pods of this bushy, mid-season pea contain 8-10 peas each. The plants grow to only 60cm (24") tall, and are very heat tolerant. High resistance to Fusarium, root-rot, and Powdery Mildew makes Sabre a good choice for home and market gardeners. (4-6 s/g)

A 25g	B 125g	C 1kg
\$3.69	\$5.99	\$14.99
D 5kg	E 25kg	
\$44.99	\$149.99	

Pisum sativum



Purple Mist Certified Organic PE626

OP, 80-85 days. This organic Dutch heirloom is a multi-purpose pea. The young pods can be enjoyed as snow peas. The pods can be left to develop their unusual purple colour for mid-season shelling peas. Once the peas inside each pod have fully matured, they can be shelled and dried and used for soup peas. 1.5-2m (5-6') tall vines. (3-4 s/g)

A 15g	B 75g	C 225g
\$5.29	\$10.99	\$24.99
D 1kg	E 5kg	
\$74.99	\$329.99	

SNAP PEAS

Pisum sativum var. macrocarpon



Cascadia PE619

OP, 67 days. This delicious snap pea RHS Award of Garden Merit winner grows to only 60cm (24") tall. Use twigs to support the short vines. The dark green pods are a 9cm (3.5") long and are crunchy, juicy and sweet. Picked early, they make excellent snow peas. Cascadia is resistant to enation virus and powdery mildew. (2-4 s/g)

A 25g	B 75g	C 225g
\$3.69	\$5.99	\$6.99
D 1kg	E 5kg	
\$14.99	\$44.99	

Pisum sativum var. macrocarpon



Parsley Pea PE629

OP, 30 days. Technically a snap pea, this curious pea is grown for its edible tendrils, leaflets, and flowers. Harvest whole plants when they are 15-20cm (6-8") tall, or cut above the first node and get a second flush of growth. The plants will produce snap peas at about 70 days on 1m (3') vines if not harvested for greens. (4-5 s/g)

A 25g	B 75g	C 225g
\$3.99	\$5.99	\$9.99
D 1kg	E 5kg	
\$24.99	\$74.99	

SNAP PEAS

Pisum sativum var. macrocarpon



Sugar Ann PE617

OP, 56 days. Extra early, incredibly sweet snap peas are produced on short, 60cm (2') vines that don't require trellising. The bushy plants develop crisp, tasty, 6cm (2½") pods, and have excellent resistance to enation and powdery mildew. Sugar Ann is an AAS Winner and also a winner of the RHS Award for Garden Merit. (4-6 s/g)

A 25g	B 75g	C 225g
\$3.99	\$5.99	\$10.99
D 1kg	E 5kg	
\$26.99	\$79.99	

Pisum sativum var. macrocarpon



Sugar Daddy PE618

OP, 68 days. This disease resistant and very productive, 60-75cm (24-30") bushy plant benefits from some support. Sugar Daddy's uniquely stringless, 8cm (3") snap peas grow in pairs near the top of the plant for easy picking. (4-6 s/g)

A 25g	B 75g	C 225g
\$4.49	\$5.99	\$7.99
D 1kg	E 5kg	
\$24.99	\$89.99	

Pisum sativum var. macrocarpon



Sugar Lace II PE621

OP, 68 days. Sweet, stringless pods are borne on 80cm (30") semi-leafless vines. The pods are about 9cm (3½") long and average 2 pods per node for high production. Yields are early and abundant. This variety is powdery mildew resistant and tolerant to enation virus. (3-4 s/g)

A 25g	B 75g	C 225g
\$4.69	\$6.99	\$9.99
D 1kg	E 5kg	
\$32.99	\$109.99	

Pisum sativum var. macrocarpon



Super Sugar PE616

OP, 62-70 days. This improved version of Sugar Snap produces sweet snap peas with a crisp texture. The 10cm (4") long, plump pods grow in pairs at each node for improved yield on 1.5-2m (5-6') tall vines. (3-5 s/g)

A 25g	B 75g	C 225g
\$3.99	\$5.99	\$9.99
D 1kg	E 5kg	
\$26.99	\$89.99	

SNOW PEAS

Pisum sativum var. saccharatum



Dwarf Grey Sugar PE592

OP, 66 days. This heirloom snow pea has been in production since before 1773. The prolific, bushy vines grow to 1.5m (5') tall, and benefit from staking. It produces early, dwarf-sized pods. Very attractive sweet pea-like flowers are followed by clusters of flat, fleshy, curved, semi-pointed pods. This is one of the best choices for growing pea shoots and pea tips. (6-8 s/g)

A 25g	B 200g	C 500g	D 1kg	E 5kg
\$3.69	\$6.49	\$9.99	\$14.99	\$44.99

Pisum sativum var. saccharatum


HIGH YIELD



Avalanche PE624

OP, 60 days. The 15cm (6") long pods are sweet and tender. The plants are "semi-leafless" so they put more energy into producing pods, making for higher yields. Plant 2 to 3 rows close together and plants will intertwine, providing support for each other. Avalanche is resistant to Fusarium Wilt race 1 and powdery mildew. (3-5 s/g)

A 50g	B 100g	C 225g	D 1kg	E 5kg
\$4.49	\$5.99	\$6.99	\$19.99	\$64.99

Pisum sativum var. saccharatum



Mammoth Melting Sugar PE623

OP, 70 days. This is one of the largest available snow pea varieties with succulent 10-13cm (4-5") long pods that are produced on 1.2m (4') tall plants — which calls for a trellis or support. The large white flowers of this heirloom snow pea are pretty enough to use as cut flowers. (4-5 s/g)

A 25g	B 75g	C 225g	D 1kg	E 5kg
\$4.49	\$6.99	\$7.99	\$22.99	\$99.99

SNOW PEAS

Pisum sativum var. *saccharatum*



Oregon Giant PE608

OP, 70 days. This RHS Award of Garden Merit winner produces large, broad, 13cm (5") long pods are thick and very sweet. They are usually grown for use as snow peas, but they remain tender up to the very largest sizes. The plant is short at 1.2m (4'), and very resistant to pea enation and powdery mildew. (2-3 s/g)

A 25g	B 75g	C 225g
\$3.99	\$5.99	\$6.99
D 1kg	E 5kg	
\$15.99	\$39.99	

Pisum sativum var. *saccharatum*



Oregon Sugar Pod 2 PE598

OP, 56 days. This high yielding edible-pod snow pea has been a popular variety for a long time. The flowers are white and vines are short growing up to 75cm (30") tall. The pods are very sweet and crisp. The snow peas are 10cm (4") long. Oregon Sugar Pod II is enation resistant. (3-5 s/g)

A 25g	B 75g	C 225g
\$3.29	\$5.99	\$6.99
D 1kg	E 5kg	
\$14.99	\$49.99	

PEPPERS

Capsicum annuum

In 1912, American chemist Wilbur Scoville devised what he called the "Scoville Organoleptic Test" to measure the relative hotness or piquancy of chili peppers. Although it is somewhat subjective, the Scoville Scale (as it's known today) is still used by growers and makers of hot sauce to rate piquancy by so-called Scoville Heat Units (SHU). Bell peppers, which contain no capsaicin, have a Scoville rating of 0, while very hot peppers like Habaneros have ratings in the 100,000 to 350,000 SHU range. We have listed our chilies here from mildest to most fiendish. Unless otherwise noted, all species are *Capsicum annuum*. All peppers like warm soil and full sun, but they are quite easy to grow, and they are productive plants when given enough heat. All can be grown in containers, too. The fruits take time to mature, but, like so many other home-grown crops, the fresh flavour is amazing, and worth the effort. These are cousins of tomatoes and eggplants in the family Solanaceae. They all need to be started indoors in late winter or early spring.

Growing peppers

Timing: Start indoors in early March to the first week of April.

Transplant when weather is really warm in late May or June. Optimal soil temperature: 25–29°C (78–85°F). Seeds should sprout in 10–21 days.

Starting: Sow indoors 5mm–1cm (¼–½") deep. Keep soil as warm as possible. Try to keep seedlings at 18–24°C (64–75°F) in the day, and 16–18°C (61–64°F) at night. Avoid night temperatures below 12°C (55°F).

Transplant each seedling into a 8cm (3") pot when it is large enough to handle. For greatest possible flower set, try to keep them 4 weeks in a cool room at night, about 12°C (55°F). Then transplant them into 15cm (6") pots, bringing them into a warm room at night, about 21°C (70°F).

Days to Maturity: From transplant date. **Growing:** Soil should have abundant phosphorous and calcium, so add lime and compost to the bed three weeks before transplanting. Mix ½ cup of complete organic fertilizer under each transplant. Peppers will only grow well if soil is kept moist. Harden off before planting 30–60cm (12–24") apart in the garden. Using plastic mulch with a cloche can increase the temperature a few degrees, and every degree helps. Pinch back growing tips to encourage leaf production. Pinch or snip above the last set or two of leaves. This helps shade the fruits and prevents sunscald in summer. **Harvest:** When fruit is firm, it is ready to pick. If left, the fruit will ripen further turning red, yellow, brown, or purple. The sweetness and Vitamin C content go up dramatically when the fruit changes colour. Picked while they're green, the total number of peppers harvested will increase. Fruit that sets after late August will usually not develop or ripen. Pull out the entire bush just before the first frost and hang it upside down in a warm, dry place to ripen hot peppers. Seed Info: In optimum conditions at least 65% of seeds will germinate. Usual seed life: 2 years.

As a result of USDA import rules introduced in 2019, we regret that we are unable to ship pepper and tomato seeds to the USA.

HOT PEPPERS

Capsicum annuum



Anaheim PP642

OP, 70-90 days. This heirloom from southern California produces mildly hot, 15cm (6") green peppers on vigorous, upright, bushy plants. The pendant, dark green fruits have thick walls that are excellent for roasting or smoking, and will mature to dark red if left on the plant. They are much milder compared to Jalapeños at only 100-500 SHUs. (105-132 s/g)

A 0.2g	B 1g	C 5g	D 25g
\$3.49	\$4.99	\$6.99	\$17.99

HOT PEPPERS

Capsicum annuum



Beaver Dam PP694

OP, 80 days. Beaver Dam's horn-shaped fruit are mildly hot at 500-1,000 SHUs but removing the seeds will allow their sweet flavour and crisp texture to shine. The fruits average 15cm (6") long, about 6cm (2.5") wide at the shoulder tapering to a blunt point. The compact plants are well adapted for cool, short season growing. This Hungarian heirloom arrived in Beaver Dam, Wisconsin in 1912. 500-1,000 SHUs.

A 25s	B 100s	C 250s
\$3.49	\$4.99	\$5.99
D 1000s	E 5000s	
\$11.99	\$41.99	

Capsicum chinense



Biquinho Red PP685

OP, 100 days. These highly ornamental plants form a canopy of dangling, red fruits above stems just 50cm (20") tall. They look great in containers. Named for the "little beak" or pointed tip. Enjoy them raw, cooked, or pickled. 500-1000 SHUs. (250-313 s/g)

A 0.2g	B 1g	C 5g
\$4.49	\$6.99	\$14.99
D 25g	E 100g	
\$46.99	\$152.99	

Capsicum chinense



Biquinho Yellow PP686

OP, 100 days, Biquinho Yellow peppers grow on highly ornamental plants that look amazing in containers. Named for the "little beak" or pointed tip, these mildly hot chilies originated in Brazil. They are ideal for pickling. 500-1000 SHUs. (242-303 s/g)

A 0.2g	B 1g	C 5g
\$3.99	\$6.99	\$15.99
D 25g	E 100g	
\$49.99	\$152.99	

Capsicum annuum



Hungarian Black Hot Pepper PP675

OP, 75 days. Gorgeous, jalapeño shaped peppers mature from bright green to nearly jet black, and finally to red. The productive 60cm (24") tall plants are loaded with fruits of medium heat. Use them interchangeably with regular jalapeño peppers for a shock of colour in dips and salsas. 1,000-2,500 SHUs. (151-189 s/g)

A 0.25g	B 1g	C 5g	D 25g
\$3.49	\$5.99	\$10.99	\$36.99

Capsicum annuum

Black Magic Jalapeno Certified Organic PP655

F1, 65 days. An organic, uniquely dark green jalapeño that is mildly spicy with a floral note. Highly productive, the medium sized hybrid plants will produce an impressive number of thick walled fruits that feature some corking when ready to pick in the green stage. If left unharvested, fruits will mature to red. Black Magic has intermediate resistance to bacterial leaf spot.

A 10s	B 50s	C 100s
\$5.49	\$12.99	\$20.99
D 250s	E 1000s	
\$32.99	\$95.99	

Capsicum annuum

Spicy Slice Jalapeno PP679

F1, 60 days. A productive plant laden with perfect green pods just under 10cm (4") that was a hit from our trials. The flavour is profound, as is the heat. This is a jalapeño for spice lovers. The heat is not restricted to the pith and seeds, but runs through the whole flesh of each pod. The plants are productive and the fruits highly uniform. 4,000 SHUs.

A 10s	B 50s	C 250s
\$5.99	\$13.99	\$44.99
D 1000s	E 5000s	
\$134.99	\$499.99	

Capsicum annuum

Hungarian Yellow Hot Wax PP648

OP, 58-85 days. The fruits are smooth and waxy and average 14cm (5 1/2") long. They taper to a point, beginning bright green and changing to yellow and orange. The plants grow up to 60cm (24") tall and are very productive. Hungarian Hot Wax is early and widely adapted, and quite spicy at 5,000-10,000 SHUs. (128-160 s/g)

A 0.25g	B 5g	C 15g
\$3.49	\$8.99	\$12.99

Capsicum annuum

Serrano (Sureno) PP636

F1, 70 days. Small, bushy plants are highly productive with large, straight, firm-bodied, bright green fruits. Serrano chilies are about twice as hot as Jalapeños. Unlike many other chilies, the flavour is best when they are still green, but they will ripen to scarlet red. Discarding the seeds will reduce the heat by half. This chili rates at a confident 10,000-23,000 SHUs.

A 25s	B 100s	C 250s
\$6.49	\$15.99	\$25.99

Capsicum annuum

Chile De Arbol PP641

OP, 80-90 days. Small, dark red chilies grow on this Mexican heirloom bush, and pack a wallop at 15,000-30,000 SHUs. Grow de Arbol in containers and move indoors or into a greenhouse over winter, and it will come back as a perennial for several years. Thin-skinned, so easy to dry with a pleasant, hot, smoky flavour. (179-224 s/g)

A 0.2g	B 1g	C 5g	D 25g
\$3.69	\$5.99	\$16.99	\$49.99

Capsicum annuum

Large Red Thick Cayenne PP646

OP, 70-80 days. Strong upright plants produce large-shouldered, wrinkled and curved fruit ranging from 13-18cm (5-7") long with medium-thick flesh. Fruit color is dark green turning to scarlet when ripe. Not as hot as Cayenne Long Red Thin, but hotter than Jalapeños. 30,000-40,000 SHUs. (132-165 s/g)

A 0.25g	B 2g	C 10g
\$3.69	\$4.99	\$9.99

Capsicum annuum

Giant Ristra PP677

F1, 80 days. At 18cm (7") long, this pepper looks like a Marconi type, but it has the genuine heat of a cayenne. This AAS Winner can be used fresh, roasted, or dried — or tied into decorative ristras for winter displays. 30,000-50,000 SHUs.

A 20s	B 50s	C 250s
\$4.69	\$7.99	\$20.99
D 1000s	E 5000s	
\$59.99	\$231.99	

Capsicum annuum

Arapaho PP626

F1, 85 days. Rich flavour and abundant heat combine to make this a superior Cayenne type chili. Medium sized plants produce copious fruits that average 15cm (6") long with moderately thick walls. This was a winner from our seed trials, and quite spicy at 30,000-50,000 SHUs.

A 10s	B 100s	C 250s
\$4.49	\$22.99	\$39.99
D 500s	E 1000s	
\$64.99	\$109.99	

Capsicum baccatum

Aji Rico PP676

F1, 70-75 days. This AAS Winner has a citrus floral flavour. Compared to many of the OP peppers, it boasts faster maturity, better vigour, and higher yields. The fruits average 8-10cm (3-4") long, with thin walls and a conical shape. The plants are large in stature at 76-91cm (30-36") tall. Variable heat at 1200-75,000 SHUs.

A 10s	B 25s	C 100s	D 250s	E 1000s
\$9.99	\$15.99	\$49.99	\$89.99	\$237.99

Capsicum chinense

Scotch Bonnet PP652

OP, 120 days. Widely used in Caribbean cooking, with a flavour profile that is quite distinct from its close cousin the Habanero. Give this variety extra time to mature and as much warmth as possible. 150,000-325,000 SHUs. (176-220 s/g)

A 0.25g	B 2g	C 10g	D 50g
\$3.99	\$7.99	\$24.99	\$74.99

Capsicum chinense

Habanero PP644

OP, 120 days. Start these slow-maturing plants indoors in February or March above 20°C (70°F). The large plants bear loads of small, oval, lime green fruit that ripen to bright red. The pods have an incredibly fruity flavour. These chilies are for spice lovers, at 100,000-350,000 SHUs (198-248 s/g)

A 0.25g	B 2g	C 10g
\$3.69	\$9.99	\$36.99

HOT PEPPERS

Capsicum chinense**Ghost Chili Pepper PP673**

OP, 100 days. At over one million SHUs, this is one of the world's hottest peppers. We encourage very careful handling of the seeds and fruits. The Ghost Chili is said to be easily three times hotter than our Red Habanero. 1,000,000+ SHUs.

A 10s	B 25s	C 100s
\$6.49	\$10.99	\$26.99

Capsicum chinense**Trinidad Moruga Scorpion PP692**

OP, 120 days. This fireball registers an average of 1.2 million SHUs with some clocking in at 2 million SHUs. The small, puckered fruits mature from green through orange and then to a deep red, at which point the flavour is most refined and fruity. It can be grown as a perennial in warmer climates, or brought inside over winter.

A 10s	B 25s	C 50s
\$6.49	\$10.99	\$14.99
D 250s	E 1000s	
\$64.99	\$169.99	

Capsicum chinense**Carolina Reaper PP695**

OP, 120 days. This is officially the hottest pepper on record, at an alarming 1.5 million SHUs (it has peaked at 2.2 million). The smallish peppers mature from green to fire engine red, and are gnarled and bumpy with a distinctive pointed tip some growers call "the stinger." Use extreme caution when handling the seeds and eventual fruits they produce!

A 10s	B 25s	C 50s
\$6.49	\$10.99	\$14.99
D 100s	E 500s	
\$19.99	\$40.99	

SWEET PEPPERS

Capsicum annuum**California Wonder PP620**

OP, 65-75 days. One of the standards for bell peppers, California Wonder bears heavy, smooth-skinned, thick-walled, blocky peppers on vigorous 45-60cm (18-24") tall plants. The peppers are 4-lobed and start out green, but they'll turn a lovely red and become much sweeter. (124-155 s/g)

A 0.25g	B 1g	C 15g	D 100g
\$3.29	\$4.99	\$12.99	\$69.99

SWEET PEPPERS

Capsicum annuum**Hungarian Cheese Blend PP660**

F1, 65-68 days. These mini bell peppers are the perfect size for the lunch box, maturing to red, orange, or yellow. The peppers on these 60cm (24") tall plants are flattened and fluted with thick walls. Try this blend in patio containers for colour, or choose from the individual colours.

A 30s	B 120s
\$8.49	\$21.99

Orange You Sweet Hungarian Cheese Pepper PP657

A 20s	B 50s	C 250s
\$7.99	\$14.99	\$49.99
D 1000s	E 5000s	
\$119.99	\$464.99	

Yes to Yellow Hungarian Cheese Peppers PP658

A 20s	B 50s	C 250s
\$7.99	\$14.99	\$49.99
D 1000s	E 5000s	
\$129.99	\$464.99	

Right On Red Hungarian Cheese Peppers PP656

A 20s	B 50s	C 250s
\$8.59	\$14.99	\$49.99
D 1000s	E 5000s	
\$129.99	\$464.99	

Capsicum annuum**King of the North Certified Organic PP693**

OP, 70 days. One of the most reliable and productive organic bell peppers for northern gardens. It is known for its ability to produce substantial, blocky peppers in short, cool seasons. The plants are sturdy and upright, with thick-walled, three to four lobed fruits that ripen from bright green to vivid red and get even sweeter as they do.

A 10s	B 50s	C 250s
\$3.49	\$4.99	\$10.99
D 1000s	E 5000s	
\$24.99	\$96.99	

Capsicum baccatum**Mad Hatter PP671**

F1, 85-90 days. This eye-catching variation on the Bishop's Cap pepper is an award winning hybrid with superior plant vigour and high yields. The flattened, disc-shaped pods have a crunchy texture for snacking at the mature green or red stage. Grown in arid conditions, the peppers will take on some heat around the seed cavity, but otherwise the flesh remains sweet and mild.

A 10s	B 25s	C 100s
\$8.99	\$13.99	\$34.99
D 500s	E 1000s	
\$124.99	\$209.99	

Capsicum annuum**Matan Certified Organic PP654**

OP, 80-90 days. Sweet, crisp, juicy, and flavourful, with thin skins that make them ideal for cooking, drying, or eating raw. This organic pepper is extremely early, and the low growing plants are very productive. The peppers are a little bit like our Pepperoncini variety, but with smoother skin and an even more refined, smoky, slightly hot flavour. (180-200 s/g)

A 0.25g	B 2g
\$4.29	\$10.99

Capsicum annuum**Milena Certified Organic PP667**

F1, 70 days. This organic, thick-walled, orange bell was bred for early maturity and disease resistance. The three to four lobed fruits are crisp and tasty, and abundant in the greenhouse or open field. It is resistant to Potato Virus Y, Tobacco Mosaic Virus, and Tomato Spotted Wilt Virus.

A 10s	B 50s	C 250s
\$14.99	\$54.99	\$199.99
D 500s	E 1000s	
\$285.99	\$549.99	

Capsicum annuum**Oranos Certified Organic PP653**

F1, 60-75 days. The feedback from growers was unanimous and extremely positive for this organic pepper. The plants are very productive and the pods have excellent flavour. Vivid, sweet, and very early, Oranos produces bright orange, thick-walled, conical fruits averaging 13-15cm (5-6") long. Fruits are green at 60 days and orange at 75.

A 10s	B 25s	C 125s	D 500s
\$14.99	\$24.99	\$89.99	\$269.99

Capsicum annuum**Pepperoncini PP629**

OP, 70 days. This Italian heirloom produces bushy, vigorous plants that yield prodigious quantities of slender 12cm (5"), sweet green, dimpled peppers that turn red and become even sweeter. The rich flavour is like a sun-dried tomato with just a tiny hint of warmth. Less than 100 SHUs. (184-230 s/g)

A 0.5g	B 2g	C 10g	D 100g
\$3.49	\$6.99	\$15.99	\$99.99

Capsicum annuum

Paprik Certified Organic PP630

OP, 90 days. The hardy, compact, vigorous organic plants are very productive, even in the open field. The fruits average 12cm (4") long with a narrow conical shape. The pods are mostly straight with a very small seed cavity that allow them to dry quickly to grind into paprika. (116-146 s/g)

A 0.1g	B 2g	C 10g
\$3.69	\$10.99	\$22.99

Capsicum annuum

Purple Beauty PP621

OP, 70-75 days. Purple Beauty seeds produce compact, bushy plants with thick protective foliage. The compact plants produce big, blocky fruit that mature to an astonishing bright purple colour. Their flavour is mild, sweet and succulent, with a fine, crisp texture. (126-158 s/g)

A 0.5g	B 1g	C 5g
\$3.69	\$5.99	\$8.99

Capsicum annuum

Red Bulls Horn PP627

OP, 80 days. This sweet Italian heirloom is a favourite for cooking and is an excellent producer. The 45cm (18") plant produces loads of fat, conical 10-13cm (4-5") peppers curved in the shape of a bull's horn. They ripen to deep red late in summer or can be harvested green. (265-332 s/g)

A 0.5g	B 2g	C 10g
\$3.69	\$4.99	\$14.99

Capsicum annuum

Red Candy Cane PP684

F1, 65 days. The elongated bell peppers are sweet at the green stage or as they ripen to a striped, then solid red colour. The fruits are thin-walled, and grow to 10cm (4") long, and 4cm (1½") wide. The plants were incredibly productive in our field trials, with big harvests once a week in high summer. The plants grow to 45-60cm (18-24") tall.

A 10s	B 50s	C 250s
\$7.99	\$24.99	\$84.99
D 1000s	E 5000s	
\$221.99	\$933.99	

Capsicum annuum

Shishito pepper PP683

F1, 60 days. The 60cm (24") tall plants produced buckets of slender, mild peppers in our field trials, and they kept producing into October. While it is tasty at the green stage, it matures first to orange and then to deep red when its sugars are the highest. Its thin walls make it ideal for tempura or roasting.

A 10s	B 50s	C 100s
\$4.99	\$10.99	\$15.99
D 500s	E 2500s	
\$49.99	\$219.99	

Capsicum annuum

Twingo PP622

F1, 60-65 days. These large plants have lush foliage that shades the fruits from sun scald. The large, thick walled fruits start dark green, but mature to bright golden yellow. They can weigh up to 1 lb each. Twingo performs well in both field and greenhouse, and has a high resistance to Tobacco Mosaic Virus. It is recommended by professional growers.

A 25s	B 125s	C 500s
\$7.99	\$26.99	\$69.99

POTATO

Solanum Tuberosum

Potatoes from seed? That's correct! Unlike traditional seed potatoes, which start from the tuber stage, these are actual seeds produced in the fruits of potato plants following pollination. Plant them and care for them just like their *Solanum* cousins. They need to be started indoors early and transplanted out in late spring.

Growing potatoes from seed

Timing: Start indoors in seedling trays 6 weeks before last frost. Fill each cell to 1cm (½") from the top with sterilized seed starting mix. Moisten with water and place one seed on the top of the soil per cell. Cover with vermiculite and water in. Note: Potato seeds require light to germinate, so do not bury. Optimal soil temperature for germination: 15–27°C (65–80°F). Seeds should germinate in 6–10 days. **Starting:** Keep soil evenly moist during germination but allow free drainage so that excess water does not collect. Water before midday to allow foliage to dry completely. Days to Maturity: From transplant. **Growing:** Ideal pH: 5.0–6.0. Plant seedlings so that only the crown of its top, 2–5cm (1–2") is above soil level, burying the whole plug and a good part of the stem of the seedling. Space seedlings 10–25cm (4–10") apart in rows 75cm (30") apart. Wider spacing produces fewer, but larger tubers. Keep the area well-watered for several weeks after transplant. **Harvest:** Gently dig once mature foliage has died back. Seed Info: In optimal conditions, at least 75% of the seeds will germinate. Usual seed life: 3 years. Per 100' row: 200 seeds, per acre: 8.8M seeds.

QUINOA

Chenopodium quinoa

Quinoa is incredibly easy to grow. It is a highly ornamental plant with a stately, architectural shape and emerald-green leaves. Then, in late summer, it sends up a spectacular plume of flowers that become heavy with protein-packed grains. This is another crop from the family Amaranthaceae.

Growing quinoa

Timing: Direct sow 2–3 weeks after the last frost date. Optimal soil temperature: 18–24°C (65–75°F). Seeds should germinate in 4–10 days. **Starting:** Sow 5mm (¼") deep, 10 seeds per 30cm (12") in rows spaced 50cm (30") apart, and thin to 25–35cm (10–14") between plants. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–7.5. Use a well-drained loamy soil with added organic matter. Keep weeded, but otherwise, quinoa is drought-tolerant and undemanding. Watch for slug damage to young seedlings - keep area free from debris where these pests like to nest. **Harvest:** Pick any time after seeds have changed from green to their calico colours, even after light frost. Cut seed heads from the plants, hang upside down until completely dry, then bash them about in paper yard waste bags to collect the seeds. Seed info: At least 70% of seeds will germinate in optimum conditions. Usual seed life: 3 years. Per 100' row: 160 seeds, per acre: 42M seeds.

Solanum tuberosum

Clancy (Pelleted) PT624

F1, 110 days. Mid-season. Clancy potato seeds represent a novel new way to produce beautiful, nutritious spuds. This is a natural mix of red and rose-gold creamer-size spuds. The seeds are pelleted for easy handling.

A 20s	B 100s	C 250s	D 1000s	E 5000s
\$6.49	\$16.99	\$32.99	\$82.99	\$399.99

Chenopodium quinoa

Brightest Brilliant Certified Organic QN100

OP, 100 days. Beautiful, calico seed heads mature above this organic quinoa up to 2.4m (8') tall. The leaves of young plants are tender and tasty. Sow more densely if growing for greens — farther apart for large, full-size plants. (288-360 s/g)

A 2g	B 10g	C 25g	D 125g	E 500g
\$4.99	\$12.99	\$22.99	\$84.99	\$229.99

QUINOA

Chenopodium quinoa



Cherry Vanilla Certified Organic QN107

OP, 100 days. Cherry pink and cream coloured seed heads, with the whitest of all seeds in our selection. This organic variety has particularly delicious immature leaves, so it's an outstanding baby salad green choice. (254-318 s/g)

A 2g	B 10g	C 25g	D 125g
\$4.99	\$14.99	\$24.99	\$84.99

Chenopodium quinoa



French Vanilla Certified Organic QN103

OP, 100 days. This organic variety reaches 2-2.4m (6-7') tall with little branching. The heads ripen uniformly, making harvest easier than varieties with many large branches. The seeds are white or buff in colour. (367-459 s/g)

A 2g	B 10g	C 25g	D 1kg
\$4.99	\$14.99	\$24.99	\$429.99

Chenopodium quinoa



Mint Vanilla Certified Organic QN108

OP, 100 days. This organic quinoa looks spectacular in large plantings. The bright white seed heads and seeds are tinged with pale green. The tall plants are well adapted to coastal growing. (248-310 s/g)

A 2g	B 10g	C 25g	D 125g
\$4.99	\$14.99	\$24.99	\$84.99

Chenopodium quinoa



Red Head Certified Organic QN101

OP, 100 days. Grown in the Pacific Northwest since the 1980s, this organic pink/red headed quinoa has the best resistance to fall rains. The sturdy plants are high yielding as a grain crop or they can be enjoyed as baby greens or micro-greens. (264-330 s/g)

A 2g	B 10g	C 25g
\$4.99	\$14.99	\$24.99
D 125g	E 500g	
\$76.99	\$229.99	

RADISH

Raphanus sativus

All parts of the radish are edible, from the swollen tap root to the leaves and even the seed pods and seeds themselves. They are incredibly quick to grow and can go from seed to harvest in under a month. Radishes prefer cool weather and will satisfy the Spring gardening itch like no other. They make excellent micro-greens, adding a distinct flavour and slight edge of spiciness to salads. This heat is owed to a compound called glucosinolate, which is also found in mustard greens and cabbages. This belies the fact that all are related in the family Brassicaceae.

Growing radish

Timing: Radishes can be grown all season, but they're easiest when sown around the last frost date and again in late summer for fall and winter harvests. Optimal soil temperature: 18-24°C (65-75°F). Seeds should sprout in 5-7 days. **Starting:** Sow 5mm (¼") deep, 25 seeds per 30cm (12") in rows spaced 30-45cm (12-18") apart, and thin to 6-12 plants per 30cm (12"). Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0-6.8. Radishes do best in rich, loamy soil amended with composted manure. Add 1 cup of complete organic fertilizer to each 3m (10') of row for background fertility. Lime beds the previous fall. The real secret to growing this little vegetable is speed: Sow a short row frequently, thin them quickly, keep them watered, eat them quickly, and sow some more. Root maggots and flea beetles can be a problem. Expect to lose 20-30% of the crop to maggots if not using a floating row cover. **Harvest:** Pick promptly when radishes are the size of marbles. Leaves and developing seed pods are also tasty. Seed info: At least 80% of seeds will germinate in optimum conditions. Usual seed life: 4 years. Per 100' row: 1.2M seeds, per acre: 522M seeds.

Raphanus sativus



Amethyst RD666

F1, 25-30 days. This bright-purple skinned radish has very tasty white flesh. Successive plantings every two weeks or so allows for harvests April to October. Amethyst is a Winner of the RHS Award of Garden Merit. (104-131 s/g)

A 2g	B 5g	C 15g	D 50g
\$4.69	\$6.99	\$11.99	\$26.99

Raphanus sativus



Cherriette RD667

F1, 26 days. Choose Cherriette for smooth-skinned, bright red radishes with a very round, uniform shape. They were bred to perform in higher temperatures, so they hold better potential for harvesting into summer. The pure white flesh is dense and crisp, with sweet-hot flavour.

A 100s	B 1000s	C 10,000s	D 100,000s
\$3.49	\$10.99	\$36.99	\$189.99

Raphanus sativus



Easter Egg II RD674

OP, 28 days. This is our signature multi-colour radish blend. Each variety grows at about the same rate. The white-fleshed roots are round, crisp, and tastefully tangy. (89-112 s/g)

A 4g	B 10g	C 25g	D 125g	E 500g
\$3.69	\$4.99	\$5.99	\$15.99	\$44.99

Raphanus sativus



French Breakfast RD680

OP, 25-30 days. Red at the top with blunt white tips, this popular heirloom has been grown since the 1880s. It grows well from spring through summer with large healthy tops. Refrigerate for best storage. (100-126 s/g)

A 5g	B 15g	C 60g	D 125g	E 500g
\$3.99	\$4.99	\$7.99	\$14.99	\$32.99

Raphanus sativus var. *Longipinnatus*



Minowase Summer Cross RD677

F1, 50 days. A classic daikon radish with pure white flesh that is tasty raw, cooked, or pickled. These roots are large--38-50cm (15-20") long and 5-6cm (2.5") thick. They grow best in soil that has been loosened and cultivated deeply. Flavour is milder when consistently watered and grown to mature in fall. (56-71 s/g)

A 1g	B 5g	C 25g	D 100g
\$3.49	\$9.99	\$22.99	\$59.99

Raphanus sativus**Rivoli (Coated) RD698**

OP, 30 days. This AAS Award Winner is prized for its uniformity of colour, size, and growth rate. The roots are evenly coloured bright red all over and very round. The smooth, dense flesh is crisp with a notably bright flavour. Harvest the roots when they are 4cm (1½") in diameter.

A 125s	B 500s	C 2500s	D 10,000s	E 50,000s
\$3.49	\$4.99	\$7.99	\$20.99	\$79.99

Raphanus sativus**Rudolf (Coated)
Certified Organic RD668**

OP, 24 days. These bright red organic radishes have excellent flavour and short tops. Rudolf is ideal for winter and spring production. Fast growth and dependable uniformity won Rudolf an RHS Award of Garden Merit.

A 200s	B 5000s	C 25,000s	D 100,000s
\$4.49	\$26.99	\$89.99	\$219.99

Raphanus sativus**White Icicle
Certified Organic RD700**

OP, 30 days. Crisp, mild flavour with short tops, these long, carrot-shaped white radishes can be spaced a bit closer than other varieties. The roots can grow 10-15cm (4-6") long. This heirloom variety has been enjoyed since the 16th century. (176-220 s/g)

A 2g	B 10g	C 25g	D 125g	E 500g
\$3.99	\$6.99	\$9.99	\$28.99	\$103.99

SPECIALTY RADISH*Raphanus sativus***Black Spanish Round
RD683**

OP, 60 days. This winter-hardy heirloom dates back to at least 1824. AKA Noir Gros Rond d'Hiver. This distinctive black-skinned, sharply spicy radish has a milky white and tender interior. Plant in mid to late summer and eat when it is the size of a quarter. Space 8-10cm (3-4") apart. (97-122 s/g)

A 5g	B 15g	C 60g
\$3.49	\$4.99	\$5.99
D 120g		E 500g
\$8.99		\$17.99

Raphanus sativus**Mini Purple RD690**

F1, 40 days. This mini daikon has crisp flesh streaked with purple, beneath purple skins. The flesh takes on more colour when grown in cold weather. The flavour is quite mild compared with the spicy leaves. This is the perfect variety for kim-chi or pickles.

A 25s	B 100s	C 250s
\$3.99	\$6.49	\$9.99
D 1000s		E 5000s
\$22.99		\$81.99

Raphanus sativus**Mini Red RD691**

F1, 30-40 days. AKA Shunkyo. The red radish of northern Chinese cuisine is both hot and sweet in flavour, with bright red skin over tender, crisp white flesh. The flesh is streaked with red grown in cold weather. It is fast growing and slow to bolt.

A 25s	B 100s	C 250s
\$3.99	\$6.49	\$9.99
D 1000s		E 5000s
\$22.99		\$81.99

Raphanus sativus**Noir Long Maraicher
Certified Organic RD701**

OP, 60 days. This delicious, organic, heirloom has a robust flavour characteristic of black radishes, which is stronger than regular radishes. Their milky white flesh contrasts gorgeously with their black skins. This winter specialty is typically eaten raw. They shine when grated as a topping on any dish that would benefit from a warm, spicy kick. (75-84 s/g)

A 1g	B 5g	C 25g
\$3.99	\$6.29	\$15.99
D 100g		E 500g
\$39.99		\$159.99

Raphanus sativus var. *Longipinnatus***Rido Red RD697**

F1, 60 days. These fast growing, uniform radishes have a lovely cream exterior but bright fuchsia flesh. Their visual appeal makes them eye catching for the market or dinner table. They can be grown at nearly any time of year, but the faster they grow the better the flavour. It mingles sweet and savoury with a touch of mustard-like heat. (90-113 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.99	\$7.99	\$22.99	\$64.99	\$219.99

Raphanus sativus**Sai Sai Purple RD699**

F1, 30-120 days. This multi-purpose radish has vibrant purple midribs that contrast nicely with bright green leaves. These make colourful baby leaf greens, but they stay tender and keep their colour for harvesting more mature salad greens. Left to mature, it forms a sweet and crunchy daikon radish with highly ornamental leaves. (69-87 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.69	\$4.99	\$10.99	\$26.99	\$98.99

Raphanus sativus**Wasabi Radish RD692**

OP, 60 days. This Japanese heirloom is a medium sized, oblong daikon type. The wasabi-green skin and flesh is crisp and succulent, with a strong heat reminiscent of the much loved Japanese horseradish. The flavour is sharp and tear-inducing for spice lovers. (94-118 s/g)

A 0.5g	B 2.5g	C 10g	D 50g	E 250g
\$3.69	\$4.99	\$9.99	\$32.99	\$124.99

RHUBARB

Rheum rhabarbarum

Rhubarb was used as a medication in ancient China, and is mentioned in a medical text dating from 2700 BCE. It wasn't used as food until the 1600s in England, and it wasn't grown in North America until the 1820s. It's an essential addition to the perennial food garden. Rhubarb will produce year after year, and it's easy to grow from seed. It shares certain botanical characteristics with buckwheat and sorrel. These are all members of the family Polygonaceae.

Growing rhubarb

Timing: Sow indoors in early spring and transplant or direct sow one month later where plants are to grow permanently. **Starting:** Sow 2cm (1") deep, and plan for large plants. Optimal soil temperature: 16–25°C (60–75°F). Seeds should sprout in 5–10 days. Days to Maturity: From transplant. **Growing:** Ideal pH: 6.0–6.8. Choose a sunny spot. Any well drained moderately fertile garden soil will do. Mulch around plants in the fall with finished compost or well-rotted steer manure. Rhubarb is cold hardy and drought tolerant. When growth stops in the fall, plants go dormant, and require a period below 4°C (40°F) to stimulate good spring bud growth. In the second year, remove the flower stalks as they appear. Divide rhubarb plants every four to five years. A well-maintained plant should produce for over a decade. **Harvest:** Do not harvest during the first year of growth. Stalks can be harvested all at once, or selectively as needed. Seed info: At least 65% of seeds will germinate in optimum conditions. Usual seed life: 3 years.

RUTABAGA

Brassica napobrassica

It is believed that the rutabaga is a cross between a turnip and some member of the species *Brassica oleracea* — likely the cabbage. It is also known as swede, or Swedish turnip, and it was recorded to be growing wild in Sweden as early as 1620. Both the roots and leaves are edible, with the roots being a particularly useful winter crop. Its appearance when growing clearly marks it as a member of the family Brassicaceae.

Growing rutabaga

Timing: Direct sow rutabagas mid-June to mid-July. Optimal soil temperature: 18–21°C (65–70°F). Seeds should sprout in 7–15 days. **Starting:** Sow seeds 5mm–1cm (¼–½") deep in rows 60cm (24") apart. Thin seedlings to 15–20cm (6–8") apart in each row. Days to maturity: From direct sowing. **Growing:** Ideal pH: 6.0–6.8. Rutabagas are moderate to heavy feeders that do best in humus-rich, loamy soil amended with composted manure. Cultivate to a depth of 20cm (8"). Add 1 cup complete organic fertilizer beneath each 3m (10') of row. Lime beds several weeks before planting or the previous fall. Water copiously in hot, dry weather. Root maggots and flea beetles can be a problem. Expect to lose 20–30% of the crop to maggots if not using a floating row cover. **Harvest:** Pull up rutabagas when they are larger than tennis balls. Store in paper bags in a cool, dry place. Storing in dry sand or peat may conserve moisture and freshness. Otherwise, leave in the ground for fall harvesting. The leaves are also tasty. Seed info: At least 80% of seeds will germinate in optimum conditions. Usual seed life: 4 years. Per 100' row: 300 seeds, per acre: 65.4M seeds.

SESAME

Sesamum indicum

Sesame is thought to be the very first oilseed crop ever cultivated. Babylonian records from 4,000 years ago mention it. The ancient Egyptians called it sesemt. Sesame is known as a survivor crop, as it thrives on the margins of deserts, in drought conditions, and in soil that will not support other crops. The seeds, which are instantly familiar, are produced in capsules that sprout from the main stem of a compact, bushy annual plant. Sesame forms its own unique botanical group, the family Pedaliaceae.

Growing sesame

Timing: Sow seeds indoors 4–6 weeks before the last average frost. Transplant under cover after the last frost. Remove the cover mid-May to early June, once the night temperatures are consistently above 10°C (50°F). **Starting:** Lightly cover the seeds with sterilized starter mix and keep just moist until germination. Once they sprout, reduce watering to once a week until transplant time. Optimal soil temperature for germination: 21°C (70°F). Days to Maturity: From transplant. **Growing:** Ideal pH: 6.0–6.8. Heat is key to success. Transplant into a raised bed, or into the ground using black plastic mulch over the soil. Do not fertilize, and avoid drip irrigation, as they really do like it dry. Plant densely at 15cm (6") spacing, in rows 60–45cm (24–36") wide. Sesame is indeterminate, so it will continue to bloom and set seed capsules until the end of summer. **Harvest:** Cut the stems at the base and gather them to dry flat. As the plants dry, the foliage will darken, and more pods will open from the base of the stem upwards. Once most of the pods have opened, bash them against the sides of a bucket to collect the dry seeds. Seed info: At least 50% of seeds will germinate in optimum conditions. Usual seed life: 3 years.

Rheum rhabarbarum



Victoria Rhubarb Certified Organic RH100

OP, 12-18 months. The greenish-red stalks of this organic heirloom variety have a slight flavour of red wine, and are never tough or stringy. The stalks are 25-30cm (10-12") long, under dark green, ruffled leaves. Sow in April, but wait 12-18 months before harvesting. Choose a sunny site. (60-75 s/g)

A 0.5g	B 2g	C 10g	D 50g
\$3.99	\$6.49	\$14.99	\$44.99

Rheum rhabarbarum



Glaskin's Perpetual Rhubarb RH102

OP, 12 months. This English heirloom was bred for early maturity and a long harvest window. It's tart, but never bitter due to its naturally low oxalic acid content. It can be harvested (late) during the first season's growth. The thick, succulent stems grow 30-35cm (12-14") long, with a pink and green pigment and some red markings. (74-83 s/g)

A 0.5g	B 2.5g	C 10g
\$3.99	\$5.99	\$11.99
D 50g	E 250g	
\$39.99	\$146.99	

Brassica napus var. napobrassica



Helenor (Coated) Certified Organic RU693

OP, 90 days. The colour comes early on these uniform, organic round roots. The flesh is light orange and sweetly flavoured. Helenor is an excellent choice for fall and winter harvests.

A 25s	B 100s	C 1000s	D 2500s
\$3.69	\$5.99	\$24.99	\$36.99

Brassica napus var. napobrassica



Laurentian RU694

OP, 100 days. Bright purple skins cover the top two thirds of this globe-shaped rutabaga. The 10-15cm (4-6") roots keep very well for winter storage, and add rich flavour to soups and stews, as well as vitamin C and carotenoids, which encourage normal cell growth. (280-350 s/g)

A 1g	B 5g	C 25g
\$3.49	\$4.99	\$14.99
D 100g	E 500g	
\$22.99	\$65.99	

Sesamum indicum



Black Sesame SE301

OP, 75-110 days. The black seeded variety is popular in Chinese, Korean, and Japanese dishes both sweet and savoury, and is particularly rich in oil. Its flowers are highly attractive to bees. The indeterminate plants will keep producing new flowers and seed capsules until the fall. (333-417 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.69	\$4.99	\$9.99	\$24.99	\$77.99

SPINACH

Spinacia oleracea

The trick to growing great spinach is to use the right varieties in the right season. Spinach is a cool season crop that bolts as the days get long and hot. Some varieties do a little better in summer conditions. Baby leaf varieties can be grown at almost any time of year, but harvest them promptly or they too, will bolt. Spinach is a valuable source of beta carotene, iron, and vitamin K. The oxalates in spinach will block the uptake of calcium and iron from the spinach when it is raw, but not from other foods eaten at the same time. When spinach is cooked, these oxalates are broken down, so it is slightly more nutritious when cooked. Spinach is grouped in the family Amaranthaceae, so it is a cousin of beets, chard, and quinoa. For similar leaves in summer heat, consider growing New Zealand Spinach.

Growing spinach

Timing: Spinach does best in cool weather. Direct sow under cover 4–6 weeks before last frost until the end of June and again in mid-August to September in temperate regions. Spinach will bolt once days are long and hot. Some varieties grow enough to harvest before they bolt. For continuous supply, plant every 3 weeks. Optimal soil temperature: 5–20°C (45–70°F). Seeds should sprout in 7–14 days. **Starting:** Sow seeds 2cm (1") deep, 10 seeds per 30cm (12"), in rows 30–45cm (12–18") apart. Thin to at least 5–8cm (2–3") between plants, or further for larger leaves. Days to Maturity: From direct sowing. **Growing:** Ideal pH: 6.0–6.5. This heavy feeder requires rich soil. Dig in ¼–½ cup complete organic fertilizer beneath each 1m (3') of row. Overwintering spinach requires well-drained soil. Pale, soft tunnels on leaves are probably leaf miner damage. Prevent by covering with floating row cover or kill the little insect that causes the damage by pinching it inside the leaf. Destroy any affected leaves. Downy mildew is a fungal disease that causes grayish mould on the leaves. **Harvest:** Cut whole plant just above the soil level, or pick baby leaves as needed. Seed info: In optimum conditions at least 65% of seeds will germinate. Usual seed life: 3 years. Per 100' row: 400 seeds, per acre: 174M seeds.

Spinacia oleracea



Yukon SP600

F1, 38 days. Yukon is a speedy hybrid for baby-leaf or full size growing. It grows so fast that it's good for filling in between main season crops. Try it for fall or mid-winter harvests. Yukon has high resistance to downy mildew races 1-12, 14, 15. Intermediate resistance to race 13.

A 100s	B 1000s	C 5000s
\$3.49	\$4.99	\$9.99
D 25,000s	E 100,000s	
\$24.99	\$74.99	

Spinacia oleracea



Bloomsdale Savoy SP701

OP, 50 days. This delicious, pre-1908 heirloom spinach has thick, succulent, dark-green savoyed (crumpled) leaves that are very sweet in salads or cooked. It is best planted in early spring and fall. If fall-planted, it will overwinter and produce much earlier than if it is spring-planted. (96-120 s/g)

A 5g	B 25g	C 100g
\$3.49	\$5.99	\$10.99
D 500g	E 1kg	
\$29.99	\$49.99	

Spinacia oleracea



Space SP704

F1, 45 days. Space is early and productive. Its dark green, almost smooth leaves are still meaty enough for real flavour. The leaves are held up off the ground so they stay clean. We recommend this baby leaf variety for summer and fall harvest. It's resistant to downy mildew races 1-3. (81-102 s/g)

A 5g	B 10g	C 25g
\$3.69	\$4.99	\$6.99
D 100g	E 500g	
\$16.99	\$69.99	

Spinacia oleracea



Skookum (CS606) SP705

F1, 45 days. This is hands-down the best spinach for indoor baby leaf production. The slow-growing, bolt-resistant leaves are dark green and held very upright. It is suitable for microgreens in just 12 days, but tasty and substantial as baby greens even grown under artificial lights. Skookum is suitable for summer growing.

A 100s	B 1000s	C 5000s
\$3.69	\$4.99	\$9.99
D 25,000s	E 100,000s	
\$26.99	\$84.99	

Spinacia oleracea



Corvair Certified Organic SP711

F1, 45 days. Corvair is a versatile, adaptable organic spinach with oval-shaped, thick leaves that are upright in stature. High yielding plants are super productive in spring and autumn. Hybrid vigour means fast growth and a high level of resistance to downy mildew. Provide frost protection for early spring planting. (88-110 s/g)

A 5g	B 10g	C 25g
\$3.69	\$5.99	\$7.99
D 100g	E 500g	
\$16.99	\$49.99	

Spinacia oleracea



Monstrueux de Viroflay SP713

OP, 40-50 days. This French heirloom spinach dates back to 1866. This huge spinach can grow up to 60cm (24") in diameter with 20cm (8") crisp, dark green leaves. It's ready for baby leaf harvest in just 21 days. No matter how big it gets, the leaves stay tender and delicious. (84-106 s/g)

A 5g	B 10g	C 25g
\$3.69	\$4.99	\$6.49
D 100g	E 500g	
\$10.99	\$26.99	

Spinacia oleracea



Renegade (Coated) Certified Organic SP714

F1, 43 days. Unrivaled resistance to bolting makes organic Renegade an excellent choice for all-season growing. The leaves are smooth, round, dark green, and rarely crack in processing. It's perfect for winter high tunnel growing, and a good choice for beginners. This is a Winner of the RHS Award of Garden Merit. (80-100 s/g)

A 5g	B 25g	C 125g
\$3.69	\$11.99	\$35.99
D 500g	E 1kg	
\$89.99	\$139.99	

Spinacia oleracea



Seaside SP715

F1, 20-25 days. Seaside is a very uniform baby leaf variety. It has a moderate growth rate and an upright plant habit. Seaside has a nice, smooth, thick, very dark green, spade-shaped leaf making it a perfect choice for baby leaf growers. It also has downy mildew resistance for growers who require a premium disease package.

A 100s	B 1000s	C 10,000s
\$3.49	\$7.99	\$17.99
D 50,000s	E 100,000s	
\$69.99	\$109.99	

Spinacia oleracea



Giant Winter Certified Organic SP717

OP, 45 days. This tasty organic spinach was bred specifically for autumn, winter, and early spring harvests. It is the most cold hardy spinach, and will thrive in a winter greenhouse or polytunnel, or outdoors under a layer of mulch. This heirloom grows to the size of Swiss chard leaves. Its leaves are dark green and slightly savoyed. (62-78 s/g)

A 5g	B 25g	C 100g
\$3.69	\$5.99	\$9.99
D 250g	E 1kg	
\$15.99	\$49.99	

SPINACH

Spinacia oleracea



Plymouth SP718

F1, 40-45 days. This incredible uniform hybrid is excellent for mass processing or fresh market harvests with regular stems for bunching. For the home gardener, the growth is upright, with rounded leaves that become more arrow-shaped at maturity. Plymouth is fast growing, slow to bolt, and is strongly disease resistant.

A 250s	B 1000s	C 2500s
\$3.49	\$4.99	\$6.99
D 10,000s	E 50,000s	
\$11.99	\$42.99	

Growing squash

Timing: Start seeds indoors mid-April to mid-May. Transplant or direct sow when soil warms in late May or early June in full sun. Make sure plants are in the ground no later than June 15th. Optimal soil temperature: 25°–35°C (68°–95°F). Seeds should sprout in 7–14 days.

Starting:

Sow seeds 2cm (1") deep. Sow 3 seeds in each growing spot and thin to the strongest plant. Space summer squash 45–60cm (18–24") apart in rows 90–120cm (36–48") apart. Give winter squash and pumpkins even more room with a minimum of 90–120cm (36–48") apart in rows 120–180cm (48–72") apart. Days to Maturity: From transplant date.

Growing:

Ideal pH: 6.0–6.8. These big plants need lots of food. Use one cup of complete organic fertilizer under each plant. All squash grow male flowers first, then the female flowers are produced. The female flowers have tiny fruits at the base of the petals and require pollination (by bees mostly). Incomplete pollination often happens at the beginning of the season, and results in misshapen fruit at the flower end. Just discard damaged fruit. Encourage bees to visit the garden by planting buckwheat, sunflowers, or Phacelia. remove and destroy any plants infected with bacterial wilt (*Erwinia tracheiphila*). If striped or spotted cucumber beetles appear, control as early as possible. To prevent powdery

mildew, avoid wetting foliage if possible. Water early in the day so that above ground parts will dry as quickly as possible. Avoid crowding plants and eliminate weeds around plants and garden area to improve air circulation. Viral disease - remove and destroy entire infested plant along with immediately surrounding soil and soil clinging to roots.

Harvest:

Summer Squash: Pick when small; if fruit gets too big, the plant stops producing. Check the plants regularly. Winter Squash: Fruit is ripe if a thumbnail doesn't mark the skin and the stem is dry and brown. Cut the stem about 5cm (2") from the fruit. Squash will survive a light frost but will store better if harvested before frost. Field-cure for 10 days in the sun, or cure indoors in a warm room for 4 or 5 days. To prevent mould, sponge the skins with a solution of 10 parts water to 1 part chlorine bleach. Store at 10–15°C (50–60°F) with low humidity and good air circulation. Dry on a shelf in the garage. Seed info: In optimum conditions at least 80% of seeds will germinate. Usual seed life: 2 years. Per 100' row: 180 seeds, per acre: 15M seeds. Seed Saving: Squash cross-pollinate within a species. This won't affect this year's crop, but if two varieties of *C. pepo* are grown, for instance, the fruit may produce seeds that, if planted, will grow next year into a fruit that does not resemble its parent. To save seeds, grow only one variety of a particular species at a time.

ACORN (WINTER SQUASH)

Cucurbita pepo



Festival SQ723

F1, 85 days. Festival combines the superior sweet-flavoured flesh of a delicata with the shape of a blocky acorn. The skin has bright white and green markings with orange stripes. The flesh is sweet and nutty, and the rind is also edible when cooked. Each fruit weighs 1-1.3kg (2-2.5 lb) and stores for months. The plants have semi-bush growth. (14-19 s/g)

A 2g	B 5g	C 25g
\$4.29	\$6.99	\$22.99
D 100g	E 500g	
\$69.99	\$249.99	

Cucurbita pepo



Mashed Potatoes SQ804

F1, 90 days. Elongated, pure white acorn squashes grow on compact, semi-bush vines. The interior flesh is low in sugar and takes on the appearance of mashed potatoes when cooked and fluffed. The fruits hold their colour well into the fall, and provide a good, low-carb alternative to mashed potatoes.

A 10s	B 50s	C 250s
\$3.99	\$7.99	\$24.99
D 1000s	E 5000s	
\$99.99	\$229.99	

Cucurbita pepo



Reno SQ762

F1, 70-75 days. Reno is a classically shaped acorn squash with moderate furrows and a dependable dark green color. The strong, single-stemmed, bush plants are very productive. The fruit have golden yellow flesh that is fine textured with a sweet nutty flavour.

A 9s	B 50s	C 250s
\$3.49	\$9.99	\$22.99
D 500s	E 1000s	
\$39.99	\$62.99	

Cucurbita pepo



Table Queen SQ753

OP, 85 days. This heirloom dates from 1913. The fruits have dark green skins and a pronounced acorn shape, and average 15cm (6") in diameter. Table Queen has excellent keeping ability. The long vines are prolific and exceptionally early. (9-12 s/g)

A 3g	B 10g	C 25g
\$3.49	\$5.99	\$9.99
D 100g	E 500g	
\$24.99	\$89.99	

SQUASH

Cucurbita sp.

The three species of squash that we offer are represented by a wide variety of shapes and colours. Each will cross-pollinate readily within their species. For instance, all *C. pepo* will cross-pollinate with each other, but not with *C. maxima* or *C. moschata*. For people who want to save their seeds from year to year, this is a very important consideration. The fruits themselves will not be affected by cross-pollination, only the seeds. Squash shares numerous similarities to cucumbers and melons. They are all found in the gourd family Cucurbitaceae.

ACORN (WINTER SQUASH)

Cucurbita pepo



Goldilocks SQ813

F1, 75-85 days. A unique, bright orange acorn squash that is both flavourful and ornamental. AAS judges highlighted Goldilocks as preferred for both taste and texture. This compact bush is a great choice for growers with limited space, gardeners with shorter seasons and in coastal climates. Resistant to Powdery Mildew.

A 10s	B 50s	C 250s
\$4.89	\$12.89	\$43.99
D 500s	E 1000s	
\$60.99	\$101.99	

BUTTERCUP (WINTER SQUASH)

Cucurbita maxima



Burgess Buttercup SQ730

OP, 115 days. Small to medium sized squash are round with flat tops, pronounced blossom-end buttons, and small seed cavities. Sweet, stringless, fibreless orange flesh that gets even sweeter several weeks after harvest. Pick when the yellow spot touching the ground has turned orange. (5-7 s/g)

A 2g	B 5g	C 25g
\$3.69	\$5.99	\$9.99
D 100g	E 500g	
\$22.99	\$74.99	

Cucurbita maxima



Kabocha First Taste SQ732

F1, 85 days. Beautiful Japanese pumpkins abound on this early and prolific variety. Its yellow flesh is very sweet, so it's ideal for pies and tempura. The fruits average 1kg in size, with flattish tops and bottoms. The plants will climb if trellised. (6-8 s/g)

A 2g	B 5g	C 25g
\$3.99	\$5.99	\$13.99
D 100g	E 500g	
\$37.99	\$149.99	

Cucurbita maxima



Gold Nugget SQ744

OP, 85 days. An amazing bush with typically 6 to 10 fruit setting in a cluster at the base of the plant. Small, round, orange fruits weigh 500-700g (1-1.5 lb) and have golden flesh that keeps well. Wait until the skin is no longer shiny to pick them. Good resistance to powdery mildew. (5-7 s/g)

A 3g	B 10g	C 25g
\$4.99	\$6.99	\$9.99
D 100g	E 500g	
\$27.99	\$95.99	

Cucurbita maxima



Sweet Mama SQ760

F1, 85-95 days. Single long vines with almost no side shoots produce 1.3-1.8kg (3-4 lb) fruits with dark green hard skins and sweet, nutty, orange flesh. This AAS Winner has outstanding storage ability and flavour. (6-8 s/g)

A 2g	B 10g	C 50g	D 250g
\$6.99	\$24.99	\$79.99	\$329.99

Cucurbita moschata



Early Butternut SQ745

F1, 85-90 days. This semi-bush plants is an AAS Winner. It produces fruits with small seed cavities and dark orange sweet flesh. The skin is tender, thin, and smooth, but very hard. (9-13 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$4.99	\$10.99	\$39.99	\$119.99	\$419.99

Cucurbita moschata



Essex SQ812

F1, 100 days. A classic butternut with sweet, deep orange flesh with excellent flavour. Essex has all the vigor that is typical of a modern hybrid and intermediate resistance to Powdery Mildew. A strong performer in all growing conditions, this squash is the ultimate all-rounder.

A 10s	B 50s	C 250s	D 500s	E 1000s
\$5.69	\$15.89	\$55.99	\$78.99	\$131.99

Cucurbita moschata



Hamilton Certified Organic SQ811

OP, 100 days. A vining butternut with outstanding flavour and great storage potential. It bears 1-1.3kg (2-3 lb) fruit with bright orange flesh that is sweet and exceptionally tasty. Fruits are uniform in size and shape and the plant also has powdery mildew resistance, making it a good choice for both home gardeners as well as market growers.

A 10s	B 50s	C 250s	D 500s	E 1000s
\$4.29	\$9.89	\$31.99	\$43.99	\$73.99

BUTTERNUT (WINTER SQUASH)

Cucurbita moschata



Waltham Certified Organic SQ761

OP, 110 days. The extremely vigorous vines on this organic AAS Winner produce uniform fruits with creamy, rich, dry, yellow-orange flesh. Waltham butternut squashes will store for as long as six months. (11-14 s/g)

A 1g	B 5g	C 25g	D 100g
\$3.69	\$5.99	\$9.99	\$29.99

Cucurbita moschata



Victory SQ769

F1, 88 days. Victory was bred for speed. It's the top choice for short season gardens. The fruits are medium sized at around 18cm (7") long, and weighing 1.2kg (2.5 lbs) on average. (8-10 s/g)

A 1g	B 5g	C 25g
\$4.69	\$10.99	\$39.99
D 100g	E 500g	
\$119.99	\$449.99	

Cucurbita moschata



Tiana Certified Organic SQ801

F1, 95 days. The fruits of this organic butternut are uniform in both size and shape, with the classic tan skin and intense dark orange interior colour. Tiana is early, productive, and resistant to powdery mildew.

A 10s	B 50s	C 250s
\$5.99	\$16.99	\$59.99
D 1000s	E 5000s	
\$159.99	\$599.99	

DELICATA (WINTER SQUASH)

Cucurbita pepo



Delicata SQ737

OP, 100 days. This squash is mild tasting, thin-skinned, and delicate. The smallest 500g (1 lb) fruits on this sprawling plant will store well for months after harvesting. The fruits are oblong and creamy white, with green bands. (14-18 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$9.99
D 100g	E 500g	
\$22.99	\$59.99	

DELICATA (WINTER SQUASH)

Cucurbita pepo



Sweet Dumpling SQ738

OP, 110 days. Sweet Dumpling is a very productive variety that stores well. Its light-golden flesh, has a fine, sweet texture when baked. The 8-10cm (3-4") fruits are just right for an individual serving. (14-18 s/g)

A 1g	B 5g	C 25g
\$3.49	\$6.99	\$22.99
D 100g	E 500g	
\$54.99	\$199.99	

Cucurbita pepo



Honey Boat

Certified Organic SQ741

OP, 100 days. Bred for sweetness and rich flavour, this organic delicata has coppery tan skin with green stripes. The fruits can reach 23cm (9") long and maintain their excellent eating qualities well into winter storage. (16-21 s/g)

A 3g	B 10g	C 25g	D 125g
\$5.99	\$9.99	\$19.99	\$79.99

PUMPKINS (WINTER SQUASH)

Cucurbita maxima



Big Max PU669

OP, 120 days. Big, Jack-o-Latern type pumpkins with wide ribs on long sprawling vines. A fun pumpkin to grow with children, Big Max can weigh around 23kg (50 lbs). The large plants need lots of space for growing. (3-4 s/g)

A 3g	B 5g	C 25g
\$3.49	\$4.99	\$7.99
D 100g	E 500g	
\$22.99	\$49.99	

Cucurbita maxima



Dill's Atlantic Giant PU662

OP, 130 days. This is the world record holder for giant pumpkins, bred in eastern Canada by Howard Dill. Atlantic Giant can reach 454kg (1,000 lbs) or more. The record is 1054kg (2,323.7 lbs)! These giants are borne on enormous vines, up to 15m (50') across, so they need plenty of room to grow. (2-4 s/g)

A 3g	B 10g	C 25g
\$4.99	\$11.99	\$19.99
D 100g	E 500g	
\$54.99	\$189.99	

PUMPKINS (WINTER SQUASH)

Cucurbita maxima



Galeux d'Eysines Certified Organic PU556

OP, 95-100 days. This exquisite French heirloom has salmon-pink skin that is variably covered by splendid, peanut-like warts. It has a smooth texture that make it a top choice for pies. The fruits average 5-8kg (10-15 lbs), and the plants are mildew resistant. (4-5 s/g)

A 3g	B 5g	C 25g	D 100g	E 500g
\$6.99	\$7.99	\$24.99	\$69.99	\$299.99

Galeux d'Eysines PU558 (Conventional) (3-4 s/g)

A 3g	B 5g	C 25g	D 100g	E 500g
\$4.69	\$5.99	\$14.99	\$44.99	\$144.99

Cucurbita maxima



Howden PU661

OP, 115 days. Howden makes an excellent choice for the home garden or for the Halloween trade. Expect rich orange colour on deep-bodied, uniform fruits with sturdy handles and reliable flavour. The fruits can reach 10kg (25 lbs). (6-8 s/g)

A 3g	B 5g	C 25g	D 100g	E 500g
\$3.49	\$4.99	\$6.99	\$19.99	\$59.99

Cucurbita pepo



Jack of All Trades PU666

F1, 100 days. This versatile variety produces lots of dark-orange fruits that colour quickly on a tidy vine. The strong handles add to the attraction for the Halloween market. The round, high quality, mid-sized fruits are also fine for pies. They can reach 7kg (15 lbs). (6-9 s/g)

A 3g	B 5g	C 25g	D 100g	E 500g
\$6.99	\$7.99	\$21.99	\$79.99	\$269.99

Cucurbita maxima



Moranga PU677

OP, 95 days. This heirloom is thought to have been originally cultivated in Brazil. Its sweet flavour and pleasant texture make it an excellent cooking pumpkin, and its deeply lobed, pinky orange skin make it highly ornamental as well. Fruit sizes varies from 4-8 lbs. (5-7 s/g)

A 3g	B 5g	C 25g
\$4.99	\$6.99	\$14.99
D 100g	E 500g	
\$36.99	\$149.99	

Cucurbita maxima



Musquee d'Hiver de Provence Certified Organic PU668

F1, 110 days. This gorgeous, organic, French heirloom is one of the most decorative pumpkins. It has rich, sweet, deep orange flesh that is never watery. Given room to grow and fertile soil, it will produce 9kg (20lb) fruits with deeply cut lobes, thick walls and great storage potential. The dark green fruits ripen to a buff-salmon colour. (5-7 s/g)

A 2g	B 10g	C 25g	D 100g
\$4.99	\$9.99	\$14.99	\$38.99

Cucurbita pepo



Naked Bear Pumpkin PU676

F1, 105 days. This thick flesh, shallow ridge pumpkin grows up to 1.8kg (4lb) on relatively compact medium vines. The fruits are creamy and sweet, its seeds are hull-less for baking and snacking. The plants have intermediate resistance to powdery mildew.

A 10s	B 25s	C 100s
\$5.99	\$9.99	\$24.99
D 250s	E 1000s	
\$36.99	\$109.99	

Cucurbita maxima



Neon PU670

F1, 110 days. These beautifully shaped, bright orange pumpkins have strong handles that make perfect Jack-O-Lanterns. The plant is a semi-bush form, so it takes up less space in the garden, and produces higher yields per acre. Fruits can mature to 4kg (10 lbs). (6-9 s/g)

A 2g	B 5g	C 25g
\$4.99	\$9.99	\$26.99
D 100g	E 500g	
\$89.99	\$399.99	

PUMPKINS

Cucurbita maxima



Rouge Vif d'Etampes PU664

OP, 105 days. This French heirloom from the 1880s produces beautiful reddish-orange, flat pumpkins with deep ridges. Each sprawling plant produces 2 - 4 lovely 9kg (20 lb) fruits that are good for artistic carving and winter meals. The plants have moderate mildew resistance. (3-5 s/g)

A 3g	B 5g	C 25g
\$4.99	\$6.99	\$19.99
D 100g	E 500g	
\$54.99	\$189.99	

SCALLOPINI (SUMMER SQUASH)

Cucurbita pepo



Sunburst SQ716

F1, 60 days. Vivid bright yellow pattypanns that just keep coming. Early maturing and productive bush plants grow to about 1m (3') across. Harvest shortly after pollination or up to 15cm (6") diameter. Very nice, buttery flavour. (10-13 s/g)

A 2g	B 5g	C 25g
\$5.99	\$9.99	\$29.99
D 100g	E 500g	
\$99.99	\$399.99	

Cucurbita pepo



Patty Pan Blend SQ763

OP, 60-70 days. For continuous harvest all summer long, plant this blend of all three scallopini squash. Pick these tasty squash every morning, while the fruits are still small and the flavour is at its peak. (9-11 s/g)

A 3g
\$6.49

Cucurbita pepo



Total Eclipse SQ764

F1, 45 days. The dark green pie-shaped scallopini have pure white flesh and superior flavour at immature or full grown size. The plants are upright and open, so the fruits are easy to see and harvest. (12-15 s/g)

A 1g	B 5g	C 25g	D 100g
\$3.49	\$5.99	\$9.99	\$29.99

SPAGHETTI (WINTER SQUASH)

Cucurbita pepo



Pinnacle SQ749

F1, 85 days. This semi-bush spaghetti variety has bright yellow skins and superior internal quality. The strands of flesh are fine and tasty. This variety can be grown more densely for higher yields in the field, and it is early maturing. (5-7 s/g)

A 3g	B 10g	C 25g
\$6.99	\$11.99	\$24.99
D 100g	E 500g	
\$69.99	\$269.99	

Cucurbita pepo



Small Wonder SQ739

F1, 90 days. This is the perfect single-serving spaghetti squash. It has superb flavour in pale yellow flesh covered by yellow-orange skin. The fruits are about 1kg (2 lb) each and store well. The long vines are very productive. (5-7 s/g)

A 2g	B 5g	C 25g
\$4.99	\$6.99	\$16.99
D 100g	E 500g	
\$54.99	\$219.99	

Cucurbita pepo



Spaghetti Squash SQ735

OP, 100 days. These pale yellow, cylindrical squash grow to 25cm (10") on long productive vines. They keep well for winter storage. The unique, fibrous flesh is excellent with tomato sauces — just like spaghetti. (5-7 s/g)

A 3g	B 10g	C 25g
\$3.99	\$6.99	\$9.99
D 100g	E 500g	
\$19.99	\$79.99	

Cucurbita pepo



Tivoli SQ740

F1, 90 days. This hybrid is the first bush Spaghetti Squash. Like other bush winter squash, it will produce short vines after the initial fruit set. Tivoli has a creamy flesh and small plant habit that offers high yield potential per acre. Tivoli is an AAS Award Winner. (7-9 s/g)

A 3g	B 10g	C 25g
\$5.99	\$14.99	\$22.99
D 100g	E 500g	
\$69.99	\$239.99	

ZUCCHINI (SUMMER SQUASH)

Cucurbita pepo



Black Beauty SQ710

OP, 60 days. This classic variety has some darker and some lighter fruit, all with a tender texture and excellent flavour. The open bush grows to 60cm (24"), and allows the gardener to see the fruits maturing, before they become huge. (6-8 s/g)

A 2g	B 5g	C 25g	D 100g	E 500g
\$3.69	\$4.99	\$7.99	\$13.99	\$39.99

Cucurbita pepo



Goldy Certified Organic SQ712

F1, 55 days. This organic squash is uniformly cylindrical along its whole length, and intensely yellow in colour. The fruits average 20-25cm (8-10") long. The relatively small plants are open and vigorous with hardly any spines. (6-9 s/g)

A 1.5g	B 5g	C 25g	D 100g	E 500g
\$7.99	\$19.99	\$74.99	\$219.99	\$789.99

Cucurbita pepo



Desert Certified Organic SQ800

F1, 50 days. This organic zucchini combines incredible uniformity with amazing disease resistance. The fruits are smooth and dark skinned with light speckles, and they have no trouble setting in hot weather. Choose Desert for long season production right into cool fall weather.

A 10s	B 50s	C 250s	D 1000s	E 5000s
\$5.49	\$18.99	\$59.99	\$199.99	\$699.99

ZUCCHINI (SUMMER SQUASH)

Cucurbita pepo



Eight Ball SQ725

F1, 40 days. This novel summer squash has dark green skin. They grow on easy-to-pick, bushy plants that grow to about 1m (3') wide. This AAS Winner has great productivity, uniformity, and flavour. The petite round fruits are tender and mildly flavoured. (7-9 s/g)

A 2g	B 5g	C 25g
\$5.99	\$8.99	\$27.99
D 100g	E 500g	
\$99.99	\$399.99	

Cucurbita pepo



Jackpot SQ759

F1, 50 days. These bushy plants have few spines, a very high yield, and continuous production. They are similar to Ambassador (which is no longer available), but even earlier to mature. The fruits are cylindrical, dark green, and perfect to pick at 17cm (6½") long. (7-9 s/g)

A 2g	B 5g	C 25g
\$4.99	\$6.99	\$19.99

Cucurbita pepo



One Ball SQ809

F1, 45 days. This hybrid zucchini bears golden skinned, spherical, 8-12cm (3-5") fruits in a continuous and concentrated set. They can be harvested at larger sizes, but the sweet flavour is best when they are small. One Ball is tolerant to Zucchini Yellow Mosaic Virus and Watermelon Mosaic Virus.

A 25s	B 100s	C 500s
\$6.99	\$16.99	\$54.99
D 2500s	E 10,000s	
\$179.99	\$604.99	

Cucurbita pepo



Raven SQ707

F1, 48 days. The open, nearly thornless plants are very productive. The fruits have very dark skins that contain high levels of the antioxidant lutein. The fruit set is concentrated, so ideal for multiple plantings, or for short season northern gardens.

A 10s	B 100s	C 1000s
\$4.69	\$16.99	\$129.99
D 5000s	E 10,000s	
\$499.99	\$599.99	

Cucurbita pepo



Romanesco SQ724

OP, 55 days. Large, open, bushy plants produce distinctively ribbed fruits up to 40cm (16") long. The fruits feature pale green flecks and ribs on dark, greyish green skin. This heirloom has a very pleasant flavour that transcends the world of ordinary zucchini. (5-7 s/g)

A 3g	B 5g	C 25g	D 100g	E 500g
\$3.69	\$4.99	\$6.99	\$15.99	\$32.99

Cucurbita pepo



Ronde De Nice SQ722

OP, 60 days. This French heirloom has been grown for generations. The succulent, tender flesh of these round zucchinis is at its peak while the fruits are still less than 7.5cm (3") in diameter. They can also be harvested mature for hollowing out and stuff as an interesting summer side dish. (6-8 s/g)

A 2g	B 5g	C 25g	D 100g	E 500g
\$3.69	\$5.99	\$9.99	\$21.99	\$36.99

Cucurbita pepo



Yellowfin Certified Organic SQ802

F1, 50 days. This organic zucchini produces uniform, evenly thick golden fruits with rich flavour and a buttery texture. The nearly spineless, open, bushy plants have high resistance to powdery mildew and Cucumber Mosaic Virus.

A 10s	B 50s	C 250s	D 1000s	E 5000s
\$5.99	\$16.99	\$64.99	\$189.99	\$739.99

OTHER SQUASH

Momordica charantia



Jade Dragon Balsam Pear SQ765

F1, 65 days. AKA bitter melon, ku gua, kerala. This classic Asian ingredient doesn't fit comfortably in the squash, melon, or cucumber section. Scrape the white seeds and pith out of this warty vegetable and chop into bite size pieces for use in soups and stir-fries. Plants are most productive in a greenhouse or up against a south facing wall.

A 4s	B 16s	C 70s	D 280s	E 1000s
\$6.49	\$16.99	\$49.99	\$159.99	\$499.99

Luffa acutangula



Miriam Sponge Gourd SQ766

F1, 52 days. This is a triple purpose vegetable. Its immature fruits are like a cross between cucumber and zucchini, and are widely used in Asian cuisine. If the fruits are left to mature to full size, they become fibrous, and can be dried for use as luffa (loofah) sponges. Its large yellow flowers also make this plant highly ornamental. (7-9 s/g)

A 0.5g	B 2.5g	C 10g	D 25g	E 100g
\$6.49	\$16.99	\$54.99	\$109.99	\$289.99

Cucurbita moschata



Futtsu Black Early Squash SQ803

OP, 100-120 days. This Japanese heirloom has been cultivated for hundreds of years. It forms decorative and delicious pumpkin-like fruits around 1.5kg (3 lbs). Cutting into this remarkable fruit releases a fragrance reminiscent of cantaloupe. The squash will keep for months in storage. The plants grow 80-140cm (32-55") wide.

A 5s	B 25s	C 100s
\$6.49	\$16.99	\$39.99

SWISS CHARD

Beta vulgaris var. *cicla*

Swiss chard is fabulously rich in vitamins, minerals, fibre, and protein and will add a stroke of colour to any vegetable or ornamental garden. It is a biennial plant, and unusual because of its potential for continual harvest. Young leaves can be taken nearly all year long or left on the plants to develop the colourful petioles that distinguish each cultivar. Chard is suitable in containers, for winter gardening (with protection), as an ornamental, and even as microgreens. However it is grown, it is one super-food that is extremely easy to produce in large quantities in just about any garden space. Chard is a relative of beets and quinoa in the family Amaranthaceae.

Growing swiss chard

Timing: Direct sow any time between spring and late summer. Chard is moderately winter-hardy and may perform into the following spring. Optimal soil temperature: 10–30°C (50–85°F). Seeds should sprout in 7–14 days. **Starting:** Sow seeds 1cm (½") deep, spaced 10–30cm (4–12") apart in rows 45cm (18") apart. Days to Maturity: From direct sowing.

Growing: Ideal pH: 6.0–6.5. Swiss chard prefers loose, deep and fertile soil that has lots of added organic matter. Plenty of consistent moisture is required, especially as plants grow larger. It grows in full sun but will tolerate light shade in summer. A liquid fertilizer or compost tea applied twice during summer will keep chard growing well. **Harvest:** For salad mix, seed more densely and cut as baby leaves. Cut individual mature stalks using the large outside ones first. Seed info: In optimal conditions at least 75% of seeds will germinate. Usual seed life: 3 years. Per 100' row: 220 seeds, per acre: 64M seeds.



Beta vulgaris var. *cicla*



Canary Yellow SW755

OP, 50 days. Vibrant gold petioles really stand out on this beautiful and tasty variety. The young stalks are a deep orange colour while the larger, more mature stalks turn a bright yellow to contrast beautifully with dark green, glossy leaves. (64–81 s/g)

A 3g	B 10g	C 25g
\$3.49	\$5.99	\$9.99
D 100g	E 500g	
\$22.99	\$69.99	

Beta vulgaris var. *cicla*



Celebration SW753

OP, 60 days. Grow this AAS winner for fantastic colour. Thick red, yellow, rose, orange, and white stems bear slightly savoyed leaves of burgundy and green. It can be planted in large containers and always makes for vivid colour on the table. (50–63 s/g)

A 2g	B 10g	C 25g
\$4.49	\$10.99	\$19.99
D 100g	E 500g	
\$49.99	\$219.99	

Beta vulgaris var. *cicla*



Eldorado SW760

OP, 60–65 days. The thin stems branch into veins on the leaves but keep their gold colour for a high contrast look. This variety will produce gorgeous micro-greens in just 2 weeks. By 30 days, it's ready to eat as baby greens. By 60–65 days, it's ready for the market table, or dinner table. (46–59 s/g)

A 3g	B 10g	C 25g
\$3.69	\$4.99	\$7.99
D 100g	E 500g	
\$16.99	\$49.99	

Beta vulgaris var. *cicla*



Fordhook Giant SW750

OP, 60 days. Dark green, savoyed leaves are borne on thick, greenish-white stalks in this cold-hardy variety. Versatile, reliable, and flavourful, it also does well in summer heat. This heirloom dates back to the 1750s. Winner of the RHS Award of Garden Merit. (67–84 s/g)

A 3g	B 10g	C 25g
\$3.49	\$4.99	\$5.99
D 100g	E 500g	
\$9.99	\$32.99	

Beta vulgaris var. *cicla*



Peppermint SW763

OP, 55–60 days. Dark green, savoyed leaves top pink and white striped petioles on this eye-catching variety. The margins of each stem are hot pink, fading to white in the middle. (48–60 s/g)

A 3g	B 10g	C 25g	D 100g
\$4.99	\$9.99	\$16.99	\$48.99

Beta vulgaris var. *cicla*



Magenta Sunset SW758

OP, 30 days for baby greens, 60 for mature plant. This chard has vivid magenta stems and veins with dark jade coloured foliage. It is a beauty among the chards. It is grown primarily for immature salad greens as it tends to bolt during summer heat. The leaves are smooth, and the stalks are narrow, even at full size. (66–83 s/g)

A 2g	B 10g	C 25g
\$3.49	\$5.99	\$7.99
D 100g	E 500g	
\$16.99	\$56.99	

Beta vulgaris var. *cicla*



Rhubarb Chard SW752

OP, 60 days. This richly-flavoured heirloom has wide stalks and veins that are deep burgundy red, with deeply savoyed, dark green leaves. It bolts quickly if sown too early in spring. This is a Winner of the RHS Award of Garden Merit. (56–71 s/g)

A 3g	B 10g	C 25g
\$3.29	\$4.99	\$5.99
D 100g	E 500g	
\$11.99	\$39.99	

Beta vulgaris var. *cicla*



Silverado SW762

OP, 55–60 days. Silverado is loved for its beautiful appearance and very high resistance to bolting. It is also a taste test favourite. The relatively compact plants have heavily savoyed, deep, dark green leaves with bright white stems. They look great on the market table. (66–84 s/g)

A 3g	B 25g	C 125g
\$3.69	\$5.99	\$11.99
D 500g	E 1kg	
\$36.99	\$49.99	

TOMATOES

Lycopersicon esculentum

Home-grown tomatoes famously boast flavour and sweetness that simply cannot be found in store-bought tomatoes. The same is true with many other crops, from corn to peas, but tomatoes really stand out because the difference is so pronounced. The plants require more doting care than many other crops, and tomato seeds need a head start indoors. But the reward is so gratifying that tomatoes are one of the most popular of all home garden crops. Tomatoes are members of the Nightshade family, Solanaceae.

Growing tomatoes

Timing:

Start indoors mid-March to early April with bottom heat. Then grow seedlings for 6–8 weeks at around 10°C (50°F). Early season tomatoes can be planted out when nighttime temperature is reliably above 7°C (45°F). Other types should be transplanted late May/early June when nighttime temperatures are at 10°C (50°F) or higher. Days to maturity shown are from transplant date. Optimal soil temperature for germination is 25–35°C (68–95°F). Seeds should sprout in 7–14 days.

Starting:

Sow seeds 5mm–1cm (¼–½") deep. Keep seedlings under very bright light to prevent legginess. Seedlings may have to be repotted more than once before they go out to allow for root growth. Space bush (determinate) transplants 45–60cm (18–24") apart and vine (indeterminate) ones 50–75cm (20–30") apart in rows 1m (3') apart. Days to Maturity: From transplant date.

START INDOORS			TRANSPLANT			HARVEST					
WINTER			SPRING			SUMMER			FALL		
J	F	M	A	M	J	J	A	S	O	N	D

Growing:

Ideal pH is 6.0–6.8. Tomatoes like fertile, well-drained soil high in organic matter. Dig in compost and manure and add 1 cup complete organic fertilizer under each transplant. Clay soil is excellent for tomatoes but is slow to warm and transplanting must be done later. Lighter soils warm sooner and transplants can go out earlier. Regular watering is vital, but don't let the soil sit in water. Tomatoes require full sun and lots of heat. Indeterminate (vine) tomatoes require staking or tall support at the time they are transplanted. Determinate (bush) varieties require support such as a tomato cage to prevent a sprawling habit. Bury the plants into the soil up to the first set of true leaves for greater root growth. This will increase the plant's ability to withstand dry conditions and help with nutrient uptake. Stop watering about the end of July to hasten fruit ripening. If tomatoes are grown under cover, improve pollination by shaking the flower truss. Tomato flowers do not need bees. Blossom End Rot is an environmental disorder caused by calcium deficiency. It appears as a brownish dry and firm sunken area at the blossom end of the fruit. Internal blackening can occur without the characteristic end rot. Calcium deficiency can result from uneven watering. When the plants are too dry for a period, followed by over-watering, they can't take up enough calcium, resulting in an unbalanced potassium-to-calcium ratio. Digging in bonemeal, glacial rock dust and a balanced organic fertilizer will help prevent this disease, as will an even and regular watering schedule. Flea Beetles make many tiny holes in the tomato leaves, but healthy plants can usually outgrow the damage.

Pruning:

Indeterminate vines continue to grow and produce fruit until killed by frost. They need to be staked or trellised for best production.

REMOVE THE SUCKERS (STEMS GROWING FROM LEAF CROTCH) FROM THE PLANTS TO KEEP THE FOLIAGE UNDER CONTROL AND PRODUCE MORE TOMATOES.



Determinate varieties normally set fruit in a concentrated time period. Their suckers are not normally removed, though some trimming helps air circulation. Late Blight: This is an air-borne fungal disease that can cause total plant collapse in mid-to late summer. Spores of the fungus settle on wet tomato foliage and begin to infect the plant's tissues. The earliest signs are leaf spots that quickly spread to the stems and fruit. Plants loaded with almost-ready fruits can collapse in as little as 24 hours. Blight infected tomatoes can have a fishy smell. Prevention is the key as there is no cure for this disease: Keep all moisture, including rain, off the plants. Water the soil, and never allow foliage to get wet. Our cloche system works well for keeping rain and moisture off of plants but ventilate well in hot weather to prevent a build-up of humidity. Bordo Copper Spray, applied regularly in late summer may offer some protection from Late Blight.

Harvest:

Pick when the fruit is the desired colour. Green tomatoes can be ripened indoors at a cool temperature when they are blemish free. Very dark green tomatoes are unlikely to ripen fully. Seed info: At least 75% of seeds will germinate in optimal conditions.



Determinate (bush) tomatoes



- Benefit from support such as a tomato cage to support fruit bearing branches.
- Set fruit in a concentrated time period.

Indeterminate (vine) tomatoes



- Require staking or tall support (ie. a string trellis) at the time they are transplanted.
- Continue to grow and produce fruit as long as fruit are picked.

As a result of USDA import rules introduced in 2019, we regret that we are unable to ship pepper and tomato seeds to the USA.

Parthenocarpic tomatoes set fruit as much as two weeks before other varieties, depending on the temperature. The first fruits to appear will be seedless because the plants do not require pollination or other stimulation to set fruit. Later in the season, some pollination may occur and fruits will form seeds. Counting on very early fruit formation is one strategy to avoid late season complications like Late Blight. Even so, please protect these plants from rain and overhead watering for best results.

CHERRY

Solanum lycopersicum
Pink Bumble Bee
Certified Organic TM834

OP, 70 days. Vine. The gorgeous pink fruits of this organic cherry tomato are streaked with yellow and grow on tall, productive plants. Chefs will enjoy their visual appeal and sweet flavour. This is a good choice for market gardeners and home growers alike. The little fruits resist cracking.

A 10s	B 25s	C 100s
\$4.69	\$6.99	\$9.99
D 1000s	E 5000s	
\$64.99	\$219.99	

Solanum lycopersicum
Purple Bumble Bee
Certified Organic TM835

OP, 70 days. Vine. From the same breeding line as TM834, these little jewels have red skins with purple stripes. Expect high yields from these vigorous plants. The flavourful fruits are round and uniform at 4cm (1") across.

A 10s	B 25s	C 100s
\$4.69	\$6.49	\$10.99
D 1000s	E 5000s	
\$64.99	\$219.99	

Solanum lycopersicum
Sunrise Bumble Bee
Certified Organic TM836

OP, 70 days. Vine. Sunrise Bumble Bee has orange skin streaked with bright gold. They look amazing in salads, and have a very sweet flavour and succulent texture. They should have great appeal for market growers. All our Bumblebee tomatoes are organic.

A 10s	B 25s	C 100s
\$4.69	\$6.49	\$9.99
D 1000s	E 5000s	
\$64.99	\$219.99	

Solanum lycopersicum
Black Cherry TM821

OP, 65 days. Vine. The dark purple cherry tomatoes of this variety are produced all season. Their fine, rich flavour and unusual skin colouring make them very attractive in salads or on the market table. The large plants benefit from the support of a trellis.

A 25s	B 100s
\$4.29	\$12.99

Solanum lycopersicum
Gold Nugget Cherry
TM780

OP, 60 days. Bush. This RHS Award of Garden Merit winner produces early yields of 2cm (1") golden-yellow fruits that set easily in cool weather and are usually the first to ripen. Fruits have a sweet, flavourful and balanced taste when ripe. Gold Nugget's compact size make it an ideal choice for containers. (420-525 s/g)

A 0.1g	B 1g	C 5g
\$3.69	\$6.99	\$14.99

Solanum lycopersicum
Red Robin TM826

OP, 50-55 days. Bush. Pick masses of succulent, sweet cherry tomatoes from these early, dwarf plants. Red Robin is suitable for smaller containers and hanging baskets.

A 15s	B 100s	C 250s	D 1000s
\$5.49	\$14.99	\$24.99	\$69.99

Solanum lycopersicum
Sakura Cherry
Certified Organic TM823

F1, 70 days. Vine. The fruits of this organic, RHS Award of Garden Merit winner grow on long trusses. Matures early, giving prolific yields of deliciously sweet fruit. Sakura is well suited to an unheated greenhouse or open field production. It is a good resistance to TMV and Fusarium.

A 10s	B 50s	C 100s
\$7.99	\$22.99	\$39.99

Solanum lycopersicum
Sugary TM757

F1, 65 days. Vine. Sugary produces dark pink, oval fruits that are pointed at the blossom end. The sweet, fruity tomatoes are 15g (0.5 oz) and average a 9.5 on the Brix sweetness scale. This AAS Award-winning plant work well in containers.

A 20s	B 100s	C 500s
\$5.99	\$13.99	\$42.99

Solanum lycopersicum
SunChocola TM830

F1, 70 days. Vine. Sunchocola has a smoky, sweet flavour. The fruits have a juicy texture and balance of low acid with high sugar content. Plants produce clusters of 8-12 fruits each along the vine. This variety is resistant to Tomato Mosaic Virus.

A 10s	B 25s	C 100s
\$9.99	\$15.99	\$44.99

Solanum lycopersicum
Sungold Cherry TM786

F1, 65 days. Vine. This winner of the RHS Award of Garden Merit is famous for its incredibly sweet, tropical fruit flavour. Vibrant, tangerine-coloured tomatoes droop in long trusses on vigorous vines that keep producing all summer. Provide support for these tall vines that can reach 180-245cm (6-8').

A 15s	B 100s	C 500s	D 1500s
\$5.99	\$24.99	\$74.99	\$149.99

Solanum lycopersicum
Sweet Million Cherry
TM781

F1, 60-62 days. Vine. This variety can grow over 2m (6') tall and produces masses of gorgeous red cherry tomatoes on long trusses. This RHS Garden of Merit Award Winner matures early and produces incredible yields all season long. Sweet Million has excellent disease resistance.

A 25s	B 300s	C 1200s	D 2400s
\$5.99	\$32.99	\$89.99	\$139.99

Solanum lycopersicum
Sweetie Cherry
Certified Organic TM766

OP, 75-80 days. Vine. This organic cherry tomato has a uniquely rich flavour packed in firm, crack-resistant, and bright red fruits. Clusters of sweet, juicy fruits are produced all summer on this reliable vining variety. (612-765 s/g)

A 0.1g	B 1g	C 5g
\$3.99	\$7.99	\$20.99

CHERRY

Solanum lycopersicum**Sweet Hearts Grape TM796**

F1, 73 days. Vine. This is one of the most productive grape tomatoes. It produces masses of crack-resistant, super sweet fruits on long trusses. It's perfect for growing in containers and small spaces, but will require support to allow the trusses to hang down properly. The plants are productive to the end of summer.

A 10s	B 30s	C 300s	D 1000s
\$11.99	\$22.99	\$144.99	\$399.99

Solanum lycopersicum**Tumbler Cherry TM791**

F1, 55 days. Bush. Tumbler is the hanging basket tomato. Put one in a 25cm (10") pot and its branches will spread out and droop over the sides. Tumbler is superb for balconies, and one of the only varieties that works in partial shade conditions.

A 10s	B 100s	C 500s	D 1000s
\$6.49	\$29.99	\$89.99	\$144.99

EARLY SEASON

Solanum lycopersicum**Early Girl TM769**

F1, 75 days. Vine. This classic variety matures early and keeps bearing heavily throughout the summer on manageable, disease resistant vines. The plants produce baskets of meaty, flavourful fruits up to 170g (6 oz). Early Girl is resistant to Fusarium Wilt races 1 & 2. (416-521 s/g)

A 0.05g	B 0.25g	C 1g	D 5g
\$4.99	\$12.99	\$36.99	\$139.99

Solanum lycopersicum**Glacier Certified Organic TM851**

OP, 55 days. Bush. Glacier Organic tomatoes plants are productive and compact. They are well-suited to containers and balcony growing. Glacier's firm, 5cm (2") red fruits are very sweet. The stout plants grow to only 60-75cm (24-30") tall, and bear most of its fruit in a concentrated set. The plants are relatively cold tolerant and perform well in short season areas.

A 50s	B 250s	C 1000s
\$3.69	\$6.99	\$15.99
D 5000s	E 25,000s	
\$49.99	\$199.99	

EARLY SEASON

*Solanum lycopersicum***Manitoba TM820**

OP, 65 days. Bush. This heirloom slicer was developed in Manitoba in 1956 to ripen during the short summers. These disease-resistant determinate plants thrive in cool climates with short seasons. They produce medium-large 170g (6oz) smooth, firm red fruits. Well suited for slicing and preserving. (352-441 s/g)



THRIVES
DURING
SHORT
SUMMERS



A 0.07g	B 0.63g	C 5g
\$3.49	\$10.99	\$32.99

Solanum lycopersicum**Prairie Fire Certified Organic TM849**

OP, 60-70 days. Semi-determinate. Selected for sweetness and productivity, this organic compact plant produces elongated, pointy-tipped, grape-shaped fruits. The fruits have bright red skins with subtle golden striping. Most fruits average 8cm (3") long. They are early maturing and vigorous growers, that perform well in the greenhouse or the open field.

A 10s	B 25s	C 100s	D 250s	E 1000s
\$3.99	\$5.99	\$7.99	\$10.99	\$32.99

Solanum lycopersicum**Pruden's Purple Certified Organic TM850**

OP, 72 days. Vine. Exceptionally early for a beefsteak tomato, this organic, potato-leaf heirloom wonder is more of a pink than purple. Its smooth, thin skin resists cracking. The flesh is firm and meaty with a delicious, rich flavour. Great eaten raw in sandwiches and salads as well as in sauces.

A 50s	B 250s	C 1000s	D 5000s	E 25,000s
\$3.69	\$7.49	\$17.99	\$54.99	\$225.99

EARLY SEASON

Solanum lycopersicum**Roadster TM848**

F1, 65-70 days. Bush. Roadster races past the competition in early maturing bush tomatoes. Growth is quick on bushy plants that benefit from mid-season pruning. The fruits are firm, dark red, and delicious. The fruits can reach 340g (12oz), and they form abundantly in a concentrated set. Roadster has excellent disease resistance. (377-419 s/g)

A 0.1g	B 1g	C 5g
\$6.99	\$22.99	\$79.99
D 25g	E 100g	
\$219.99	\$823.99	

Solanum lycopersicum**Red Racer Certified Organic TM854**

F1, 57 days. Bush. This organic compact bush tomato is early maturing and very productive. The red, cocktail-sized fruits (4 cm/1.5 inches) are uniform and can be harvested in a cluster. The flavour is a delicious balance of sweet/acidic. It has tolerance to Tomato Mosaic Virus, Fusarium and Verticillium Wilt.

A 10s	B 50s	C 250s
\$9.89	\$34.69	\$130.99
D 500s	E 1000s	
\$184.99	\$312.99	

MAIN SEASON

Solanum lycopersicum**Arbason Beefsteak Certified Organic TM819**

F1, 80 days. Vine. The large, tasty organic beefsteaks average 200g (0.5lb) each on big, substantial plants. The plants perform well under a wide variety of growing conditions. Arbason is resistant to TMV, Verticillium, and Fusarium.

A 10s	B 100s	C 1000s
\$10.99	\$54.99	\$399.99

Solanum lycopersicum**Black Krim Certified Organic TM794**

OP, 75-80 days. Vine. Originating in Krymsk, this organic heirloom has dark red fruit with purple/green shoulders and a flattened globe shape. The flesh is tinted green and has a wonderful, almost salty, quality. Very juicy, with delicate skin. (347-434 s/g)

A 0.1g	B 1g	C 5g
\$3.99	\$7.99	\$21.99
D 10g	E 100g	
\$36.99	\$149.99	

MAIN SEASON

Solanum lycopersicum



Caiman Certified Organic TM839

F1, 80 days. Vine. This wonderful organic beefsteak slicing tomato has shiny, red, 10cm (4") wide fruits. Its open growth and medium height work well in the greenhouse, but it is adaptable to a wide range of conditions. The fruits set well, even in hot weather. Caiman has high resistance to Fusarium, leaf mould, nematodes, TMV, Spotted Wilt, and Verticillium.

A 10s	B 25s	C 100s
\$11.99	\$21.99	\$59.99
D 250s	E 1000s	
\$109.99	\$329.99	

Solanum lycopersicum



Old German Certified Organic TM798

OP, 75 days Vine. This bicolor, organic heirloom descended from Virginia Mennonites. The unusual, boat-shaped fruits are red and yellow both inside and out, with vintage flavour and few seeds. Plants produce moderate yields of 900g (2lb) fragrant, decorative, and tasty tomatoes.

A 25s	B 150s	C 500s
\$3.99	\$9.99	\$21.99
D 2500s	E 10,000s	
\$28.99	\$38.99	

Solanum lycopersicum



Mortgage Lifter Certified Organic TM852

OP, 85 days. Vine. Dating back to 1930s Kentucky, this classic, organic heirloom beefsteak has pinkish skin, few seeds, and superb tomato flavour. Mortgage Lifter's fruits are generally free from cracking and average one to two pounds each. They mature a little later in the season. Provide sturdy support for this climber that can reach 100cm (40") tall.

A 50s	B 250s	C 1000s
\$3.49	\$6.99	\$15.99
D 5000s	E 25,000s	
\$49.99	\$199.99	

Solanum lycopersicum



Damsel Certified Organic TM855

F1, 73 days. Vine. This disease-resistant compact plant requires minimal pruning and bears pink 340g (12oz) beefsteaks with the sweet taste and flavour of traditional pink heirlooms. Performs well growing in the field and in hoopouses. Damsel is organic and has high resistance to late blight, verticillium wilt, root knot nematodes.

A 10s	B 50s	C 250s
\$9.89	\$34.69	\$130.99
D 500s	E 1000s	
\$184.99	\$312.99	

Solanum lycopersicum



MoneyMaker TM833

OP, 90 days. Vine. This English heirloom variety was bred in Bristol. MoneyMaker is very vigorous and productive. It produces clusters of tomatoes about 5cm (2") wide. This variety is well suited to the greenhouse or garden. (330-413 s/g)

A 0.1g	B 0.5g	C 2g
\$3.49	\$4.99	\$6.99
D 5g	E 100g	
\$9.99	\$49.99	

Solanum lycopersicum



Medusa Certified Organic TM857

OP, 75 days. Vine. Medusa was bred to have the appearance and flavour of heirloom tomatoes but with reduced cracking and cat-facing. Vigorous vines with good disease resistance produce large, juicy, 340g (12 oz) purple tomatoes with green shoulders. Expect a complex sweet/savoury flavour plus a hint of smokiness.

A 10s	B 50s	C 250s
\$10.29	\$35.69	\$134.99
D 500s	E 1000s	
\$190.99	\$322.99	

Solanum lycopersicum



Galahad Certified Organic TM856

F1, 73 days. Bush. This high yielding, compact bush tomato is organic and an AAS Winner. It bears an abundance of 280-340g (10-12 oz) crack resistant red fruits that are meaty with sweet and mild flesh. Its early maturity, especially for a beefsteak, and disease resistance package makes it a must-grow in areas prone to the disease.

A 10s	B 50s	C 250s
\$8.89	\$30.29	\$112.99
D 500s	E 1000s	
\$158.99	\$268.99	

Solanum lycopersicum



Mountain Merit (Coated) TM837

F1, 75 days. Bush. Enjoy a giant, concentrated set of medium-large red tomatoes. It has one of the best disease resistance packages available, including a high resistance to Late Blight. It also has high resistance to Fusarium wilt races 0-2, nematodes, and tomato spotted wilt virus.

A 10s	B 100s	C 250s
\$7.69	\$39.99	\$89.99
D 1000s	E 5000s	
\$239.99	\$899.99	

Solanum lycopersicum



Red Zebra TM808

OP, 93 days. Vine. Red Zebra's fire engine red fruits are overlaid with golden yellow stripes. They have a fine, slightly acidic flavour, not unlike Green Zebra. Start the seeds of this late season variety extra early and grow with protection from the rain. Red Zebra tomatoes are plump, sweet, and eye-catching for the market table. (288-360 s/g)

A 0.06g	B 0.2g	
\$3.69	\$5.99	

Solanum lycopersicum



Indigo Rose Certified Organic TM799

OP, 75 days. Vine. Indigo Rose organic tomato seeds produce extraordinary, blue-purple tomatoes. When ripe, they become purple-brown where they are exposed to the sun and red where there is no sun exposure. The unique fruits are packed with the antioxidant anthocyanin and flavour is sweet, and slightly reminiscent of plums.

A 20s	B 50s	C 125s	D 5000s
\$5.99	\$10.99	\$22.99	\$399.99

Solanum lycopersicum



Mountain Magic (Coated) TM842

F1, 66 days. Vine. These very sweet campari type fruits are larger than cherry tomatoes, but just the right size for fresh salads. The high-yielding plants return loads of fire engine red, round, crack-resistant fruits on early maturing plants. The plants boast high resistance to Fusarium wilt races 0 to 2, late blight, and verticillium wilt, with intermediate resistance to early blight.

A 10s	B 50s	C 250s
\$10.99	\$39.99	\$140.99
D 1000s	E 2500s	
\$449.99	\$840.99	

Solanum lycopersicum



Super Fantastic TM759

F1, 85 days. Vine. This cherished variety produces very heavy yields of dark red, sweet, smooth and uniform fruits. The plants adapt well to a variety of climates. These meaty, beefsteak tomatoes are versatile, great for slicing, canning, drying and sauces.

A 25s	B 100s	C 250s	D 1250s
\$5.99	\$21.99	\$36.99	\$109.99

MAIN SEASON

Solanum lycopersicum



Tasti-Lee (Coated) TM838

F1, 75 days. Bush. The flavour of the plump round fruits is sensational, balancing sweetness and acidity perfectly. The fruits contain up to 50% more of the antioxidant lycopene than most other tomatoes, and they keep weeks after harvest.

A 10s	B 50s	C 250s	D 1000s
\$10.99	\$32.99	\$109.99	\$349.99

Solanum lycopersicum



Vintage Wine TM807

OP, 84 days. Vine. The tasty, gorgeous fruits are a unique pale pink, with beautiful distinctive golden stripes. They can reach 450g (1 lb) each. Rich flavour and unusual beauty make this a winner. This is a late season, potato-leaf variety. (346-385 s/g)

A 0.06g	B 0.2g	C 1g
\$3.99	\$7.99	\$26.99

Solanum lycopersicum



Yellow Cab TM847

OP, 80 days. Vine. These bright yellow, golf-ball-sized salad tomatoes have a bright, sweet flavour, and juicy interiors. They fruits over a long period in summer. Strong support is recommended for the vigorous vines that typically reach 200 cm (79") tall and spread 50 cm (20"). (310-345 s/g)

A 0.1g	B 1g	C 5g
\$3.89	\$6.49	\$14.99
D 25g	E 100g	
\$39.99	\$112.99	

ROMA

Solanum lycopersicum



Amish Paste Roma TM784

OP, 70-75 days. Vine. These lovely, firm, heirloom tomatoes are a culinary favourite. The deep red, slightly pointed, 226g (8 oz) fruits grow in small clusters on tall, vigorous vines that will require strong support. A great choice for the kitchen garden, market garden, or patio containers. (408-510 s/g)

A 0.1g	B 1g	C 3.5g
\$3.99	\$6.99	\$9.99

ROMA

Solanum lycopersicum



La Roma TM785

F1, 80 days. Bush. This popular heirloom produces exceptionally early and heavy yields of nicely flavoured fruits. These vigorous and uniform plants have great disease resistance. The fruits grow up to 115g (4oz) each. They're fantastic for use in sauces and canning or eating fresh from the vine, in salads or sandwiches. (336-420 s/g)

A 0.05g	B 0.5g	C 2g
\$5.99	\$29.99	\$89.99

Solanum lycopersicum



Optimax TM845

F1, 80-85 days. Vine. The meaty texture of Optimax is perfect for salsa and sauces. Its tall vines produce loads of plump, oval fruits to 140g (5 oz) in size, popularly known as 'saladette' types. The skin is firm but thin over thick, juicy flesh and a small core.

A 10s	B 50s	C 250s
\$8.99	\$26.99	\$99.99
D 1000s	E 5000s	
\$260.99	\$1,101.99	

Solanum lycopersicum



Principe Borghese Roma TM806

OP, 75 days. Bush. The long clusters of small, pointed, plum-shaped fruits are very meaty with little juice and few seeds. This heirloom variety is favoured in Tuscany for preserving the fruits as sun-dried tomatoes. The stocky plants are very productive. (315-350 s/g)

A 0.1g	B 1g	C 5g
\$3.69	\$5.99	\$10.99

Solanum lycopersicum



Supremo TM829

F1, 68-70 days. Bush. Compact but productive, Supremo's branches are loaded with large, firm red saladette tomatoes. This variety has an earlier set than most, and performs well in mid-summer heat. Supremo is highly resistant to Fusarium races 1-3, root knot, and verticillium, with intermediate resistance to tomato spotted wilt virus.

A 10s	B 50s	C 250s	D 1000s
\$5.49	\$10.99	\$32.99	\$89.99

ROMA

Solanum lycopersicum



San Marzano Lampadina 2 Certified Organic TM831

OP, 78-85 days. Vine. This organic, Italian heirloom has incredible flavour. The lobed fruits look like long red peppers with firm pulp and thick skin. They're perfect for canning or making tomato paste. Plants are vigorous and indeterminate with excellent disease resistance. (320-400 s/g)

A 0.1g	B 0.5g	C 2.5g	D 10g
\$3.99	\$6.49	\$9.99	\$16.99

TURNIPS

Brassica rapa ssp. rapa

The humble turnip is a very close relative of mizuna — the leaves of both are roughly similar in flavour. The globe of the turnip is actually swollen stem tissue, and a true tap root descends into the soil beneath it. Turnips come in a surprising array of shapes, colours, and sizes, but the flesh is always crisp and tasty. They are cousins of the cabbage in the family Brassicaceae.

Growing turnips

Timing: Direct sow short rows from just after last frost to end of August. Optimal soil temperature: 18-21°C (65-70°F). Seeds should sprout in 7-15 days. **Starting:** Sow seeds 5mm-1cm (¼-½") deep in rows 60cm (24") apart. Thin seedlings to 15-20cm (6-8") apart in each row. Days to maturity: From direct sowing. **Growing:** Ideal pH: 6.0-6.8. Turnips are moderate to heavy feeders that do best in humus-rich, loamy soil amended with composted manure. Cultivate to a depth of 20cm (8"). Add 1 cup complete organic fertilizer beneath each 3m (10') of row. Lime beds several weeks before planting or the previous fall. Water copiously in hot, dry weather. Root maggots and flea beetles can be a problem. Expect to lose 20-30% of the crop to maggots if not using a floating row cover. **Harvest:** Turnip greens can be harvested from June to October, and the roots can be enjoyed at any size. Seed info: At least 80% of seeds will germinate in optimum conditions. Usual seed life: 4 years. Per 100' row: 300 seeds, per acre: 87M seeds.

Brassica rapa subsp. rapa



Hakurei TR815

F1, 35 days. These gourmet turnips are smooth and pretty, with tidy tops. Japanese breeding produces uniform, globe-shaped roots with snow-white skin and a crisp texture. Grow short rows frequently so the fresh roots and tops are available from spring to fall. (332-417 s/g)

A 1g	B 5g	C 25g
\$4.69	\$9.99	\$22.99
D 100g	E 500g	
\$69.99	\$189.99	

TURNIPS

Brassica rapa subsp. rapa



Purple Prince TR819

F1, 55 days. This bright purple summer harvest turnip has crisp and tasty white flesh. The strong tops are also delicious, and suitable for picking as greens. Harvest this fast maturing dynamo at or before the 15cm (6") size. This variety is fast growing and highly uniform, and clubroot resistant. A good option for succession planting. (309-387 s/g)

A 0.5g	B 2.5g	C 10g
\$3.49	\$6.99	\$13.99
D 50g	E 250g	
\$44.99	\$179.99	

Brassica rapa subsp. rapa



Purple Top White Globe TR810

OP, 55 days. This heirloom turnip dates back to before 1880. The roots are smooth and nearly round, bright purple on top and creamy white below the soil line. They are mild flavoured and sweet at 13cm (5") in diameter, but are better eating when picked at 5-8cm (2-3"). (365-457 s/g)

A 1g	B 25g	C 125g
\$3.99	\$6.99	\$16.99
D 500g	E 5kg	
\$54.99	\$299.99	

Brassica rapa subsp. rapa



Silky Sweet TR820

F1, 35 days. High yields of sweet white turnips with the most amazing texture. They really are silky — very tender with smooth flesh and a distinct sweetness. This turnip is ideal for spring and autumn harvests, and is best picked at 7cm (3") in diameter. This variety has high resistance to White Rust.

A 50s	B 250s	C 1000s
\$3.99	\$6.99	\$13.99
D 5000s	E 25,000s	
\$40.99	\$166.99	

Brassica rapa subsp. rapa



Tokyo Cross TR817

F1, 35-40 days. This AAS winner was chosen for its speed, uniformity and flavour. The attractive white roots are usually harvested at 5cm (2"). The flavour has a bit of "bite" and the leaves are delicious steamed or sauteed like spinach. They are cold tolerant and slow to bolt. (390-488 s/g)

A 1g	B 5g	C 25g	D 100g
\$4.99	\$10.99	\$32.99	\$89.99

ALL ABOUT PEAS

Pisum sativum

The term "pea" can refer to either the whole plant or just the fruit of an annual legume. The pod is, indeed, a fruit containing several seeds, but we typically count peas among the most familiar vegetables. Many other members of the family Fabaceae are also referred to as peas (black pea, sweet pea, yellow pea, etc.), but all garden peas are green.

Our modern garden peas were developed from the wild pea, which was cultivated as a pulse (dry seed) crop very early on around the Eastern Mediterranean region. Archaeological evidence suggests they were grown as food crops in Neolithic Turkey, Syria, and Jordan, and in the Nile Valley in Egypt as early as 4500 BC. Dried peas remained an important foodstuff in Europe into the Middle Ages, but sometime in the late 1600s eating green peas (as we do today) became a national fad in France and England.

In England, peas became an absolute staple, and plant breeders developed several genetic lines to bring out sweetness, or to enhance their other



characteristics. Some cultivars were developed as shelling peas, which are removed from the pod prior to eating, and others were grown as snap peas, for pods that are eaten whole with the immature peas still inside. The French term for snap peas is mange-touts, or "eat it all." Eventually the popularity of peas spread to North America, where breeding continued.

Peas also migrated eastward, where they became essential, particularly as split peas for use in dal. The peas are separated from the pod, dried, rolled to remove the outer skin, and then split in half along the natural fault on each seed created by the cotyledon — the structure that would have formed the first leaves had the seed sprouted.

In East Asia, the snow pea appears to have been in cultivation over a much

longer period than snap and shelling peas were in the west. Along the Mekong river, snow peas may have been in cultivation for 12,000 years. Snow pea pods are eaten while they are still flat, before the seeds have developed, and these were introduced to North America via Chinese cuisine. They are stir-fried, or even served raw. Pea sprouts and pea tips (literally, the tips of the vine) are also popular in Chinese dishes, served hot, sweet, and crunchy. Pea sprouts are fast and easy and can also be grown as microgreens.

Peas, however, they are eaten, are high in protein and dietary fibre, along with vitamins A and C, calcium, potassium, and other minerals. As legumes, peas naturally fix atmospheric nitrogen in the soil (as beans do), which improves garden soil and earns them a worthwhile place in your annual crop rotation. Both large, trailing varieties and small, bush-forming types exist, which makes peas practical for most gardens. Plus, they're among the easiest vegetables to freeze for long-term storage.

Mid-July sees the little town of Peasenhall in Suffolk, England celebrate the Pea Festival. Events include a pea-throwing competition, pea football, cooking demonstrations, barbecue, live music, a parade, the world pea podding championship, and "massive bags of fresh peas for a fiver."

For more articles about garden vegetables, visit the Garden Wisdom blog on our website.

MINDFULNESS IN THE GARDEN

BY MANDY MOON



The garden experience is an abundant one. So many gifts that awaits us every time we visit, reminding us that gardening isn't a chore to be done but a steppingstone into a mindful practice.

Out of a tiny seed, we cultivate ideas, create, learn, and discover a world outside of our obvious. There is an enchanting, open invitation that welcomes you in every time you return.

Our senses awaken as we step into a garden space, where everything is moving at the pace of nature. We close our eyes and take in the fresh aromas of our herbs before adding them to our life recipe. We receive the visual stimulation of being immersed amongst the hues of our natural landscape. The tangible connection we feel slipping our hands into the soil. From the gratitude and gratification that we feel as we tend to our crop to the sounds of cheerful birds and humming bees sharing space with us, we are harvesting mindfulness. We have time with ourselves that takes us into the present moment.

The environmental elements bring their offerings as well. The warmth of the sun embracing our face in the afternoon bringing light to a heavy day. The cool evening breeze brushing over our skin reminding us we are here while it creates a gentle movement show and nature dance amongst your landscape and garden goodies. Watching the rain effortlessly refresh your garden with its peaceful patterns and soothing sounds one drop at a time. Or that blanket of

snow that inspires to us with its blank canvas that awaits our next growing season. It is always waiting for us to begin again. It is all to be celebrated.

We breathe deeper. Our heartbeat calms. We feel aware and connected with the environment around us. Our hands are productive, but our mind is moving into a restorative state, allowing us to tap out of anxiety and into simplicity. Even the activity in form of weeding in the garden carries a meditative composure.

We have come to discover the benefits of having "green" in our living environment and interactions with plants around us in our daily life. We understand that they can improve many of our daily functions from improving concentration, productivity, and even sleep if we have plant interactions prior to. Science has told us that *mycobacterium vaccae* (found in our soil) is also proven to increase serotonin production in our brain, improving our overall mood, reducing stress, and inviting us to enter a mindset that we are now on nature's time. There is a therapeutic essence at play when we give ourselves the opportunity to be present and patient in our growing process and garden adventure. Nature holds the space for us.

We find purpose in finding ways to further connect with our soil and living species that co-exist around us. What are their patterns? How can we support each other? We learn the needs of our garden. Without them, what is the garden? We slow down and we watch, carefully taking it in.

Without effort, we grow, too. Our curiosities grow; our ability to think resourcefully as we execute creative

solutions in our garden space. Forever a student as we experiment with every fresh season. Whether we are nurturing nature from our backyards, or our kitchen counter, it is always inviting us to grow with it. Witnessing the transformation of a seed as the first leaves penetrate out of the soil's surface. There is a magical excitement that also is planted within us, a hopefulness, and an intention. We can create/reconstruct a space, a room in our home, a yard, a patio that can help us find our joy. It is our safe space, our interconnected haven. We have been planted here.

It seems we are in a search for restoration solutions for our mind and spirit as tense times and busy lifestyles have become our new norm for many of us. We can gift this to ourselves, and to others around us. We can invite those into this space with us and share these gifts as freely as it is given to us and discovered by us. Whether it is passion, interest or curiosity that has brought us to gardening, regardless of our skill, knowledge, and experience, we are sure to encounter mindful moments along the way. Although we never entirely master the garden, we cultivate our ideas, flow with the blessings, and gain learning opportunities that growing brings to us, connecting to ourselves and the world around us as it is all food for our soul. One seed at a time.

**Follow Mandy
@westcoastseedsfarming
on Instagram**

LOCAL ADAPTATION

BY VE-JANE DUONG AND BRIAN CAMPBELL

Local adaptation is a topic often discussed in gardening circles in the context of seed saving.

It is an idea that goes hand in hand with our love of preserving **heirloom** varieties that have been treasured for generations. The idea of locally adapted seeds is so attractive to growers that we can forget to unpack the concept and examine what it really means.

When discussing local adaptation, we are usually referring to the idea that saving seeds from plants we grow will eventually result in plants that have adapted to—and thrive in—the specific conditions of their local environment (weather, soil, disease). A perfectly reasonable claim—after all, plants are constantly evolving, but there's a little more to it than that.

Firstly, simply growing plants and saving seeds, without careful selection, is unlikely to result in plants that would be any more vigorous or productive in a specific locale. Improving the vigor, productivity and disease resistance of a plant requires an intentional and systemic selection of desired traits. Only with careful selection over a number of years will a new strain of plants be produced. This artificial selection could be characterised as a form of passive plant breeding. Given the amount of human intervention this approach requires, it could be argued that seeds cultivated in this way are gardener adapted, rather than locally adapted.

With that said, seeds do evolve over time via natural selection without human intervention. However, it is arguable whether plants are locally adapting or climate adapting. After all, geographical areas on opposite ends of the globe can share very similar weather patterns, soil type, and disease pressure. In that sense, seeds from plants that evolved adaptations to challenging conditions will produce plants that are resilient in those conditions, regardless of where they are grown in the world.

This is a key point in evolving adaptations, whether artificial or natural: It is not that adapted plants have a presence, or absence, of certain genes, but rather when subjected to certain conditions, specific genes are either turned on or turned off—the DNA has not changed, but genetic expression has. In other words, experiencing adversity provides the opportunity to develop resilience.

What role in practical terms does the seed saver play in the outcomes of selection? Every grower has a different set of plant care criteria they prioritise—we all have our own growing style. Therefore, the gardener is an integral part of the environment that plants need to adapt to. One of our biggest impacts we can make is on sowing time. We can inadvertently turn genes on or off depending on when we grow our crops. For example, West Coast Seeds sells mini romaine lettuce that are supposed to be small and sweet if grown in the spring, but the same plant grown in the full heat of summer will grow much taller and be extremely bitter. All the genes are still there for mini and sweet but because it was grown in high heat, those genes were turned off and a different set of genes were turned on. That is to say, by influencing sowing time, we can manipulate the genetic expression of a plant so they show their most desirable traits.

Another human-caused genetic expression is known as the “edge effect”. When plants are grown in a garden bed, those on the edge tend to get better light and have less competition for water and nutrients and

therefore tend to be more vigorous. In formal breeding programs, those plants are excluded because they are more representative of environmental influences than they are of the actual genes.

A further component to adaptation is the effect of climate change. The simple view of local adaptation assumes the growing conditions and environment of a locale is static and unchanging. The complex reality however is that while the plants are evolving, the climate is also in a constant state of flux. This added fluid complexity means that what we really want to produce are seeds that are not so much locally adapted—but rather, climate adaptable.

With all this in mind, is seed saving worthwhile still? Yes, it certainly is. However, to maximize success, we recommend taking a scientific approach and saving seeds from the healthiest plants that exhibit specific desirable traits. The goal perhaps should be to select for plants that are versatile and flexible, which show resistance to a variety of pressures so they are able to adapt to diverse environments. At West Coast Seeds, we attempt to offer a range of climate adaptable seeds so that with the gardener's helping hand, they can grow into vigorous plants that will reward the grower with their productivity.





BUILDING A REGENERATIVE GARDEN

BY STEPHANIE ROSE
OF GARDEN THERAPY

This is the year to grow a better garden; one that saves money, time, energy, and the planet. This is the year to turn your garden into a self-sustaining ecosystem that follows the path of nature: a regenerative garden.

More and more folks are reaching for sustainability and resilience in our gardens, and a regenerative garden takes those concepts even further. With sustainability, we are replacing what we take away. With resilience, we are creating gardens that can withstand changes in climate, pest damage, and diseases. Regeneration goes beyond replacing what we remove and developing grit. A regenerative garden is one that you could walk away from for ten years and come back to find it thriving without human input.

The idea of growing a regenerative garden can seem intimidating, but in practice, the concept is quite simple. It comes down to six easy pieces: soil, water, plants, climate, ethics, and community. These concepts work together and interconnect to build a regenerative garden. We can grow ecosystems through learning about soil health; water catchment, storage, and use; the plants we choose; the climate or micro-climates we garden within; ethical use of resources and waste management; and seeing our gardens as but one piece within a larger community.

Here are a few easy steps to get you started:

- 1 Add a layer of compost to all of your garden beds this spring to amend it. Even better if you made the compost yourself because hyper-local compost has all the right organisms for your unique garden.
- 2 Plan to collect and store water this season through rain barrels, rain garden, ollas, or self-watering containers.
- 3 Plant multiple varieties and species of plants together in a polyculture to make a more resilient garden, extend harvest, and encourage biodiversity.
- 4 Get to know your individual microclimate and plant to work with it.
- 5 Reduce waste and feed your garden with homegrown compost (yes, I've mentioned it twice now so it must be important.)
- 6 Build connections in your community through gardening by harvest sharing.

Of course, this is just the beginning. There are many more ways to bring regenerative practices into your garden space. The more you start moving in the direction of regenerative practices, the more connected our landscapes will be to nature.

ABOUT STEPHANIE ROSE

Stephanie Rose is an award-winning Canadian author, gardening expert, certified permaculture designer and herbalist, and wellness advocate. She specializes in regenerative gardening, permaculture, and organic gardening. After Stephanie faced her own debilitating illness in 2006, she found solace and healing through gardening. Now, she draws on experiences from her wellness journey and expert garden knowledge in her books and popular website, GardenTherapy.ca where she shares inspiring stories, recipes, and DIY projects to get everyone into the garden no matter their ability, garden size, or budget. Stephanie has written eleven books including *The Regenerative Garden: 80 Practical Projects for Creating a Self-sustaining Garden Ecosystem* (Cool Springs Press, 2022) and *Garden Alchemy: 80 Recipes and Concoctions for Organic Fertilizers, Plant Elixirs, Potting Mixes, Pest Deterrents, and More* (Cool Springs Press, 2020). Stephanie has packed the pages with practical and achievable ideas for gardeners in any size space to start growing as nature intended. Stephanie lives and works in Vancouver, BC, Canada. She continues to lovingly dedicate her life and her work to her community around the world, encouraging healing, wellness and the joy of gardening. Stephanie lives with her kiddo, cat, dog, and 500 worms.

Follow Stephanie
@garden_therapy on Instagram.

PLANTING GUIDES, FROST DATES, AND HARDINESS ZONES

About our Planting Guides

To create these guides, we look at clusters of the most common average frost dates for a given area and estimate how many weeks make sense to plant seeds before or after the last frost. It's a bit tricky and we're always working to improve our advice.

First and Last Frost Dates

First and last frost dates are recorded by government-run weather stations all over North America, and the average is based on a fifty-year history for each region. These dates vary widely by region, which makes the regional guides helpful — we hope. They are intended to offer general guidance for garden planning, but they do not account for exceptional weather year over year. They also don't account for our changing climate.

FIRST FROST:

The first time frost occurs in the autumn in an average year.

LAST FROST:

The last time frost occurs in winter or spring in an average year.

Hardiness Zones

Hardiness zones also have to do with cold weather but are a separate concept. Hardiness zones are established by measuring how cold and extreme the average winter gets in a given area, and whether specific perennial plants might survive over winter there. We might say that Echinacea is likely to survive over winter in Zones 3 and up. Zone 2 is likely too cold for Echinacea to make it through the winter.










Knowing one's hardiness zone is handy when selecting perennial plants for the garden, but it doesn't reveal much more than that. We don't provide hardiness numbers for annual plants, as they are not expected to survive winter in any climate.



Don't see your
region included here?
Check out a more
comprehensive list of
planting guides on our
website.



Northern British Columbia Vegetable Planting Guide

Vegetables	WINTER			SPRING			SUMMER			FALL			LEGEND
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Amaranth						—							START INDOORS
Artichoke		• • • • •				* *							DIRECT-SOW —
Arugula					—	—	—	—	—				TRANSPLANT * * *
Asparagus			• • • • • • • • •			* * *							COVER —
Asparagus Bean			• • • • • • • • •			* * * *							TRANSPLANT & COVER * *
Broad beans			—	—	—	—							
Beans, bush & pole						—	—						
Soya beans						—	—						
Beets						—	—						
Broccoli				• • • • •		* *							(A) Annuals
Broccoli, sprouting						• • •	* * *						(HA) Hardy Annuals
Brussels sprouts					• • •		* *						(B) Biennials
Cabbage				• • • • •	* *	—	—						(P) Perennials
Cabbage, overwinter							—	—					
Carrots						—	—						
Cauliflower				• • • • •		* *							Symbols Legend
Cauliflower, overwinter						• • •	* *						Certified Organic
Celery/Celeriac		• • • • • • • • •			* *								
Chickpeas		• • • • •	* * * *	—	—								New
Corn						—	—						
Corn salad					—	—		—	—				All American Selection Winner
Cress				—	—	—	—	—	—				
Cucumbers				• • •		— * *							Heirloom
Eggplant				• • • •		* *							
Endive/Radicchio					—	—							Fall and Winter Harvest
Fennel				• • • • •		* * *							
Garlic									—				Overwinter
Kale & Collards				• • • • •		* *	—	—					
Kohlrabi				• • • • •		* *							Container
Leeks		• • • • •				* * * *							
Lettuce				• • • • •	* *	—	—		— * *				West Coast Seeds Classic
Melons					• •	— * *							
Mustard				—	—	—	—	—	—				Cut Flowers
Okra					• • •	* *							
Onions		• • • • • • • • •			* *								
Onions, overwinter							• • •	* *					
Onions scallions				• • •	—	—	—	—	—				
Pac choi & choi sum				—	—	* * *	—	—	—				
Parsnips					—	—	—	—	—				
Peas				—	—	—	—	—	—				
Peppers		• • • • •				— * *							
Quinoa						—	—						
Radish				—	—	—	—	—	—				
Rhubarb			• • • • •		* *								
Rutabaga						—	—						
Spinach				—	—	—	—	—	—				
Squash/Pumpkin						• • •	* *						
Strawberries	• • • • • • • • •					* * *							
Swiss chard					—	—	—	—	—				
Tomatoes				• • • • •		— * *							
Turnips					—	—	—	—	—				

Prince Rupert

May 3 - Oct. 12

(161 days)

Kitimat

Apr 23 - Oct. 16

(175 days)

Dawson Creek

June 5 - Aug. 31

(89 days)

Terrace

Apr 30 - Oct. 10

(162 days)

Smithers

May 31 - Sept. 16

(108 days)

Prince George

May 26 - Sept. 5

(101 days)

South Central British Columbia Vegetable Planting Guide

LEGEND Start Indoors	— Direct-sow	*** Transplant	⌒ Cover	** Transplant & Cover							
Vegetables	WINTER			SPRING			SUMMER			FALL		
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth						—						
Artichoke					**						
Arugula				—	—	—	—	—	—			
Asparagus					***						
Asparagus Bean			***	***						
Broad beans			—	—	—	—			—	—		
Soya beans						—	—					
Beans, bush & pole						—	—					
Beets					—	—	—					
Broccoli			*****								
Broccoli, sprouting						...		**				
Brussels sprouts							**				
Cabbage				***	—						
Cabbage, overwinter						...		**				
Carrots					—	—	—					
Cauliflower					**						
Cauliflower, overwinter						..		**				
Celery/Celeriac					—	**					
Chickpeas		**	***	—	—						
Corn						—	—					
Corn salad				—	—				—			
Cress				—	—	—	—	—	—			
Cucumbers					... —	**						
Eggplant					**						
Endive/Radicchio					—	—	—					
Fennel					****						
Garlic									—	—		
Kale & Collards				—	—	—	—					
Kohlrabi			..		****							
Leeks				***							
Lettuce			***	—	—	**				
Melons			..		**							
Mustard				—	—	—	—	—	—			
Okra				...	**							
Onions				**							
Onions, overwinter						*					
Onions scallions				—	—	—	—	—	—			
Pac choi & choi sum				⌒	—	—	—	—	—			
Parsnips				—	—	—						
Peas				—	—	—	—					
Peppers					**						
Quinoa						—	—					
Radish				⌒	—			⌒				
Rhubarb				**							
Rutabaga						—	—					
Spinach				⌒	—			—				
Squash/pumpkin				...	***							
Strawberries				***						
Swiss chard					—	—	—					
Tomatoes				⌒	⌒						
Turnips					—	—	—	—	—			

Kamloops May 4 - Oct. 8 (156 days)
 Vernon April 29 - Oct. 4 (155 days)

Kelowna May 1 - Oct. 5 (156 days)
 Nelson May 4 - Oct 13 (159 days)

South Coastal British Columbia Vegetable Planting Guide

Vegetables	WINTER			SPRING			SUMMER			FALL			LEGEND
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	
Amaranth													START INDOORS
Artichoke				**								DIRECT-SOW —
Arugula													TRANSPLANT ***
Asparagus		***								COVER —
Asparagus Bean			*****								TRANSPLANT & COVER **
Broad beans													
Beans, bush & pole													
Soya beans													
Beets													
Broccoli												
Broccoli, sprouting						**						
Brussels sprouts						**						
Cabbage			*****									
Cabbage, overwinter						**						
Carrots													
Cauliflower		*	*	*	*	*	*				
Cauliflower, overwinter							...	**					
Celery/Celeriac						**						
Chickpeas			*									
Corn													
Corn salad													
Cress													
Cucumbers					...	**							
Eggplant					****							
Endive/Radicchio													
Fennel					*	*	*	*				
Garlic													
Kale/Collards													
Kohlrabi													
Leeks													
Lettuce		****										
Melons				*	*	*	*	*				
Mustard													
Okra				*	*							
Onions		*	*	*	*	*					
Onions, overwinter							*					
Onions scallions												
Pac choi & choi sum													
Parsnips													
Peas													
Peppers					****							
Quinoa													
Radish													
Rhubarb				***								
Rutabaga													
Spinach													
Squash/pumpkins				***								
Strawberries			*	*							
Swiss chard													
Tomatoes				*	*	*						
Turnips													

PLANTING CHART FOR SOUTH-COASTAL BC:

FIRST AVERAGE
FROST DATE:
NOVEMBER 2ND.
LAST AVERAGE
FROST DATE:
MARCH 28TH

(A) Annuals
(HA) Hardy Annuals
(B) Biennials
(P) Perennials

Symbols Legend

Certified Organic



New



All American Selection Winner



Heirloom



Fall and Winter Harvest



Overwinter



Container



West Coast Seeds Classic



Cut Flowers



South Central Prairies Vegetable Planting Guide

LEGEND Start indoors			— Direct-sow			*** Transplant			⌒ Cover			** Transplant & Cover		
Vegetables	WINTER			SPRING			SUMMER			FALL					
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC			
Amaranth						—									
Artichoke				***										
Arugula				—	—	—		⌒							
Asparagus			****											
Broad beans					—	—									
Soya beans					—	—									
Beans, bush & pole					—	—									
Beets				—	—	—									
Broccoli			**											
Brussels sprouts					*										
Cabbage			**	—										
Carrots				—	—	—									
Cauliflower					**									
Celery/Celeriac					*									
Corn						—									
Corn salad			⌒	—	—	—		⌒	—						
Cucumbers			***											
Eggplant				***										
Endive/Radicchio					—	—									
Fennel			****											
Garlic									—						
Kale & Collards				—	—	—									
Kohlrabi		***	—	—	—									
Leeks			***	—										
Lettuce		⌒	—	—	—	—	—	⌒	—						
Melons			***											
Mustards				—	—	—		—							
Okra				...	**										
Onions			***											
Onions, overwinter						***								
Onions scallions			—	—	—	—	—	—						
Pac choi & choi sum			⌒	—	—	—		⌒	—						
Parsnips				—	—	—									
Peas				—	—	—									
Peppers				****										
Quinoa					—	—									
Radish				—	—	—	—	—							
Rutabaga						—	—								
Rhubarb				***										
Spinach			⌒	—	—	—		⌒	—						
Squash/pumpkins				...—**											
Strawberries				***										
Swiss chard				—	—	—	—	⌒	—						
Tomatoes			***	***										
Turnips				—	—	—	—	—	—						

Calgary, AB	May 23 - Sept. 15 (114 days)	Melfort, SK	May 21 - Sept 11 (116 days)	Saskatoon, SK	May 21 - Sept. 15 (116 days)
Humbolt, SK	May 21 - Sept 11 (116 days)	Prince Albert, SK	May 21-Sept. 11 (116 days)	Unity, SK	May 21 - Sept 11 (112 days)
Kindersley, SK	May 21 - Sept 11 (116 days)	Red Deer, AB	May 25 - Sept. 9 (106 days)	Yorkton, SK	May 23 - Sept. 11 (110 days)

Southern Prairies Vegetable Planting Guide

Vegetables	WINTER			SPRING			SUMMER			FALL		
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth												
Artichoke				****							
Arugula												
Asparagus		*****	*****							
Broad beans												
Soya beans												
Beans, bush & pole												
Beets												
Broccoli				**							
Brussels sprouts				**							
Cabbage				**							
Carrots												
Cauliflower					***						
Celery/Celeriac					***						
Corn												
Corn salad												
Cucumbers					**						
Eggplant				**							
Endive/Radicchio												
Fennel				***							
Garlic												
Kale & Collards												
Kohlrabi				***							
Leeks			**							
Lettuce												
Melons				***							
Mustards												
Okra				...	**							
Onions				***							
Onions overwinter						***					
Onions scallions				***					
Pac choi & choi sum												
Parsnips												
Peas												
Peppers			***							
Quinoa												
Radish												
Rhubarb					**						
Rutabaga												
Spinach												
Squash/pumpkins					..	**						
Strawberries			***							
Swiss chard												
Tomatoes				***							
Turnips												

Brandon, MB	May 27 - Sept. 10 (106 days)	Lethbridge, AB	May 17 - Sept. 18 (123 days)	Regina, SK	May 21 - Sept. 10 (111 days)
Brooks, AB	June 3 - Sept. 12 (100 days)	Medicine Hat, AB	May 16 - Sept. 22 (128 days)	Swift Current, SK	May 23 - Sept. 13 (112 days)
Cardston, AB	June 1 - Sept. 12 (102 days)	Moose Jaw, SK	May 20 - Sept. 18 (120 days)	Weyburn, SK	May 22 - Sept. 12 (112 days)
Estevan, SK	May 24 - Sept. 15 (113 days)	Portage la Prairie, MB	May 22 - Sept. 19 (119 days)	Winnipeg, MB	May 25 - Sept. 22 (120 days)

Central Ontario Vegetable Planting Guide

LEGEND Start Indoors			—— Direct-sow			*** Transplant			⌒ Cover			** Transplant & Cover		
Vegetables	WINTER			SPRING			SUMMER			FALL					
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC			
Amaranth						——									
Artichoke					***									
Arugula			——	***	***									
Asparagus		***	***								
Asparagus Bean				***	***								
Broad beans				——	——	——			——	——					
Soya beans						——									
Beans, bush & pole					——	——	——	——							
Beets					——	——	——								
Broccoli			***	***	***									
Broccoli, sprouting							...	**							
Brussels sprouts				***	***	***	***						
Cabbage			***	***	***									
Cabbage, overwinter							...	**							
Carrots				——	——	——	——								
Cauliflower			***	***	***	***						
Cauliflower, overwinter							..	**							
Celery/Celeriac				***	***	***								
Chickpeas			***	***	——									
Corn					——	——									
Corn salad				——	——			——	——						
Cress		——	——	——					——	——					
Cucumbers			***	***	——									
Eggplant			***	***	——									
Endive/Radicchio				——	——	——	——								
Fennel					——	——									
Garlic									——	——					
Kale & Collards				——	——	——	——	——							
Kohlrabi				——	——	——	——								
Leeks		***	——	——	***							
Lettuce			***	***	——	——	——	⌒						
Melons				***	***	***	***							
Mustard				——	——	——		——	——						
Okra					***	——								
Onions	——	***										
Onions, overwinter							——	——	——						
Onions scallions				——	——	——	——	——							
Pac choi & choi sum			⌒	——	——	——	——	⌒						
Parsnip				——	——	——	——								
Peas					——	——									
Peppers			***	***	***	***							
Quinoa					——	——									
Radish				⌒	——	——	——	——						
Rhubarb				***	***	***	***						
Rutabaga						——	——								
Spinach				⌒	——	——		——	⌒	***				
Squash/pumpkin				***	***								
Strawberries		***	***										
Swiss chard				——	——	——	——	——							
Tomatoes				***	***	***	***							
Turnips				——	——	——	——								

Southern Ontario and Greater Toronto Area Vegetable Planting Guide

Vegetables	LEGEND			***** Start Indoors			— Direct-sow			*** Transplant			Cover			** Transplant & Cover		
	WINTER			SPRING			SUMMER			FALL								
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC						
Amaranth																		
Artichoke			*****			***												
Arugula		*****	—	—	***	***												
Asparagus		*****	*****	*****	*****	***												
Asparagus Bean			*****	*****	***	***												
Broad beans				—	—	—		—	—	—								
Soya beans					—	—												
Beans, bush & pole					—	—	—	—										
Beets					—	—	—	—										
Broccoli			*****	***	***	—												
Broccoli, sprouting						...		**										
Brussels sprouts				*****	***	***	***	***	***									
Cabbage			*****	***	***													
Cabbage, overwinter						...		**										
Carrots					—	—	—	—										
Cauliflower			*****	***	***	*****	***	***										
Cauliflower, overwinter							..	**										
Celery/Celeriac		*****	*****		***	***												
Chickpeas			*****		***	***	—											
Corn					—	—												
Corn salad			—	—					—	—								
Cress			—	—					—	—								
Cucumbers			*****	***	***	—												
Eggplant			*****	***	***													
Endive/Radicchio			—	—	—	—	—											
Fennel			*****	***	***	—												
Garlic									—	—	—							
Kale & Collards			—	—	—	—	—	—										
Kohlrabi			—	—	—	—	—											
Leeks	*****	*****	*****	***	***	—	***											
Lettuce			***	***	—	—	—	—	—									
Melons			*****	***	***	***	***											
Mustard			—	—	—	—	—	—	—									
Okra					***	—											
Onions, storage	*****	*****	—	—	***													
Onions, overwinter						...*	***	—										
Onions scallions			—	—	—	—	—	—	—									
Pac choi & choi sum			—	—	—	—	—	—	—								
Parsnips				—	—	—												
Peas			—	—	—	—	—	—	—									
Peppers		*****	*****		***	***	***											
Quinoa				—	—													
Radish			—	—	—	—	—	—									
Rhubarb			*****	***	***	***	***	***	***									
Rutabaga				—	—	—	—											
Spinach			—	—	—		—	—	***								
Squash/pumpkin	*****	*****	***	***	—	—												
Strawberries	*****	*****	***	***														
Swiss chard			—	—	—	—	—	—										
Tomatoes			*****	***	***	***	***											
Turnips			—	—	—	—	—	—										

Hamilton May 1 - Oct. 11 (164 days)
Chatham Apr 21 - Oct. 11 (172 days)

Kitchener May 1 - Oct. 1 (154 days)
London May 1 - Oct. 11 (164 days)

Sarnia May 1 - Oct. 1 (154 days)
Toronto Apr. 21 - Oct. 21 (174 days)

Maritimes Vegetable Planting Guide

Vegetables	LEGEND			***** Start Indoors			— Direct-sow			*** Transplant			Cover			** Transplant & Cover		
	WINTER			SPRING			SUMMER			FALL								
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC						
Amaranth																		
Artichoke			...			**												
Arugula		***												
Asparagus		***												
Asparagus Bean			***	***												
Broad beans					—	—			—									
Beans, bush & pole						—	—											
Soya beans						—												
Beets						—	—											
Broccoli					**	—											
Broccoli, sprouting						...	—	**										
Brussels sprouts				***	*		**										
Cabbage					*	—											
Cabbage, overwinter							—	**									
Carrots					—	—	—	—										
Cauliflower					**												
Cauliflower, overwinter						..	**											
Celery/Celeriac				*												
Chickpeas		***	*	—	—												
Corn									—									
Corn salad						—												
Cress					—	—		—	—									
Cucumbers				—	—	—	—	—	—									
Eggplant					...	—	*	*										
Endive/Radicchio			...			**												
Fennel				***	*	—											
Garlic									—									
Kale & Collards					—	—	—											
Kohlrabi					—	—	—											
Leeks			***	*	—											
Lettuce					***	—	*	—									
Melons					..		***											
Mustard			—	—	—	—	—	—	—									
Okra				...	—	**	—											
Onions					*	*											
Onions, overwinter							...	***										
Onions scallions					***	—	—	—									
Pac choi & choi sum				—	—	—			—									
Parsnips				—	—	—	—											
Peas				—	—	—	—											
Peppers					***	*											
Quinoa					—	—												
Radish				—	—	—			—									
Rhubarb				***	***	***	***	*									
Rutabaga						—	—											
Spinach				—	—	—		...	—	*	*							
Squash/pumpkins					...	—	*	*										
Strawberries																		
Swiss chard					—	—	—											
Tomatoes				***	*												
Turnips					—	—	—	—	—									

South Coastal BC Flower and Herb Planting Guide

LEGEND	 Start Indoors	— Direct-sow	*** Transplant	⌒ Cover	** Transplant & Cover							EDIBLE	FRAGRANT	CONTAINER	BENEFICIAL INSECTS	XERISCAPE	
Flowers		WINTER			SPRING			SUMMER			FALL							
		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC					
Agastache	P				****	—	—						●	●			
Alyssum	A				****	—								●	●	●	●
False Queen Anne's Lace	A		—						—	—	—	—					●	
Milkweed	P				**	—					—	—			●	●	
Bellis	P			****						—	—				●	
Calendula	HA			—		—					—	—	—	●		●		
Cockscomb	A			***	—	—									●		
Clarkia	A			***	—	—									●		
Spider Flower	A					—						—	—				●	
Columbine	P			***						—	—				●	
Cornflowers	A			—	—	—						—	—	●				
Cosmos	HA		—	—	—											●	
Delphinium	A			***	—						—	—				●	
Common Pinks	P		**	—	—	—									●		●
Foxglove	B		***	—					—	—	—						●
Echinacea	P				**	—				—	—				●	●	●
Eucalyptus	P		****	*****										●		
Hollyhock	B			*****				—	—	—	—		●			●	
Lobelia	A				****	—									●	●	●
Lupin	P		—	—	—	—					—						●
Marigolds	A	—	—	—	—	—							●		●	●	
Nasturtiums	HA	—	—	—									●		●		
Poppies	A,P		—	—	—						—	—	—					●
Rudbeckia	P		—	—	—												●
Pincushion	A		****	—	—									●	●	
Snapdragons	A			**	—	—											
Sunflowers	A				—	—								●			●	
Sweet Peas	A			***	—				—	—	—			●			
Viola	A	***		—	—	—	—	—	—			●	●	●	
Wildflowers	A, B, P	—	—	—	—	—	—	—	—	—	—	—	—					
Zinnia	A			**	—	—									●	●	
Herbs		WINTER			SPRING			SUMMER			FALL							
		JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC					
Basil					—	**	—										
Bergamot			—		**												
Borage					—	—	—	—	—									
Chamomile					—	—					—	—	—					
Chervil				—	—	—	—	—									
Chives			**	—	—	—	—	—	—	—						
Cilantro				—	—	—	—	—	—	—	—	—						
Dill						—	—	—	—	—								
Lavender		—	—	—	****				—	—	—					
Lemon Balm				**	—	—	—	—									
Lemongrass	●●				****												
Lovage				—	**												
Mint			—	—	—	—	—									
Oregano			****	—	—	—	—									
Parsley					—	—	—	—	—	—								
Rosemary			****	—	—	—	—									
Sage			****	—	—	—	—									
Savory				**	—	—	—									
Shiso				**	—	—	—	—									
Stevia					*****	*****										
Sweet Marjoram			****	—	—	—	—									
Thyme			****	—	—	—	—									

South Central Prairies Flower and Herb Planting Guide

LEGEND Start Indoors	— Direct-sow	*** Transplant	⌒ Cover	** Transplant & Cover							
Flowers	WINTER			SPRING			SUMMER			FALL		
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Alyssum				●●●●●●●●	* *	————						
Milkweed			●●●●●●●●		* *	————						
Bellis			●●●●●●●●		——* *	——						
Calendula					————	————						
Columbine		●●●●●●●●		●●●●●●●●	* *					————		
Cornflower				————	————					————		
Cosmos				————	————							
Delphinium		●●●●●●●●			* *	————				————		
Echinacea			●●●●●●●●		——* *					————		
California Poppy						————				————		
Hollyhocks			●●●●●●●●			* *						
Flax						————						
Lobelia				●●●●●●●●		*						
Lupins				●●●●●●●●	————	* *				————		
Marigolds			●●●●●●●●		————* *							
Nasturtiums					————	————						
Nigella			●●●●●●●●	————		* *						
Geranium			●●●●●●●●			* *						
Poppy				————						————		
Rubeckia		●●●●●●●●			————* *							
Snapdragons		●●●●●●●●				* *						
Stocks			●●●●●●●●		* *	————						
Sunflower					————	————						
Sweet Pea		●●●●●●●●		————		* *				————		
Pansy/Viola	●●●●●●●●			————		* *				————		
Veronica			●●●●●●●●	————		* *						
Wildflowers				————						————		
Yarrow		●●●●●●●●			————* *							
Zinnias				●●●●●●* *		————						
Herbs												
Basil				●●●●●●●●	————* *	——						
Bergamot				————	————					————		
Borage				————	————							
Catnip				●●●●●●●●	————* *							
Chives			●●●●●●●●		* *	——						
Cilantro				●●●●●●●●	————* *	——						
Dill					————	————						
Lavendar		●●●●●●●●			* *	* *						
Lemon Balm				●●●●●●●●		* *						
Lemon Grass			●●●●●●●●			* *						
Mexican Tarragon			●●●●●●●●		* *	* *						
Mint				●●●●●●●●	————* *	——						
Oregano				●●●●●●●●	————* *	——						
Parsley					————	————						
Rosemary		●●●●●●●●			* *	* *						
Sage			●●●●●●●●	————	* *	* *						
Savory				●●●●●●●●	* *	* *						
Shiso				●●●●●●●●	* *	* *						
Stevia				●●●●●●●●		* *						
Sweet Margaram				●●●●●●●●	* *	————						
Thyme			●●●●●●●●	————	* *							

Calgary, AB May 23 - Sept. 15 (114 days)
Humbolt, SK May 21 - Sept 11 (116 days)
Kindersley, SK May 21 - Sept 11 (116 days)

Melfort, SK May 21 - Sept 11 (116 days)
Prince Albert, SK May 21-Sept. 11 (116 days)
Red Deer, AB May 25 - Sept. 9 (106 days)

Saskatoon, SK May 21 - Sept. 15 (116 days)
Unity, SK May 21 - Sept 11 (112 days)
Yorkton, SK May 23 - Sept. 11 (110 days)

GOJI

Lycium Barbarum**Shanghai Express (Goji) FL2062**

Long used in traditional Chinese medicine, Goji (or "wolfberry"), is thought to have a wide range of beneficial medical properties. Goji berries will begin to appear in the second year of growth on this perennial shrub. After the second year the plants are extremely cold tolerant, hardy to -20°C (-4°F). Full growing instructions online. (1145-1160 s/g)

A 0.1g	B 0.5g	C 2g
\$4.99	\$16.99	\$44.99

SOLANUM

Solanum retroflexum**Garden Huckleberry FR870**

It's a fruit for cooking and sweetening, with a flavour reminiscent of blueberries and Concord grapes. These work well in pies and preserves, but require the same kind of help with sweetening that rhubarb does. The compact annual bushes grow with a height and spread around 60cm (24") each. The tiny seeds are easy to save for planting the following year.

A 50s	B 250s	C 1000s	D 5000s
\$3.99	\$5.99	\$10.99	\$32.99

GARDENING FOR BIRDS

Gardening for birds is another way to build biodiversity in garden spaces.

Like pollinators and other insects, wild birds are under pressure due to habitat loss, pollution, and ever-expanding human settlement. By including certain plants and building certain habitats, gardeners can ease this pressure, and even benefit from the presence of some bird species.

Most birds are specialists when it comes to finding food. The shape of a bird's bill is the most obvious indicator of their specialty. Hummingbirds probe flowers for nectar. Woodpeckers chip tree bark to find insects. Sparrows have stout

bills for grinding and cracking seeds. Chickadees are adept at finding aphids and caterpillars — but they can also open sunflower seeds. Some plants provide food in the form of seeds, or as hosts to insects. Others provide nesting material. Some plants simply provide shelter and protection from predators. Designing garden spaces with birds in mind can add much to the overall health of the ecosystem. Visit the West Coast Seeds' website for a list of specific flowers to plant for specific birds.



STRAWBERRIES

Fragaria sp.

Strawberries may seem like an impossible dream to grow from seed, but they're actually pretty easy. Although they require a little extra care and need to be started indoors very early, once the seeds germinate, the seedlings and plants are easy to care for. The fruit of the strawberry is not a berry, botanically speaking, but rather an "aggregate accessory." Better just to call them strawberries. They are relatives of roses in the family Rosaceae.

Growing strawberries from seed

Timing: Strawberry seeds benefit from vernalization, which is the simulation of winter in order to break dormancy. Start any time between December and the beginning of February. After that time, they will still work, but they may not produce berries during the first season. **Starting:** Tuck strawberry seed packets inside a sealed plastic bag or airtight container and place in the freezer for 3–4 weeks. Remove the bag or container, but do not break the seal until it (and its living contents) has reached room temperature. Once the package has thawed, sow the seeds on the surface of pre-moistened, sterilized seed starting mix in trays or small containers. Keep the seeded trays under bright fluorescent lights at a constant temperature of 18–24°C (65–75°F). Germina-

tion may take anywhere from 7 to 42 days. Be patient. Once germination occurs, increase ventilation to prevent damping off. **Growing:** When seedlings have their third true leaf, they can be transplanted into their own pots. Be sure to harden the seedlings off gradually before transplanting outside. Space transplants 60cm (24") apart in rows 90–120cm (36–48") apart. Grow strawberries in a well-drained, sandy loam that has been generously dug with organic matter such as finished compost or well-rotted manure. Dig 60mL (1/4 cup) complete organic fertilizer into the soil beneath each transplant. Keep soil moist, but not soggy. A mulch of straw around plants may help prevent the soil from drying out. Seed Specs: Usual Seed Life: 3 years.

*Fragaria x vesca***Regina FR890**

85 days. The delicate, petite, bright-red fruits are produced from summer until the first frost over several years. The berries are incredibly sweet, with a uniquely rich, fruity flavour. During the summer they can be picked almost daily. This productive everbearing variety works well in containers or raised beds in full sun to partial shade. (3600-3800 s/g)

A 0.25g	B 1g	C 5g
\$3.49	\$4.99	\$8.99
D 25g	E 100g	
\$25.99	\$80.99	

*Fragaria x vesca***Mignonette (Alpine) FR820**

OP, 80 days. Mignonette has fruits that are larger than most alpine strawberries. They are bright red, deliciously sweet, and everbearing. This compact perennial forms pretty little mounds that will bear strawberries the first year. Set them around the edges of the flower garden, in hanging baskets and windowsill planters for easy access. (3500-3875 s/g)

A 1g	B 5g	C 25g
\$4.49	\$8.99	\$17.99

*Fragaria x ananassa***Fresca FR830**

OP, 150 days. Big, mouthwatering, traditional berries. While they may not produce much fruit the first year, these sprawling, everbearing plants will eventually yield heavily over a long season. Ideal for containers, raised beds, or hanging baskets.

A 40s	B 100s	C 500s
\$9.99	\$16.99	\$54.99

*Fragaria x vesca***Yellow Wonder FR840**

OP, 150 days. Yellow Wonder has the lovely oblong shape of alpine types, but with yellow skin and flesh and incredible sweetness. The plants are low growing, but very productive, even in containers. The seeds can also be sown later in the year, but plan on harvesting berries from the second year of growth forward. (3200-3500 s/g)

A 0.06g	B 0.5g	C 2.5g
\$4.99	\$6.99	\$10.99
D 10g	E 50g	
\$32.99	\$109.99	

PHYSALIS

Physalis sp.

Ground cherries are an easy to grow and prolific fruit, producing scores of small, sweet berries that work well in desserts and jams.

Growing physalis

Timing: Start indoors around the last frost date with bottom heat. Transplant seedlings out in warm weather, after tomatoes go out. **Starting:** Sow seeds 5mm-1cm (0.2-0.4") deep in individual pots or trays. Space transplants 45-60cm (18-24") apart in rows 90-120cm (36-48") apart. Days to Maturity: From transplant date. **Growing:** Ideal pH: 6.5-7.0. Full sun and regular watering will keep the plants producing. Plants may need support to keep drooping branches off the ground. Tomato cages work well. These plants can also be grown in large containers. **Harvest:** When ripe, the husks of ground cherries become papery and turn a buff-brown, and fruits within are yellow-orange and sweet. They fall to the ground when fully ripe, but they can be picked before they drop for a more tangy flavour. Fallen fruit are protected by their husks and are safe to eat, provided they are fresh and weather has been dry. Seed info: In optimum conditions, at least 75% of seeds should germinate. Usual seed life: 3 years.

Physalis pruinosa



Aunt Molly's TM809

OP, 65-70 days. The plants and fruits resemble tomatillos, but fruits mature to a golden orange colour, and drop to the ground when ripe. The sweet little fruits will store for up to three months if kept in their husks. Or use them right away in jams, fruit salads, and sauces. (1216-1520 s/g)

A 0.1g	B 0.5g	C 2g
\$3.99	\$6.99	\$9.99

CUSTOMER SERVICE'S TOP 10 FAQs

BY MAGGIE PLETT,
CUSTOMER SERVICE MANAGER

Our team is here to help gardeners of any experience and background. Here are answers to the top 10 most frequently asked questions we receive:

Q Is regular fertilizing good for your garden?

A Applying fertilizer plays a significant role in overall plant health and well-being. This is because fertilizers provide plants with crucial nutrients not always found in soil that help them thrive. We recommend Gaia 4-4-4 as a good overall fertilizer.

Q How often and when should I water my plants and garden?

A Water when your garden needs it! We recommend watering your plants in the morning hours when it is still cool. This will allow the water to run down into the soil and reach the roots of the plant without too much excess water lost to evaporation.

Q Is mulch the same as compost?

A While mulch and compost are crucial to successful gardening, they aren't the same. Mulch is an organic or inorganic material that is spread on top of the soil to prevent soil erosion or weed growth and also helps the soil retain moisture. Compost is a decomposed organic material that is mixed into garden soil to add essential nutrients.

Q What is row cover used for?

A Row cover is a cloth or polyethylene fabric used to cover a row of vegetables. Light weight row cover is used to protect seedlings from pests and insects and heavy weight row cover is used as an insulating blanket in the fall or early spring months.

Q Can I broadcast my micro clover or lawn solutions over my existing lawn?

A Micro clover and lawn solutions need to be in direct contact with soil. We recommend planting these lawn alternatives into freshly prepared topsoil. Try to avoid planting during prolonged hot weather.

Q How can cover crops help my garden?

A Cover crops help prevent soil erosion and replenish nitrogen and fix it in the soil. They also help increase the water-holding capacity of soil and help prevent weeds from growing.

Q What are heirloom seeds?

A Heirloom seeds are any vegetable variety grown consistently for over 50 years, that is not under patent, and has particular qualities that make it desirable. Heirloom seeds are open pollinated and have cultural importance.

Q What is the difference between open pollinated and hybrid seeds?

A Plants produced by crossing two parents of the same variety, which in turn produce offspring just like the parent plants, are referred to as open pollinated. A hybrid seed is created by crossing two different varieties of the same plant by taking the pollen from the male flower of one plant and transferring it to the female flower parts of a different plant. Hybrid seeds are listed as F1 types.

Q What is the difference between annual and perennial plants?

A Annual plants complete their growing cycle all in one season, then die with the onset of cold or freezing weather. The above ground portion of perennial plants die off in the freezing weather, but the plant returns from the base and rootstock the following spring.

Q What is companion planting in the garden?

A Companion planting is when two plants are grown together for the benefit of one or both of those plants. That could be as simple as growing nectar-rich flowers among crops to attract pollinators or two vegetables grown side by side to confuse or repel pests.

4 TIPS FOR BEGINNERS

BY EMILIE CARON,
MARKETING COORDINATOR

Are you looking to start gardening? If so, welcome! We are so excited for you to embark on your growing journey. Gardening can be an enjoyable, rewarding, and fun activity, facilitating connections with others, the earth, and oneself. We support gardeners of diverse experience levels by offering resources from workshops to blog posts, and even this Gardening Guide.

1 Start small and plan your garden

Your growing space sets the scene for selecting seed varieties. Certain plants prefer full-sun on a south-facing balcony or in a yard, whereas microgreens can be grown under a grow light and sprouts in a jar in your kitchen. Understanding the limitations of your space is an essential part of getting started. However, even if your growing space is limited, you may be surprised to know that there is something for every setting.

2 Grow what you love

If you're into superfood salads, consider nutrient-dense leafy greens. Looking for a new creative hobby? Try growing flowers to dry and press for your artwork. Taking your growing space into account, make sure to select vegetables, fruits, or flowers that bring you happiness.

3 Trust the process

Patience is key. Follow the instructions on your seed packet and refer to the guides on our blog. Trust yourself and trust the

process. Gardening is a practice built upon generational wisdom and the sharing of knowledge. We are here to help should you have questions along the way.

4 Enjoy the benefits

Growing food from seed can be fulfilling; seeing life blossom and flourish before your very eyes. Imagine growing a tomato plant from seed and harvesting your first fruit. Nothing beats that first bite of a fresh cherry tomato or the crunch of a carrot that you grew yourself.



HERBS

What makes a herb different from a vegetable? Why aren't some herbs kept in the flower section? While it's hard to find a perfect system for these sometimes overlapping definitions, we think of herbs as having particularly aromatic foliage. A sprinkle of herb leaves is often enough to impart flavour to a whole stew or casserole, or to brew a cup of healthful tea. Some herbs are annuals, and work very well in containers, while others are perennial, and will produce for years.

Growing herbs

Herbs are fairly low-maintenance plants, generally drought-tolerant and preferring nutrient-poor soil. However, if grown in containers, they will need regular watering and occasional feeding. Otherwise, trimming herbs will keep them bushy and flush with new leaves. Cut back perennial herbs in the spring to encourage new growth. Sun: Generally speaking, herbs do best in full sun, in a sheltered spot, in soil with good drainage. If full sun (six to eight hours a day) is not available, try growing leafy herbs like chervil, chives, parsley, lemon balm, and mint. Herbs grown for flowers like bergamot, chamomile, and lavender need full sun to bloom well. Soil: Aim for a neutral to slightly alkaline soil pH. Most herbs will tolerate a slightly acidic soil, but if soil is very acidic, mix some dolomite lime into the planting mix or growing area.

BASIL

Basil is at its best in the height of summer, and it is very easy to grow, even in containers. Basil doesn't dry as well as many other herbs, as its subtle flavours become a bit flat. Leaves that are cut into strips with scissors and frozen in water in ice cube trays stay nearly as aromatic as if freshly picked. Or freeze some pesto, and enjoy it on winter pasta & pizza. All basil varieties are of the species *Ocimum basilicum* unless otherwise noted. The impressive variability of fragrances and flavours in basil is due to the presence of essential oils in different proportions. Basil may have the scent of camphor, citrus, licorice, or cinnamon. It is not too surprising, then, that all basil varieties are members of the mint family, Lamiaceae.

Ocimum basilicum



Cinnamon Certified Organic HR1015

This organic variety has attractive purple stems and deep flowers with purple bracts. Its unique cinnamon taste and aroma makes it wonderful for tea/vinegars or even for use ornamentally in edible or scented decorative arrangements. (593-659 s/g)

A 0.5g	B 5g	C 25g
\$3.49	\$5.99	\$15.99
D 100g	E 500g	
\$40.99	\$164.99	

Cinnamon HR1013 (Conventional) (731-914 s/g)

A 1g	B 5g	C 25g
\$3.49	\$5.99	\$12.99
D 100g	E 500g	
\$69.99	\$124.99	

Growing basil

Timing: Basil grows well in containers indoors at any time of year if light is sufficient. For outdoor growing, start basil seeds indoors 4-6 weeks before transplanting to the garden after all danger of frost has passed, or direct sow in late May or early June once the soil has warmed up. Basil requires warm soil and full sun. Optimal temperature for germination: 21°C (70°F). Seeds should sprout in 5-10 days. **Starting:** Direct sow or start indoors and transplant. Sow seeds 1cm (0.4") deep in sterilized seed starting mix. Basil is prone to damping off, so once seeds sprout, make sure they are adequately ventilated, and kept under very bright light. Thin to 20-25cm (8-10") apart. Using bottom heat speeds germination.

Growing: Use any rich, loose, well drained soil. Once plants are 15cm (6") tall, pinch out the growing tips to encourage really bushy growth prior to harvest. Watch for signs of flower buds forming in mid-summer, and pinch these off to promote more foliage. **Harvest:** Frequent harvesting of growing tips will prolong the life of the plant. Basil leaves have the best flavour just before the plant flowers. If planning to preserve basil, or make a big batch of pesto, this is the best time to harvest. For a large harvest, cut off as much as half the plant at once.

Ocimum basilicum



Nufar Certified Organic HR1016

This sweet Genovese type is organic and has an exceptionally rich flavour in its large, bright green leaves. The plants grow up to 76cm (30") tall with a high resistance to Fusarium wilts. Nufar is great for greenhouse and container growing. (625-695 s/g)

A 0.5g	B 5g	C 15g	D 125g
\$3.89	\$8.99	\$15.99	\$109.99

Ocimum basilicum



Emily Certified Organic HR1017

This compact organic Genovese variety works particularly well in containers and grows to 30cm (12") tall. Emily keeps longer in the refrigerator than most basil, staying fresh and amazingly fragrant. This is a wonderful choice for market growers or home gardeners. (511-639 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$5.99	\$12.99
D 125g	E 500g	
\$43.99	\$149.99	

Ocimum basilicum



Kitchen Blend HR1011

Grow this beautiful blend of basil for continuous use in the kitchen. We've combined varieties with big smooth green leaves for use in pesto and pasta, and distinctive colours and pungent flavour to add to salads and vinegars. Varieties are robust and harvests are plentiful, and the flowers are edible. (299-333 s/g)

A 1g	B 5g	C 25g
\$3.99	\$8.99	\$22.99

Ocimum basilicum var. *thrysiflora*



Siam Queen HR1018

This is the authentic variety for Thai cuisine. The highly ornamental plants are vigorous, with purple stalks and flowers that open to pink. Its flavour is strong, with hints of camphor and cinnamon. Siam Queen grows to a height of 45cm (18") and is productive in hot weather and greenhouses. (660-825 s/g)

A 0.5g	B 2g	C 25g
\$3.69	\$6.99	\$31.99
D 100g	E 500g	
\$99.99	\$389.99	



BALM

Melissa officinalis

Mandarin Orange Balm HR1198

This special cultivar of lemon balm is distinctive for its orange scent. Plants grow to 30-35cm (12-14") and small white flowers bloom in summer, attracting bees. Its trailing growth habit makes it a stunning "spiller" in hanging baskets and raised beds. It can also be grown as a ground cover on slopes and other difficult areas. Perennial to Zone 4 and deer resistant.

A 25s	B 100s	C 500s	D 2500s	E 10,000s
\$4.49	\$7.99	\$21.99	\$64.99	\$196.99

BASIL*Ocimum basilicum***Genovese****Certified Organic HR1019**

This is the original pesto basil from Italy. Its large, shiny, almond-shaped leaves have a pronounced flavour, making it the very best for pesto. This handsome plant grows to 60cm (24"). Try some in patio containers, and be sure to also harvest its edible flowers. (527-659 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$5.99	\$9.99
D 100g	E 500g	
\$32.99	\$119.99	

Ocimum tenuiflorum**Holy Basil****Certified Organic HR1023**

Known as tulsi in its native India, organic Holy Basil is widely used in Ayurvedic medicine. In Thailand it is well loved as a culinary herb in stir-fries. The flavour and aroma are distinct and floral. This basil thrives in the heat of summer and is easy to grow from seed. (1268-1585 s/g)

A 0.25g	B 1g	C 5g
\$3.69	\$5.99	\$12.99

Ocimum basilicum**Lettuce Leaf HR1035**

Lettuce Leaf produces very large, bright, puckered green leaves with glorious fragrance. Provide rich nutrition and a light, freely draining soil to get the largest leaves. Use these big leaves in salad mixes or to wrap savory morsels. This variety grows to 45cm (18") tall. (520-650 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$4.99	\$7.99
D 100g	E 500g	
\$22.99	\$64.99	

Ocimum basilicum**Rosie****Certified Organic HR1020**

Organic Rosie holds its dark colour better than other purple basil varieties. It has exceptional flavour and is very productive. Tall purple stalks with attractive lavender flowers look great in the garden. The odd green plant may occur, but this is normal. Variability is a simple fact among open pollinated seeds. (580-725 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$6.99	\$14.99
D 100g	E 500g	
\$39.99	\$146.99	

Ocimum basilicum var. thyrsiflora**Dolly****Certified Organic HR1025**

This fast-growing organic, Genovese type basil has large, highly aromatic leaves just waiting to be torn fresh over pasta and salads. Dolly is adapted to cool nights so has potential for a longer growing season and field production. Suited for container growing. (493-617 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$6.99	\$12.99
D 100g	E 500g	
\$32.99	\$119.99	

Ocimum basilicum**Emerald Tower HR1202**

The aptly named basil towers above all other varieties, growing 60-90cm (24-36") tall in a compact column. This Genovese type works well in the ground, in containers, and hydroponics, with dark green, flavourful leaves. It blooms 8 weeks later than other basil, providing multiple cuts throughout the summer. Resistant to downy mildew and Fusarium.

A 25s	B 100s	C 250s
\$5.99	\$11.99	\$22.99
D 500s	E 1000s	
\$26.89	\$44.89	

Ocimum basilicum**Purple Ruffles HR1021**

This improved purple variety has luxurious, dark, serrated leaves. Use the fragrant leaves as a garnish to add contrast to gazpacho or pesto, or highly fragrant herbal vinegar. This clove-scented AAS Winner has edible flowers and thrives in well drained containers. (606-758 s/g)

A 0.5g	B 5g	C 15g
\$5.49	\$32.99	\$64.99

Ocimum basilicum**Sweet Thai Basil****Certified Organic HR1026**

Authentic, organic Thai basil featuring the unmistakable spicy, anise/licorice-like flavour. The pink-purple flowers that eventually bloom can be used as a garnish for sweet dishes as well. Grows to a height of around 45cm (18 inches). (820-1025 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$7.99	\$20.99
D 100g	E 500g	
\$59.99	\$225.99	

Ocimum basilicum**Dolce Fresca HR1189**

Sweet and fresh, this basil won the AAS award for both flavour and form. After harvest, it rebounds to its previous tidy shape. The large leaves are among the nicest Genovese basil we've tried. It looks fantastic in patio containers, or just growing in any well drained herb bed.

A 200s	B 1000s	C 5000s
\$3.99	\$7.99	\$24.99
D 25,000s	E 100,000s	
\$89.99	\$299.99	

Ocimum basilicum**Cardinal****Certified Organic HR1022**

Dark scarlet flowers make this organic Cardinal such a show-stopper that it will dominate the herb bed or flower border in late summer. The upright plants grow to 60cm (25") tall, with strongly aromatic, oval leaves, and growth so vigorous no pinching is needed. (520-650 s/g)

A 0.25g	B 1g	C 5g
\$4.69	\$9.99	\$32.99

Ocimum basilicum**Sweet****Certified Organic HR1034**

Strongly aromatic, round leaves grow in profusion on this compact variety. Sweet Basil has consistently high quality and is excellent in containers, indoors, or outside in the herb bed. It's an early-maturing, delicate herb that is slow to bolt and productive enough for multiple harvests. It grows to 40cm (16") tall. (532-665 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$6.99	\$23.99
D 100g	E 500g	
\$54.99	\$124.99	

Sweet Basil HR1033
(Conventional) (640 s/g)

A 0.5g	B 5g	C 25g
\$3.69	\$4.99	\$6.99
D 100g	E 500g	
\$9.99	\$29.99	

**Staff Tip**

"Try forcing radicchio inside during the winter. I've tried this technique with tasty and beautiful results."
Madeleine Rye,
Customer Service

BERGAMOT

Monarda fistulosa**Wild Bergamot HR1076**

Flowers that vary in shades from pink to lavender appear in July and August above stout, strong stems bearing aromatic leaves. This herb can grow to 1.5m (5') and is highly attractive to hummingbirds and pollinating insects, especially bees. It can be grown as perennials in areas with mild winters and will likely self-sow in other areas. (3796-4745 s/g)

A 0.2g	B 1g	C 5g
\$3.49	\$5.99	\$12.99

Monarda citriodora**Lemon Bergamot HR1109**

This wild perennial herb has delicate pink flowers and an intense citrus aroma. Its edible leaves and flowers dry well for use in tea blends. Lemon Bergamot is intensely attractive to pollinators and other beneficial insects. It grows to 90cm (36") tall. (1852-2316 s/g)

A 0.2g	B 5g	C 25g
\$3.69	\$4.99	\$7.99

BORAGE

Borago officinalis**Borage HR1037**

Borage has large, fuzzy, cucumber-scented leaves and star-shaped, vivid blue flowers. This versatile herb is primarily grown to attract bees, but its flowers are edible, and its young leaves can be cooked like spinach or used in salads. Borage grows to 100cm (39") tall and is famously good at self-sowing. Enrich soil or compost by mixing in any volunteer seedlings. (44-55 s/g)

A 2g	B 5g	C 25g	D 100g	E 500g
\$3.69	\$4.99	\$7.99	\$24.99	\$64.99

CARAWAY

Carum carvi**Caraway HR1179**

The sharp, savoury flavour of caraway seeds is familiar from Eastern European rye bread recipes. This biennial stores energy in an edible taproot, sending up a tall flower stalk in year two, which is followed by seeds for the next generation. As an umbelifer, its flowers are highly attractive to beneficial garden insects. (271-339 s/g)

A 1g	B 5g	C 25g
\$3.49	\$4.99	\$6.99
D 125g	E 500g	
\$10.99	\$24.99	

CATNIP

Nepeta cataria**Catnip HR1049**

Not just for cats. Use the leaves as a minty addition to salads, teas, and soups, or dried for cat toys. The tall, pink and white flower spikes are great in fresh and dried arrangements. Catnip is a good bee attractor that works well in containers on cat-free balconies. (2822-3528 s/g)

A 0.25g	B 5g	C 25g
\$3.49	\$4.99	\$9.99
D 100g	E 500g	
\$21.99	\$89.99	

CONTAINER GARDENING TIPS

Live in a small space but have big garden dreams? Not to worry.

Plants with small root systems can be grown in just about any sort of container, provided it's strong enough to hold damp soil and allows for good drainage. This means urban gardeners and small space growers can still produce food — even if it's only some herbs or leafy greens — in just about any brightly lit space. It's important to consider the space plants will need to mature side by side, and the expected harvest size. Is the plan for multiple harvests of baby salad greens, or is a full-sized head of lettuce in the works? Generally speaking, the larger the container, the better.

When planning a container garden, start by determining how many hours of expected sunlight your growing environment gets per day. If planting on a south-facing patio with eight or more hours of reliable direct sunlight each day, there are plenty of options to grow. If sunlight is blocked by tall buildings, trees, or other urban obstructions, steer towards plants that grow in partial shade like leafy greens and herbs.

Container Herb Gardens

A container herb garden is perfect for patios or balconies — keep them close to the kitchen for easy access, and to enjoy their fragrance in the summer. Whether it's basil, catnip, chervil, chives, cilantro, lavender, mint, oregano, stevia, or thyme, herbs can be grown and harvested on a regular basis throughout the spring and summer seasons. Parsley grows well in containers, but it has a deep taproot, so give it a deeper pot.

Many perennial herbs grow well in containers, too, but it's a good idea to grow them in a more permanent spot. Plant woody herbs like rosemary and sage as a decorative and harvestable patio plant where they can thrive for years.

Here are some of the best plants for urban and small-space growers using containers:

Arugula (cool season)

Beans

Chicory

Corn Salad (cool season)

Cress

Cucumbers

Edible flowers

Eggplants

Herbs

Kale (baby greens)

Lettuce

Mustard greens

Pac choi

Peppers

Purslane

Radish (cool season)

Salad blends

Scallions

Spinach

Swiss chard

Tomatoes

Author Linda Gilkeson offers some excellent advice:

1 GALLON POT:

4–5 lettuce plants or 1 pepper plant

2 GALLON POT:

1 cherry tomato, eggplant or pepper plant

5–7 GALLON POT:

1 large fruited tomato plant

For more tips and tricks on small space gardening, sign up for our Urban Gardening Series.



CHAMOMILE

Matricaria recutita



German Chamomile Certified Organic HR1057

Organic German Chamomile has petite daisy-like flowers that nod on a low growing plant. It is highly attractive to bees, hoverflies, and other beneficial insects. Fresh or dried, the edible blooms can be used for a soothing tea or in many medicinal preparations. The plants are quite drought tolerant and will self sow but not aggressively. (5700-7126 s/g)

A 0.25g	B 2g	C 10g	D 25g	E 100g
\$3.69	\$10.99	\$32.99	\$55.99	\$199.99

CHERVIL

Anthriscus cerefolium



Chervil HR1061

This delicate, parsley-like plant has leaves with a hint of licorice. Its gentle flavour fades in cooking so add it just prior to serving. Chervil prefers cool weather and tolerates partial shade. Direct sow in spring or late summer, and harvest just before flowers open. Chervil should self sow in coastal gardens if allowed to go to seed. (772-965 s/g)

A 0.5g	B 10g	C 25g	D 100g	E 500g
\$3.49	\$4.99	\$5.99	\$11.99	\$34.99

CHIVES

Allium schoenoprasum



Chives Certified Organic HR1063

Chives are hardy, perennial, and easy to grow. The chopped stems and pink flowers add a fresh, mild green onion flavour to sandwiches, salads and baked potatoes. Clumps can be divided in spring or fall. If grown in containers, divide frequently enough to provide for lateral growth. (765-957 s/g)

A 1g	B 10g	C 25g	D 100g	E 500g
\$3.69	\$6.99	\$23.99	\$59.99	\$179.99

Chives HR1065 (Conventional) (644-805 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.49	\$5.99	\$11.99	\$29.99	\$129.99

CHIVES

Allium tuberosum syn. *Allium ramosum*



Garlic Chives HR1070

Popular in Asian cuisine, this flat-leaf variety of chives has a strong garlic aroma. The white flowers and stalks are used (only a small amount is needed) to add the pungent flavour of garlic to salads and stir-fries. This herb is also a useful companion plant to repel pests from nearby plants. (228-285 s/g)

A 1g	B 5g	C 15g
\$3.69	\$5.99	\$9.99
D 100g	E 500g	
\$33.99	\$119.99	

Allium tuberosum



Lions Mane Broad Leaved HR1071

This broadleaf variety of garlic chives has quite flat, flavourful leaves reminiscent of a lion's mane. This fast-growing variety has fine flavour and edible white flowers. This herb is a positively essential ingredient in dumplings and an excellent companion plant in the garden. (228-285 s/g)

A 0.5g	B 2g	C 10g	D 50g
\$4.69	\$8.99	\$20.99	\$69.99

DRYING HERBS

Drying herbs for tea or culinary use is fast and easy.

Harvest on dry days, preferably in the morning, or pick at dusk. Rinse and pat dry, if desired.

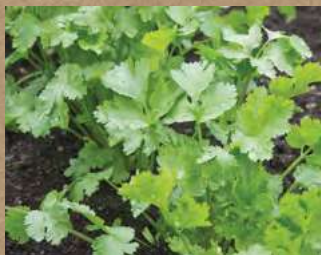
While herb bundles hanging upside down look pretty, this process can be messy, and the herbs may attract dust or insects. Instead, strip the herbs from their stems and dry them flat, preferably on a mesh screen

or tray. Sprinkle the herbs no more than two or three layers thick on the screen. Store away from direct heat and light (room temperature is fine) and fluff them occasionally until they crumble when crushed.

When making tea with dried herbs, use one tablespoon (15 mL) per mug. These are simply guidelines, so amounts will vary according to personal taste. Avoid making herbal tea in a metal pot, which could affect the taste; choose ceramic or glass instead. Glass pots make it easier to gauge when the tea is ready.

CILANTRO

Coriandrum sativum



Santo Long Standing

Cilantro seeds are comprised of two true seeds. When sowed whole, it produces two seedlings. Monogerm seeds have been divided and each seed half produces a single plant. Cilantro is prone to bolting and Santo is bred to be slow to bolt. It performs best when direct-seeded and will grow in full sun to partial shade. Sow every few weeks for continuous harvest. If growing in containers, provide deep pots for the long tap roots. The mature seeds, known as coriander, are also used in many dishes.

Santo Certified Organic HR1074 (140-175 s/g)

A 2g	B 5g	C 15g
\$3.69	\$6.99	\$7.99
D 100g	E 500g	
\$19.99	\$89.99	

Santo HR1073 (Conventional) (86-108 s/g)

A 1g	B 5g	C 25g
\$3.49	\$5.99	\$6.99
D 100g	E 500g	
\$10.99	\$34.99	

Santo Monogerm HR1075 (160-200 s/g)

A 1g	B 25g	C 100g
\$3.49	\$5.99	\$10.99
D 500g	E 1kg	
\$38.99	\$59.99	

Eryngium foetidum



Culantro HR1176

AKA Sawtooth Herb, this strongly flavoured herb is widely used in Latin America and southeast Asia. Its sharp flavour combines nicely with mint, cilantro, and other strong herbs. It grows as a perennial in the tropics, but we treat it as a heat-loving annual in North America. It dries well, keeping its flavour. (2636-3295 s/g)

A 0.1g	B 0.5g	C 2.5g
\$4.99	\$9.99	\$32.99
D 10g	E 50g	
\$99.99	\$319.99	

Coriandrum sativum



Calypso HR1191

This compact, low-growing variety is the slowest to bolt in side by side trials — resisting the urge to flower by as many as three weeks after the others have set seed. Its flavour is clean and herbal, bringing distinctive sharpness to meals. (96-120 s/g)

A 0.25g	B 1g	C 5g
\$3.99	\$6.49	\$7.99
D 25g	E 100g	
\$15.99	\$54.99	

CUMIN

Cuminum cyminum

Cumin HR1180

Cumin is an annual that grows to about 50 cm (20") tall. During hot summer months, cumin will produce a wide, robust umbel of tiny white flowers, followed by the unmistakable seeds. In bloom, it is highly attractive to beneficial insects. As a spice, its strong flavour balances well with other aromatics. (245-307 s/g)

A 1g	B 5g	C 25g	D 125g	E 500g
\$3.69	\$4.99	\$6.99	\$15.99	\$49.99

Anethum graveolens

Ella Certified Organic HR1024

This dwarf organic dill was bred for container and hydroponic growing. Ella has short leaf inter-nodes, so it stays compact and bushy with great flavour. The tiny plants grow to only 35cm (14") tall. (745-932 s/g)

A 0.5g	B 5g	C 25g	D 100g	E 500g
\$3.49	\$5.99	\$10.99	\$26.99	\$89.99

DILL

Antheum graveolens

Dukat HR1077

Dukat was selected to produce a greater and denser number of leaves, so it is a top choice for bunching as fresh herbs. The blue-green foliage lasts longer before the plants send up a wide umbel atop 76cm (30") tall stems. (624-781 s/g)

A 1g	B 5g	C 25g	D 100g	E 500g
\$3.29	\$4.99	\$6.99	\$13.49	\$54.99

DILL

Anethum graveolens

Fernleaf Dill HR1081

This dwarf variety grows to only 30-45cm (12-18"), so it is ideal for patio containers or smaller spaces. Fernleaf bears tidy, bright yellow umbels that quickly ripen into masses of seed. The foliage maintains its distinct aroma and pairs nicely with fish or can be used in dill pickles. (367-459 s/g)

A 0.5g	B 2g	C 25g
\$3.49	\$11.99	\$34.99
D 100g	E 500g	
\$109.99	\$349.99	

Anethum graveolens

Bouquet HR1086

Bouquet produces somewhat compact plants around 90cm (36") tall. This dill has fragrant, lacy foliage, large yellow flower heads, and large seeds. It's a great variety for bunching for the market and for baby leaf production. Its long stems make it quite nice in cut flower bouquets. (682-853 s/g)

A 0.25g	B 5g	C 25g
\$3.29	\$5.99	\$6.99
D 100g	E 500g	
\$14.99	\$39.99	

EPAZOTE

Dysphania ambrosioides

Epazote HR1195

Epazote helps to counter indigestion and flatulence effects from beans and high fiber foods. The pungent leaves can be used to make tea. Epazote dries well, or try bringing a plant indoors to over-winter for fresh leaves. (6768-7520 s/g)

A 0.1g	B 2g	C 7g
\$3.69	\$9.99	\$21.99

FENUGREEK

Trigonella foenum-graecum

Fenugreek Certified Organic HR1200

This organic herb, also known as methi, is widely used in eastern Mediterranean and South Asian cuisines. Its fresh or dried leaves can be used as a herb, and its seeds can be used as a spice. It is a legume, so it will fix nitrogen in the soil if allowed to grow to maturity. It grows to 60cm (24") tall. (67-75 s/g)

A 5g	B 25g	C 125g
\$4.49	\$6.99	\$9.99
D 500g	E 2500g	
\$24.99	\$79.99	

LAVENDER

*Lavandula sp.*DROUGHT
TOLERANT

Growing lavender

Timing: Lavender germinates most evenly if seeds are sown in autumn on the surface of a seed tray with bottom heat maintaining 5-10°C (40-50°F). The seedlings are then overwintered in a cool greenhouse or cold frame with good ventilation. Seedlings can then be potted up as needed. Another method is to start the seeds indoors in late winter, planting a few seeds in a few pots with sterilized seed starting mix. Dampen the mix, press the seeds into the surface, insert the pots into plastic bags, and put them in the freezer for 2-7 days. Let them come to room temperature on their own, and then use bottom heat as indicated above.

Starting: Do not use a plastic lid or covering because this will make the surface of the soil too moist. If watering is necessary, water from below. If germination is low after 3-4 weeks, lower the temperature to 5-10°C (40-50°F) for 2 weeks, then raise it again. Pot up the tiny seedlings and grow them in a protected greenhouse or windowsill to set into the garden after all threat of frost has passed.

Growing: Lavender prefers full sun and well-drained, gravelly soil. Trim plants back hard in spring, just as new growth starts, but never prune back into the woody part of the stems. This will give a rush of even growth for the first leaves and blooms. Cut back again in early autumn, but again, never into old wood.

Harvest: Gather the flowers just as they open. Dry on open trays, or by hanging in small bunches. Pick the leaves anytime to use fresh, or if dehydrating lavender leaves, gather before flowering starts.

Lavender is a genus of the mint family Lamiaceae that includes 47 species and a great many cultivars. The genus name *Lavandula* is thought to derive from the Latin verb *lavare* – "to wash," and probably speaks to the plant's use in soaps and perfumes. It is native to the temperate regions from Cape Verde to the Mediterranean and the Levant, and from North Africa to Southeast India. It has been used for centuries as a medicinal and culinary herb, and in cosmetics. Lavender's leaves and flower buds are rich in fragrant oils, very similar to rosemary. The plant can be grown as a perennial in Zones 5 to 8, and as an annual in cooler climates.

Lavandula stoechas

French Lavender HR1093

French Lavender has tall stems with very distinctive flower bracts, each topped by showy, erect petals. The flowers and stalks dry beautifully, and are strongly aromatic. It's very attractive to butterflies, bees, and other beneficial insects. It grows up to 90cm (35") tall and is hardy to Zone 8.

A 50s	B 250s	C 1000s
\$9.99	\$32.99	\$74.99

Lavandula multifida

Spanish Eyes HR1094

This fast-growing annual (or tender perennial) doesn't just bloom in the first year, but blooms over a longer period than any other lavender. This variety has soft, finely cut, fern-leaf foliage topped by branched, 10cm (4") flower spikes. It is beautiful in bud and spectacular in full bloom, in containers or in the garden.

A 75s	B 500s	C 1500s
\$7.99	\$32.99	\$64.99

*Lavandula angustifolia***Dwarf Munstead HR1096**

This English Lavender is an early flowering, hardy selection with more blue in the flowers. Dwarf Munstead is the most aromatic of the lavenders, giving off a sweet and delicate perfume. Great for drying. The plants grow to a height of 38cm (15"). (798-998 s/g)

A 0.125g	B 0.5g	C 2g	D 10g
\$3.99	\$9.99	\$24.99	\$79.99

LAVENDER*Lavandula angustifolia***Blue Spear HR1196**

This cultivar of perennial English lavender is hardy to Zone 6, but it blooms in the first year, so can be grown as an annual in cooler climates. It is the tallest and showiest of the first-year-blooming types, with blue tinted flower spikes over subdued grey-green foliage. With a height of 28-33cm (11-13"), Blue Spear lavender works well in containers.

A 10s	B 50s	C 250s	D 1000s	E 5000s
\$4.49	\$10.99	\$32.99	\$89.99	\$399.99

Lavandula angustifolia**Lavance Deep Purple HR1197**

Tight clusters of the deepest purple-blue flowers that are highly scented sit atop 25-30cm (10-12") spikes. Best for summer production, this perennial English lavender also dries well. Grow in full sun, in well drained soil. It is hardy to Zone 5, but blooms the first year.

A 10s	B 50s	C 250s	D 1000s	E 5000s
\$4.99	\$9.99	\$39.99	\$89.99	\$349.99

LEMON BALM*Melissa officinalis***Lemon Balm HR1097**

Use fresh sprigs of Lemon Balm in bouquets to scent a room. Use dried leaves to brew an invigorating tea. This perennial is hardy to Zone 5. The plants grow vigorously so keep self-sown seedlings thinned out. Lemon balm is deer resistant. In the right setting, it can reach 150cm (59") tall, but is usually shorter. (1392-1740 s/g)

A 0.25g	B 2g	C 15g
\$3.69	\$5.99	\$9.99
D 100g	E 500g	
\$44.99	\$159.99	

LEMONGRASS*Cymbopogon flexuosus***Lemongrass HR1170**

Provide lots of heat for this tropical grass. Use its thick stalks to flavour soups and grilled items, or use them as skewers as they are used in southeast Asia. Thorough instructions are provided on our website to help grow this somewhat challenging crop. (2080-2600 s/g)

A 0.1g	B 0.5g	C 2.5g
\$3.69	\$6.99	\$16.99
D 10g	E 50g	
\$58.99	\$199.99	

LOVAGE*Levisticum officinale***Lovage HR1101**

Lovage leaves have a fresh, chlorophyll flavour, a bit like celery and parsley combined. The large perennial plants die back over winter and then grow nearly straight upwards. Add a few leaves to salads or soups for a savoury note. This deer resistant plant is hardy to Zone 3 and grows to height of 2m (6') or more. (306-383 s/g)

A 1g	B 5g	C 15g
\$3.69	\$7.99	\$11.99

MARJORAM*Origanum majorana***Sweet Marjoram HR1105**

Marjoram has a similar, but milder, flavour profile to its cousin, Greek oregano. The pale green, bushy plants will spread readily if the tops are pinched out when young. Marjoram performs very well in containers or any part of the garden with good drainage and full sun. We grow it as an annual, but it is said to be hardy in Zone 10. (3576-4470 s/g)

A 0.5g	B 2g	C 10g
\$3.69	\$4.99	\$9.99
D 100g	E 500g	
\$49.99	\$199.99	

MINT*Mentha spicata***Spearmint HR1185**

Spearmint has a mild flavour with fruity undertones. It's fast, and easy to grow. In open garden settings, it can spread by underground rhizome, but this is easy to control by growing it in containers. The leaves dry well and even fresh they make a nice tea — and an even nicer mojito. This perennial is hardy to Zone 4. (9600-12000 s/g)

A 0.25g	B 1g	C 5g
\$4.49	\$8.99	\$24.99
D 25g	E 100g	
\$89.99	\$269.99	

Tagetes minuta**Peruvian Black Mint HR1190**

AKA huacatay, this Andean native is more closely related to the marigold than to mint. Its complex aroma reminds one of mint, but notes of cilantro, licorice, and citrus can also be detected. It is said to make an excellent alternative for those who dislike the flavour of cilantro. The plants can reach 2m (6') tall, so they are a striking addition to the herb garden. (6800-8500 s/g)

A 0.25g	B 1g	C 5g
\$4.69	\$6.99	\$8.99
D 25g	E 100g	
\$16.99	\$39.99	

OREGANO*Rosmarinus officinalis***Greek HR1116**

Greek Oregano produces some of the nicest, most pungently-flavoured leaves for cooking. Once established, it is hardy to Zone 5. It imparts a wonderful aroma in the garden with tiny white and pink flowers. It grows to a height of 45cm (18"). (628-785 s/g)

A 0.1g	B 0.5g	C 5g
\$3.69	\$5.99	\$15.99
D 100g	E 500g	
\$219.99	\$649.99	

Origanum syriacum**Zaatar Oregano Certified Organic HR1183**

This Mediterranean native is named for the spice mix that is common in its homeland. This wild organic oregano has hints of thyme and marjoram mixed in for a complex but appealing fragrance. It is low growing and compact at about 20cm (8") tall. Grow it as an annual — as a perennial it is hardy in Zones 9-10 only.

A 50s	B 250s	C 1000s
\$3.69	\$6.99	\$14.99
D 5000s	E 25,000s	
\$54.99	\$169.99	

PARSLEY

Petroselinum crispum



Forest Green PL570

Short, strong stems support big clusters of highly curled, dark-green leaves. The flavour is distinctly savoury without being bitter. It is widely used in companion planting because its strong scent can repel some insects. (583-729 s/g)

A 2g	B 5g	C 25g
\$3.69	\$4.99	\$7.99
D 100g	E 500g	
\$16.99	\$49.99	

Petroselinum crispum



Dark Green Italian Plain PL571

The flat, dark green leaves are deeply cut, with a rich savoury flavour that is ideal for stuffings and salads. The sturdy, upright plants are easy to grow. Italian Parsley holds onto its flavour better than the curly kind when dried. (396-495 s/g)

A 2g	B 5g	C 25g
\$3.49	\$4.99	\$6.99
D 100g	E 500g	
\$14.99	\$44.99	

PEPPERMINT

Mentha X piperita



Peppermint HR1090

Hot, rich mint aroma issues from the crushed or dried leaves of this spreading perennial plant. Consider growing it in containers, as it can become hard to control in garden beds. Both the leaves and flowers can be dried for teas or used in stews and sauces. Peppermint is hardy to Zone 5. (8000-10000 s/g)

A 0.1g	B 2g	C 5g
\$3.49	\$12.99	\$24.99
D 25g	E 100g	
\$99.99	\$299.99	

PERILLA

Perilla frutescens var. crispa



Red Perilla Shiso HR1156

The dark ruby leaves of this sharply flavoured Asian herb have nicely frilled edges. Grow as a bright red microgreen, or let the plants mature and enjoy the leaves in pho or other dishes. Shiso makes a wonderful pairing with sushi. The plant is so ornamental, it works well in containers as an edible accent plant. (868-1085 s/g)

A 0.5g	B 2.5g	C 10g
\$3.99	\$6.99	\$10.99
D 50g	E 250g	
\$24.99	\$89.99	

PERILLA

Perilla frutescens var. crispa



Green Perilla Shiso HR1157

This flavourful culinary herb is used across southeast Asia, and has featured in Chinese medicine for thousands of years. Its distinctive, broad, round, finely serrated leaves combine with Thai basil, cilantro, mint, and other powerful leafy herbs. This hardy annual can grow to 60cm (24") tall. (654-818 s/g)

A 0.5g	B 2.5g	C 10g
\$3.99	\$6.99	\$10.99
D 50g	E 250g	
\$24.99	\$89.99	

Perilla frutescens var. crispa



Hojiso Perilla Shiso HR1201

This highly ornamental shiso variety has entirely bicoloured leaves with bright leafy green above and rich burgundy beneath. All parts of the plant can be used, but the immature leaves and flowering tips are particularly tender. The plant is a warmth-loving annual that grows to 100cm (39") tall in the garden. (632-790 s/g)

A 0.5g	B 2.5g	C 10g
\$3.99	\$6.99	\$11.99
D 50g	E 250g	
\$26.99	\$107.99	

ROSEMARY

Rosmarinus officinalis



Rosemary HR1125

The needle-like leaves of this familiar woody evergreen herb are packed with fragrant oils. Branches cut from established plants dry particularly well for winter use, bringing rich flavour to pastas and stews. Rosemary is hardy to Zone 8 and established plants can achieve a height and spread of around 1m (3'). (628-785 s/g)

A 0.12g	B 0.5g	C 2g	D 10g
\$3.99	\$6.99	\$15.99	\$61.99

SAGE

Salvia officinalis



Sage Certified Organic HR1132

This organic sage has wonderfully aromatic, silvery-green leaves bring a potent accent to stews, soups, salads, and traditional stuffings. Beneficial insects love this plant. Harvest half of the plant before the purple flowers open in June, and dry leaves carefully. Sage is hardy to Zone 8, with a height and spread of 60cm (24"). (103-129 s/g)

A 1g	B 5g	C 15g
\$3.99	\$8.99	\$15.99
D 100g	E 500g	
\$84.99	\$399.99	

STEVIA

Stevia rebaudiana



Stevia Sugar Plant Certified Organic HR1140

Stevia leaves have extracts thought to be 300 times sweeter than sucrose. It is useful as a sweetener for diabetics and dieters, and research has shown other uses in treating blood pressure problems. This organic annual, which does well as a border or in containers, grows to 60cm (24") tall, with clusters of tiny white flowers at the tip of every branching stem.

A 25s	B 50s	C 100s
\$5.99	\$9.99	\$15.99
D 1300s	E 2600s	
\$129.99	\$149.99	

SAVORY

Satureja hortensis



Summer Savory HR1137

This delicate, aromatic little plant grows quickly in rich soil. It is an annual herb that is commonly used in bean, pea, and lentil recipes because it has the same anti-flatulent properties as Epazote. After flowering, pull it up and hang to dry for winter use. The plant grows to a height of 25cm (10"). (1352-1691 s/g)

A 1g	B 5g	C 25g
\$3.29	\$4.99	\$8.49
D 250g	E 500g	
\$39.99	\$59.99	

Satureja montana



Winter Savory HR1138

Winter savory resembles its summer cousin but is perennial with thicker leaves that are sturdier and stronger in flavour. The little bush will grow in alkaline to neutral soil. Savory is a lovely, if unfamiliar, aromatic edging for the herb garden. (2700-3000 s/g)

A 0.3g	B 2g	C 25g
\$3.29	\$8.99	\$39.99

Staff Tip

"Take time to regularly walk through your garden to observe plant life cycles, wildlife interactions, and the changing of the seasons." Janine van Fram, Inside Sales Retail Partner Coordinator



TARRAGON*Tagetes lucida***Mexican Tarragon
Certified Organic HR1184**

This cousin of the marigold is a heat loving plant that may survive as a perennial in Zone 8, but it's just as well treated as an annual. This organic herb has narrow leaves with serrated edges that has a pleasant anise scent, and petite, edible yellow flowers. (1064-1330 s/g)

A 0.1g	B 0.5g	C 2.5g
\$3.89	\$5.99	\$11.99
D 10g	E 50g	
\$36.99	\$129.99	

THYME*Thymus vulgaris***English Thyme HR1145**

This woody little evergreen plant spreads steadily over the years and has pretty pink flowers that are very attractive to bees. It grows to 30cm (12") tall, and is hardy to Zone 4. Use thyme in Mediterranean and Caribbean cuisines, in teas, potpourri, and bouquet garni. Thyme's oil-rich leaves hang onto their flavour well when dried. (2896-3620 s/g)

A 0.1g	B 1g	C 5g
\$3.49	\$5.99	\$7.99
D 25g	E 100g	
\$16.99	\$59.99	

Thymus serpyllum**Creeping Thyme HR1153**

From a tiny clump of little seedlings comes a spreading blanket of scented foliage covered with pink flowers. This mat-forming perennial grows to maximum heights of 15cm (6") and blooms May to August. Use it in rock gardens, as an edging along paths, or as a groundcover. Creeping Thyme is hardy to Zone 4. (2240-2800 s/g)

A 0.25g	B 1g	C 5g
\$3.69	\$4.99	\$10.99
D 25g	E 100g	
\$36.99	\$99.99	

*Thymus fragrantissimus***Orangelo Thyme HR1199**

Grow this distinctly orange-scented thyme in hanging baskets or rock gardens and it will cascade over the edge. It is hardy to Zone 5 and evergreen. It will grow between paving stones and other hard-to-cover areas. Its citrus overtones blend perfectly in savoury dishes. It reaches a maximum height of 30cm (12").

A 25s	B 100s	C 500s
\$4.29	\$7.99	\$24.99
D 2500s	E 10,000s	
\$84.99	\$256.99	

**EDIBLE
FLOWERS**

AGASTACHE Bright purple with a mild licorice flavour. Very nice in salads. Page 90.

ARUGULA Let a few plants bolt and enjoy the small, spicy, white, or yellow flowers. They add a nice, peppery zing to salads. Page 4.

BASIL After blooming, the flowers can be eaten. They may be white to lavender and look stunning when sprinkled over pasta. Page 82.

BERGAMOT Monarda flowers are formed by large clusters of edible tubular petals that can be separated before adding to cakes, fancy drinks, or salads. Page 84.

BORAGE Try some of the flowers in a summer lemonade or sorbet — or a gin & tonic! They work well as garnishes for gazpacho, cheese plates, or just sprinkled over salads. Page 84.

CALENDULA Cheery yellow, gold, and orange petals with a faintly peppery flavour. Use as a substitute for saffron. Page 92.

CHAMOMILE The flowers can be used fresh or dried and make a particularly nice tea that flavours vaguely like apples. Otherwise, sprinkle the petals into salads and soups. Page 85.

CHERVIL The lacy leaves of this herb are topped by delicate white flowers borne in umbels. Add chervil to dishes just before serving to maintain the best flavour. Page 85.

CHICORY All endives and radicchios produce tall stems with sky blue flowers. The petals bring an earthy flavour to salads. The unopened flower buds can be pickled like capers. Page 27.

CHIVES The flowers of chives are ball-like clusters of hundreds of little florets that can be separated and scattered onto salads for colour and a mild onion flavour. Page 85.

CHRYSANTHEMUM Appealing white daisy-like flowers with yellow centres, or flowers that are entirely yellow have edible tangy petals. Pages 37 and 100.

CILANTRO The umbels of tiny white flowers have

Pick edible flowers in the morning when they have the highest water content.

Keep them on damp paper towel inside a sealed container in the refrigerator for as long as a week. Revive wilted flowers by floating them in some ice water for a few minutes. Prepare them for eating just before serving to prevent further wilting.

an intensely herbal flavour, just like the leaves, roots, and seeds of the plant, and can be used as a garnish. Page 85.

CLOVER The flower heads of clover are edible, with a sweet, mild licorice flavour. In fact, the whole above ground plant is edible, but it is best to grow clover as tender sprouts or to use the flower tubes as a salad garnish. Page 119.

CORNFLOWER The pretty, blue flowers of cornflower have a slightly spicy, clove like flavour with a subtle sweetness. Cornflower petals look wonderful in salads. Page 94

DANDELION The ubiquitous dandelion is entirely edible. When picked small and unopened, the flower buds have a sweetness, reminiscent of honey. Dandelion petals present well scattered over pasta or rice. Pages 37 and 95.

DIANTHUS Cut the sweet-tasting petals away from the bitter white base of each flower. The red and pink petals have a mild clove flavour and are great for desserts or salads. Page 94.

DILL Stronger in flavour than the leaves, the flowers of dill can be used when cooking fish, or raw in salads. They are very small, yellow, and borne on tall umbels. Use when they have just opened as they set seed quickly. Page 86.

GARLIC Garlic flowers are pink to white, with florets that can be separated and added to salads for a mild garlic zing. The unopened scapes are also edible and tasty. Page 115.

HOLLYHOCK The large, brightly coloured flowers have almost no flavour of their own but look nice cut into salads or sprinkled over desserts. Cut petals only, away from the central structure of the flower just before serving. Page 97.

LAVENDER Pull the clustered flowers of lavender apart and sprinkle a few pieces onto chocolate cake. Submerge one or two pieces in a glass of chilled champagne. The sweet, intensely floral flavour of lavender adds an incredible pop to savory dishes as well as desserts. Page 87.

MARIGOLD *Tagetes tenuifolia* has a refreshing citrus flavour, so its petals work well in salad. Other marigold petals can be bitter. Page 97.

MINT All mint varieties have minty, edible flowers that may be sweet, citrus scented, or have chocolate overtones, depending on the type. Page 87.

NASTURTIUM All nasturtiums produce edible flowers and leaves. Even the fresh seeds can be pickled like capers. Page 99.

PEA Garden peas produce edible flowers that look great in salads. Ornamental sweet peas are poisonous. Page 44.

ROSEMARY It takes nimble fingers to pull the strongly scented flowers from between the tightly packed leaves. The flowers are deep blue to pink, depending on the soil. Page 88.

SAGE The deep blue flowers of sage add an interesting flavour to salads or savory dishes. Page 88.

SCARLET RUNNER BEAN The flowers of this vine are vivid red and delicious. They make excellent garnishes for soups and salads, providing a real visual high note. Page 10.

SQUASH Both male and female flowers of all squash varieties are edible and have a faint squash flavour. Page 54.

SUNFLOWER The unopened sunflower buds can be steamed or sautéed in butter and served whole. They have an artichoke like flavour. The petals can be pulled from the edge of the opened flower and added to soups and salads. Their flavour is somewhat bitter. Page 104.

VIOLA Many varieties are suitable for decorating food. They come in a range of sweet, perfumed flavours, and a wide range of colours. Some of the tiniest violet flowers make the best additions to cakes, drinks, and salads. Page 100.

This list is not comprehensive so if a flower is missing from this list, please do further research before eating it. Do not assume that all flowers are edible — some are toxic.

FLOWER TYPES

Understanding the growth type of each flower helps a great deal when planning a flower bed. Beside the name of each flower in the Flower Planting Chart is a letter that corresponds to the following information:



AFRICAN VIOLET

Saintpaulia ionantha

A = Annuals:

Annuals grow, flower, and die in the same year. They tolerate cool weather, but not frost. For early blooms they must be started 4–8 weeks before the last frost date, indoors under grow lights or in a greenhouse. Wait to sow outdoors or to set out transplants until soil has warmed.

HA = Hardy Annuals:

Hardy Annuals grow, flower, and die in the same year. They can withstand light frost and bloom longer into the fall. Best direct sown outdoors in the spring near the last frost date, earlier than other annuals can be set out. Or, raise 4–8-week-old transplants to set out near the last frost date.

B = Biennials:

Biennials live for 2 years, typically producing large leaves and a large tap root in the first year with which they manufacture and store up energy. In the second year, flowers and seeds

are produced. These may be extremely showy, producing enormous quantities of seeds, as in the Foxglove.

P = Perennials:

Perennials flower year after year, usually dying back in winter and re-growing in spring. Best started in pots indoors or in a greenhouse 6–8 weeks before last frost date. Most germinate at cooler temperatures 15°C (60°F). Transplant out after the last frost date. Some perennials may be sown in summer and early fall either in pots or where they are to flower. Perennials grow slowly at first, and usually will not flower the same year as sown, with some exceptions.

Crossover: Many flowers can be grown as “tender perennials” in climates with mild winters but are grown as annuals in most northern gardens. Some perennials, like California Poppies, are considered “short-lived perennials,” and although they may self-sow, each plant only lives for 2-3 years.



Fantasy FL3880

This selection of genetically diverse African Violets can have flowers that are bicolor, streaked, double, or single. But they're all delightfully bright against dark green foliage. Choose the best ones, and propagate by leaf cuttings.

A 100s	B 500s	C 2500s	D 10,000s	E 50,000s
\$12.99	\$36.99	\$115.99	\$321.99	\$1,359.99



Variegated FL3881

This strain of African Violets produces a diverse array of flower colours and types. Each plant has attractively variegated leaves, so even before blooming they make stunning houseplants. Fully mature plants can reach 23-30cm (9-12") in diameter.

A 100s	B 500s	C 2500s	D 10,000s	E 50,000s
\$12.99	\$36.99	\$115.99	\$321.99	\$1,359.99



Zanzibar FL3882

Zanzibar is a standard type African Violet with highly variable genetics. The attractive single flowers may be blue, pink, purple, red, or white. These classic houseplants can reach over 30cm (12") in diameter, with a wide range of leaf types.

A 100s	B 500s	C 2500s	D 10,000s	E 50,000s
\$12.99	\$36.99	\$115.99	\$321.99	\$1,359.99

AGASTACHE

A. foeniculum



Licorice Mint FL2034

Licorice Mint has been used medicinally for generations. It also happens to be one of the key suppliers of nectar to Skippers and other butterflies. Wild birds will feed on its seeds at the end of the season. It's a beautiful non-invasive perennial mint for the corner of the garden. Agastache grows 0.9-1.5m (3-5ft) and is hardy to Zone 4. (3044-7300 s/g)

A 0.1g	B 0.5g	C 5g
\$3.49	\$4.99	\$12.99

ALYSSUM

Lobularia maritima

GREAT COMPANION PLANT



Snow Cloth FL2037

This classic annual works well as a living mulch and is highly attractive to beneficial insects. Alyssum grows to 15cm (6") tall, with a spreading habit that makes an excellent filler or ground cover. Overall, it is fast growing and very easy. Direct sow on the soil surface from the last frost date through June. (2630-3315 s/g)

A 0.15g	B 1g	C 5g
\$4.49	\$5.99	\$7.99
D 25g	E 125g	
\$12.99	\$36.99	

Lobularia maritima 'Royal Carpet'



Dwarf Purple FL3838

Create a low-growing carpet of lovely, mauve, scented flowers that stays only 5-10cm (2-4") tall. Sow around the edge of beds to improve pollination, or sprinkle the seeds between cracks and paving stones to fill in with a moss-like appearance, followed by scores of tiny purple flowers. It works well in containers and window boxes. (3343-3525 s/g)

A 0.25g	B 1g	C 5g
\$3.49	\$5.99	\$7.99
D 25g	E 125g	
\$15.99	\$39.99	

BABY BLUE EYES

Nemophila Menziesii



Baby Blue Eyes FL2043

This annual is charming, low-growing, and full of personality. Nemophila only grows to 10-15cm (4-6") tall, and looks dazzling planted en masse in rockeries or as edging. It can be grown around plants in containers or garden beds to attract bees and other beneficial insects. Direct sow in early spring, when risk of frost is still possible. (598-1058 s/g)

A 1g	B 5g	C 25g	E 1kg
\$3.69	\$4.99	\$9.99	\$134.99

GROWING FLOWERS

DID YOU KNOW THAT MANY FLOWERS ACTUALLY PERFORM BETTER IN POOR SOIL?

Learn more in the "How to Grow" section of our website.



BABY'S BREATH

Gypsophila muralis



Gypsy White Improved FL1220

This compact, dwarf Baby's Breath is an AAS Winner that grows to only 25cm (10") tall. The clump-forming plants are positively covered in semi-double, white flowers that blush to pink towards the end of the season after blooming from spring through summer. This annual looks fantastic in containers. Pelleted seeds: 8-9 seeds/pellet.

A 10s	B 50s	C 250s
\$6.49	\$19.99	\$69.99
D 1000s	E 5000s	
\$174.99	\$733.99	

RUDBECKIA

Rudbeckia hirta



Black Eyed Susan FL2044

This North American native perennial grows 30-90cm (12-36") and is most often grown as an annual since it blooms easily in the first year. The dark brown cone centres of its large flowers are surrounded by bright yellow petals. The plant is very attractive to butterflies. Deadhead regularly to lengthen the bloom time and minimize self-sowing. (2576-2750 s/g)

A 0.25g	B 2.5g	C 25g
\$3.49	\$4.99	\$10.99

Direct Sowing Flower Seeds

Most annual flowers put on a fabulous show from direct sowing. This is the simple task of inserting the seeds into soil where they are to grow. Each type will come with specific depth and spacing advice. Be sure to clearly mark all planted seeds. Planting flower seeds in a straight line helps differentiate them from weeds.

Starting Flower Seeds Indoors

If starting flower seeds indoors, make sure to provide them with the maximum amount of light available. Fluorescent grow light tubes, kept no more than 10-15cm (4-6") above the seedlings, will keep them stout and compact, and better prepared for transplanting.

Gypsophila elegans



Baby's Breath FL2041

Grow this annual with tall grass for an ethereal effect all summer. The dainty blooms make excellent filler flowers in fresh or dried bouquets. Direct sow outdoors from early spring to summer for continuous blooms. Cut back after flowering for a second bloom. Gypsophila grows to 45cm (18") tall and is drought tolerant. (950-1054 s/g)

A 1g	B 5g	C 25g
\$3.99	\$4.99	\$9.99

Rudbeckia hirta



Cappuccino FL2050

The large bronze-coloured blooms are 10cm (4") across and make stunning cut flowers. Plants have a long flowering period from mid summer to frost. It is an excellent garden performer growing to 45-50cm (18-20"), with a relatively compact spread and good basal branching. It would work well in half-barrels or other large containers.

A 50s	B 500s	C 1000s
\$6.49	\$29.99	\$49.99

Transplanting Outdoors

Hardening off is the process of gently introducing seedlings to conditions outside. Tender seedlings can be shocked by direct sunlight, cool temperatures, wind, root disturbance, and a dramatic change in growing conditions. We recommend hardening off flowers (and other seedlings) over at least three or four days. On the first day, take the seedling trays outdoors, out of direct sunlight, for a few hours and then bring them back in overnight. On the second day, expose the plants to some sunlight, and leave them outdoors for most of the day. On the third day, leave the tray outdoors for 24 hours — then transplant.

BASKET-OF-GOLD

Aurinia saxatilis



Basket-of-Gold FL3820

This evergreen perennial produces a profuse golden bloom from mid to late spring. It looks great in rock gardens or cascading down rock walls. The flower clusters attract butterflies, bees, and birds. After bloom, its attractive silvery foliage makes an attractive ground cover. It grows 8-30cm (4-12") tall and is hardy to Zone 4. (701-1275 s/g)

A 1g	B 5g	C 25g
\$3.99	\$9.99	\$22.99

BLANKET FLOWER

Gaillardia pulchella



Blanket Flower FL2040

This bright annual has a cone centre surrounded by sunset-red petals tipped in gold. The plants are not fussy and grow to 91cm (36") tall, favouring dry, sandy soil and full sun. Although the plants are long-blooming, deadheading spent flowers will extend the bloom time. Gaillardia may self-sow, but never aggressively. (257-615 s/g)

A 1g	B 5g	C 25g
\$3.49	\$5.99	\$14.99

Fall Sowing (Vernalization)

In some cases, flower seeds need to experience a long, cool (or cold) period in order to break their dormancy and germinate. The simplest way to accomplish this is to direct sow the seeds in the fall, and let them experience winter, or plant them in early spring when there is still a risk of frost. Follow the specific planting instructions for each variety in order to achieve the highest rate of germination.

Feeding Flowers

Many flowers actually perform better in poor soil and will be less showy if fertilized. Check out the specific feeding recommendations for each variety in the How to Grow section of our website.

BIRD'S EYE GILIA

Gilia tricolour



Bird's Eye Gilia FL3815

This charming California native blooms from spring to mid-summer, producing long-lasting stems of chocolate-scented blue flowers with dark centres. It is an easy-to-grow, nectar-rich annual that is attractive to bees and other pollinators. This Gilia rarely exceeds a height of 45cm (18"). All Gilia species may self-sow, but not aggressively. (2239-2354 s/g)

A 1g	B 5g	C 25g
\$3.29	\$5.99	\$9.99

BLUE-EYED GRASS

Sisyrinchium bellum



Western Blue-Eyed Grass FL1205

This perennial is a very useful ground cover for shadier areas, as it prefers partial shade. It is quite variable in height, depending on soil and light, but stays within 10-40cm (4-16") tall. Its numerous, small, tidy flowers appear from spring into mid-summer. It works well in containers and is hardy to Zone 3. (782-916 s/g)

A 0.25g	B 1g	C 5g
\$3.49	\$4.99	\$7.99
D 25g	E 100g	
\$26.99	\$89.99	



DEADHEADING FLOWERS



It is the intent of all flowering plants to lure pollinators, have their flowers fertilized, and then produce seeds for a new generation.

In many cases, once the flowers have been pollinated, the petals drop and seeds begin to form. If the seeds are allowed to develop, the plant's job is done and no new flowers will appear. Deadheading is the process of carefully removing all the spent flowers as their petals fade. This will encourage new flowers to form, and it will also prevent self-sowing. Many flowers (particularly annuals) will be able to bloom over a much longer period with regular deadheading.

CALENDULA

Calendula officinalis



Pacific Beauty FL1210

This mix of semi-double flowers combines warm apricot, cream, gold, and shades of yellow. The annual plants grow up to 60cm (24") tall with long stems that are excellent for cutting. The petals are edible. (112-159 s/g)

A 1g	B 5g	C 25g	D 125g	E 500g
\$3.29	\$4.99	\$7.99	\$20.99	\$39.99

Pacific Beauty Mix

Certified Organic FL2241 (185-210 s/g)

A 1g	B 5g	C 25g	D 125g	E 500g
\$3.49	\$5.99	\$12.99	\$36.99	\$89.99



SPRINKLE ON SALADS

Fiesta Gitana FL2053

This compact selection has a rich, warm range of colours from deep orange to pastel cream. Fiesta Gitana only reaches 30cm (12") tall, so they're perfect for containers or the front of flower borders. The petals look superb sprinkled over salads. It is very easy to grow. (138-178 s/g)

A 1g	B 5g	C 25g
\$3.29	\$4.99	\$7.99



Zeolights Certified Organic FL2257

Pinky-orange, fully double flowers appear over a long bloom time from spring through summer. The back of each petal is a deep maroon colour, looking splendid scattered over a salad. This annual grows to 30cm (12") tall, and is very easy to grow. (108-156 s/g)

A 0.5g	B 5g	C 25g	D 100g
\$3.69	\$11.99	\$44.99	\$119.99

CALENDULA

Calendula officinalis



Indian Prince FL2258

Indian Prince features fully double rows of petals in bright gold. The edible petals have a mild flavour, but they add visual pop to recipes. This taller variety reaches a height of 60cm (24"), and blooms from late spring right into late summer if spent flowers are removed. (125-157 s/g)

A 1g	B 5g	C 15g	D 50g
\$4.49	\$9.99	\$22.99	\$44.99

CALIFORNIA BLUEBELL

Phacelia campanularia



California Bluebell FL3835

This native of California makes an attractive garden annual in nearly any situation. Its bell-shaped flowers are very attractive to wild bees and other pollinators. It only grows to about 70cm (28") tall, so it can work in larger containers, and it's great for xeriscaping. (1748-1849 s/g)

A 0.5g	B 2.5g	C 10g	D 50g	E 250g
\$5.99	\$9.99	\$11.99	\$24.99	\$64.99

CANDYTUFT

Iberis Umbellata



Candytuft FL2042

Umbels of fragrant flowers unfold from a central point in pink to off-white on these annual plants. Iberis prefers well-drained soils in full sun, and has a remarkable characteristic of blooming just weeks after sowing. Direct sow from last frost date to mid-July for continuous blooms. They grow 20-30cm (8-12") high with a spreading habit. (340-595 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$9.99

CATMINT

Nepeta subsessilis



Blue Panther Catmint FL3843

Blue Panther is an award winning member of the Catmint family and a first-year-blooming perennial. The foliage forms a compact dome, topped by pastel blue flowers. It blooms from mid-summer to autumn. Use it in containers or as edging to attract pollinators. It grows to 20cm (8") tall and is hardy to Zone 4.

A 20s	B 100s	C 500s	D 2500s
\$4.49	\$9.99	\$22.99	\$69.99



Pink Panther FL3905

This perennial blooms so early it can be grown as an annual. The medium pink, tubular flowers are scented and highly attractive to bees, butterflies, and other beneficial insects. Toothed green foliage forms a compact dome shape on stems 20cm (8") tall. It grows well in containers and is hardy to zone 4.

A 20s	B 100s	C 500s
\$4.49	\$7.99	\$21.99
D 2500s	E 10,000s	
\$59.99	\$204.99	



The King Size China Asters

The King Size China Asters make outstanding cut flowers as they have a long vase life. The elaborate 8cm (3") wide blooms are very showy with slightly curled petals. Plants grow to around 90cm (35") tall with numerous multi-branching, upright stems. These annuals look amazing in flower borders, blooming all summer long. With many stunning colours to choose from, they will match any garden colour scheme. Check our website for full growing instructions.



King Size Apricot FL1227 (450-550 s/g)

A 0.1g	B 0.5g	C 2g
\$3.99	\$4.99	\$6.99
D 10g	E 50g	
\$22.99	\$69.99	



King Size Appleblossom FL4005 (446-496 s/g)

A 0.1g	B 0.5g	C 2g
\$3.99	\$4.99	\$6.99
D 10g	E 50g	
\$19.99	\$69.99	



King Size Mid-Blue FL4006 (459-510 s/g)

A 0.1g	B 0.5g	C 2g
\$3.99	\$4.99	\$6.99
D 10g	E 50g	
\$19.99	\$69.99	



King Size Pink FL4007 (460-512 s/g)

A 0.1g	B 0.5g	C 2g
\$3.99	\$4.99	\$6.99
D 10g	E 50g	
\$19.99	\$69.99	



King Size Red FL4008 (463-515 s/g)

A 0.1g	B 0.5g	C 2g
\$3.99	\$4.99	\$6.99
D 10g	E 50g	
\$19.99	\$69.99	



King Size Rose FL4009 (391-435 s/g)

A 0.1g	B 0.5g	C 2g
\$3.99	\$4.99	\$6.99
D 10g	E 50g	
\$19.99	\$69.99	



King Size White FL4010 (373-415 s/g)

A 0.1g	B 0.5g	C 2g
\$3.99	\$4.99	\$6.99
D 10g	E 50g	
\$19.99	\$69.99	



King Size Formula Mix FL4011 (423-471 s/g)

A 0.1g	B 0.5g	C 2g
\$4.49	\$4.99	\$6.99
D 10g	E 50g	
\$19.99	\$69.99	

CHINA ASTERS

Callistephus chinensis

China Asters make some of the loveliest of all cut flowers. They really fill a vase, and they last for days and days. There are some tricks to growing healthy, productive plants, but great success can be had by following a couple of tried and true methods. (Family: Asteraceae)

Growing china asters

Timing: Sow indoors 6-8 weeks before planting out, in peat pots or similar. Otherwise direct sow outdoors after the last frost date. Lightly cover the seeds with a thin layer of soil. If starting indoors, provide bright light and a soil temperature of 21-22°C (70-72°F). China Aster seedlings are very susceptible to damping off, so provide good ventilation and only water from below. **Growing:** Space or transplant 30-45cm (12-18") apart. This spacing is key to success later in the season, so please follow this guidance. Do not pinch back young plants. Water regularly during dry spells. This plant is particularly sensitive to overwatering, and will not thrive if over-crowded, poorly ventilated, or situated close to a heat-reflecting surface. Mulch around the plants in summer to help keep the roots cool. Callistephus is prone to a bacteria-like organism known as aster yellows. If yellow spots become an obvious problem, destroy any infected plant before the condition spreads to others. Practice strict garden rotation with China Asters: never plant them in the same spot year after year.



The Blues Mix FL4013

In an attractive range of blues, purples, and white, the Blues Mix shows off fully double petals on large and small flowers. The bright yellow centres expand as blooms mature. These plants suit a cutting garden as blooms appear July to October on upright, multi branching stems reaching up to 75cm (30") tall. (585-651 s/g)

A 0.2g	B 1g	C 5g
\$3.89	\$4.99	\$6.99
D 25g	E 100g	
\$19.99	\$69.99	

CHINESE HOUSES

Collinsia heterophylla



Chinese Houses FL2416

Pagoda shaped inflorescences of purple and white flowers top each charming plant. Growing to only 30-60cm (12-24") tall, it looks great planted at the front of the border or in patio containers. Collinsia is highly attractive to beneficial insects. (830-919 s/g)

A 1g	B 5g	C 25g
\$3.69	\$5.99	\$9.99
D 100g	E 500g	
\$22.99	\$91.99	

CHINESE LANTERNS

Physalis alkekengi



Chinese Lanterns FL3448

Physalis forms compact bushes of dense foliage, followed by distinctive orange and red, papery "lanterns" that can be dried for arrangements. The perennial plants grow to 60cm (24") tall and are best grown in large containers, where they make handsome autumn displays. Physalis is hardy to Zone 3. (560-636 s/g)

A 0.25g	B 1g	C 10g
\$3.49	\$6.99	\$9.99
D 50g	E 100g	
\$29.99	\$44.99	

CLARKIA

Clarkia Amoena



Godetia Farewell to Spring FL2038

AKA Godetia. This native annual of the Pacific Northwest has flowers that are cup-shaped and variably marked in crimson to pink. Clarkia grows 30-45cm (12-18") tall, and does best direct sown after last frost. Follow twice more at two week intervals for a longer bloom period. Do not bury seeds, as they require light to germinate. (1915-2240 s/g)

A 1g	B 5g	C 25g	D 125g
\$3.89	\$4.99	\$9.99	\$32.99

COCKSCOMB

Celosia plumosa erecta



Bright Sparks formula Mix FL3906

This mix brings a zap of colour to nearly any garden situation. The branching plants stay compact, only growing to 30cm (12") tall, and they are topped by electrically bright plumes in scarlet, yellow, and burgundy. These make long-lasting cut flowers and keep most of their colour as dried flowers. Celosia is quite heat tolerant and grows well in containers.

A 25s	B 125s	C 500s
\$3.99	\$6.99	\$16.99
D 2500s	E 10,000s	
\$54.99	\$161.99	

COLUMBINE

Aquilegia formosa



Red Columbine FL1214

This native perennial thrives in partial shade. It can be grown in full sun, but it would benefit from higher moisture. Its wonderful flowers appear mid-spring to early summer, with spurs at the back that are generous with nectar, luring hummingbirds, butterflies, and long tongued bees. It grows to around 60cm (24") and is hardy in Zones 3 to 9. (640-1214 s/g)

A 0.1g	B 0.5g	C 2.5g
\$3.99	\$6.99	\$26.99

Aquilegia vulgaris



McKana's Giant Mix FL2349

This perennial AAS Winner looks marvelous in woodland plantings or any partially shady location. The intricate flowers feature nectar spurs that stretch back, behind multi-coloured petals. This mix blooms from mid-spring to early summer in white, mauve, cream, yellow, and red. It can reach 90cm (36") tall, and is hardy to Zone 3. (855-993 s/g)

A 0.25g	B 1g	C 5g	D 10g	E 50g
\$3.99	\$6.49	\$12.99	\$74.99	\$269.99

COMMON PINK

Dianthus plumarius



Sweetness FL2058

Sweetness is a Fleuroselect award-winning perennial known for its ability to bloom in the first year of growth. The variable, frilled, pink to white flowers appear from July to October atop stems that grow only 15cm (6") tall. Try it in containers or raised beds. Dianthus is quite drought tolerant, so it is a good option for xeriscaping. Sweetness is hardy to Zone 3. (822-885 s/g)

A 0.1g	B 0.5g	C 3g
\$4.29	\$10.99	\$39.99

CORNFLOWER

Centaurea cyanus



Centaurea Blue Boy FL2187

This familiar annual has upright growth to 90cm (36") topped by very intricate flowers with papery petals. The straight stems make it an excellent cut flower and the petals are edible. The deep blue looks great sprinkled over cakes or fancy drinks. Goldfinches will feed on the dried seeds. Deadhead to prevent self-sowing. (229-301 s/g)

A 1g	B 5g	C 15g	D 25g
\$3.49	\$4.69	\$6.49	\$6.99



Tall Mixed Cornflowers FL2188

The familiar papery flowers come in a mix of purple, blue, pink, and white. Try some in a big clump at the edge of the yard for stunning summer colour. They make fine cut flowers and dried arrangements. Plus they are very attractive to wild and domestic bees and other pollinators. This mix grows to 90cm (36") tall. Deadhead to prevent self-sowing. (215-234 s/g)

A 1g	B 5g	C 15g	D 25g	E 125g
\$3.99	\$4.99	\$5.99	\$6.99	\$15.99



COSMOS

Cosmos bipinnatus



Rose Bon Bon FL2028

This French cultivar is a Fleuroselect Winner. Its fully double flowers appear in soft rose pink on medium sized plants that grow to 120cm (4') tall. This exquisite annual makes a wonderful cut flower, with petals almost as curled as Dianthus. (120-146 s/g)

A 0.25g	B 1g	C 5g
\$4.49	\$9.99	\$24.99



Snow Puff FL2055

This is the pure white component of the Fleuroselect Winning Double Click series from France. It was bred for shorter, stronger stems, and will bloom from June into September. The plants grow 60-90cm (24-36") tall and make lovely cut flowers. (103-137 s/g)

A 0.25g	B 1g	C 5g
\$4.69	\$9.99	\$32.99



Purity FL2398

Single snow-white blooms appear continuously from summer to late autumn. The ferny foliage on this variety is graced by flowers up to 10cm (4") in diameter. These are highly attractive to bees, butterflies, and other pollinators. The annual plants grow about 76cm (30") tall. (104-145 s/g)

A 1g	B 5g	C 25g
\$3.69	\$5.99	\$9.99
D 125g	E 500g	
\$24.99	\$64.99	



Sensation Mix FL2403

This classic mix of single flowers with yellow centres blooms in white and various shades of pink. Pinch off the growing tip when each plant is about 15cm (6") tall to help keep bushy and erect. These fast-growing annuals can reach a height up to 1.5m (5') so they benefit from staking in windy gardens. Deadhead to prolong the bloom time. (152-192 s/g)

A 2g	B 5g	C 15g
\$3.69	\$4.99	\$7.99
D 125g	E 500g	
\$18.99	\$44.99	

COSMOS

Cosmos sulphureus



Bright Lights (Sulphur) FL2399

This striking annual species Cosmos has single flowers in dazzling yellow to reddish orange. The intense colour attracts birds and beneficial insects, and looks terrific as part of a cut flower mixture. The plants grow to 1m (3') tall, for the middle or front of a mixed border. (100-144 s/g)

A 1g	B 5g	C 25g	D 125g
\$3.49	\$4.99	\$6.99	\$22.99

Cosmos bipinnatus



Mini Blend FL2415

This lovely Cosmos blend unveils a range of pinks and off-white blooms on stems that only grow to 90cm (36"). This is a shorter version of the Sensation Mix. Cosmos are attractive to hummingbirds, butterflies, and wild bees. This blend looks fantastic on its own as a short-growing meadow flower. (135-164 s/g)

A 1g	B 5g	C 25g
\$3.49	\$8.99	\$12.99
D 125g	E 500g	
\$29.99	\$72.99	

Bellis perennis 'Speedstar'



English Bellis FL3203

Bellis is low growing and inconspicuous for most of the year, but in summer it goes into bloom with scores of tiny, daisy-like flowers that feed beneficial insects. This perennial may spread in lawns when the conditions are right, and that makes it a useful ground cover and optional lawn replacement. It is hardy to Zone 3. (5285-6854 s/g)

A 0.5g	B 5g	C 25g	E 1kg
\$3.99	\$10.99	\$44.99	\$699.99

Leucanthemum x superbum



Madonna FL4002A

Madonna was a Fleuroselect Gold Medal winner for 2020 and a trial favourite. It has a mounding habit that makes a stunning show in containers, raised beds, or borders. Madonna is a first-year-flowering perennial and hardy to Zone 3. It is vigorous, and compact at only 20-25cm (8-10") tall. It's even deer resistant.

A 20s	B 100s	C 250s
\$6.49	\$16.99	\$32.99
D 500s	E 1000s	
\$41.99	\$69.99	

DANDELION

Taraxacum officinale



Dandelion FL4003

Cultivated in good garden soil with a bit of balanced organic fertilizer, Dandelions are delectable and nutritious. This is a surprisingly useful early-season pollinator plant to help establish healthy populations of beneficial insects. The slightly bitter leaves are a rich source of iron and vitamins A, B1, B2, and C. (1935-2150 s/g)

A 0.25g	B 2g	C 10g
\$4.29	\$7.99	\$21.99
D 50g	E 250g	
\$54.99	\$179.99	

T. pseudorozeum



Pink Dandelion FL4044

Pink Dandelion is similar to the common dandelion except for its elegant pale pink petals that surround a familiar lemon coloured centre. Its edible leaves and petals are less bitter than the common variety too. This perennial is hardy in Zones 3 to 8, and is useful as a low-maintenance bedding plant. It grows to 30cm (12") tall in fertile soil.

A 20s	B 100s	C 500s
\$4.99	\$9.99	\$32.99
D 2500s	E 10,000s	
\$109.99	\$349.99	

DELPHINIUM

Delphinium ajacis



Rocket Larkspur FL2029

Sow this annual in fall or in early spring when some risk of frost is still possible. Stunning spires in shades of purple and blue grow up to 120cm (48") tall, attracting wild and domestic bees. Grow this southern European native in full sun or part shade, but keep soil relatively moist. (420-521 s/g)

A 1g	B 5g	C 25g
\$3.49	\$4.99	\$9.99

DOUGLAS ASTER

Symphyotrichum subspicatum



Douglas Aster FL1215

Douglas Aster is a perennial that is hardy to Zone 5, and can reach as tall as 1m (3'). It goes into bloom around mid August, continuing into September, providing late season nectar to butterflies and other insects. Pinch the stems to encourage branching, and deadhead spent flowers for a longer bloom period. (1900-2000 s/g)

A 0.1g	B 0.5g	C 2.5g
\$3.49	\$4.99	\$9.99
D 10g	E 50g	
\$24.99	\$89.99	

ECHINACEA

Echinacea purpurea



Echinacea hybrida



Coneflowers Purple FL2482

Established Echinacea plants can bloom continuously from July into October. Either cut stems to the ground at the end of the season or leave the seed heads in place for winter interest and to feed wild birds. This drought tolerant perennial grows to a height of 80cm (32") and is hardy to Zone 3. (256-300 s/g)

A 1g	B 5g	C 15g	D 100g
\$3.99	\$4.99	\$7.99	\$36.99

Echinacea Cheyenne Spirit Mix FL2485

This AAS Winner will flower in the first year if started early. The flowers appear in purple, pink, red and orange tones to lighter yellows, creams, and white, all with varying flower forms. They make tremendous cut flowers and look incredible in mass plantings. They grow to 81cm (32") tall and are hardy to Zone 4.

A 10s	B 25s	C 100s
\$10.49	\$21.99	\$69.99

EUCALYPTUS

Eucalyptus cinerea

I'M WORTH
THE
PATIENCE



Silver Dollar Tree Eucalyptus FL1209

The leaves of this tender perennial are smooth and silvery blue-green, and provide amazing contrast of both shape and colour in flower arrangements. It can be grown indoors as a houseplant, or in the garden as an eye-catching annual. If protected over winter, it can reach 7m (22') tall, and it is hardy to Zone 8.

A 20s	B 100s	C 250s	D 1000s	E 5000s
\$6.49	\$24.99	\$49.99	\$149.99	\$649.99

EVENING PRIMROSE

Oenothera pallida



Pale Evening Primrose FL3819

This rare BC annual has become endangered in the wild, but it's an important food plant for native butterflies and bees. The highly fragrant flowers bloom all summer, opening in the evening. This dainty flower looks magnificent in mass plantings. *Oenothera* grows 15-60cm (6-24") tall. (1303-1672 s/g)

A 1g	B 5g	C 25g
\$3.49	\$9.99	\$22.99

FALSE QUEEN ANNE'S LACE

Ammi majus



Bishop's Flower FL1208

AKA False Queen Anne's Lace. This graceful annual produces an upright column of ferny foliage topped by an ephemeral cloud of 15cm (6") wide, umbeliform flowers. Its uniform growth from a central stem, with few branches, make it easy to harvest for arrangements. (2050-2200 s/g)

A 0.5g	B 2.5g	C 10g
\$3.49	\$4.99	\$7.99
D 50g		E 250g
\$15.99		\$49.99

FIVE SPOT

Nemophila maculata



Five Spot FL1216

Five Spot is native to California and easy to grow in most soils in full sun to part shade. This low-growing annual blooms in spring and produces just enough seeds to self sow without becoming a nuisance. Growth is compact to 23cm (9") tall. The distinctive flowers are attractive to wild solitary bees and other pollinators. (111-262 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$6.99
D 100g		E 500g
\$16.99		\$59.99

FLAX

Linum usitatissimum



Common Flax Certified Organic FL1228

The species name means "most useful," and indeed this flax has numerous uses. This is the flax that produces edible flax seeds, which can be processed into linseed oil. The fibres of the plant's stems produces the cloth known as linen. The plants grow to 1.2m (4') tall, with long, slender stems. (125-202 s/g)

A 1g	B 5g	C 25g
\$4.49	\$6.49	\$14.99
D 100g		E 500g
\$32.99		\$144.99

FLAX

L. grandiflorum



Charmer Extra Mix FL2959

This annual flowering flax mix features cup-shaped flowers appearing in red, white, salmon, and lilac throughout the summer. Direct sow outdoors in early spring. Re-sow every three weeks for a continuous, summer-long bloom period. They grow to 50cm (20") tall. (314-327 s/g)

A 0.4g	B 1g	C 5g
\$4.99	\$7.99	\$22.99

L. lewisii



Lewis Flax FL3833

This drought tolerant perennial forms clumps of tall, slender stems with narrow leaves. The plants are crowned with spires of pale blue, cup-shaped flowers. Use in xeriscaping schemes or in larger containers. It is hardy and durable, and blooms from mid to late summer. Its seed capsules attract wild birds. *Lewis Flax* grows to 90cm (36") tall. (482-813 s/g)

A 1g	B 5g	C 25g
\$3.29	\$4.99	\$7.99
D 100g	E 500g	
\$22.99	\$74.99	

FORGET-ME-NOT

Cynoglossum amabile



Forget-Me-Nots Chinese FL2597

Cynoglossum is a biennial, but it will bloom in the first season if planted during cold weather. Either direct sow in the fall, or three weeks before the last frost date. The plants are long-blooming and grow 45-60cm (18-24") tall. They are drought tolerant so they're great for xeriscaping. (148-211 s/g)

A 1g	B 5g	C 15g
\$3.69	\$5.99	\$8.99
D 100g	E 500g	
\$12.99	\$36.99	

FOXGLOVE

Digitalis purpurea



Foxgloves Purple FL2604

Foxgloves bloom late spring to summer, and if cut after flowering they may flower a second time in late summer or fall. The tubular, nodding flowers attract many pollinators. Sturdy spikes grow 2m (6') tall and look splendid in a border or wherever they can naturalize. They thrive in moist, shady areas but can stand full sun if they are kept watered. (4560-13450 s/g)

A 0.5g	B 2g	C 15g
\$3.69	\$6.49	\$16.99

GLOBE GILIA*Gilia capitata***Globe Gilia FL1207**

Each ball-shaped, inflorescence is composed of 50 to 100 small blue flowers. These each have a bell-shaped, open throat, and delicate anthers. This flower is much loved for its adaptability, growing in full sun to nearly full shade, in a variety of soil types. It grows up to 60cm (24") tall. All Gilia species may self-sow, but not aggressively. (1911-2208 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$6.99
D 100g	E 500g	
\$15.99	\$44.99	

LANCE-LEAF TICKSEED*Coreopsis lanceolata***Lanceleaf Coreopsis FL1212**

This hardy perennial is both drought tolerant and able to endure high temperature and humidity. It will work in well drained containers and just about any garden soil, but it prefers well drained, nutrient-poor, sandy loam. This variety can reach 91cm (36") tall, and is hardy in Zones 4-9. Its stems are stiff and upright, so it makes a nice cut flower. (405-517 s/g)

A 1g	B 5g	C 25g
\$3.49	\$5.99	\$9.99
D 100g	E 500g	
\$24.99	\$84.99	

MALLOW*Lavatera trimestris***Mont Blanc FL2905**

Big, intensely white, hibiscus-like flowers up to 10cm (4") wide appear on large, bushy plants. This annual looks stunning in containers or mass plantings where it grows to around 90cm (36") tall. Sow successions every two weeks for a longer bloom time, as the stems make excellent cut flowers. Lavatera is easy and quick to grow. (200-212 s/g)

A 0.25g	B 1g	C 10g
\$3.69	\$5.99	\$6.99

HOLLYHOCKS*Alcea rosea***Indian Spring FL2703**

This mix of tall flowering hollyhocks flowers mid-summer in a range of pinkish hues. Spires with single, double, and ruffled flowers can grow as tall as 200cm (80") in full sun. This biennial plant will bloom in the first year if the seeds are started early. Hollyhocks bring a kind of old fashioned charm to mixed flower beds and cottage gardens. (71-92 s/g)

A 0.5g	B 5g	C 15g
\$3.49	\$6.99	\$10.99

LINDHEIMER'S BEE BLOSSOM*Oenothera lindheimeri***Sparkle White FL2048**

This first-year-blooming AAS Winner is compact enough for containers. Each plant produces tall, upright spikes of pretty white flowers that open from the bottom upward over a long bloom time. Gaura is durable and drought tolerant, growing 30-60cm (12-24") tall. It is hardy to Zone 6 and well suited to hot, dry conditions.

A 20s	B 100s	C 250s
\$6.99	\$24.99	\$39.99

HONEYWORT*Cerinthe major purpurascens***Honeywort FL3885**

This annual is an easy and rewarding garden flower to grow. Honeywort is deer resistant, drought resistant, and works well in patio containers. Its arching stems grow to 60cm (24") tall with bluish grey foliage that resembles Eucalyptus, and is just as useful in cut flower displays. The bees adore the nectar-rich flowers that continue to open from the ends of each stem. (16-26 s/g)

A 1g	B 5g	C 25g
\$3.69	\$4.99	\$9.99
D 100g	E 500g	
\$24.99	\$89.99	

LOBELIA*Lobelia erinus***Midnight Blue FL2033**

Vivid navy blue flowers adorn this tiny, trailing annual, making it ideal for stuffing between other plants as a ground cover. The flowers are highly attractive to bees and butterflies. Grow this early flowering type in sun or part shade, in a wide range of soils. Start indoors 8-10 weeks before last frost. These seeds are dust-like. (24390-40000 s/g)

A 0.025g	B 0.5g	C 1g
\$3.99	\$14.99	\$24.99

MARIGOLD*Tagetes patula***Brocade FL2948**

Big, brilliant flowers in gold to mahogany crown robust, dark green plants. Grow in full sun and deadhead regularly to enjoy flowers from May to frost. Brocade is very easy to grow and can reach 30cm (12") tall. It's great in containers. (307-440 s/g)

A 1g	B 5g	C 25g	D 125g	E 500g
\$3.49	\$5.99	\$10.99	\$29.99	\$69.99

Tagetes erecta**Kees' Orange FL4022**

These vigorous, upright marigolds sport large, intensely orange flowers with highly ruffled petals. The plants grow to 70cm (28") tall. They work well in the vegetable garden as a generalist companion plant that attracts beneficial insects and repels pests. They make long-lasting cut flowers, and look amazing planted in large groups. (354-394 s/g)

A 0.2g	B 1g	C 5g	D 25g	E 100g
\$3.49	\$4.99	\$7.99	\$19.99	\$75.99

JASMINE TOBACCO*Nicotiana glauca***Jasmine Tobacco FL3014**

The fragrant white flowers of Nicotiana open in the late afternoon and become even more aromatic as night falls. This charming ornamental tobacco has pendant, tubular flowers that are pollinated by moths. The stems can reach 1.2m (5') tall. Remove spent flowers to prolong the bloom period. (4857-5200 s/g)

A 0.05g	B 0.5g	C 15g
\$3.60	\$4.99	\$14.99

LUPINS*Lupinus x russellii***Russell Hybrids FL2855**

These familiar, brightly-coloured spikes create a strong feature in the early summer perennial garden. The colours in this mix include purple, blue, red, pink, yellow, and white. Lupins fix nitrogen in the soil and generously feed wild and domestic bees. They grow to reach 90cm (36") tall. This perennial is hardy to Zone 5. (38-44 s/g)

A 2g	B 5g	C 25g	D 500g
\$3.99	\$6.49	\$14.99	\$84.99

MARIGOLD

Tagetes patula**French Marigold Sparky Mix FL2918**

Enjoy mounds of tawny oranges and yellows from mid-summer to first frost. Plant Sparky Mix in full sun, and deadhead to prolong the bloom period. These marigolds work well in containers and they are surprisingly drought resistant. This little annual reaches a height of 30cm (12"). (300-409 s/g)

A 0.5g	B 5g	C 25g	D 100g	E 500g
\$3.49	\$5.99	\$9.99	\$22.99	\$59.99

Tagetes patula**Linnaeus Burning Embers FL4023**

This marigold is lovely in containers or scattered throughout the vegetable garden. It attracts beneficial insects while at the same time repelling pests. This historic heirloom has grown in the Linnaeus Gardens in Uppsala, Sweden for decades. Height to 60-90cm (24-36"). (309-344 s/g)

A 0.25g	B 1g	C 5g	D 25g	E 100g
\$3.49	\$4.99	\$6.99	\$17.99	\$54.99

Tagetes erecta**Sugar and Spice White FL4021**

Plant Sugar and Spice for dark green, feathery foliage and very upright growth. Atop each 40cm (16") tall plant grows a large, exquisite, fully-double flower with creamy white petals. The carnation-like flowers really are stunning and grow up to 5cm (2") wide. They look fabulous in containers or the flower bed. (266-296 s/g)

A 0.2g	B 1g	C 5g	D 25g	E 100g
\$4.49	\$4.99	\$8.99	\$25.99	\$80.99

MEXICAN
SUNFLOWER*Tithonia rotundifolia "Torch"***Mexican Torch FL3266**

Large, bright orange flowers branch out from fuzzy, dark green foliage on this AAS Winner. *Tithonia* is highly attractive to pollinators, hummingbirds, and butterflies. This bushy annual may grow to 60cm (2') in containers or up to 1.8m (6') at the back of a border. The stems are excellent as cut flowers. (75-92 s/g)

A 1g	B 5g	C 25g	D 100g
\$3.69	\$5.99	\$9.99	\$22.99

Asclepias tuberosa**Butterfly Bush FL2036**

AKA Orange Milkweed. This fiery perennial is intensely attractive to butterflies and other beneficial garden insects. It will bloom in the first year from early direct sowing. Its waxy green stems grow to 70cm (27") tall are topped by vivid orange flower clusters. It is hardy to Zone 3. (202-234 s/g)

A 0.25g	B 1g	C 5g
\$5.49	\$12.99	\$24.99

Asclepias speciosa**Showy Milkweed FL3852**

This is one of the food plants of Monarch butterflies. Native to western and central North America, the plants grow to 90cm (36") tall with greyish green foliage topped by spherical clusters of pink flowers. Grow in containers and remove seed pods to prevent spreading. This milkweed is also deer-resistant and hardy to Zone 3. (160-171 s/g)

A 0.25g	B 1g	C 5g	D 25g
\$3.69	\$5.99	\$14.99	\$44.99

Asclepias incarnata**Swamp Milkweed FL3878**

Feeding both the adult and larval Monarch butterfly, this perennial is also attractive to many other species. It's hardy to Zone 3, and can reach 2m (6') in height with a very long summer bloom period. It's not an aggressive spreader, and works in sun to part shade. (301-320 s/g)

A 0.25g	B 1g	C 5g	D 25g
\$3.99	\$6.49	\$14.99	\$39.99

MONEY PLANT

Lunaria annua**Money Plant (Honesty) FL3291**

The delicate mauve flowers of this tough annual heirloom are followed in summer by white, circular seed pods that dry beautifully for fall displays. *Lunaria* flowers early, so it's a good food plant for mason bees and other early spring pollinators. Harvest the papery seed pods before they open. *Lunaria* grows to 90cm (36") tall. (64-75 s/g)

A 1g	B 5g	C 25g
\$3.49	\$6.49	\$10.99

MORNING GLORY

Ipomoea tricolor**Heavenly Blue FL2978**

Don't confuse this lovely, tidy, annual heirloom climber with the common weed. Its large, sky-blue flowers open in the morning and fade to rose-pink by afternoon. This showy climber scrambles and twines on fences, or trellises with huge blooms. Choose a sunny but sheltered spot. (30-32 s/g)

A 2g	B 10g	C 25g	D 125g
\$3.69	\$9.99	\$14.99	\$26.99

HIGH DENSITY
PLANTING

High Density Planting, or intercropping, is a great way to get the most out of your garden space.

Grow small crops like spinach or mesclun in the spaces alongside larger plants, or alongside slow-growing plants. This will give you time to harvest your small crops before your large ones reach maturity. Some of these small plants will also benefit from the shade given by the larger crop. Other varieties suitable for intercropping include radishes, lettuce, and early peas.

Intercropping is also an excellent introduction to Companion Planting, which offers numerous benefits for the organic grower.

NASTURTIIUMS

Tropaeolum majus

Is it an edible ornamental? Or is it a salad green that happens to have beautiful flowers? This familiar garden plant earned its common name because it produces an oil that is similar to watercress (*Nasturtium officinale*). Its flowers and leaves have a pleasant, peppery, spicy flavour. *Nasturtium* seeds can also be pickled to make oversized capers. (Family: *Tropaeolaceae*).

Growing nasturtiums

Timing: Direct sow any time from mid spring to early summer. Seeds will sprout in 7–14 days. Optimal temperature for germination: 12–18°C (55–65°F). Starting: Sow seeds around 2cm (1") deep. Space smaller varieties 15–30cm (6–12") apart, and the big ones 60–90cm (24–36") apart. **Growing:** Grow in full sun and consider using some mulch around the plants to prevent their roots from getting too hot. In partial shade, plants tend to have larger leaves and a more sprawling habit. Keep watered during dry weather, and do not fertilize. If aphids infest nasturtiums, cut off the infested growing tip and destroy it. Otherwise, a quick jet of water from the hose will dislodge and kill aphids.



Tropaeolum majus

Tip Top Alaska Mix FL2995

Tip Top Alaska mix has decorative cream-on-green foliage with single yellow, orange, and deep red flowers held upwards. The plants grow in compact 30cm (12") mounds so are suited to containers and companion planting. (8-10 s/g)

A 5g	B 15g	C 50g	D 125g
\$4.99	\$10.99	\$20.99	\$36.99

Tropaeolum majus



Jewel Mix FL2999

The Jewel Mix combines colourful double blooms of yellow, orange, and deep red. This hardy annual will flower all summer long in full sun or part shade. The bright flowers are held upright for extra appeal. Height: 40cm (16"). (6-10 s/g)

A 5g	B 25g	C 125g
\$3.99	\$6.99	\$15.99
D 500g	E 1kg	
\$38.99	\$74.99	

Tropaeolum majus



Tall Single Mix FL3002

This prolific, trailing plant has very fast growth. Train it vertically on a trellis to create a garden screen, or let it cascade from hanging baskets for a dramatic effect. The plants grow up to 3m (10') and bloom in an assortment of lively colours. (5-9 s/g)

A 5g	B 15g	C 50g
\$3.99	\$5.99	\$9.99
D 100g	E 500g	
\$16.99	\$44.99	

Tropaeolum majus



Empress of India FL3003

This heirloom has stunning crimson flowers that poke out between emerald green leaves. Its growth is compact and clump forming to a height of 30cm (12"). The flowers are incredibly, intensely red. (7-9 s/g)

A 5g	B 25g	C 125g	D 500g
\$3.99	\$7.29	\$19.99	\$69.99

Tropaeolum minus



Bloody Mary FL3886

This sumptuous mixture includes flowers from solid blood red to cream with red flecks and edges. The low growing, clump-forming plants have darker than average leaves. It works well in containers, and blooms from June to August. (6-8 s/g)

A 2g	B 10g	C 25g
\$3.89	\$6.99	\$9.99
D 100g	E 500g	
\$22.99	\$22.99	

Tropaeolum minus



Black Velvet FL3887

The flat-faced flowers of Black Velvet face upwards, and are held above pale green foliage. The flowers themselves are such a rich, dark shade of mahogany, they appear almost black from any distance. This compact *Nasturtium* is perfect for container growing, and it blooms continuously throughout the summer. (8-10 s/g)

A 2g	B 10g	C 25g
\$3.89	\$6.99	\$9.99
D 100g	E 500g	
\$21.99	\$79.99	

Tropaeolum minus



Baby Rose FL3904

This AAS Award Winner features compact growth of dark green leaves that are interspersed with sharply bright, rose-coloured flowers. The plants form small mounds with some cascading, so they're lovely in containers and raised beds. (5-9 s/g)

A 5g	B 15g	C 50g	E 1kg
\$5.99	\$9.99	\$21.99	\$231.99

NIGELLA

Nigella damascena



Persian Jewels FL3016

Nigella's delicate appearance belies its hardy, dependable nature. Pale as a young flower, it matures to intense shades of violet, blue, and white. The distinctive flowers are followed by equally exotic looking seed pods, and both stages can be used as cut flowers in either fresh or dried arrangements. *Nigella* grows to 51cm (20") tall. (365-495 s/g)

A 0.25g	B 1g	C 5g
\$3.69	\$6.49	\$7.99

OREGON SUNSHINE

Eriophyllum lanatum



Common Woolly Sunflower FL3817

AKA Oregon Sunshine. This perennial is a relative of the sunflower that is native to the west coast of North America. It blooms from May to August with intensely yellow, 5cm (2") wide flowers that rise above silvery grey, woolly foliage. It prefers full sun, but will bloom in partial shade. The plants grow up to 60cm (24") tall, and are hardy to Zone 5. (1900-3546 s/g)

A 0.2g	B 1g	C 5g
\$3.49	\$6.49	\$14.99

ORNAMENTAL EGGPLANT

Solanum aethiopicum



Pumpkin On A Stick FL3907

70 days. AKA Mock Tomato, Hmong Eggplant, and Chinese Scarlet Eggplant. The small orange fruits develop along prickly stems that emerge from attractive, bushy plants at the end of summer. We grow them as simple ornamental eggplants. Dry the stems with fruits attached for fall displays.

A 10s	B 25s	C 100s
\$3.69	\$5.99	\$7.99

ORNAMENTAL KALE

Brassica oleracea



Crane Feather King FL3861

Frilly grey leaves surround a creamy white rosette that is blushed with pink for a truly exotic look. The single, upright stems are perfect for use as cut flowers in fall and winter displays. This gorgeous hybrid kale adds seasonal class to any flower arrangement. Sow in the summer for cut flowers in November and December.

A 10s	B 50s	C 250s
\$5.99	\$14.99	\$44.99
D 1000s	E 5000s	
\$134.99	\$499.99	

Brassica oleracea



Crane Feather Queen FL3862

This regal mate for the King grows at exactly the same rate, so it can be timed to coincide for winter cut flowers. The Queen has the same, deeply cut, frilly grey leaves, but the central rosette is deep pink, almost purple. They look sensational side by side. Both require cold fall weather to colour up, so careful timing is essential.

A 10s	B 50s	C 250s
\$5.99	\$14.99	\$44.99
D 1000s	E 5000s	
\$134.99	\$499.99	

PAINTED DAISY

Ismelia carinata



Chrysanthemum Painted Daisies FL2320

This highly variable "mum" is an annual that is native to North Africa. The petals range from bright white to deep crimson and are always banded by concentric circles of alternate colours as a guide to passing pollinators. They grow to 45cm (18") tall and work well in containers. (373-461 s/g)

A 0.5g	B 5g	C 25g
\$3.49	\$6.99	\$15.99

PANSIES & VIOLAS

Viola sp.

Pansies take their common name from the French *pensée* (thought). By the 1830s, there were more than 400 named pansy hybrids in English and American gardens. But the English were familiar with the original *V. tricolor* from a much earlier time. They are a standby in the Spring and Fall gardens for their cheery blooms, cold tolerance, and array of colours. These flowers stand alone in their own family, the *Violaceae*.

Growing pansies & violas

Timing: Start indoors 10–12 weeks before planting out in early spring. Otherwise, sow directly outdoors in summer to early autumn. For winter-flowering pansies in Zones 7–9, start seeds in mid to late June. **Starting:** Even though the seeds are tiny, they need to be sown 5mm (1/4") deep. Keep the soil at 18–25°C (65–75°F), in complete darkness until they germinate in around 14 days. Then provide bright light to keep plants compact. Space at 15–23cm (6–9") in the garden. **Growing:** After germination, violas are easy. Fertilize once or twice in early growth and provide a mulch around plants to keep roots cool as weather warms. In harsh winters, if deep snow is forecast, mulch generously with straw. Deadhead to prevent self-sowing, particularly with Johnny-Jump-Ups.

Viola tricolor



Johnny Jump Up FL3411

AKA Hearts-ease. This old-fashioned heirloom is the species from which all pansy hybrids spring. Dainty flowers that are 2.5cm (1") across bloom continuously on plants that grow 20cm (8") tall. Johnny Jump Up is very easy to grow and can overwinter to zone 3. (1733-1900 s/g)

A 0.25g	B 1g	C 7g
\$3.29	\$5.99	\$10.99

Viola X wittrockiana



Fizzy Fruit Salad Mix FL3812

This spreading pansy has exceptional overwintering ability. The wide ruffled petals of each bloom give them extra personality in a variety of appealing colours. They add a dramatic splash of vibrancy to the winter garden, or any time of year in hanging baskets and containers.

A 25s	B 100s	C 1000s
\$5.99	\$14.99	\$99.99

Viola cornuta



Back to Black Viola FL1217

This petite pansy blooms in the first year. Its small, very dark, flat-faced flowers are streaked in the centre by a brush of golden yellow. Growth is vigorous but compact at 15cm (6") tall. It looks great in containers, but even better in mass plantings. The edible flower petals look amazing scattered on ice cream. The plants are hardy to Zone 5. (1282-1442 s/g)

A 0.1g	B 0.5g	C 2.5g
\$3.99	\$5.99	\$14.99
D 10g	E 50g	
\$44.99	\$144.99	

Viola cornuta



Rose Antique Gem FL3863

These hybrid pansies are heat tolerant, but also have strong overwintering ability. Masses of pink, maroon, and yellow flowers appear atop short plants that only grow 15-25cm (6-10") tall. This is a good choice for containers or edging.

A 15s	B 60s	C 300s
\$3.99	\$7.99	\$24.99
D 1000s	E 5000s	
\$59.99	\$233.99	

Viola X wittrockiana



Swiss Giants Mix FL3026

This classic, cold hardy cross with *V. tricolor* includes brightly coloured, flat-faced flowers in mahogany, orange, purple, yellow, deep blue, and off-white. The flowers are 8-10cm (3-4") across. Swiss Giants Mix is the king of winter colour, with flowers that remain bright and cheery even under hard frost. All this, and the flowers are edible—just toss them into salads. (412-830 s/g)

A 0.5g	B 2g	C 15g
\$4.29	\$9.99	\$32.99

Viola odorata



Sweet Violet FL3869

AKA Wood Violet. Cherished since ancient times for its sweet scent, this diminutive woodland perennial spreads slowly by above-ground stolons, like strawberry runners, but on a more compact scale. Enjoy Sweet Violets in containers, borders, rock gardens, and edging. The cold hardy plants grow to only 10-15cm (4-6") tall. (260-285 s/g)

A 0.2g	B 1g	C 5g
\$3.69	\$6.49	\$15.99
D 25g	E 125g	
\$49.99	\$189.99	

PHLOX

Phlox drummondii



Cherry Caramel Phlox FL1226

Cherry Caramel produces wave after wave of flowers in a gorgeous, subdued tan colour with cherry red centres. The 40-50cm (16-20") branched stems are excellent as cut flowers, and they really fill a patio container. Annual Phlox thrives in cooler weather. (520-550 s/g)

A 0.25g \$3.99	B 1g \$6.49	C 5g \$15.99
D 25g \$54.99	E 100g \$157.99	

PINCUSHION

Scabiosa atropurpurea



Imperial Mix FL3015

AKA Pincushion Flower. Scabiosa's flowers are fully double in rose, purple, lavender, maroon, and white, and will bloom from mid-summer to frost. The almost ball-shaped 8cm (3") flowers generously provide nectar for beneficial insects and hummingbirds. With long sturdy stems, the plants grow to 78-104cm (30-40") tall and make excellent cut flowers. (182-225 s/g)

A 1g \$3.49	B 5g \$4.99	C 25g \$10.99
----------------	----------------	------------------

POPPIES

BREADSEED POPPY

Papaver somniferum



Black Swan FL1224

Black Swan's finely cut, deeply frilled, dark red petals have a fully double form. The upright stems grow to 120cm (48"), and the flowers themselves are incredible. The blooms are followed by large pods full of edible poppy seeds for baking. (2378-3000 s/g)

A 0.25g \$3.99	B 1g \$4.99	C 5g \$5.99
D 25g \$11.99	E 100g \$34.99	



Hungarian Blue FL1225

Hungarian Blue has elegant purple flowers atop tall, strong stems. From flower bud to seed pod stages, they are highly ornamental, and grow to 60cm (24") tall. Save the seed pods for bouquets, and the edible seeds for breads and spreads. (2326-3000 s/g)

A 0.25g \$3.99	B 1g \$4.99	C 5g \$5.99
D 25g \$11.99	E 100g \$36.99	

BREADSEED POPPY

Papaver somniferum



Gigantemum FL3870

The seed head of this fast-growing annual is the size of a baseball. These large pods are chock full of edible poppy seeds for baking or can be used in cut flower arrangements. Stems grow 90-120cm (36-48") tall topped by massive flowers around 10cm (4") across. Bees are attracted to the dark blue pollen. (2231-2947 s/g)

A 0.25g \$3.69	B 1g \$5.99	C 5g \$7.99
D 25g \$15.99	E 125g \$29.99	

CALIFORNIA POPPY

Eschscholzia californica



Mission Bells FL3066

This mix features multi-coloured flowers with ethereal, ruffled petals in orange, red, white, and gold. These attractive plants grow to 45cm (18") tall with finely cut grey green foliage. They are hardy to zone 8 and will have an extended flowering period after the first year. (660-802 s/g)

A 0.5g \$3.29	B 2g \$5.99	C 15g \$14.99
------------------	----------------	------------------



California Orange FL3086

This is the true orange California poppy, native to the west coast of North America. Its petals have a satiny sheen, and the orange colour is intensified when grown near anything purple. The flowers are rich in pollen providing food for bees and other beneficial insects. These easy to grow plants reach 45cm (18") tall and are hardy to Zone 8. (200-588 s/g)

A 0.5g \$3.69	B 2g \$4.99	C 15g \$7.99
D 100g \$22.99	E 500g \$69.99	



Formula Mix FL4004

This colourful blend includes yellow, orange, red, purple, and white flowers. They appear atop stems that grow to only 30cm (12") tall, and they open from late spring right through summer. They are attractive to bees and a host of other pollinators, and may overwinter in Zones 8-9.

A 0.5g \$3.49	B 2g \$4.99	C 15g \$6.99
D 100g \$19.99	E 500g \$72.99	

CALIFORNIA POPPY

Eschscholzia californica



Thai Silk Formula Mix FL4014

This special blend features semi-double flowers with fluted petals and a very agreeable silken appearance. The flowers themselves can be as wide as 8cm (3") across. The petite plants only grow to 20cm (8") tall and work well in patio containers, rock gardens, and flower beds. Thai Silk is a hardy annual and may overwinter in Zones 8-10. (618-687 s/g)

A 0.25g \$3.89	B 1g \$6.99	C 5g \$17.99
D 20g \$44.99	E 100g \$182.99	



XL Jelly Beans FL4015

XL Jelly Beans features very large, semi-double blooms that include splashes of bubblegum pink, lemon yellow, and raspberry red. These contrast beautifully against the matte silver-blue foliage. This blend grows to about 25cm (10") tall, is somewhat drought tolerant, and may overwinter in Zones 8-10. (593-659 s/g)

A 0.25g \$3.89	B 1g \$6.99	C 5g \$17.99
D 20g \$44.99	E 100g \$182.99	



Lady Marmalade FL4016

Enjoy the rose-shaped, semi-double blooms that appear in golden yellow with bright orange centres. The flowers are drought tolerant, deer resistant, and will often naturalize in warm, dry garden settings. Lady Marmalade grows to 35cm (14") tall on upright stems and may overwinter in Zones 8-10. (586-652 s/g)

A 0.25g \$3.89	B 1g \$6.49	C 5g \$12.99
D 20g \$32.99	E 100g \$130.99	



Yukon Gold FL1221

A show stopper in our summer seed trials. Fully double flowers have ruffled, two-tone petals that are rich orange at the centres and golden yellow at the edges. Growing 38-60cm (15-25") tall, these flowers are truly distinctive, and appear over a very long period from spring through summer. Hardy annuals may overwinter in Zones 8-10. (732-750 s/g)

A 0.25g \$4.49	B 1g \$6.49	C 5g \$15.99
D 25g \$47.99	E 100g \$169.99	

FIELD POPPY

Papaver rhoeas**Amazing Green FL1222**

It was love at first sight as soon as we spotted this stunning poppy in our trial beds. The flowers are such a pale lilac colour they appear grey against their green foliage. The flowers appear about 65 days after direct sowing in spring, and are fully double, with an incredibly delicate texture. Grows to 60cm (24") tall. (4600-4722 s/g)

A 0.1g	B 0.5g	C 2.5g
\$3.49	\$5.99	\$12.99
D 10g	E 50g	
\$29.99	\$120.99	

Papaver rhoeas**Canada Mix FL1204**

This mix looks so nice in large plantings. The bright red and pure white provide appealing contrast as the tall stems wave in the wind. This hardy annual thrives in practically any garden soil. These poppies are very easy to grow, and they'll reach a knee-high height of 40-60cm (15-24"). (3650-3690 s/g)

A 0.15g	B 0.5g	C 2.5g
\$3.99	\$5.99	\$9.99
D 10g	E 25g	
\$24.99	\$49.99	

Papaver rhoeas**Flanders Poppy FL3108**

These are the pure red poppies of Flanders Fields. The single, scarlet flowers are breathtaking when planted en masse. The drought tolerant plants will bloom reliably in just about any soil and they are deer-resistant. The plants grow to 60cm (24") tall and will self-sow in full sun or light shade. (3170-4775 s/g)

A 0.5g	B 5g	C 25g
\$3.49	\$5.99	\$9.99
D 125g	E 500g	
\$29.99	\$84.99	

Papaver rhoeas**Shirley Double Mix FL3106**

This reliably self-sowing annual has narrow, stiff, upright stems topped by delicate looking (but quite robust) flowers in white, pink, and red. To use the single and double blooms as cut flowers, sear the cut end immediately after harvesting. This poppy grows to 80cm (31") and is deer-resistant. (3200-3900 s/g)

A 0.5g	B 1g	C 5g
\$3.69	\$4.99	\$6.99

ICELAND POPPY

Papaver nudicale**Iceland FL3141**

The large, cup-shaped, crepe paper-like blooms appear in a mix of subdued pastel colours. For long lasting cut flowers, harvest before the bloom is pollinated and sear the stem immediately after cutting. The plants form clumps of foliage with stiff, narrow stems that grow to 30cm (12") tall. This rugged perennial is hardy to Zone 3. (3937-4390 s/g)

A 0.25g	B 2g	C 5g
\$3.49	\$5.99	\$9.99

ORIENTAL POPPY

Papaver orientale**Pizzicato FL2057**

This Fleuroselect Medal winning perennial blooms in scarlet, salmon, pink, and white. The large, cup-shaped flowers are 15-20cm (6-8") in diameter, followed by attractive seed pods from which seeds can easily be harvested. This semi-dwarf mix grows to 50cm (19") tall with narrow but sturdy stems. It is hardy to Zone 3. (3500-3630 s/g)

A 0.1g	B 0.5g	C 3g
\$4.49	\$10.99	\$39.99

The Peony Poppy Series

The Peony poppy series feature wonderful, fully double, tightly packed petals on blooms 10cm (4") across. Its dramatic flowers are short-lived, only opening for one day, but appear from July through September. Once blooms fade, large seed heads develop that are very elegant in fresh or dried flower arrangements. The edible seeds can be used in baking. Peony poppies are highly attractive to bees but resistant to grazing deer. They grow to 90cm (36") tall.

**Black Peony FL4017**
(3354-3600 s/g)

A 0.25g	B 1g	C 5g
\$3.49	\$4.99	\$7.99
D 20g	E 100g	
\$12.99	\$39.99	

**Flemish Antique Peony FL4018**
(3200-3600 s/g)

A 0.2g	B 1g	C 5g
\$3.49	\$4.99	\$7.99
D 25g	E 100g	
\$12.99	\$39.99	

**Frosted Salmon Peony FL4019**
(3200-3600 s/g)

A 0.2g	B 1g	C 5g
\$3.69	\$4.99	\$7.99
D 25g	E 100g	
\$14.99	\$44.99	

**Purple Peony FL4020**
(2419-2688 s/g)

A 0.2g	B 1g	C 5g
\$3.49	\$4.99	\$7.99
D 25g	E 100g	
\$14.99	\$44.99	

Staff Tip

Fava beans make a fantastic cover crop for raised beds, as well as in-ground gardens. They are cold hardy and can be overwintered in mild regions or started very early in colder regions to keep weeds down, microbial life active, and the soil full of nitrogen before summer planting - and they even produce an edible crop. They are easy to remove by cutting down to soil level and leaving to decompose in the soil. They are a gift for the gardener." *Carissa Kasper, Seed & Nourish*



PRAIRIE CONEFLOWER

Ratibida columnifera



Prairie Coneflower FL3832

Ratibida is useful for water-wise xeriscaping plans since the plants are native to the central prairies, and accustomed to drought, high heat, and high humidity. The central cone of each flower is surrounded by lovely, bright yellow petals. Its blooms appear from late spring to autumn, and stems can range from 30-90cm (12-36") tall. (1163-1400 s/g)

A 0.5g	B 2.5g	C 10g
\$3.29	\$5.99	\$7.99
D 50g	E 250g	
\$10.99	\$36.99	

SELF-HEAL

Prunella vulgaris var. *lanceolata*



Self-Heal FL3824

This low-growing creeper spreads slowly by both seed and a self-rooting habit. The edible leaves and flowers have been prized in folk medicine for centuries. The small purple flowers are rich in pollen and bloom early, so they are an important food source for butterflies and bees. This perennial is hardy to Zone 5 and stays evergreen in south coastal BC. (740-915 s/g)

A 1g	B 5g	C 25g
\$3.49	\$6.49	\$9.99
D 50g	E 250g	
\$26.99	\$119.99	

SPIDER FLOWER

Cleome hassleriana



Spider Flower (mixed) FL2400

This sun-loving annual is attractive to hummingbirds and many beneficial insects. The large clusters of light pink flowers have reddish highlights and very long stamens. The plants grow as tall as 1.5m (5') and look striking at the back of a border or in a cottage garden. *Cleome* is easy to grow and deer resistant. (477-535 s/g)

A 1g	B 5g	C 25g
\$3.49	\$4.99	\$9.99

PURPLE TANSY

Phacelia tanacetifolia



Purple Tansy Phacelia FL3445

Pale mauve-blue flowers unfold like ferns at the top of long leafy stems and attract bees from miles around. The delicate, lacy foliage bears a resemblance to yarrow. It fits in the vegetable garden as a cover crop or in a garden bed for quirky flowers. It grows to 60cm (24") in full sun or part shade. (482-1162 s/g)

A 0.5g	B 2g	C 15g
\$3.49	\$6.49	\$7.99
D 100g	E 500g	
\$16.99	\$54.99	

SNAPDRAGON

Antirrhinum majus nanum



Rainbow Mix FL3206

These traditional garden favourites were selected for their colour richness: from the palest to the deepest pinks, coral, blood-red, and yellow. Expect some bi-coloured flowers as well. The 60cm (24") tall stems make superb, long lasting cut flowers. The plants are often grown as annuals but may overwinter in mild areas.

A 0.25g	B 1g	C 10g	D 50g
\$3.29	\$4.99	\$10.99	\$54.99

SALVIA

Salvia longispicata x *farinacea*



Big Blue Salvia FL3877

This interspecific hybrid is the first of its type to flower from seed in the first year. Its showstopping spikes of true blue flowers attract all kinds of bees. The plants are low maintenance, drought tolerant, and grow to 60-90cm (24-36") tall with thick, lush deep green foliage. They grow well in large containers where they will bloom until first frost.

A 5s	B 25s	C 100s
\$6.99	\$16.99	\$49.99
D 500s	E 2500s	
\$169.99	\$628.99	

SNEEZEWEED

Helenium autumnale



Autumn Sneezeweed FL3830

As a garden perennial, this is an easy and dependable late summer bloomer, and an important food source for pollinators. The upright plants grow to 130cm (51") tall, each bearing as many as 100 bright yellow flowers in a branched array. Keep spent flowers picked, and don't let the soil dry out completely during the growing season. It is hardy to Zone 3. (2500-4368 s/g)

A 0.25g	B 1g	C 5g
\$3.69	\$5.99	\$7.99
D 25g	E 100g	
\$14.99	\$59.99	

STATICE

Limonium sinuatum



Supreme Mixture FL2051

This lovely mix was bred in France for their large inflorescence, uniform height, and strong stems. The stems are outstanding for fresh cut or long-lasting dried flowers. *Statice* blooms from July to September on plants that grow 60cm (24") tall. The plants are tolerant of very dry soil, but keep watered in long periods of drought. (375-400 s/g)

A 0.05g	B 1g	C 5g
\$3.49	\$5.99	\$22.99

SEA HOLLY

Eryngium planum



Sea Holly FL1206

This drought tolerant perennial thrives in sandy, well drained soil. Its stiff, spiny leaves are bluish green with silvery veins. It forms a clump over time, and blooms from June to September. The blue and white flower clusters have a distinctive bract. This plant can grow to 120cm (48") tall and is hardy to Zone 5. (740-761 s/g)

A 0.05g	B 0.25g	C 1g
\$3.49	\$4.99	\$7.99
D 5g	E 25g	
\$11.99	\$44.99	

SOAPWORT

Saponaria ocymoides



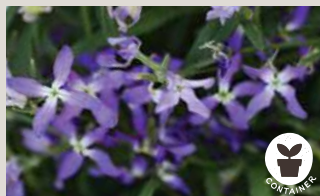
Rock Soapwort FL3818

Low-growing Rock Soapwort is a favourite perennial for alpine and rock gardens. This semi-evergreen blooms from May to August with five-petaled pink flowers joined at the base to form a nectar tube that's highly attractive to bees. The roots can be used to make soap. It grows 10-40cm (4-16") tall and is hardy to Zone 3. (506-1015 s/g)

A 1g	B 5g	C 25g
\$3.69	\$6.49	\$10.99

STOCKS

Matthiola longipetala *bicornis*



Stocks Evening Scented FL3248

Spindly and insignificant by day, stocks are potently fragrant when their flowers open at dusk. The clustered, single, four-petaled flowers are a pale lilac. These easy to grow annuals reach 30-45cm (12-18") tall. Enjoy the scent at night in patio containers or window boxes. (1110-2000 s/g)

A 0.5g	B 2g	C 15g
\$3.69	\$4.99	\$9.99

SUNFLOWERS

Helianthus annuus

Sunflowers are incredibly useful in organic gardening. While they can be harvested for their edible seeds and oil, they also earn their keep prior to harvest. Being so tall and conspicuous, they make excellent lures for pollinators and beneficial insects. Crops like squash, with flowers that may be obscured by large leaves, benefit from inter-planting with sunflowers, substantially increasing pollination. Sunflowers grow very quickly, and can be used to eliminate toxins from the soil, including lead, arsenic, and uranium. This process is known as phytoremediation. Sunflowers planted at Chernobyl and Fukushima were used to absorb caesium-137 and strontium-90 from the water table. (Family: Asteraceae)



Growing sunflowers

Timing: Direct sow after last frost. Starting indoors is possible, but does not gain much time.

If sunflowers are allowed to get root-bound, they will lack stability at transplant time, and will require staking. Optimal soil temperature for germination: 21-30°C (70-85°F). Seeds should sprout in 10-14 days. **Starting:** Sow seeds 5mm-1cm (1/4 -1/2") deep. Space dwarf varieties 15cm (6") apart, but give the giants lots of room at 1m (3') between plants.

Growing: Sunflowers will grow in just about any well-drained soil, and they are drought tolerant. To grow really big plants with really big flowers, enrich the soil with organic matter and incorporate 2 cups (500ml) of complete organic fertilizer per 3m (10') of row, and irrigate regularly. When the plants are 30cm (12") tall, dissolve 5ml (1 tsp) of borax (for boron) in 350ml (12 fl oz) of water and spread the solution over 5m (15') of row. Be careful not to over-apply this solution. This application of boron will produce big seeds and flower heads. Do not apply boron to other garden plants. When the back of the flower head turns yellow, it is ready to be cut from the plant. Seed Specs: Usual seed life: 3 years.

Tall Blend FL3257

With so many to choose from and only so much space in the garden, this blend of the tall sunflowers looks great in a mixed planting. This package combines four varieties that grow over 2m (6') tall to brighten up the back of the garden or the edge of a farm field.

A 1g
\$4.49



Zohar

Certified Organic FL3252

This pollenless hybrid has very uniform flowers with densely packed, rich orange petals around a dark brown centre. The single flowers are 10-15cm (4-6") wide on plants that grow to 1.5m (5') tall. Zohar was bred with florists in mind. (17-19 s/g)

A 1g	B 5g	C 25g	D 250g
\$4.69	\$9.99	\$32.99	\$219.99



Velvet Queen FL3253

Rich dark reds make a real impact in the garden. These plants are branched to produce many cut flowers on single stems. The 13cm (5") wide blooms are spectacular. Velvet Queen grows to 1.5m (5') tall. (31-41 s/g)

A 2g	B 5g	C 25g	D 125g
\$3.69	\$4.99	\$7.99	\$19.99



Solar Power FL3254

Solar Power features striking bi-coloured petals in mahogany red with bright yellow tips around a dark brown centre. The result is amazing contrast on 1.7m (5.5') tall plants. Solar Power is a very colourful variety that looks wonderful in mass plantings. (14-17 s/g)

A 1g	B 5g	C 25g
\$4.99	\$10.99	\$44.99



Lemon Queen

Certified Organic FL3255

Lemon Queen is a tall branching plant that is covered with lemon yellow flowers. It makes for wonderful bouquets and a fine show in the garden. It grows 1.8-2m (6-7') tall. This is a Winner of the RHS Award of Garden Merit. (25-28 s/g)

A 1g	B 5g	C 10g
\$3.69	\$7.99	\$9.99



Jerusalem Gold

Certified Organic FL3261

This unique organic hybrid is very uniform with big flat discs on strong stems for excellent cut flowers. Jerusalem Gold also produces good sized black seeds. The plants are about 1.7m (5.5') tall with only one flower each. (19-24 s/g)

A 1g	B 5g	C 25g
\$3.99	\$9.99	\$21.99
D 100g	E 500g	
\$44.99	\$169.99	



Autumn Beauty FL3262

These 1.5m (5') tall plants are literally covered with 13cm (5") blooms. Some plants have as many as twenty blooms or more. The edible petals arrive in a very showy mixture of colours from golden yellow to bronze. (42-53 s/g)

A 2g	B 10g	C 25g	D 100g
\$3.69	\$4.99	\$7.99	\$15.99



Taiyo

Certified Organic FL3264

This Japanese heirloom has large, single, 20-30cm (8-12") wide flowers on stems that grow to 1.8-2m (5-6') tall. Rich yellow petals surround Taiyo's dark chocolate centre. The flowers produce tasty seeds. (28-32 s/g)

A 1g	B 5g	C 25g	D 100g
\$3.69	\$5.99	\$8.99	\$29.99



Peredovik

Certified Organic FL3265

This Russian cultivar produces the black seed used for making sunflower oil and is the very top choice for feeding birds. Most of the plants produce one big head with few side branches. The chickadees will announce when they are ripe. Peredovik grows to around 1.2-1.5m (4-5') tall. (12-19 s/g)

A 5g	B 25g	C 100g
\$3.69	\$5.99	\$7.99
D 500g	E 1kg	
\$16.99	\$29.99	



Titan FL3268

This heirloom is one of the tallest varieties available, growing 3.6m (12') in just 110 days. Its huge 60cm (24") wide flowers produce delicious and nutritious sunflower seeds, or they can be hung in the garden as a natural bird feeder. (8-18 s/g)

A 2g	B 5g	C 10g	D 100g
\$3.99	\$4.99	\$6.99	\$29.99



Teddy Bear FL3271

Teddy Bear has fluffy, round, fully double flowers with a very distinctive look. These small and sturdy plants grow to 90cm (36") tall. Inter-plant them with other sunflower varieties, add to the border, or grow in containers. They make a unique cut flower. (42-56 s/g)

A 1g	B 5g	C 25g
\$3.69	\$6.49	\$9.99
D 100g	E 500g	
\$24.99	\$75.99	



Giganteus FL3275

This is the giant among sunflowers, with towering stems up to 3.6m (12') tall. At the top grows a monumental flower head up to 45cm (18") across, that hangs heavy with edible seeds. The seed heads tend to sag forward at maturity. (8-11 s/g)

A 2g	B 5g	C 25g
\$3.69	\$5.99	\$7.99
D 100g	E 500g	
\$10.99	\$33.99	



Short Blend FL3307

This selection of our loveliest short-growing sunflowers ranges in height from 60-120cm (24-48") tall. They are well suited to containers or the edges of a vegetable garden. The small flower heads will still attract scores of beneficial insects, as well as birds in the fall for seeds.

A 1g	B 5g	C 25g
\$3.99	\$8.99	\$22.99



Sunrich Sunflower Blend FL3871

A 20s	B 100s	C 500s
\$5.99	\$14.99	\$44.99
D 2500s	E 10,000s	
\$133.99	\$449.99	

The Sunrich series

The Sunrich series of hybrid sunflowers were bred with the florist trade in mind. These are highly uniform annuals that mature in 60 to 70 days from direct sowing, producing a single, upright stem, about 1.2-1.5m (4-5') tall. The flowers are very round with dense numbers of petals, but the flowers produce no pollen, so they won't make a mess when they're cut and brought indoors. They make really excellent, long-lasting cut flowers, with blooms 10-15cm (4-6") across. Choose a variant, or pick the Sunrich Blend and enjoy them all at once. (15-25 s/g)



Sunrich Gold FL3857

A 20s	B 100s	C 500s
\$5.29	\$12.99	\$42.99
D 2500s	E 10,000s	
\$144.99	\$499.99	



Sunrich Lemon FL3858

A 20s	B 100s	C 500s
\$5.99	\$14.99	\$44.99
D 2500s	E 10,000s	
\$144.99	\$499.99	



Sunrich Lime FL3859

A 20s	B 100s	C 500s
\$5.99	\$14.99	\$44.99
D 2500s	E 10,000s	
\$144.99	\$499.99	



Sunrich Orange FL3860

A 20s	B 100s	C 500s
\$5.99	\$14.99	\$44.99
D 2500s	E 10,000s	
\$144.99	\$499.99	



Mongolian Giant Certified Organic FL3901

Mongolian Giant is organic and produces seriously tall plants with stems that grow up to 4.2m (14') in just four months. These plants benefit from staking. The huge flower heads are laden with seeds over 2cm (1") long - the longest of any sunflower seeds. The large edible seeds can be harvested and roasted or left for the birds to enjoy. (6-8 s/g)

A 2g	B 5g	C 25g	D 125g	E 500g
\$3.99	\$5.99	\$7.99	\$24.99	\$79.99

Helianthus debilis



Italian White FL4048

Like freshly churned butter, the petals of this heirloom variety are pale yellow, almost white. They surround a chocolate-brown disk, bringing an appealing high contrast to flower borders and cut flower bouquets. The flowers appear on multi-branching stems over a long period in summer atop stems that typically reaches just over 1.2m (4') in height but can grow taller. (146-190 s/g)

A 0.5g	B 2.5g	C 10g	D 50g	E 250g
\$3.29	\$4.99	\$7.99	\$21.99	\$89.99



ProCut White Lite FL4050

Creamy petals surround a honey centre atop a stem reach up to 2m (6') tall. Bred for professional florists, this pollenless hybrid sunflower bears nectar that still attract and feed pollinators. Harvest the blooms just as they begin to open for the longest vase life, or enjoy them in the field. They grow up to 15cm (6") wide on single stems.

A 25s	B 100s	C 500s	D 2500s	E 10,000s
\$5.99	\$13.99	\$44.99	\$151.99	\$512.99

SWEET PEAS

Lathyrus odoratus



When Sweet Peas were introduced in England from Sicily over 300 years ago, the first blooms were small, highly fragrant and grew well in the warm summer sun. Since then, flower growers have selected and bred their favourites for different characteristics. They produce larger flowers on longer stems for cut flowers and exhibition. Today we find that scent has been lost in the quest for larger flowers. Fragrance seems to be related to colour, with the lavender and light pink flowers the most fragrant and the scarlet shades the least fragrant. Cool summer climates allow gardeners to grow all the types and enjoy more fragrance than in hot summer areas. Flowering is triggered by day length. Mammoth Series flowers when the days are 10 hours long, (from sunrise to sunset) whereas Late Spencer varieties start flowering when the days are 12-15 hours long. All sweet peas perform best in cool summer areas, but the Old Spice Series has more tolerance for heat. Sweet peas belong to the family Fabaceae.

Growing sweet peas

Timing: Start indoors 4-6 weeks before last frost or direct sow 3-4 weeks before last frost. In temperate regions, try planting in November (especially Mammoth) for earliest blooms. Optimal soil temperature: 12-18°C (55-65°F). Seeds should sprout in 10-21 days. **Starting:** Soak seeds in water for 24 hours and/or rub them with sandpaper. Or "pre-sprout" by putting them between sheets of damp paper towels until the seeds swell, then plant them. For earliest bloom, or in hot summer areas, plant inside in small pots with 3 or 4 seeds per pot. Transplant the little clumps 30cm (12") apart. Outdoors, plant seeds 5mm-1cm (¼-½") deep and thin to 4" apart. **Growing:** Sweet peas appreciate moist, rich soil in a sunny place and need to be kept watered. For best results prepare the soil by adding lime, digging deeply and enriching with compost or manure. When the plants are 10cm (4") tall, pinch out the growing point to encourage branching. Most climb, so give them netting or a fence. If planting against a wall, be sure that the netting is not right against the wall to give good air circulation and allow easy access to pick the flowers. **Harvest:** In order to keep sweet peas blooming cut them regularly (every couple of days) and remove any seed pods that form. For longest lasting bouquets, cut them when it is cool in the morning or late evening.

Lathyrus odoratus



Patio Mix FL3205

This fabulous container sweet pea only grows to 30cm (12") tall. Its lightly fragrant flowers have wavy petals in shades of red, pink, light blue, deep blue, and white. Try growing in large containers or even hanging baskets. It makes an outstanding edger for raised beds as well. (11-14 s/g)

A 3g	B 25g	C 100g
\$4.69	\$12.99	\$32.99

Lathyrus odoratus



Cuthbertson FL3283

This highly scented mix is known for its superior bloom time and long cutting stems. It is one of the earliest Spencer varieties to flower. Blooms in shades of pink, cream, white with picotee edging, and lavender. Cuthbertson climbs enthusiastically to 2m (6') tall or slightly more. (12-16 s/g)

A 5g	B 15g	C 50g	D 125g
\$4.29	\$7.99	\$11.99	\$24.99

Lathyrus odoratus



Butterfly Blend FL3279

This is one of our most unique and beautifully scented varieties. On early blooms, the creamy white petals are variegated with a darker colour, and as the season progresses the colours become louder in reds, purples, blues, and chocolate. The flowers are borne in pairs along the stem on plants that grow to 120cm (48") or more. (12-16 s/g)

A 3g	B 10g	C 25g	D 100g
\$4.29	\$7.99	\$9.99	\$32.99

Lathyrus odoratus



Mammoth Blend FL3284

Mammoth is the earliest to flower, with big, bold blooms, making it an excellent choice for early spring colour. These climbers grow 2m (6') tall with mild scented flowers in striking shades of crimson, lavender, blue, and pink. This variety has long stems that are great for use in bouquets. (12-15 s/g)

A 5g	B 25g	C 100g
\$6.49	\$14.99	\$29.99
D 500g	E 1kg	
\$105.99	\$189.99	

Lathyrus odoratus



Old Spice Blend FL3280

This heirloom blend has the best heat resistance making it a great choice for warm climates. Appearing in a range of showy colours, the highly fragrant flowers may be solid coloured or streaked. Provide the vines with a trellis as they grow to 2m (6') tall. (13-15 s/g)

A 5g	B 25g	C 50g
\$4.29	\$8.99	\$11.99
D 100g	E 500g	
\$17.99	\$49.99	

Lathyrus odoratus



Late Spencer Blend FL3285

The Spencers have strong stems and outstanding fragrance. The upper petals are ruffled, and the lower petals are longer than other varieties. These reliable performers include beautiful, bold colours in red, pink, white, rose, purple, and blue. (11-16 s/g)

A 5g	B 25g	C 100g
\$3.99	\$7.99	\$15.99
D 500g	E 1kg	
\$69.99	\$119.99	

Lathyrus odoratus



Royal Family Blend FL3281

Royal Family blooms after Mammoth, but before the Spencers. The plants are quite heat-tolerant, so they bloom for longer than other varieties. This long-stemmed sweet pea grows to 180cm (48") tall and has very large flowers in crimson, lavender, blue, pink, and white. (11-15 s/g)

A 5g	B 25g	C 100g
\$4.49	\$8.99	\$19.99
D 500g	E 1kg	
\$64.99	\$99.99	

Lathyrus odoratus



High Scent FL3287

This sweet pea is the best choice for a scent garden. The flowers keep their intense scent even when cut for bouquets. The elegant white flowers are lightly tinged with bluish purple and borne on long stems. High Scent grows to 1.2m (4') tall. (10-14 s/g)

A 5g	B 15g	C 50g	D 125g
\$5.49	\$10.99	\$26.99	\$44.99

SWEET PEA

Lathyrus odoratus**Painted Lady FL3292**

The beauty of this bicolor heirloom has kept it in cultivation since the 1730s. This is one of the original cultivars from the Cupani strain. It grows 1.5-2m (5-6') tall with highly scented pink and white petals on long stems for cutting. It performs best in cooler weather. (12-15 s/g)

A 5g	B 25g	C 100g
\$4.89	\$10.99	\$26.99

Lathyrus odoratus**Bijou Blend FL3294**

The rich colour range of this blend is dominated by blues and purples, but accented by the occasional highlight of scarlet or pure white. The stems are long, sturdy and uncommonly straight for excellent cut flowers. The vines will grow up a trellis and can reach up to 1.5m (5') tall. (12-15 s/g)

A 5g	B 25g	C 100g
\$3.99	\$8.99	\$24.99
D 500g		E 1kg
\$84.99		\$119.99

Lathyrus odoratus**Early Multiflora Blend FL3296**

This variety will bloom during winter when grown in a greenhouse or protected area of the garden. Long vines grow 2-3m (6-10') tall with sturdy stems that make excellent cut flowers. The abundant flowers appear in solid colours and have a mild fragrance. (10-17 s/g)

A 5g	B 25g	C 100g	D 500g
\$3.69	\$7.99	\$17.99	\$74.99

Lathyrus odoratus**Supersnoop Mix FL3298**

Supersnoop is a dwarf variety that grows to 45-60cm (18-24") tall, so the plants are well suited to containers, window boxes, and the front of a flower bed. This improved Snoopea variety blooms early with mildly fragrant flowers in a wide range of colours. (11-13 s/g)

A 3g	B 10g	C 25g	D 125g
\$4.49	\$8.99	\$15.99	\$52.99

SWEET PEA

Lathyrus odoratus**Matucana FL3304**

This unusual Italian heirloom has bi-coloured violet and deep maroon flowers. It is thought to be one of the first sweet peas to be introduced to Britain in 1700 by a Sicilian monk. Matucana has an intoxicating scent. Grow some history with this West Coast Seeds staff favourite. (11-13 s/g)

A 5g	B 25g	C 100g
\$4.99	\$14.99	\$44.99

WILD GARLIC

Allium ursinum**Ramsons FL4045**

AKA wild garlic, Ramsons is a versatile plant that can be grown ornamentally as well as a gourmet delicacy. Leaves emerge in early spring, followed by a stalk topped with an umbel of star-shaped white flowers. As the flowers develop, the garlic fragrance and flavour of the leaves declines. By midsummer, the seeds have matured and the plant goes dormant until late winter. (192-214 s/g)

A 0.25g	B 1g	C 5g	D 25g	E 100g
\$3.39	\$4.99	\$9.99	\$29.99	\$99.99

WILD ONION

Allium cernuum**Nodding Wild Onion FL1211**

Stems of this wildflower grow to 45cm (18") from bulbs in the ground. In early/mid-summer, they bear umbels of white/rose, pendant flowers that nod in the wind. These are attractive to bees, but not to grazing deer. These perennials are hardy to Zone 2. Grow in full sun to part shade, or in well drained containers. (255-298 s/g)

A 0.1g	B 0.5g	C 2.5g	D 10g
\$3.69	\$5.99	\$9.99	\$22.99

ANNUALS AND PERENNIALS:
WHAT'S THE DIFFERENCE?

Understanding this basic concept helps gardeners plan what to grow and where to grow it.

Annual

A plant that completes its whole life cycle in only one year, from germination to foliar growth to flowering and seed formation. Many vegetables are annuals and will "bolt," or produce flowers and seeds in a short period, usually triggered by heat or length of daylight hours.

Perennial

Unlike annuals, which mature fully in one year, and biennials which take two years, perennials are plants that last for more than two years. Scientifically, the term refers to any woody-stemmed plant, but includes everything from tiny, low-growing thyme varieties to towering maple trees. Perennial plants overwinter by storing food either in their trunks or roots. Unlike annuals, they do not need to attempt to self-sow each summer.

Some perennial plants may only last three years or will benefit from being lifted and

separated at that time by root division. And further, some plants may be perennial in one area and not in another, depending on hardiness zone.

Most of the products listed in this catalogue are annual varieties, such as beets, broccoli, carrots, corn, cauliflower, spinach, and tomato, but certain varieties are considered perennials including asparagus, lavender, and mint (to zone 4). In addition, many of our wildflower seed blends on pages 108-110 contain a mix of both annual and perennial varieties, so you can seed once and enjoy a beautiful display of flowers for years to come.

WILDFLOWERS

Growing wildflowers

Site Selection: Wildflowers do well in nutrient poor soil with good drainage in full sun.

Site Preparation: Pull or till under as much existing vegetation as possible to minimize competition with wildflowers. Loosen the soil by scraping, raking, or tilling. Tilling may cause the germination of buried weed seeds and require another round of weeding before seeding.

Choosing a Mix: Our wildflower mixes are free from noxious or invasive weeds, and are formulated to work according to region or soil/light conditions. The majority of seeds will become established plants, pending moisture, light, soil fertility, climate zone, and competition with weeds.

Seeding: In small areas, seeds can be scattered by hand, and in larger areas, by a lawn spreader. We recommend adding 1–2 parts clean, dry sand to 1 part wildflower seeds which will help the seeds spread evenly. Do not use beach sand, as it will be full of salt. It may be wise to spread most of the seed, and to save some for filling in bald spots at a later date. Seeds must come in contact with the soil in order to germinate. Do not bury seeds more than 2–3 times their thickness.

The minimum planting rate is based on 70 seeds per square foot. 90g of mix will cover 1,000 ft².

500g covers about 5,500 ft². Use 4kg per acre.

If seeding an area where site preparation and regular weeding are not possible, double this seeding rate.

Growing: Keep the seeded area evenly moist to help the seeds germinate and the young seedlings become established. Weeds need to be kept under control. Once they are growing, most mixes will not require additional water except in long periods of hot, dry weather. All our mixes should regrow for several years.



Each re-sealable sprinkle bag contains enough seeds (25g) and fine vermiculite (100g) to spread over 180 square feet.

Alternative Lawn
Sprinkle Bag FL3454R

Butterfly Blend
Sprinkle Bag FL3451R

Deer Resistant
Sprinkle Bag FL3450R

Pacific Northwest
Sprinkle Bag FL3446R

A 25g
\$15.99



Alternative Lawn Mix
FL3454

Use this wildflower blend as an alternative to lawn. It forms a low-growing, dense ground cover composed of fine fescues, flowers, and clover species and provides a colourful and less demanding alternative to traditional lawn. The species in this blend fill in spaces rapidly and return from year to year.



Butterfly Blend FL3451

The brilliant colours and longevity of this blend are selected to attract butterflies and keep them coming back. Made up of a variety of species including annuals and perennials, the blend grows bright colours for many seasons to come. This mix will also attract birds and other wildlife to the area, and generally improves biodiversity.



Deer Resistant Mix FL3450

This blend includes wildflowers that are unpalatable to deer. In times of weak grazing, deer may nibble these wildflowers. We've had excellent feedback from customers on Vancouver Island and the Sunshine Coast, where deer can really be a nuisance.



Pacific Northwest Blend
FL3446

These flowers will thrive in most garden settings, but they have been selected due to their performance in the Pacific Northwest. They will grow perfectly well east of the Cascade Mountains, too. This is a beautiful and diverse mix of flowers both short and tall. The blend includes both annuals and perennials.

A 5g	B 50g	C 225g
\$6.99	\$14.99	\$37.99
D 500g	E 1kg	
\$79.99	\$119.99	

A 5g	B 25g	C 125g
\$4.69	\$11.99	\$30.99
D 500g	E 1kg	
\$109.99	\$189.99	

A 5g	B 25g	C 250g
\$4.69	\$11.99	\$64.99
D 500g	E 1kg	
\$99.99	\$134.99	

A 5g	B 25g	C 100g
\$3.99	\$11.99	\$26.99
D 225g	E 500g	
\$49.99	\$89.99	



Biodiversity Blend FL1218

Plant a wide variety of flowers, and it will attract a wide variety of pollinators. The hugely diverse flowers of the species in this blend are variously shaped, scented, and sized. Some provide pollen and nectar, while others provide other benefits such as forage for larvae and building materials. They were all selected because of their attraction for bees and other beneficial insects.

A 5g	B 25g	C 125g
\$4.69	\$9.99	\$32.99
D 500g	E 1kg	
\$89.99	\$139.99	



Beneficial Insect Blend FL3443

The flowers in this blend were selected to attract predatory insects such as lacewings, hover flies, and ladybird beetles. With a healthy population of these insects in the garden, pest species like aphids, thrips, and caterpillars will be controlled naturally. It also attracts generalist pollinators to help increase yields in fruiting plants.

A 5g	B 25g	C 125g
\$4.49	\$9.99	\$24.99
D 500g	E 1kg	
\$89.99	\$169.99	



Hummingbird Blend FL3444

Attract hummingbirds with this beautiful wildflower blend. The species in this mix are some of the most attractive nectar-bearing flowers available, and have a long blooming period, from June to September.

A 5g	B 25g	C 125g
\$4.49	\$12.99	\$31.99
D 500g	E 1kg	
\$119.99	\$179.99	



Perennial Mix FL3447

This blend includes species of long-lived flowering plants. Sow in fall for blooms the following spring. When spring planted, there will be some flowering, but most will not flower until summer the following year. The plants will grow to 90-110cm (36-40") under normal conditions. Most perennials in this blend are hardy to zone 3.

A 5g	B 25g	C 125g
\$4.99	\$14.99	\$43.99
D 500g	E 1kg	
\$129.99	\$219.99	

XERISCAPING

This is a method of landscaping with water conservation as top priority.

By combining thoughtful plant choices, ground preparation, and efficient irrigation, a landscape can be designed that requires little or no extra water. Many grasses (and wildflowers) have deep, extensive root systems, having evolved in regions that experience seasonal droughts.

Existing landscape elements can be incorporated in the planning. For instance, slopes and natural drainage ways can be used to channel rainwater toward a xeriscape bed.

Excavate the planned area deeply and fill with organic matter such as leaves, straw, or manure. This will create reservoirs to catch and hold water

when it is available. Cover these areas with regular garden soil before planting.

Applying some form of mulch to the surface (from leaf litter to bark chips to stones) also conserves moisture. The soil will be cooler and evaporation will be reduced.

Use drought-tolerant grasses, fescues, and deep-rooted flowers and shrubs when planting. These plants really do thrive with less water than others.



Partial Shade Mix FL3453

All flowers do best in full sun, but the ones in this blend will flourish and prosper with filtered sun. The mix is made up of annuals and perennial/biennial species, and grows to a maximum height of 60-75cm (24-30").

A 5g	B 25g	C 125g
\$4.69	\$9.99	\$32.99
D 500g	E 1kg	
\$84.99	\$139.99	



Xeriscape Mix FL3458

Conserve water by planting varieties that (once established) need little or no further moisture to thrive. This selection of drought tolerant species will bloom throughout the driest weather and return year after year, providing beautiful colour as well as food for pollinators.

A 5g	B 25g	C 125g
\$4.69	\$13.99	\$38.99
D 500g	E 1kg	
\$119.99	\$189.99	

Plant the following flowers for xeriscaping:

Alyssum	Eryngium	Iberis	Plectritis
Cynoglossum	Gaillardia	Linum	Rudbeckia
Dianthus	Gaura	Lobelia	Statice
Digitalis	Gypsophila	Lupin	Wildflowers
Echinacea	Helenium	Physalis	Yarrow



Knee High Meadow Blend FL3460

This wildflower mix is generally less than 90cm (36") high and provides a neater appearance than taller mixes. It's perfect for residential or commercial landscaping where height is a factor. This diverse mix of annuals and perennials looks wonderful when it is allowed to cover large areas.

A 5g	B 25g	C 125g
\$4.49	\$7.99	\$26.99
D 500g	E 1kg	
\$69.99	\$89.99	

WILDFLOWERS



Bee Garden Blend FL3540

Sowing the seeds of plants that bees and other pollinators forage on is a critical step in helping bees have a future. The species in this blend were specially selected by our Certified Bee Master for use in managed landscapes such as disused laneways, verges, or along the edges of cultivated areas in residential or agricultural properties.

A 5g	B 25g	C 125g
\$4.69	\$8.99	\$26.99
D 500g	E 1kg	
\$85.99	\$139.99	



Upland Blend FL3865

This blend includes wildflower species that are native to the area surrounding the Rocky Mountains. These annuals and perennials will perform beautifully wherever the summers are hot and the winters are cold, and will return year after year. The glorious colour will change as the blend blooms over a long season to support local pollinators.

A 5g	B 25g	C 125g
\$6.49	\$21.99	\$74.99
D 500g	E 2.5kg	
\$219.99	\$799.99	



Prairie Wildflower Blend FL3866

The wildflowers in this blend are native to the plains of south-central Canada and northern United States. These species thrive in landscapes with cold winters and hot summers, and they once occurred in abundance, mixed with a host of drought tolerant wild grasses. This blend brings spectacular colour to prairie landscapes, but also exposed coastal areas.

A 5g	B 25g	C 125g
\$6.49	\$16.99	\$59.99
D 500g	E 2.5kg	
\$169.99	\$749.99	



Great Lakes Wildflower Blend FL3867

These wildflowers species are native to the Great Lakes region and have been selected for their ease, suitability, and charm in areas with hot, humid summers and cold, snowy winters. This is a mix of annuals, biennials, and perennials that are cold hardy and drought tolerant. Any area with limited biodiversity will be improved by the Great Lakes Blend.

A 5g	B 25g	C 125g
\$6.49	\$16.99	\$54.99
D 1kg	E 5kg	
\$349.99	\$1,089.99	

WILDFLOWERS



East Coast Wildflowers Blend FL3868

Create a carpet of beauty that will stand up to rugged weather and terrain with this blend of wildflowers native to eastern coastal North America. These plants are cold, heat, and drought tolerant, and will grow well in west coast gardens too. This blend feeds local native pollinators like bees, butterflies, and hummingbirds throughout the whole summer with its colourful display.

A 5g	B 25g	C 125g
\$6.49	\$16.99	\$79.99
D 500g	E 2.5kg	
\$269.99	\$649.99	



Bumble Bee Blend FL3872

Planting diverse species of nectar-rich flowers is one of the best strategies for pollinator conservation. This is a selection of annual and perennial flowers that will attract and feed these important pollinators from early spring to the end of their season. The mix grows to a maximum height of around 100cm (36") tall, and is hardy to Zone 4.

A 5g	B 25g	C 125g
\$4.69	\$8.99	\$21.99
D 500g	E 2.5kg	
\$69.99	\$329.99	

Achillea filipendulina



Yarrow FL2035

This is the classic golden-flowered perennial that grows on sturdy stems to a height of 1.2m (4ft). Yarrow is highly drought-tolerant, and has been used medicinally and as a companion plant to attract beneficial insects in the vegetable garden. It is hardy to Zone 3. (6041-6800 s/g)

A 0.5g	B 2g	C 10g
\$3.69	\$6.99	\$22.99

Achillea millefolium occidentalis



Western Yarrow FL3825

This important North American pollinator plant thrives in disturbed soil, so is ideal for planting in work sites or roadside areas. This variety grows 25-90cm (10-36") tall with clusters of tiny white flowers above fern-like foliage. Blooming for a long period, the stems make great cut flowers. It is deer resistant and hardy to zone 4. (2261-7166 s/g)

A 0.25g	B 1g	C 5g
\$3.49	\$5.99	\$7.99
D 25g	E 250g	
\$11.99	\$54.99	

BEGINNER FRIENDLY CUT FLOWERS

BY KRISTIN RANEY

Here's a few of my favourites of each type that you can find at West Coast Seeds:

GREENS:

Emerald Towers Basil, Red Rubin Basil, Cosmos, your favourite tomato, and Cloud Grass.

FILLERS:

Bishop's Flower, Yarrow, Forget-Me-Nots, Baby's Breath Gypsophila.

SPIKES:

Green Tails Amaranth, Burgundy Amaranth.

SUPPORTING:

Godetia, Queen Lime Orange Zinnia, Sultane Mix Strawflowers, King Size Apricot China Aster.

HERO:

Velvet Queen Sunflowers, Cappuccino Rudbeckia.





KRISTIN RANEY,
SHIFTING ROOTS

CUT FLOWERS

You've probably seen those photos on Instagram – the ones of happy flower farmers with armloads of flowers and gorgeous bouquets, and thought to yourself, “if only I could grow flowers like that!”

Imagine waking up in the morning and heading out to your own personal cut flower paradise to snip a few blooms for your table. It's not an impossible dream.

You might be surprised to find out that you can easily grow a beautiful, blooming, colourful cut flower garden in a backyard-sized space, or even a 4x8 raised bed. It might sound like wishful thinking, but with a little careful planning, the right flower choices, and a whole lot of care and love, you can start a prosperous, budget-friendly cut flower garden.

Before I break down how you can have your own backyard-sized garden, let me introduce myself. My name is Kristen and I'm a flower farmer and content creator based near Saskatoon, Saskatchewan. I sell flowers for weddings, run bouquet making workshops, and have a small bouquet CSA through my flower farming business, Shifting Blooms. I'm also the voice behind the cold climate gardening blog, Shifting Roots, and I've written multiple e-books about cut flowers, perennials, beginner gardening, and small space gardening. I also run a course for beginner flower farmers, helping them start small and market themselves well.

But before I had a large garden and equally large business, I grew cut flowers amongst my vegetables for pleasure—gradually increasing my flowers as I discovered new varieties, and my business grew. Over the years I've figured out what flowers deserve a spot in my gardens and vases, and here's how to start figuring out what will work for you.

Plant with the bouquet in mind

When you first open the seed catalogue or scroll through the website, it's easy to just order whatever looks pretty and hope it all works together. However, you might find that everything blooms all at once, or that your bouquets feel like they fall flat and are just made up of one or two things.

To make sure my bouquets look their best, I plant a mixture of greens, fillers, spikes, supporting (or rounds), and a few hero flowers. With a mix of these in every bouquet, you're certain to have arrangements that get compliments.

If you follow these tips, you should have a beautiful cut flower garden that brings you joy (and tons of flowers!) from July until your first frost.

Follow Kristin @shifting_roots on Instagram



Tips for a successful cut flower garden:

Once everything is growing well and it's time to make your bouquets, here are a few tips to help your cut flower garden produce as long as possible.

1 GET IN THE HABIT OF A DAILY GARDEN TOUR.

This is your chance to enjoy your flowers, see what's ready to harvest, and stay on top of weeds, pests, and moisture levels.

2 CUT AS LONG OF A STEM AS POSSIBLE.

Even if you only need a short stem for your current arrangement, shallow cuts produce short stems. Deep cuts promote better stem length.

3 FERTILIZE WEEKLY.

Once all the seedlings have been transplanted, you still need to keep fertilizing to have as productive of a garden as possible. I recommend using the Pure Vida Bloom as a foliar feed.

4 KEEP ON TOP OF PESTS.

Unfortunately, pests love your garden just as much as you do. West Coast Seeds has a variety of organic pest solutions to help keep your flowers from being a bug's supper. One of my favourites is the Sticky White Fly and Aphid Traps and Diatomaceous Earth.

5 HARVEST REGULARLY.

It's tempting to let the flowers bloom and never cut them, but if you want your garden to last as long as possible, then start cutting! Most cut-and-come-again flowers tend to regrow in about 3 weeks during the summer, so you'll be seeing blooms again before you know it.

ZINNIA

Zinnia elegans

Give Zinnias the space they need, and they will produce some of the best cut flowers of all — they can be very profitable for market growers. Quick to grow and ultra-low maintenance, they bloom from late Spring to Frost. They are members of the family Asteraceae.

Growing zinnias

Timing: Start indoors 6–8 weeks before planting out (be gentle when transplanting as zinnia roots are sensitive) or direct sow after last frost. **Starting:** Maintain a soil temperature of 21–26°C (70–80°F). Seeds should germinate in 5–24 days. Lightly cover Zinnia seeds with a thin layer of soil and aim for a final spacing of 25–30cm (10–12") between plants. **Growing:** Grow in average, well drained garden soil, but dig in a generous amount of well-rotted manure the previous fall. Pinch off growing tips early in the season for bushier growth. Water regularly, keeping leaves as dry as possible. Dead-head regularly. Feed once in early spring, and again once flowering has begun.



Zinnia elegans

Queeney Lime Orange FL1219

This AAS winner has branching stems that grow to about 90cm (36") tall. Atop each stem is a flower of immense beauty that starts out lime green, but as its petals unfold they turn to deep peach and then orange. This colour range looks wonderful in bouquets. As cut flowers they are long lasting and luxuriant, and in the garden they are abuzz with bumble bees.

A 25s	B 100s	C 500s	D 2500s	E 10,000s
\$6.29	\$16.99	\$74.99	\$189.99	\$609.99

COMPANION PLANTING FOR BELONGING

CARISSA KASPER,
SEED & NOURISH

Photo:
Erin Flegg



Carissa Kasper works in Digital Customer Experience for West Coast Seeds, and is a writer, speaker, designer, and founder of Seed & Nourish.

Carissa helps transform space and self through the power of the kitchen garden. She has appeared in print and onstage in such places as the Lonely Planet Travel Anthology, Asparagus Magazine, Humans Who Grow Food, Metro UK, Vancouver Sun, and the BC Home and Garden Show.

Through Seed & Nourish, Carissa has coached home gardeners, and created and managed private and public kitchen gardens alike, including the Fairmont Waterfront chef's garden.

Follow Carissa @seedandnourish on Instagram.

Companion planting creates an ecosystem in our garden by pairing plants that like to grow near one another and separating those that don't. This technique makes room for acceptance and flow in the garden, rather than frustration and challenge. We can let go of perfection and instead build trust in the cycles of nature, and in ourselves as stewards.

When beginning to explore the concept, it might feel overwhelming to put into

practice plant pairings with the sheer amount of information that is out there. It can feel something like being the new kid stepping onto the school bus trying to determine where to sit — who goes beside who, who should we stay away from, where do we fit?

I want everyone to feel belonging in their bones. So, let's break down some families of companions into the essence of who they are and how we can support one another in the garden.

Umbellifers

Umbellifers is the family of plants that pats the empty seat beside them and says, there is room here. This family includes herbs such as dill and cilantro, and flowers like yarrow and Bishop's Flower. They bloom with scores of tiny nectar and pollen-rich flowers arranged on an umbrella-shaped plane. These feed small beneficial insects like hoverflies, ladybugs and parasitoid wasps that prey on small-bodied insects such as aphids, whiteflies, and spider mites. They are referred to as positive hosts.

One of my favourite members of this family is cilantro. Many gardeners may find this a challenging herb to grow to harvest because of its tendency to bolt. We can welcome it in by providing it with a comfortable place to be—direct sown in the cool temperatures of spring or fall. When the bolting process begins in summer weather and it begins to produce flowers and then seed, rather than leaves, we can view this as a positive. The flowers will feed our beneficials, then set seed, which can be left to self-sow to produce a fall or spring crop of cilantro leaves.

Trap Crops

Trap crops are our protectors. When aphids appear on our kale, rather than shooting them with water or smothering them with soap, we might adopt a different approach. Instead of banishing them from the bus, we might take it one step further and invite them in.

Though trap crops, we can begin to build trust in the cycles of life to bring things into balance. Fast-growing plants like nasturtium are irresistible to aphids. By planting trap crops near our crops, but not beside them, we can redirect our pests away from those that need protection.

As we build a bank of aphids on our nasturtium, we entice our predator insects in to feast. If we've planted umbellifers throughout the garden, the predators will move through the space to clean up any strays that have made their way onto our crops.

Pollinator Flowers

There are some companions who need a little extra support for their special gifts to shine — our bees and pollinators. One of our most important roles as stewards in the garden can be planting an array of pollinator flowers.

Sunflowers, phacelia, calendula, and borage can all be direct sown and will self-sow to feed the bees year after year. You might choose to establish a patch of sunflowers in your yard and calendula flowers alongside your crops to allow for the movement of bees through your garden.

Your zucchini, tomatoes, cucumbers, beans, peppers and all your fruiting crops will thank you. When we are generous with those around us, life has a way of bringing abundance back around.

Nitrogen Fixers

Legumes like peas, beans, clover, and lupins are the companions that hold out their hands with food when you've forgotten your lunch at home. Beneath the surface, they are forming symbiotic relationships with Rhizobium bacteria in the soil to create nodules of nitrogen on their roots.

When legumes flower and die back, but the roots are left intact to decompose, they enrich the soil with nitrogen, the most difficult of the major nutrients to maintain, creating food for hungry crops to grow strong, like brassicas, corn, cucumbers, and tomatoes.

This family grows in all seasons. You can begin with peas in the early spring, move to bush or pole beans in the summer, and finish with broad beans in the fall to overwinter, ensuring that this vital nutrient is being cultivated year-round in your soil.

This season, I encourage you to turn to all life around you and be the one to say, come on in, you are welcome here. With openness, you might find you are left feeling rooted in place.

Zinnia elegans**California Giants Mix FL3486**

This heirloom cut flower mix dates back to 1926. These Giants can reach a height of 1m (3') tall with an abundance of large, double flowers in brilliant hues. The substantial plants are fairly drought tolerant and look fantastic in mass plantings. (125-180 s/g)

A 1g	B 5g	C 25g	D 125g	E 500g
\$3.69	\$5.99	\$9.99	\$24.99	\$59.99

Zinnia haageana**Soleado Zinnia FL3844**

Soleado puts on a jubilant display of single flowers with two-tone orange petals surrounding concentric circles of mahogany and yellow. The plants are tough and will stand up to nearly any weather conditions, blooming right into fall. They are a lovely choice for a cutting garden and grow to 45cm (18") tall. (733-800 s/g)

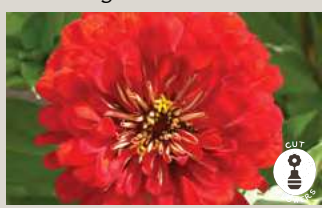
A 20s	B 100s	C 500s	D 2500s
\$3.49	\$5.99	\$9.99	\$29.99

'Scabiosaflora' Cupcake series

Zinnia elegans scabiosaeflora**Orange Cupcake FL3873**

(153-171 s/g)

A 0.3g	B 1g	C 5g
\$3.99	\$6.49	\$10.99
D 25g		E 100g
\$36.99		\$99.99

Zinnia elegans**Cherry Queen FL3849**

Cherry Queen features fire engine-red flowers that can reach 12cm (5") wide. The flowers attract pollinators, and seem particularly attractive to butterflies. The upright stems grow 75-100cm (30-40") tall and are perfect for cut flower production. Bloom time is mid summer to early autumn. (93-166 s/g)

A 1g	B 5g	C 25g
\$3.49	\$5.99	\$7.99
D 100g	E 500g	
\$14.99	\$54.99	

Zinnia elegans**Polar Bear FL3850**

Creamy white flowers top upright stems that grow 75-100cm (30-50") tall. The 10cm (4") wide flowers appear from summer to fall, attracting butterflies, bees, and other pollinators. The plants are resilient, and will keep producing new stems and blooms over several weeks. (130-150 s/g)

A 1g	B 5g	C 25g
\$3.99	\$5.99	\$7.99
D 100g		E 500g
\$15.99		\$54.99

Zinnia elegans**Oh, Canada! FL3851**

This blend is as red as the maple leaf, and as white as the driven snow. The plants are easy to grow annuals that will fill in summer borders with eye-catching colour. Bring some of the pride indoors by making an attractive two-tone bouquet. This blend grows 76-100cm (30-40") tall.

A 1g	B 5g	C 25g
\$3.99	\$5.99	\$7.99
D 100g		E 500g
\$15.99		\$52.99

Each flower in this 'Scabiosaflora' Cupcake series opens as a conventional looking zinnia, but then ruffles intensely in the centre with so many petals that it resembles the pincushion flower, Scabiosa. Scores of 5cm (2") wide blooms appear on plants that grow to 75cm (30") tall. The strong, upright stems make superb cut flowers and produce blooms from early summer right into fall. With three bold colours to choose from, or a blend of all three, these annuals will look sensational in the garden or bouquet.

**Lemon Cupcake FL3874**

(174-182 s/g)

A 0.3g	B 1g	C 5g
\$3.99	\$6.49	\$10.99
D 25g		E 100g
\$36.99		\$99.99

**Sanguinea Cupcake FL3875**

(170-188 s/g)

A 0.3g	B 1g	C 5g
\$3.89	\$6.49	\$10.99
D 25g		E 100g
\$36.99		\$99.99

**Cupcake Zinnia Blend FL3879**

A 0.3g	B 1g	C 5g
\$3.99	\$6.49	\$10.99
D 25g		E 100g
\$36.99		\$109.99

The Oklahoma series

Zinnia elegans**Oklahoma Ivory FL4051 (120-202 s/g)**

A 1g	B 5g	C 25g
\$3.69	\$5.29	\$12.99

**Oklahoma Salmon FL4052 (120-202 s/g)**

A 1g	B 5g	C 25g
\$3.69	\$5.29	\$12.99

**Oklahoma Yellow FL4053 (180-225 s/g)**

A 1g	B 5g	C 25g
\$3.69	\$5.29	\$12.99

SEED POTATOES *Solanum tuberosum*

Growing potatoes

Timing: Potatoes are tolerant of cool soils and moderate frost. Minimum soil temperature at time of planting should be 6°C (43°F). Plants will emerge around 2–3 weeks after planting. **Starting:** Set tubers approximately 7–10cm (3–4") deep, and 30cm (12") apart in prepared trenches spaced 60cm (24") apart. Growing: Ideal pH: 5.5–6.5. Well-drained, loamy soil rich in organic matter is preferred. If heavy clay or clay/loam soils are used, double-digging and improving organic matter content by growing cover crops and/or adding compost manure can correct drainage problems. Do not lime areas planned for potatoes. When plants are 30cm (12") tall, "hill up" soil 15cm (6") around the plants (it's okay to cover green leaves). Straw or grass mulch also works well. It is recommended that no irrigation take place between planting and sprout emergence in order to avoid disease.

It is important though, not to let the soil become too dry, and to irrigate while plants are flowering. Avoid getting water on the plants themselves. Late Blight can be problematic, especially on the coast. Symptoms appear as water-soaked gray spots on tips and margins of the leaves and stems. If blight strikes, cut down all above-ground plant parts and harvest tubers two weeks later. Dispose of affected plants in the garbage, not the compost. **Harvest:** New potatoes can be harvested about 7–8 weeks after planting. Potatoes grown for late summer (and fall fresh use) can be dug when tubers are full size or when foliage begins to die down. Potatoes grown for storage and winter use should be harvested after plants have died back. Optimum storage conditions are a dark location 4–7°C (40–45°F), and 90% relative humidity. Paper sacks stored in a garage will suffice. Check them often, though, to remove any that are starting to go.

Approximate shipping date is mid-March through May.



All of our potato varieties are Certified Organic.

EARLY POTATOES



Warba PT604

Harvest this classic heirloom before all the others in early summer. The skin and flesh are white, with numerous pink eyes. Warba is a high yielding, very flavourful variety that is great for boiling or roasting, but too waxy for frying. It has very good storage potential, and it's the right choice for areas with short growing seasons. It is resistant to scab.

A 1kg	B 2.5kg	C 20kg
\$10.99	\$20.99	\$144.99

Potato Mix Assortment PT600

Celebrate diversity with our Certified Organic Mixed Potato Assortment. The assortment includes yellow, red, blue and fingerling potatoes. Enjoy a mixed bag of tubers over a long harvest period. Many flavours, textures, and colours in one sensational sampler.

A 500g
\$10.99

MID-SEASON POTATOES



Chieftan PT603

This beloved heirloom produces oval to oblong tubers with smooth, bright red skin, shallow eyes and white flesh. This is a high-yielding variety that is widely adapted to soil types and stores well. It's good for boiling, baking, and fries. It has moderate resistance to Late Blight, common scab, Rhizoctonia, silver scurf, stem-end browning, tuber net necrosis, and Verticillium wilt.

A 1kg	B 2.5kg	C 20kg
\$10.99	\$20.99	\$144.99



Russett Norkotah PT601

One of the standard Russets for baked potatoes. Smooth, dark-brown skins cover very white flesh. The tubers are uniform and attractive, with good storage potential. They have good resistance to the Columbia root-knot nematode, scab and silver scurf, and moderate resistance to leaf roll and potato virus Y.

A 1kg	B 2.5kg	C 20kg
\$10.99	\$20.99	\$144.99



Sieglinde PT610

More popularly known as German Butter Potatoes, this heirloom is prized for its buttery flavour. It has oblong, slightly flattened, smooth tubers covered with thin skin. The eyes are shallow, the flesh is yellow and firm with great storage potential. They are best when boiled and roasted. Sieglinde has good resistance to scab, mosaic virus, and warts.

A 1kg	B 2.5kg	C 20kg
\$10.99	\$20.99	\$144.99



Yukon Gold PT608

This oval variety has yellow skins with shallow pink eyes and light yellow flesh that retains its colour when cooked. It keeps very well. It is excellent for baking, boiling, roasting and frying. Yukon Gold has some resistance to leaf roll, high resistance to potato virus A and X. It is somewhat susceptible to scab.

A 1kg	B 2.5kg	C 20kg
\$10.99	\$20.99	\$144.99

LATE-SEASON POTATOES



Russian Blue PT611

Russian Blue features dark purple skin on round to oblong tubers with tasty purple flesh. Give the substantial plants more room in the row. This heirloom variety withstands dry conditions better than most. Roasting or grilling the halves will actually darken the colour and is recommended, as the mild flavour benefits from grilling with herbs and seasonings.

A 1kg	B 2.5kg	C 20kg
\$10.99	\$20.99	\$144.99



GemStar PT621

GemStar tubers are oblong, slightly elongated, and covered with attractive brown skins. The crisp white flesh is very good for baking and frying. This variety has high resistance to common scab, powdery scab, and potato virus X. It is moderately resistant to Verticillium wilt, Erwinia soft rot, tuber net necrosis, and corky ringspot.

A 1kg	B 2.5kg	C 20kg
\$10.99	\$20.99	\$144.99



Kennebec PT602

This is one of the best varieties for making chips and French fries, but is also nice boiled or baked. It is high yielding and fast growing. The tubers are elliptical to oblong, with smooth buff skin over white flesh. The plants are resistant to tuber net necrosis, and moderately resistant to numerous other diseases.

A 1kg	B 2.5kg	C 20kg
\$10.99	\$20.99	\$144.99



La Ratte Fingerling PT606

This high quality fingerling is prized for its culinary attributes. The firm yellow flesh has a nutty flavour and waxy texture that holds together after cooking. An excellent potato boiled, sautéed or roasted.

A 0.5kg	B 1kg	C 20kg
\$10.99	\$16.99	\$254.99

SEED GARLIC *Allium sp.*

Check online in September for other varieties. Garlic is a terrific crop for beginners because it's so easy to grow. Planted in the fall, it overwinters and grows through spring for an early summer harvest. Bulbs grown from the garden are full-bodied and juicy, with a flavour that cannot be surpassed. Garlic scapes harvested from hardneck varieties make an excellent pesto or compound butter. When bulbs are dried and cured well, they can last six months and are a welcome reminder of the garden in the dead of winter. Softneck varieties can be woven into a braid with dried flowers and hung in the kitchen as a lasting gift from the garden.

Growing garlic

Timing: Plant garlic in September until the first hard frost. **Starting:** Separate the cloves and set each one, pointed end up, 10–15cm (4–6") apart and with the tip of the clove 2–5cm (1–2") deep. Don't skin the cloves. Use deeper planting if rain or frost may expose the cloves, and shallower planting if using mulch or planting into heavy soil. The largest cloves will make the largest bulbs. **Growing:** Ideal pH: 6.2–6.8. Rich, well-drained soil. Dig well, add compost (lots of it if the soil is heavy) and do not compact by stepping on it. Fertilize when spring growth starts: When new growth is apparent, top dress with a balanced organic fertilizer. Just sprinkle some around each stem on the

surface of the soil. Water as needed and keep weeded. Cut flower scapes to keep energy in the bulb. Most growers choose to cut off the garlic scape once it has curled around completely. Garlic scapes only form on hardneck varieties, but they are edible and flavourful. If individual cloves haven't formed, either eat the clove or replant and it will bulb next year. Fall planted garlic is harvested in July. Many growers have been hit with White Rot that causes black spots and decay on the bulbs. It is easily spread in infected soil and water and is very persistent in the soil. Flooding the bed for 4 weeks in the spring may kill it. The best way to avoid it is not to leave decaying Alliums in the ground and by using a strict 4-year rotation. Rust is a fungal disease that causes rust-coloured spots on the leaves and may reduce the size and quality of the harvest. Rust-affected garlic is still edible. Avoid planting any Alliums (especially garlic) in beds where rust has occurred in the current or previous season. Increase spacing between plants and avoid overhead watering to minimize harm from rust. **Harvest:** When the bottom 2/3 of the plants are dry, gently pull and air-dry like onions in a warm spot with good air movement, out of direct sunlight. To cure, allow plants to dry completely, so that no green is left on the leaves. Once this is done, trim the roots, cut the stem 8cm (3") from the top of the bulb, and store in garlic netting.

ONION SETS

Onion sets are produced by sprouting onion seeds in crowded trays and then interrupting their growth. They are simply year-old dormant bulbs, similar to daffodil or tulip bulbs. On the plus side, they are much faster than producing onions from seeds. On the downside, they are only available as generic, unnamed varieties. Our selection are all storage varieties, with great flavour and performance.

Growing onion sets

Timing: Plant onion sets in early spring to provide the longest possible growing

season. **Starting:** The pointy tip should always face upward at planting. Set them around 1cm (½") deep, so that the neck of the stem just pokes out of the soil. Plant sets 10–15cm (4–6") apart. Once growth starts, top dress with some Complete Organic Fertilizer. Just scatter it on the surface of the soil between and around the sets. **Harvest:** As with regular onions, they will be mature when the bulbs are large and the tops are beginning to fall over. For all other growing, harvesting, and curing tips, please consult Growing Onions on page 41.

Yellow Onion Sets ON581

A 500g	B 2.5kg	C 5kg
\$7.99	\$19.99	\$43.99

Red Onion Sets ON579

A 500g	B 2.5kg	C 5kg
\$7.99	\$19.99	\$43.99

White Onion Sets ON580

A 500g	B 2.5kg	C 5kg
\$7.99	\$19.99	\$43.99

Shallot Sets ON583

A 250g	B 1kg	C 5kg
\$7.99	\$24.99	\$39.99

Multiplier Onion Sets ON584

A 250g	B 1kg	C 5kg
\$7.99	\$24.99	\$39.99

SHIPPING POTATOES, GARLIC & ONION SETS

Onion sets and potatoes are expected to ship mid-March through May. Garlic is expected to ship September to October. All live goods are sent as separate orders with regional shipping applied. When we ship live goods, we check to see if we can include any backordered seeds or other items ordered to help save on total shipping costs. We regret that we cannot ship our potatoes, garlic, and onion sets outside of Canada.

Spanish Roja HR1152

One of the most popular and tasty mid-season rocambole hardnecks. Pure garlic flavour is accompanied by mild heat in large, firm cloves and bulbs. The outer wrapper leaves are white, becoming streaked with pink and purple to tan as the layers are peeled away. This hardneck is cold tolerant and a great performer in Canadian gardens.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Red Russian HR1163

This marbled purple stripe hardneck has the ability to withstand soggy winter soils better than others. Double cloves may occur. This Pacific Northwest heirloom was brought to BC's Interior by Russian Doukhobor immigrants in the early 1900s. Red Russian hardneck will store for 3–6 months.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Chesnok Red HR1173

This purple stripe hardneck has good exterior colour. The cloves peel easily, and have good aroma and a nice, lingering flavour. Chesnok will store for 4–6 months if correctly cured. This variety originated in the Shvelisi region, Republic of Georgia.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Music HR1162

This cold-hardy porcelain hardneck garlic has a fine flavour and medium strength. The cloves are wrapped in a slightly pink skin, with pure white wrappers over the bulb.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Italian Hardneck HR1159

This porcelain hardneck produces bulbs with easy-to-peel purple cloves with a spicy, strong flavour. The wrapper leaves are almost pure white, with some purple veins. The scapes of this variety have a very strong, garlicky flavour and make excellent pesto.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Italian Softneck HR1181

Italian Softneck is one of the best tasting and most pungent varieties. It has a famously long storage potential of 9 months if cured and stored well. The pliable stems are ideal for braiding, which is a nice way to store it for kitchen use, and also looks great on the market table.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Yugoslavian HR1165

This classic porcelain hardneck has been grown in BC for decades. It has bulbs with copper veins and some purple blotches. Expect a solid, dark brown skin colour. It's spicy at first, mellowing to a good, strong flavour. This variety stores well.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Persian Star HR1161

Persian Star is a purple stripe hardneck. The flavour is sweet and spicy, with less heat than others, and is much enhanced when roasted. This heirloom is thought to have originated in Uzbekistan.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Majestic HR1174

This porcelain hardneck has a smooth and creamy garlic flavour. Its heat takes a moment to develop, climaxing to very hot before mellowing out to a long lasting garlic taste. The large bulbs are slightly striped over cloves with pink/tan wrappers that are fairly easy to peel.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Rootdown Rocambole Garlic HR1102

A high quality rocambole hardneck garlic that is treasured for its pure flavour, easy growing, and reliable storability. The plants may be ready for harvest a couple of weeks after the others, but they are cold hardy and productive. The bulbs average 8–12 cloves each, and are great for roasting whole.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Legacy Garlic HR1104

This treasured heirloom rocambole hardneck from the 1800's has a rich, full flavour with a fair amount of heat that mellows with longer curing and in storage. Particularly good when roasted with smooth and creamy texture. Boasts long storage as well.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

Kettle River Giant HR1192

Kettle River Giant is a heirloom artichoke softneck only found in specialty shops and farmers markets. It boasts the great storability typical of a softneck, but it also has the rich flavour and spice of hardnecks. If growing a sizable softneck has been a challenge in the past, Kettle River Giant may well be the variety that puts an end to the struggle.



A 3 bulbs	B 6 bulbs	C 12 bulbs
\$15.99	\$26.99	\$49.99

ORNAMENTAL GRASSES

All grasses have ornamental value, particularly after they set seed. Even the grasses sold as cover crops like barley, oats, and wheat have a decorative charm once the seed heads have dried. Grasses tend to be drought tolerant, so they're incredibly useful for xeriscaping, and filling in areas for visual appeal in summer. Many grasses are important for pollinators, as well as the caterpillars of numerous moths and butterflies. We are very pleased to now provide this selection of multipurpose grasses for water-wise gardening and landscaping.

Growing ornamental grasses

Timing: Direct sow any time in spring. Most form their seed heads after two to three months. Or start indoors, about 6 weeks before last frost, to allow for precision spacing. Optimal soil temperature for germination: 18–21°C (65–70°F). Seeds should sprout in 7–14 days. **Starting:** Sow seeds 5mm–1cm (0.2–0.4") deep. **Growing:** All grasses put on fairly quick foliar growth after germination. As the days get longer and warmer, they grow to their maximum height and then produce inflorescences (known as panicles), shed their pollen, and form seed heads. These can be cut at any time, but in most cases will dry naturally on the plants once the seeds are mature.

Lagurus ovatus



Bunny Tails GR102

This exceptional annual has panicles like little bunny tails. Native to the Mediterranean, it grows in any temperate environment, and puts on a show mid-summer in containers, garden beds, or xeriscaping landscapes. The amusing flower heads dry on the plant and remain in place through the winter. The stems grow to 30cm (12") tall, and add whimsy to flower arrangements. (1540-1630 s/g)

A 1g	B 5g	C 25g
\$3.69	\$5.99	\$12.99
D 100g	E 500g	
\$36.99	\$121.99	

Pennisetum glaucum



Jade Princess GR404

F1. Cousin to Purple Majesty, this phenomenal millet produces lanky, chartreuse foliage to about 60cm (24") in a tidy clump. This spectacle is followed by rush-like panicles that resemble the tails of mythical beasts, appearing in August and lasting into the fall. This highly ornamental grass looks amazing in large containers or as a border to define taller plants like sunflowers in the background.

A 10s	B 50s	C 250s
\$9.99	\$29.99	\$119.99
D 1000s	E 5000s	
\$326.99	\$1,379.99	

Dactylis glomerata



Cat Grass CC100

Cat Grass makes a very nice indoor plant that is also safe for pets--cats, dogs, rabbits and guinea pigs like to nibble it. Be sure to use a heavy, low container filled 3/4 full of potting soil to make it harder to topple the pot. It is highly palatable to animals and it is often used as forage in pastures. It can be grown in your garden in xeriscaping designs as well because it is also the food plant of choice for many butterfly caterpillars and other pollinators. Cat Grass is an attractive, easy to grow animal-friendly plant. (820-855 s/g)

A 125g	B 1.15kg	C 3kg	D 11.35kg
\$5.99	\$6.99	\$7.99	\$15.99

Dactylis glomerata



Orchard Grass GR400

This tall, fast-growing, long-lived, perennial bunching tussock grass thrives in the cool season, and tolerates shade, drought, and the heat of summer. It is considered by many to be one of the finest for forage, with its very fine texture and apparent good flavour (and high sugar content) at the immature stage. If it is tilled under, it's an excellent source of carbon and organic matter. Height to 140cm (55"). Hardy to Zone 4.

A 5g	B 25g	C 100g
\$3.29	\$4.69	\$6.49
D 500g	E 1kg	
\$17.99	\$25.99	

Agrostis nebulosa



Cloud Grass GR100

In mid-summer, flower spikes emerge to a height of 50cm (20"), with panicles of tiny, cream-coloured flowers. The stems lend a diaphanous and airy feel to any cut or dried flower arrangement. This clump-forming annual will thrive in sun or partial shade. The plants are drought tolerant and look sensational in large patio containers or xeriscape gardens mixed with taller grasses and rocks. In the right setting, this grass will self-sow, but will never become weedy. (1250-1342 s/g)

A 0.5g	B 2.5g	C 10g
\$3.99	\$6.99	\$14.99
D 50g	E 250g	
\$49.99	\$159.99	

Cortaderia selloana



Pink Pampas Grass GR407

Pink Pampas Grass gets even taller than the white variety, but it is a tad more tender. At 4m (12') tall, with huge feathery flower clusters, this plant makes a statement in any garden space. The flamboyant panicles are very slightly tinged pink, and they make superb cut flowers, fresh or dried. This massive perennial takes three years to reach full maturity, so make it part of a long term garden plan. Cortaderia is heat tolerant and its sharp leaves make it deer resistant. Hardy to zone 8 but can be overwintered in cooler zones by mulching over the roots.

A 50s	B 25s	C 1000s
\$3.49	\$5.99	\$11.99
D 5000s	E 25,000s	
\$36.99	\$137.99	

Pennisetum glaucum



Copper Prince GR403

This cousin of Purple Majesty and Jade Princess was a hit in our field trials. The golden green foliage darkens at the points most exposed to the sun, becoming more mahogany in tone. About mid summer, the rush-like panicles begin to emerge, rising to a height of 90cm (36"). They become bushier and bushier and then form a layer of densely packed, dark brown seeds. This grass looks tantalizing in mass plantings or rows used to define garden edges. But it is decorative enough to warrant individual specimens in patio containers.

A 10s	B 50s	C 250s
\$9.99	\$29.99	\$109.99
D 1000s	E 5000s	
\$299.99	\$1189.99	

Pennisetum glaucum



Purple Majesty GR300

F1. Start the precious seeds of this jaw-dropping AAS Winner indoors 6-8 weeks before last frost, and space the seedlings at least 60cm (24") apart. This magnificent hybrid is the very meaning of ornamental, with dark, mahogany/purple leaves followed by stunning, cattail-like panicles that can reach 1.2m (5') tall. Grow single plants in large patio containers for a summer-long spectacle or use the seed heads in bouquets or as dried flowers.

A 10s	B 50s	C 250s	D 1000s
\$10.99	\$36.99	\$99.99	\$289.99

GRASSES	SOWING AND GROWING	OPTIMUM SOIL TEMPERATURE	DAYS TO GERMINATION	PLANT HEIGHT	HARDINESS ZONES
Bunny Tails	Direct sow early May	16°C (60°F)	7-14	30cm (12")	annual
Cat Grass	Just tamp seeds into moist soil and lightly cover	16-20°C (60-68°F)	7-14	140cm (55")	hardy to zone 4 (perennial)
Cloud Grass	Sow on soil surface March to May	20°C (68°F)	21-25	50cm (20")	annual
Jade Princess	Start indoors 6-8 weeks before last frost, transplant 3 weeks after	18-21°C (65-70°F)	10-14	1.2m (5')	annual
Orchard Grass	Just cover seeds and tamp soil, then lightly mulch	16-20°C (60-68°F)	7-14	140cm (55")	hardy to zone 4 (perennial)
Quaking Grass	Sow 5mm (1/8") deep March to May	12°C (55°F)	10-21	50cm (20")	hardy to zone 4 (perennial)
Purple Majesty	Start indoors 6-8 weeks before last frost, transplant 3 weeks after	18-21°C (65-70°F)	10-14	1.2m (5')	annual
Ruby Grass	Direct sow, lightly cover, keep moist until germination	20-22°C (68-72°F)	14-21	60cm (2')	hardy to zone 4 (perennial)
Sheep Fescue	Sow direct on soil surface	12°C (55°F)	21	30cm (12")	hardy to zone 4 (perennial)
Twister	Sow direct on soil surface, lightly cover	18-24°C (65-75°F)	6-12	30-36cm (12-14")	hardy to zone 4 (perennial)
White Pampas Grass	Direct sow 50 seeds into a 2' diameter hole. Lightly tamp the seeds down, keep moist until well established	18-21°C (65-70°F)	21-25	3-4.5m (10-15ft)	hardy to zone 4 (perennial)
Pink Pampas Grass	Direct sow 50 seeds into a 2' diameter hole. Lightly tamp the seeds down, keep moist until well established	18-21°C (65-70°F)	21-25	3-4.5m (10-15ft)	hardy to zone 4 (perennial)

Briza maxima**Quaking Grass GR101**

The flowers are borne on flexible stems that causes them to bounce and tremble in the wind. Use stems in fresh or dried flower arrangements for movement and touch of whimsy. This perennial will grow in full sun to part shade, in containers, raised beds, or in xeriscaping schemes. Choose soil that is well drained and not that fertile, and the flower stalks will appear in mid summer to 50cm (20") tall. Once it is growing, it requires very little care. It is tolerant of drought and stress, and is non-competitive. Briza is hardy to Zone 4. (310-359 s/g)

A 1g	B 5g	C 25g
\$3.29	\$5.99	\$10.99
D 120g	E 500g	
\$16.99	\$52.99	

Melinis nerviglumis**Ruby Grass GR401**

'Savannah'. F1. Named for its deep red panicles, this lovely grass begins as a round clump of blue green foliage about 25cm (10") wide. In mid-summer, the flowering stalks begin to appear, starting red, but fading to pink and then to creamy silver at maturity. Stalks reach as tall as 90cm (36") and can be used in bouquets for texture and contrast. The plant can be grown as a perennial in warmer areas (hardy to Zone 8), but in cooler zones it should be thought of as an annual. For a spectacular display, grow in large patio containers or a rock garden.

A 50s	B 250s	C 1000s
\$9.99	\$29.99	\$77.99

Festuca ovina**Sheep Fescue GR202**

This perennial forms dense tufts of greyish green leaves. It thrives in well-drained, poor soil because of its symbiotic relationship with mycorrhizal fungi, through which it gathers moisture, minerals, and nutrients. These increase the overall soil fertility and benefit surrounding plants. It flowers from May to June, and it has no rhizomes, so each plant stays where it is planted. It is hardy to Zone 3.

A 5g	B 25g	C 2.5kg	D 6.25kg
\$6.49	\$14.99	\$89.99	\$129.99

Juncus effusus spiralis**Twister Multi (Pelleted) GR402**

'Spiralis'. This quirky cultivar of the soft rush grows its stiff, smooth leaves in a curious corkscrew shape. The leaves add a touch of drama to floral design work. This plant prefers damp, slightly acidic soils in full sun to partial shade. It grows well at the margins of ponds or in soil that is constantly irrigated. Try it in a balcony container for visual impact, but keep it well watered. Twister is a hardy perennial in Zones 4 and up, but can be grown as an annual in cooler climes. Each pellet contains 8-12 seeds.

A 10s	B 25s	C 100s
\$6.49	\$9.99	\$26.99
D 500s	E 2500s	
\$89.99	\$345.99	

Cortaderia selloana**White Pampas Grass GR406**

This familiar ornamental grass takes three years to reach maturity from seed, but the result is magnificent. A fountain of soft blue-grey foliage erupts from the centre of a massive clump. Above this, from late summer right into winter stand the distinctive, feathery panicles up to 3m (10') high. White Pampas Grass can be used as an architectural feature in garden design, anchoring or framing garden spaces. The stems are fantastic as fresh or dried cut flowers. It is hardy to Zone 7 but can be overwintered in cooler zones by mulching over the roots.

A 50s	B 250s	C 1000s
\$3.49	\$5.99	\$11.99
D 5000s	E 25,000s	
\$33.99	\$149.99	

BIODIVERSITY BEGETS BIODIVERSITY

Research shows that when pollinator habitat is re-established in urban areas, insect populations can rebound dramatically. Land does not have to be set aside to accomplish this. Instead of devoting backyard space to demanding, non-native grasses or unproductive rock gardens, convert it into an oasis for insects and wildlife. Benefits exist for both the environment and the grower. Try growing drought-tolerant ornamental grasses that feed moths and butterflies and grow intriguing shapes and textures in your backyard. Plant bee turf and micro clover in place of traditional grass to increase habitat and forage for small insects while reducing your watering

needs. Grow wildflowers in containers or at the edge of garden beds to provide pollen for bees and feed songbirds while attracting the predatory insects that help your vegetable plants thrive. While recreational lawn and traditional landscaping ideas have their uses, there are plethora of alternative options available for the sustainable-minded grower. Planting to increase biodiversity begets more biodiversity, building healthier habitats and healthier regions. By keeping the environment and our impact on it in mind with all our planting choices, we can do our part to help repair the earth and support the wildlife living upon it.

LAWN SOLUTIONS

Consider replacing lawns altogether with more sustainable options like water-conscious xeriscaping or planting for wildlife. Or build some raised garden beds to grow food in these spaces. For homeowners who can't part with their green space, some of the products on this page are proving to be excellent alternatives to the traditional lawn grasses. Unlike conventional lawn grasses, these form no thatch, so they are not attractive to the European Chafer Beetle, or the birds and mammals that prey on them.

Growing lawn solutions

Timing: Follow the instructions for each product type. More information is available on our website. Try to avoid planting during prolonged hot weather. Seeding over existing thatch is rarely successful, since the seeds need to be in direct contact with soil. We recommend planting into freshly prepared topsoil. **Starting:** Follow the suggested sowing rates for each product type. Seed at a higher rate to ensure fuller coverage. Withhold 15-20% of seeds for filling in any bare areas later. Keep the newly seeded area well watered as the seedlings take root. **Growing:** Establishing a "Lawn Solution" lawn may take more than one season.



Alternative Lawn Mix LS905

This is the same popular blend of flowers, fescues, and clovers found in our wildflower section on page 111. Here we have it packaged in larger sizes for our Lawn Solutions seed racks. From spring to late summer, the wildflowers in this blend put on a dazzling show. Many of the Alternative Lawn wildflower will self-sew, but none are invasive. Hardy to Zone 4.

A 25g	B 100g	C 500g	D 2.5kg	E 10kg
\$10.99	\$21.99	\$85.99	\$329.99	\$1189.99

LAWN SOLUTIONS

BY ALEX JOHNSON,
GARDENWORKS



What many people do not realize are the ways in which lawns can be detrimental, and what sort of alternatives are available to them. While there are certain situations where turf lawns can be useful, such as sports fields and some public spaces, turf has several drawbacks, all of which can be addressed with the right Lawn Alternative.

Firstly, as stated above, the maintaining of the "perfect" lawn is a very resource intensive process. To keep a lawn looking lush and green, large amounts of fertilizer are required, and depending on the environment, vast amounts of water are most likely required as well. For those that want to mitigate their environmental impact, this excess of input will most likely sit uncomfortably with them, and thus presents the perfect opportunity for alternatives, such as West Coast Seed's Easy Care EnviroLawn seed mix. Alternative mixes such as these provide several benefits including drought resistance and requiring little to no fertilizer input. The slow growing, drought-resistant grasses need minimal water once established, while still providing some of the low growing coverage of other turf species. Additionally, the clover contained in the mix acts to naturally feed the lawn, meaning that there is almost no fertilizer needed. Clovers can fix nitrogen, a vital nutrient for plant growth. Our atmosphere is roughly 78% nitrogen, but it is in a form



Bee Turf LS903

Bee Turf is a lawn replacement blended from mixed clovers and low-growing wildflowers that was developed by West Coast Seeds in partnership with the City of Richmond, BC. It is intended to replace lawn in urban settings in order to reduce maintenance costs and increase habitat and forage for pollinators. This blend requires less water, less fertilizer, and less mowing than conventional lawn grasses. It has better resistance to weeds and is unattractive to chafer beetles. Monthly mowing will keep it trim and tidy: Mow to 12cm (5") tall for a natural pasture look, with lots of flowers, or mow to 6.5-8cm (2-3") for a manicured lawn appearance. Bee Turf contains: Sheep Fescue (*Festuca ovina*), Western Yarrow (*Achillea millefolium*), Micro clover (*Trifolium repens* var. *Pipolina*), Baby Blue Eyes (*Nemophila menziesii*), Sweet Alyssum (*Lobularia maritima*), English Daisy (*Bellis perennis*), Roman Chamomile (*Anthemis nobilis*), Perennial Ryegrass (*Lolium perenne*), and White Dutch Clover (*Trifolium repens*). For more flower diversity, simply mix in some of our Alternative Lawn Wildflower Blend at planting time.

A 25g	B 100g	C 500g	D 2.5kg	E 10kg
\$7.49	\$14.99	\$40.49	\$159.99	\$549.99

Feedback from our customers

"We needed easy maintenance and with water restrictions every year, drought resistant. Our Bee Turf germinated quickly and was the talk of the neighbourhood. They're still stopping by to see the progress, how much the elk eat and how easy it is to look after. It's holding up well to the elk and traffic paths of other neighbourhood animals. We're thrilled with it." -Linda

"I live in Calgary and was tired of my lawn drying out and looking brown and patchy in

one of our summer droughts. So I removed my old lawn, put down layers of topsoil/compost, and seeded my front yard with Bee Turf with some wildflower seeds thrown in. The seeds germinated in about 2 weeks. It looks amazing!!! I let it grow to about 5 inches and the lawn is dotted with lots of wildflowers. The texture is lush and thick because it's not just grass, and it has a wonderful, vibrant green color. I cut it recently and it looks like the lawn I've always wanted. It will be interesting to see how it survives our cold winters but so far, I'm very happy with how it's come up and how terrific it looks." -Ola

CLOSEUP OF
UNMOWED
BEE TURF



FRESHLY MOWED



that plants cannot use. However, clover can take this nitrogen, and by taking advantage of a mutualistic relationship with bacteria in its roots, is able to fix that nitrogen, or convert it to a form that is available for plants to use, including the clover as well as the grass around it. Finally, the clover, as well as the Purple Tansy, both will produce flowers, providing excellent foraging for native pollinators, especially bees.

The flowering component of this mix, as well as other mixes such as the Bee Turf and Alternative Lawn Wildflower Mix address another major drawback of traditional turf lawns, wherein they provide no support for vital pollinators. Since they do not flower, this means that in the eye of our bees, a turf lawn is a barren wasteland, only providing them support when weeds start to grow, which of course are then hastily removed, lest they ruin the "perfect lawn." By sowing seeds that will go to flower, one can create an oasis for our pollinators.

While there are certain situations where traditional turf lawns can be a good fit, there are many other options, with many added benefits. Whether you are looking for a solution to reduce maintenance, to provide for our pollinators, or reduce your environmental impact, the use of lawn alternatives can be a vital tool in your endeavor. visit www.gardenworks.ca

Chafer Beetle Resistant Lawn Blend LS901

This blend of Micro clover and Tall Fescue seeds takes a two-pronged approach at defeating the chafer beetle. Keep the newly seeded area well watered as the seedlings take root. Once established, this lawn will require regular maintenance, but it will stay greener for longer in the summer, and it will stand up to foot (and pet) traffic in areas of full sun to partial shade. Clover goes dormant over winter, and may appear to be dead, so the fescue in this blend will keep lawns looking healthy and vibrant. Seed bare soil, with no turf present, at a rate of 3.6kg (8 lbs) per thousand square feet. This blend contains 95% Tall Fescue and 5% Micro clover.

Feedback from our customers

"This past winter our back lawn was destroyed by raccoons digging up chafer beetle grubs. My husband cleared the area and built a second raised bed for veggies. We bought the Chafer Beetle Resistant Lawn Blend seed from West Coast Seeds for our new lawn and are so happy with how well it grew and how great it looks." - Linda E.



A 125g
\$10.99

B 250g
\$15.49

C 500g
\$24.99

D 1.125kg
\$39.99

E 2.27kg
\$59.99

Trifolium repens var.
Pipolina



Micro clover (Pelleted) LS801

As a legume, Micro clover fixes atmospheric nitrogen in nodes along its roots. This directly benefits grasses by fertilizing the soil naturally. Healthier grasses maintain a richer colour for longer in the season, and require less water and no further fertilizer whatsoever. Because clover grows so densely, it crowds out weeds, and prevents weed seeds from becoming established. Contrary to what its name implies, Micro clover is not simply a tiny version of standard clover. When Micro clover is mowed, its leaves grow smaller and more numerous, with fewer flowers than conventional clovers. It can be mowed shorter than typical lawn grasses, and it's tough enough for child play and pets. It also becomes established faster than grass seeds. Adult chafer beetles are not attracted to legumes, and will go elsewhere to lay their eggs. This seed is pelleted for easier distribution — the seeds can be seen more easily on the soil. Sow micro clover seeds between the period two weeks prior to the last frost date, and four weeks prior to the first average frost date. Micro clover was developed in Denmark, and is hardy to Zone 3.

A 50g **B 250g** **C 500g** **D 2.5kg** **E 22.7kg**
\$18.49 **\$63.99** **\$99.99** **\$329.99** **\$2299.99**

Micro clover Raw LS802

A 50g **B 250g** **C 500g** **D 2.5kg** **E 22.7kg**
\$26.49 **\$79.99** **\$119.99** **\$449.99** **\$3,999.99**

Festuca arundinacea



Tall Fescue, Turf Type LS800

Tall Fescue stands up to traffic, drought, cold, shade, pets, and mowing. It is far tougher than conventional lawn grasses like Kentucky blue grass, but it still makes a lush green lawn. It is commonly used by municipalities for planting recreation fields and school grounds. Use Tall Fescue to seed bare soil, with no turf present, at 3.6kg (8 lbs) of seed per thousand square feet. This fescue is a tough perennial. Officially, it is hardy to Zone 4, but a sudden onset of very cold weather can interfere with its dormancy, causing winterkill. Sow in the spring or fall (fall is recommended) at a depth of 5-10mm (¼-½"). Because this product does not produce thatch, it is not attractive to the chafer beetle.

A 125g **B 250g** **C 500g** **D 2.5kg** **E 5kg**
\$8.99 **\$13.99** **\$22.99** **\$59.99** **\$94.99**

LOW
MAINTENANCE



Easy Care Envirolawn LS902

This is a mix of slow-growing grasses & drought tolerant flowers. These low maintenance varieties can be used as lawn, in paths between beds, or for filling any area that needs fast erosion control. It's highly recommended for covering septic berms. It makes a great alternative to a standard grass lawn. When it is mowed, the cut yarrow gives off a wonderful scent. Left to go wild, it will feed pollinating insects and provide habitat for wildlife. Sow any time after last frost for fast coverage.

A 25g **B 100g** **C 500g** **D 1kg** **E 22.7kg**
\$6.49 **\$13.29** **\$39.99** **\$54.99** **\$1189.99**

Lawn Solutions	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	SEEDS PER 1000 SQ. FEET	SEEDS PER ACRE	MAX. SEED DEPTH	GROWTH RATE
Alternative Lawn Mix													500g (17½ oz)	4kg	5-10mm (¼" - ½")	Slow
Micro clover													500g (17½ oz)	22kg (48½ lbs)	5-10mm (¼" - ½")	Fast
Chafer Beetle Resistant Lawn Blend													3.6kg (8 lbs)	156kg (350 lbs)	10-25mm (½" - 1")	Slow
Easy Care Envirolawn													750g (1.65 lbs)	40kg (88.2 lbs)	5-10mm (¼" - ½")	Fast
Tall Fescue													3.6 kg (8 lbs)	156kg (350 lbs)	10-25mm (½" - 1")	Slow
Bee Turf													1.25kg (2¾ lbs)	40kg (88.2 lbs)	5-10mm (¼" - ½")	Fast

COVER CROPS

Nitrogen Fixers

All plants in the Legume family interact with beneficial bacteria in the soil to fix atmospheric nitrogen in special nodes on plant roots. Once the plant has finished producing, or when it's time to plant again, simply cut the plants off at the soil level, or till the entire plant, roots and all, into the soil. This adds organic matter as well as all that fixed nitrogen. Nitrogen is the most difficult material to maintain in the soil because all plants use it and all the soil micro-organisms depend on it. Some forms of nitrogen even wash out of the soil with rain. Planting nitrogen-fixing cover crops provides this vital nutrient to the subsequent garden crops.

Organic growers know that healthy soil produces healthy plants. Cover crops offer a completely natural way to cultivate soil health for better crops. Be sure to use the right cover crop for the right job and remember that they can be used in combination to perform several tasks at once. A fall planting of White Dutch Clover and Winter Wheat will fix nitrogen and hold it for tilling under in the spring.

Cover crops replenish soil in the following ways:

- Replenish nitrogen and fix it in the soil
- Hold nitrogen in leaves before being tilled under and returning it to the soil
- Prevent soil erosion from wind and rain
- Increase the water-holding capacity of soil
- Loosen and aerate packed soil
- Compete with and prevent weed seeds
- Provide winter habitat for beneficial insects
- Add organic matter when tilled under

The beauty of cover crops is that they do their work during the fall, winter, and spring, when beds are not being used to grow crops. Soil that is quite exhausted can be revitalized through the use of cover crops.

Once the cover crop is tilled into the soil, its organic matter feeds micro-organisms that break its nutrients down into forms that are available to the next crop. This results in richer soil with improved texture and a healthier ecology. Many growers refer to cover crops as "green manure" for their ability to enrich and fertilize even the poorest soils.

Cicer arietinum



Chickpea Certified Organic CC258

OP, 100 days. The plants grow 20-50cm (8-20") tall, with feathery leaves and white flowers. Sown densely, chickpea plants provide good coverage to protect soil from erosion. Once the plants are cut, leave them in place as a nitrate-rich mulch. Sow Chickpeas as a cover crop late winter to early summer. Do not soak the seeds prior to planting. For nitrogen fixation, allow plants to reach the flowering stage. We recommend cutting the abundant vegetation and leaving it on the soil as a mulch against weeds, to retain moisture, and provide insect habitat. Chickpeas also attract pollinators.

A 225g	B 2.25kg	C 5.75kg
\$5.49	\$40.99	\$79.99

Trifolium incarnatum



Crimson Clover Certified Organic CC520

Hardy Annual. Spring sown Crimson Clover blooms in 70-90 days and fall sown plants will bloom in April. This plant is particularly succulent and is easily tilled or hoed under. Remove the tops to the compost, or simply turn the whole plants under. They will be broken down in about ten days, and the soil will be ready for planting nitrogen-loving crops. Plant between late March and early October. Hardy to Zone 6: -23°C (-10°F). 500g covers approximately 179m² (1,925 ft²).

A 25g	B 275g	C 650g	D 2.6kg
\$5.49	\$16.99	\$27.99	\$79.99

Crimson Clover CC201 (Conventional)

A 25g	B 275g	C 650g	D 2.6kg
\$5.49	\$9.99	\$15.99	\$36.99

Trifolium hybridum



Alsike Clover Certified Organic CC509

Perennial. Alsike grows where many other clovers will not. It tolerates heavy clay soil and areas prone to flooding. Best suited to cool summer growing in full sun. A weak-stemmed plant, it uses neighbouring grasses to keep it upright, growing to around 40cm (16"), though it can get taller in high grasses. Alsike can be mowed back when needed. It can fix 60-120 lbs of nitrogen per acre per year and is hardy to Zone 3. If grown for hay, it should be kept to less than 5% of the total mass. 500g covers approximately 186m² (2,000 ft²).

A 50g	B 250g	C 1kg	D 11.35kg
\$5.89	\$12.99	\$36.99	\$269.99

Avena sativa Trifolium repens



White Dutch Clover CC200

Perennial. This clover does best from spring or fall sowing, and it will overwinter even in Zone 4, down to -34°C (-29°F). It spreads by underground runners that call for more thorough tillage in the spring. Allow two weeks for this clover to break down in the soil. 500g covers approximately 404m² (4,350 ft²). Consider replacing lawn with White Dutch clover, or at least inter-planting with grass seeds. This clover is very hardy, and will stand up to foot traffic. It can be mowed with regular lawnmowers. (1200-1232 s/g)

A 25g	B 125g	C 300g	D 1.2kg
\$5.99	\$9.99	\$15.99	\$36.99

Melilotus officinalis



Yellow Blossom Sweet Clover Certified Organic CC402

Biennial. This relative of clover improves soil structure, fixes nitrogen, provides nutritious pasturage, and feeds honey bees. Its widely branched taproots penetrate the subsoil deeply, using nutrients unavailable to other plants. When the clover decays after tilling, these nutrients are released, along with considerable nitrogen. Plants will reach 30-90cm (12-36") tall in the first year of growth. In year two growth (including flower stalks) starts from the base. At full maturity, they can reach 1.2-1.8m (4-6') tall. We recommend tilling under when the second year growth reaches 15cm (6"). 500g covers approximately 186m² (2,000 ft²).

A 30g	B 250g	C 1kg	D 11.35kg
\$5.89	\$6.99	\$16.99	\$134.99



Bees in Clover Certified Organic CC515

This is a blend of certified organic clover varieties with Annual Ryegrass included as a nurse crop that will protect the seeds and soil until the clovers emerge. Use this versatile and attractive cover crop to fix nitrogen, suppress weeds, protect against soil erosion, create habitat, and feed pollinators. The deep roots of this blend loosen hard, compacted soil resulting in improved water absorption and retention. Low maintenance and resistant to foot traffic, it can be mowed twice a year to encourage re-flowering. 500g covers approximately 186m² (2,000 ft²).

A 25g	B 250g	C 1kg	D 11.35kg
\$5.89	\$11.99	\$32.99	\$269.99

Trifolium Repens

Klondike Ladino Clover Certified Organic CC517

Perennial. Klondike Ladino is a special cultivar of regular White Dutch Clover. Its speedy growth allows it to compete in mixes with spring grasses. It is winter hardy and will grow in full sun to partial shade. This shallow rooted, low maintenance cover crop is quick to regrow after mowing, making it well suited as a living mulch. Its many flowers attracts pollinators from far and wide. This perennial clover grows to approximately 30cm (12") tall, and is hardy to Zone 4. 500g covers approximately 186m² (2,000 ft²).

A 25g	B 125g	C 300g	D 1.2kg
\$5.89	\$11.99	\$16.99	\$49.99

Vicia faba

Fava Bean Certified Organic CC514

Hardy Annual. Small seeded fava produces a taller plant than the broad beans planted for eating, producing abundant green manure. The plants stay brittle until they set seed, and can easily be scythed down or ploughed under even at 4-5' tall. Turn plants in before the seeds start forming, 2-3 weeks before you want to plant in that spot. Seed 5cm (2") deep, 5cm (2") apart, in rows 30cm (12") apart or broadcast and till in. Fava beans can be started as early as the end of January, or as late as early November. Plants grow slowly, and are hardy down to Zone 7: -17°C (0°F).

A 175g	B 2.27kg	C 6kg	D 13kg
\$5.89	\$29.99	\$55.99	\$99.99

Fava Bean CC211 (Conventional)

A 225g	B 2.27kg	C 6kg	D 13kg
\$5.49	\$17.99	\$34.99	\$59.99

Vicia villosa

Hairy Vetch Certified Organic CC505

Hardy Annual. This nitrogen fixer is a lanky and sprawling, but versatile legume that is fairly tolerant of acid soils. It can be mown in spring to supply good mulch and is shade tolerant. Hairy Vetch is hardy to Zone 4: -34°C (-30°F). 500g covers approximately 145 m² (1,560 ft²). (25-37 s/g)

A 50g	B 325g	C 800g	D 3.2kg
\$5.49	\$12.99	\$19.99	\$59.99

Hairy Vetch CC212 (Conventional)

A 50g	B 325g	C 800g	D 3.2kg
\$5.49	\$12.99	\$19.99	\$54.99

Lathyrus hirsutus

Winter Field Peas Certified Organic CC511

Hardy Annual. This nitrogen fixer tolerates somewhat heavier soils and can be planted slightly later in the fall than crimson clover. Seed 2-8cm (1-3") deep. It is hardy to Zone 6, around -23°C (-10°F). 500g covers approximately 40m² (438 ft²).

A 125g	B 1.15kg	C 3kg	D 11.35kg
\$5.49	\$12.99	\$24.99	\$69.99

Winter Field Peas CC210 (Conventional)

A 125g	B 1.15kg	C 3kg	D 11.35kg
\$5.49	\$12.99	\$24.99	\$69.99



Nitrogen Fixer	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	SEEDS PER 1000 SQ. FEET	SEEDS PER ACRE	MAX. SEED DEPTH	GROWTH RATE
Alsike Clover													250g 9 oz	2.72kg 6 lbs	5mm ¼"	Slow
Chickpeas													2.25kg 5 lbs	90.7kg 200 lbs	2-5cm 1½-2"	Medium
Crimson Clover													250g 9 oz	2.72kg 6 lbs	5mm ¼"	Medium
Fava Beans													1.3kg 3 lbs	57kg 125 lbs	5mm ¼"	Slow
Hairy Vetch													320g 12 oz	13.6kg 30 lbs	5-10mm ½-¼"	Slow
Klondike Ladino Clover													250g 9 oz	2.72kg 6 lbs	5mm ¼"	Fast
Medium Red Clover													250g 9 oz	2.72kg 6 lbs	5mm ¼"	Medium
Spring Field Peas													250g 9 oz	60kg 125 lbs	5mm ¼"	Medium
Sweet Yellow Clover													250g 9 oz	2.72kg 8 lbs	5mm ¼"	Slow
White Clover													115g 4 oz	5kg 11 lbs	5mm ¼"	Slow
Winter Field Peas													1.14kg 2½ lbs	50kg 110 lbs	2-6cm 1-2½"	Fast
Bees in Clover													250g 9 oz	2.72kg 6 lbs	5mm ¼"	Fast

COVER CROPS

Soil Builders

Use soil builders and nitrogen fixers together – cover crops can be combined to achieve maximum advantage. Simply plant them at the same time.

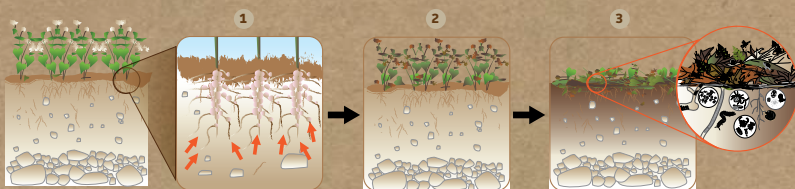


Some plants grow very quickly, producing a massive amount of organic matter in a relatively short time. These are grown in unused beds or fields and then tilled into the soil. The resulting burst of organic matter feeds the soil, providing nutrients to microorganisms, increasing drainage, and generally improving the texture of the soil. The added benefit of soil builders is that they are grown densely, which prevents weeds from becoming established. Some growers harvest the cover crops for use in compost or to use as a natural mulch to protect overwintering plants.

How cover crops build soil

Most of the soil building plants are grasses, which tend to have deep root systems. They draw nutrients and moisture up from farther down in the soil than most neighbouring plants can reach. These plants take up quite a lot of carbon.

As they mature, these plants create habitats for insects, rodents, birds, and many other organisms. They prevent soil erosion, and their deep roots create new fissures and pathways in the soil. When these cover crops are killed by frost or the farmer's scythe, they form a mulch of carbon-rich organic matter on the soil surface. As they decompose and release their nutrients, they create a feast for soil organisms both large and small.



Soil Builders	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	SEEDS PER 1000 SQ. FEET		SEEDS PER ACRE		MAX. SEED DEPTH		GROWTH RATE
Barley											1.14 kg	2½ lbs	50 kg	110 lbs	20-40 mm	1-1½"	Fast
Buckwheat											620 g	11/3 lbs	27 kg	60 lbs	20-40 mm	1-1½"	Fast
Fall Rye											1.14 kg	2½ lbs	50 kg	110 lbs	20-40 mm	1-1½"	Medium
Oats											1.14 kg	2½ lbs	50 kg	110 lbs	20-40 mm	1-1½"	Medium
Triticale											1.25 kg	2¾ lbs	50 kg	110 lbs	20 mm	1"	Medium
Winter Wheat											1.14 kg	2½ lbs	50 kg	110 lbs	20 mm	1"	Fast
Perennial Ryegrass											1.25kg	2¾ lbs	6.8kg	15 lbs	20 mm	1"	Fast
Annual Ryegrass											4.5kg	10 lbs	11.35kg	25 lbs	20 mm	1"	Fast

Hordeum vulgare



Barley CC113

Hardy annual. Barley is a fast-growing grass with fibrous roots that can reach as far as 2m (6') deep. It is less upright than oats, and not nearly as weedy as rye. It's excellent for erosion control and holding nitrogen, which will be released as the tilled barley decomposes. It does not overwinter in cold climates and will winterkill at -8°C (17°F). 500g covers approximately 40m² (438 ft²).

Fagopyrum esculentum



Buckwheat Certified Organic CC503

Hardy annual. It grows super fast, then blooms, attracting pollinating insects and beneficial hoverflies. Buckwheat grows densely, smothering out competing weeds. Within ten days of blooming (or at any time before) it can be cut and tilled under to improve tilth and add organic matter. It is a succulent, brittle plant that can break down completely into the soil in a matter of days. Frost will kill it. 500g covers approximately 74m² (800 ft²).

A 75g	B 650g	C 1.6kg	D 6.25kg
\$6.49	\$10.99	\$20.99	\$49.99

Buckwheat CC221 (Conventional)

A 75g	B 650g	C 1.6kg	D 6.25kg
\$5.99	\$8.99	\$16.99	\$49.99

Avena sativa



Oats CC111

Hardy annual. The fast growth of this soil builder makes it ideal for sowing in the spring for erosion control or quick tilling. Planted in August, oats will put on a lot of growth and in most winters will be killed by frost. The dead plants will protect the soil for the winter. Oats, wheat, and barley are less weedy than rye, and may prove easier to till under. Hardy to Zone 8: -12°C (10°F). 500g covers approximately 40m² (438 ft²).

A 125g	B 1.15kg	C 3kg	D 11.35kg
\$5.49	\$11.99	\$15.99	\$36.99

Secale cereale



Fall Rye CC110

Hardy annual. This cereal grain grows quickly in the fall and survives winter weather even in Zone 3. After its burst of growth in the spring, turn under or cut back before it reaches 30cm (12"). It is harder to turn under when it is 1m (3') tall. Its extensive roots loosen topsoil and improve drainage. Fall rye also exhibits allelopathy - the plant exudes chemicals that inhibit the germination and growth of weeds and other plants. Be sure to wait 3 weeks after tilling in fall rye before planting new crops. Plant in mid September for best results, but fall rye will germinate as late as early November. Seed no deeper than 5cm (2"). Hardy to Zone 3: -40°C (-40°F). 500g covers approximately 40m² (438 ft²).

A 125g	B 1.15kg	C 3kg	D 11.35kg
\$5.89	\$9.99	\$15.99	\$34.99

Lolium multiflorum

Annual Ryegrass Certified Organic CC512

Hardy annual. The deep roots of this plant penetrate even hard packed soil and create oxygen and water pathways that can be used by other plants when it dies back. Its foliage loads up with carbon and nitrogen, which is released when it breaks down. Prized for use as silage as well as weed suppression, it can be combined with other cover crops. In Zone 6 or warmer, it makes an excellent fall cover crop, and will hold soil in place over winter. In Zone 5 or cooler, it's better to sow mid-summer to early fall for spring tilling.

A 25g	B 250g	C 1kg	D 5kg
\$5.49	\$6.99	\$15.99	\$49.99

Lolium perenne

Premium Perennial Ryegrass Certified Organic CC513

Perennial. A tough, hardy grass that forms clumps rather than spreading by rhizomes, this is one of the fastest growing grasses. It regenerates from wear, making it the grass of choice for many sports pitches, but also the most widely used pasture grass for grazing livestock. It is tolerant to heat, drought, cold, and has resistance to diseases that can hamper other species. It blends well with other grasses, clovers, and wildflowers, and makes a good nurse crop for Yellow Sweet Clover. Due to its fast growth, use only in managed field or lawn settings.

A 250g	B 2.5kg	C 11.35kg
\$12.99	\$85.99	\$299.99

Triticale hexaploide

Triticale Forerunner Certified Organic CC516

When rye pollen is used to pollinate wheat flowers, the result is the remarkable hybrid known as triticale. As a cover crop, it can be used to build soil, reduce erosion, provide habitat, and combat weeds. Its grains are more nutritious than wheat, with less glutenin, and makes excellent forage for livestock. Nearly as hardy as Winter Wheat, with better disease resistance. For a grain crop, sow in the fall, as the vernalization triggers seed production. Spring and summer sown Triticale will not produce seeds. Triticale can be grown for use as wheatgrass.

A 125g	B 1.25kg	C 3.125kg	D 12.5kg
\$5.89	\$11.99	\$21.99	\$59.99

Triticum aestivum

Winter Wheat CC112

Hardy annual. Unlike oats, this cold-hardy cereal will not die off over winter. The germinated seeds lie dormant in frosty soil, and then burst into growth in the spring, providing a greater nitrogen to carbon ratio when it is tilled under. Left to mature, it will produce hard wheat kernels by early July. It is hardy to Zone 3: -40°C (-40°F). 500g covers approximately 40m2 (438 ft).

A 125g	B 1.15kg	C 2.9kg	D 11.35kg
\$5.49	\$9.99	\$15.99	\$36.99

GARDEN COVER CROPPING

KEVIN ELMY,
COVER CROPS
CANADA



Whether farming at a large scale or growing produce in a garden, we rely on healthy soils to produce nutritious, tasty

food. In soil without a healthy, diverse soil microbiology population, our production falters. Low yielding, diseased, insect prone, tasteless production comes from dirt. By supporting soil biology, we can not only grow healthier produce, but also improve soil by sequestering more carbon.

One of the ways to build our soils is by using cover crops. Cover crops are defined as plants that are being grown to improve the soil. They might be vegetables, or they might be grown just to feed the soil. The key is to look at the plants you are growing and add a diversity of functional plant groups. The main types of functional plants are grasses, legumes, and broadleaves, which includes Brassicas, non-Brassicas, and forbs. Within each group there can be options of warm and cool season species, as well as annuals, biennials, and perennials. Growing the same plant groups over and over selects the soil biology which over time will be detrimental biology, that is, disease. Adding plant diversity will create soil biology that will support plants and fights

disease and insect outbreaks.

One of the measures of healthy soils is soil aggregate stability, which is measured in slake tests or soil aggregate stability tests. Soil aggregates are the little granules of soil we have in the garden. The soil aggregates are home for our soil microbiology, allowing gas and water transfer and root penetration. Tillage damages soil aggregates. When we lose stable soil aggregates, roots must work harder to push through soil, water sits on the soil surface, soils become anaerobic and bacterial dominated. This favours weeds, creates drought and soil fertility issues, and creates conditions for disease and "bad" nematode growth. Tillage damages soil fungi, especially the good kind, mycorrhizal fungi, which is a synergistic fungi that acts as extra roots for the plants. One of the goals we should be aiming for is increasing the amount of mycorrhizal fungi in soil, which is used by about 85% of the plants on Earth. Plants like grasses, forbs, and legumes (minus lupins) are mycorrhizal fungi friendly. When growing non-mycorrhizal fungi-friendly plants like Brassicas and beets, it is best to grow them in a mix to support the fungi. Phacelia is an awesome plant to build soil structure.

Dr. Mir Seyedbagheri, Professor and Soil Agronomist, states that following nature's intelligence makes gardening easier. By matching legumes and grasses, the plants work with mycorrhizal fungi to supply nutrients. Adding a non-Brassica and forb adds more diversity and frees up different nutrients. Different root systems, rooting depths, time to grow, and root exudates will all help create stability.

Keeping a plant growing in the vegetative stage through the entire growing season is crucial to building healthy soils. Plants in the

vegetative stage will release up to 80% of the carbon captured through photosynthesis as the root exudates to feed the soil biology. The vegetative plant will also help suppress annual weeds. Annual weeds are triggered to grow by free nitrate in the soil. The vegetative plant will absorb the nitrate and create amino acids and proteins. Once the nitrogen content in the plant gets high enough, the plant releases the nitrogen compounds back into the soil, but the weeds cannot use these forms of nitrogen, however the vegetables can.

One of the best quotes from Jay Fuhrer, Conservationist at the Natural Resources Conservation Service, is: "Plants fix dirt." Dirt is soil without life. Our soils were built by plants and soil biology. Anytime there are no plants growing in your garden, get something growing. Find species that tolerate fall frosts like oats, Brassicas or sunflowers, or species that will overwinter including chicory, sweet clover, red clover, Festulolium, or winter triticale. Plant diversity, living roots, and low disturbance all help support microbial diversity and population. It is not every day that you can get workers to work for you for just a little bit of carbon.

About Cover Crops Canada:

Kevin has been farming regeneratively in east central Saskatchewan for 20 years, utilizing cover crops for 12 years. Learning what plants work well together and which ones compete took trial and error, but got to the point where synthetic inputs were no longer required. The farm sold in 2021 and Kevin is now coaching producers how to farm regeneratively full time.

Learn more at covercrops.ca

MICROGREENS

Growing Microgreens

Choosing a container: Select any shallow container with drainage holes on the bottom, and fill it with a few centimeters of seedling soil. Be sure to use sterilized soil rather than soil from outdoors.

Sowing: For tiny seeds like arugula and mustard, just sprinkle the seeds evenly across the surface of the soil. For larger seeds like sunflowers or beets, insert individual seeds evenly, but densely, so they are just covered by soil.

Microgreens, like sprouts, are crunchy, flavourful, and packed with nutrition, but are grown in soil or other media, not water. Eat nutritious fresh greens with a wide range of flavours any time of the year.

Starting: Water with a mister from above, or soak from below in a dish of water, and then remove the container so that it drains freely. Place it under bright light. If the light is not strong enough, microgreens will grow spindly and "leggy," so bright light is very important.

Harvest: Keep the soil just moist, not wet, and harvest any time after the first pair of leaves open. Cut with scissors at the soil level, or pull up the whole seedlings and rinse them under cold water to remove any soil.



Three Week Blend MG108

OP, 21 days. This blend contains gold, pink, crimson, and chlorophyll-rich greens that are spicy, mild, crunchy, and eye-catching.

A 50g	B 500g	C 1kg
\$18.99	\$109.99	\$134.99

Two Week Blend MG106

OP, 14-16 days. Plant this crunchy, highly flavourful blend and enjoy a harvest window of several days, just two weeks later.

A 50g	B 500g	C 1kg
\$18.99	\$84.99	\$124.99

Microgreen Beets MG175

These have a mild spinach-like flavour. Intensely purple stems and bright green leaves that are even more nutrient dense than mature beets. Try them as a replacement for baby spinach in salads.

A 50g	B 125g	C 500g
\$17.49	\$25.99	\$72.99
D 1kg	E 5kg	
\$119.99	\$499.99	

Microgreen Broccoli MG195

Delectable crunch and flavour, and packed with all the nutrients of broccoli sprouts. Raw broccoli contains vitamins, and the cancer fighting compound sulphoraphane. This seed is also organically grown.

A 50g	B 100g	C 200g
\$12.99	\$22.99	\$32.99
D 1kg	E 2.5kg	
\$129.99	\$229.99	

Microgreen Mustard MG556

Fresh green colour with flavour similar to horseradish, this organic micro-mustard make a fine complement to roast beef or even sushi. A superb source of carotene and antioxidants, as well as a host of vitamins and minerals. Green in colour.

A 50g	B 100g	C 500g
\$18.49	\$27.99	\$91.99
D 1kg	E 2.5kg	
\$169.99	\$359.99	



Kohlrabi Purple Vienna MG761

Kohlrabi microgreens have a bright colour and mild flavour, pairing well with other microgreens. They are high in vitamins A, B, C, E, and K, as well as calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, amino acids, and protein.

A 50g	B 100g	C 500g
\$8.99	\$13.99	\$37.99
D 1kg	E 10kg	
\$64.99	\$549.99	

Microgreen Sunflower MG435

Big and succulent like bean sprouts but with a large pair of seed leaves and a flavour reminiscent of carrots. Add some of these organic sunflower microgreens to a salad or sandwich or serve as a refreshing and nutritious side dish.

A 100g	B 200g	C 500g	D 5kg
\$8.29	\$9.99	\$31.99	\$124.99

Microgreen Fenugreek MG760

Very fragrant and super-nutritious, these organic fenugreek contain vitamins A, B, C, & E, calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, chlorophyll, and nutrients that combat a host of diseases.

A 125g	B 250g	C 1kg
\$10.99	\$21.99	\$51.99
D 2.5kg	E 11.35kg	
\$89.99	\$199.99	

Microgreen Arugula MG449

Fast to germinate and grow. Strong flavour with a hint of hotness. Rich in vitamins A, B, C, and E, as well as calcium, iron, magnesium, niacin, phosphorus, potassium, and essential amino acids. These greens contain up to 25% protein.

A 50g	B 100g	C 500g
\$17.49	\$25.99	\$87.99
D 1kg	E 5kg	
\$149.99	\$649.99	

Microgreen Swiss Chard MG758

Magenta Sunset Swiss chard is a excellent gourmet garnish and addition to salads. The delicate, pale green leaves top eye-catching, bright red stems with mild beet flavour. Rich in vitamins K, A, and C.

A 100g	B 200g	C 500g
\$18.49	\$31.99	\$59.99
D 1kg	E 2.5kg	
\$99.99	\$189.99	

Microgreen Radish MG111

The vibrant and colourful stems on these organic red radish makes them a delightful garnish. Flavour is mildly spicy with the classic radish kick. Like other microgreens, micro-radish is packed with nutrients! They are a source of vitamins A, C, E, and K, as well as calcium, iron, and antioxidants.

A 100g	B 200g	C 1kg
\$10.99	\$24.99	\$64.99
D 2.5kg	E 10kg	
\$64.99	\$64.99	



Microgreen Peas (Pea Shoots) MG592

Fast and easy to grow, pea shoots contain 7 times more vitamin C than blueberries, 8 times the folic acid of bean sprouts, and 4 times more vitamin A than tomatoes. Grow super-foods in the kitchen.

A 200g	B 500g	C 1kg
\$6.59	\$9.99	\$14.99
D 2.5kg	E 5kg	
\$26.99	\$44.99	

Microgreen Kale MG426

These mild-tasting, pale green greens look very nice if the first true leaves are allowed to emerge. They are high in vitamins A, B, C, E, and K, as well as calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, amino acids, and protein.

A 50g	B 100g	C 500g
\$12.99	\$15.99	\$48.99
D 1kg	E 2.5kg	
\$89.99	\$199.99	

Microgreen Amaranth MG519

Amaranth micro-greens are bright green and pink and have a nutty, rich flavour and are 15% protein. They're rich in vitamins A, B, C, and E, calcium, iron, magnesium, niacin, phosphorus, potassium, and amino acids.

A 50g	B 100g	C 500g
\$16.99	\$26.99	\$99.99
D 1kg	E 5kg	
\$179.99	\$759.99	

Micro-Pac Choi MG532

Pac Choi micro-greens are milder than the mustards, and not as pungent as their other cousins the Brassicas. But they also contain the same vitamins and minerals, and of course, chlorophyll and amino acids of other Brassicas.

A 125g	B 250g	C 500g
\$11.99	\$16.99	\$25.99
D 1000g	E 2.5kg	
\$39.99	\$109.99	

GROWING FOOD 365 DAYS

BY CHAR & MARV, PLANTED IN THE GARDEN

Growing food in Canada has its rewards and challenges.

The routine usually involves planting early in spring for cool season crops while preparing for summer. Then comes fall cleanup to prepare again for the spring season. The rewards are that we can grow cool season crops during spring and fall. The challenge comes when winter arrives. It becomes difficult, but not impossible to grow food. There are other alternatives to growing food besides the outdoor space. To achieve 365 days of gardening, we utilize our indoor space to grow hydroponically. There are many methods to hydroponic gardening; we mainly focus on Deep-Water Hydroponic Culture and Kratky Hydroponic Method.

Why grow hydroponically?

- No bugs to deal with.
- Grow more in less space.
- Several varieties of vegetables can grow in water and produce twice as fast.
- Use hydroponic liquid fertilizer which provides nutrients.
- Use less water; 90% more efficient.
- Climate controlled.

How is it possible?

Winter season usually means less daylight hours and below freezing cold temperatures, therefore growing indoors where you control these factors makes it all possible. Grow lights offer a great alternative to natural sunlight. It doesn't have to be expensive either; with the technology nowadays, there are many grow lights that are inexpensive and energy-efficient such as LED grow lights.

Because the process is soil-free, nutrients aren't available in regular water. This is where hydroponic liquid fertilizer comes in. It provides the plant the much-needed nutrients to grow and produce fruits. It can be purchased pre-made which usually comes in a 3-part mix. We make our own organically at home: Liquid kelp is made by soaking kelp seaweed in water for a day up to weeks. Worm tea is derived from worm castings which is collected from a vermicompost.

Choosing the best setup for your space

To start a hydroponic garden, you'll need to **evaluate the space available to you** to determine which methods works best.

Is there natural lighting available?

This usually means that the location receives 4–6 hours of day light. If lighting is not available, then grow lights are a must have.

What type of plant do you want to grow?

This will help you determine the best fit container. Take an 11 L (3 gal) storage bin for example. With the use of 3" net pots, you can fit up to 12 leafy green plants.

The deep-water culture:

This system involves the use of a container with a lid, a grow light, air pump, air stone, a net pot and a growing medium like clay pebbles, coconut fiber or rockwool. This method allows for growing large to smaller types of vegetables like tomatoes, peppers, eggplants, herbs, and several leafy greens.

How to: Cut circular holes on top of the lid to fit 3" net pots. The net pots will then be filled with Leca clay pebbles, which hold the plant in place and aid in nutrient delivery to roots. Place the air stone to the air bubbler tubing and place in the bottom of the container. Fill the container with water and liquid fertilizer until it reaches the bottom of the net pot. The bottom of the net pot should submerge about 1–2 inches underwater. Place grow lights above. Top off with water as needed. Every 2–4 weeks, a complete water change and nutrient flush is recommended.

The Kratky Hydroponic Method:

Kratky hydroponics relies on a stagnant hydroponic solution and air space, it doesn't require pumps to circulate water and nutrients. This method is best used for quick-growing plants like leafy greens. It's a single cycle, which means that nutrient and water amount is calculated to last from seedling to harvest stage. As the plant grows, the water level drops, creating air space for the roots.

The materials used is like that of deep-water culture without the air pump and air stone.

We believe that these two options are great alternatives for growing indoors during our Canadian winter. The feeling to be able to harvest homegrown vegetables, while the temperature dips down to -30° is priceless.

We are Char and Marv @plantedinthegarden! We are urban gardeners from Toronto that fell in love with growing food because not only is it amazing to eat fresh homegrown food, but you also know what you put into it. Gardening never stops for us; we are always looking for solutions to continue to grow our food – no matter what season. From outdoor gardening, garage grow tent to hydroponics, year-round gardening is truly possible. Our ultimate goal is to live a self-sufficient life. We believe in simple living, loving what you do, and doing it with love!

Follow Char and Marv on Instagram @plantedinthegarden.

SPROUTING



CERTIFIED ORGANIC & PATHOGEN FREE

All sprouting seeds are Certified Organic, meaning they were produced on farms that do not use chemical fertilizer or pesticides.

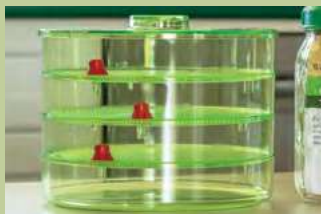
Our sprouting seeds have also been screened for pathogens like E. coli and salmonella, so they are clean and ready for sprouting at home.

Sprouts can be grown in any climate. They rival the nutrient value of meat, mature in 3–5 days, and can be planted any time of the year. They don't require soil or sunshine, but they contain nearly as much vitamin

C as tomatoes. Plus, they produce no waste. Spent sprouting water can even be used to feed houseplants.

Seeds stay in their dormant state because they contain enzyme inhibitors. Soaking seeds removes these inhibitors and triggers sprouting. As this process unfolds, each seed begins to use up its store of food in an effort to produce its first leaves. It is a complex chemical process that releases proteins, enzymes, and sugars. Because sprouts contain their own enzymes, they require none from the body to be digested and their individual nutrients are available to the body more immediately.

Growing sprouting seeds on a kitchen counter produces healthy, nutritious, fresh food. Most sprouters only need to use a tablespoon of seeds at a time, so a single bag of seeds can produce masses of sprouts. Each sprout variety has its own unique flavour and texture, and they can be combined to suit personal flavours or grown each on their own. By using the tiered Biosta sprouter, or by growing several batches at a time, the harvest can be staggered — eat fresh sprouts throughout the winter. Detailed sprouting instructions are included with every order. Sprout like a pro by checking out our numerous sprouting articles online.



Biosta Kitchen Crop Sprouter ZHG178

This sprouter features grooved trays to help water spread evenly. Simply pour two cups (500ml) of fresh cold water into the top tray. It drains into the trays below, and then into a reservoir at the bottom for easy disposal. Triple trays mean the crop can be staggered for a constant supply, or three different sprouts can be grown at once.

One sprouter 2kg
23x23x19cm (9x9x7½")
\$37.99



Sprouting Jar with Screen & Seeds

A fantastic introduction to sprouting at home. This kit contains a wide mouth mason jar, sprouting screen, along with an instruction brochure and the Fantastic Four Collection of sprouting seeds (SS200R). Bring a friend into the sprouting family with the gift of nutritious, easy to grow sprouts.

HG987 1 jar, plastic screen and seeds (640g)	\$26.49
HG980 HG980 1 jar, stainless steel screen, and seeds (640g)	\$26.49



Easy Sprout ZHG174

Simple and convenient to use, this 6-piece Easy Sprout is a complete sprouting system. The excellent drainage of this low-rinse sprouter provides the growing sprouts plenty of air-circulation. It can also be used to store sprouts in the fridge. Sprouting Guide included. Made from food-grade, BPA-free, high density polyethylene plastic.

One sprouter 240g
13x13x18cm (5x5x7")
\$20.99



Fantastic Four Collection Certified Organic SS200

This is the best introduction to sprouting. Four of our most popular sprouts in sample sizes are in one pack, at one special price. Enjoy mild alfalfa, crunchy red clover, spicy red radish, and our premium Salad Blend (SS250). Each in individual 40g packets.

SS200 - 160g
\$14.99



Sprout Lid Plastic - Green

This BPA-free, food grade plastic lid fits most wide mouth jars (including Mason and Kerr), and has a fine mesh screen to let water out and oxygen in. Dishwasher safe. It rests upside-down on four plastic pegs to maintain air movement.

HG981 - 1 screen, 15g
\$7.29



Stainless Steel Sprouting Screen and Ring

The stainless steel screen is convex, so has improved drainage when the jar is inverted. Available individually or as a handy set. Fits most wide mouth jars.

HG1256 - 1 ring, 15g	\$6.99
HG1264 - 1 screen, 15g	\$6.99
HG1273 - 1 ring & screen, 30g	\$13.99



SPROUTING SEEDS

Adzuki Beans SS115

These are some of the fastest sprouts. They are ready to eat just as the root tip emerges.

Keep the red skins intact for the most nutrients: Vitamins A, B, C, and E, calcium, iron, niacin, magnesium, potassium, manganese, fibre, and protein.



A 75g	B 225g	C 1kg
\$7.49	\$10.99	\$33.99
D 2.5kg	E 60kg	
\$59.99	\$1189.99	

Alfalfa SS101

The alfalfa is the only sprout that offers a complete range of vitamins: A, B complex including B12, C, E, and K. Alfalfa also contains calcium, folic acid, magnesium, phosphorus, potassium, sodium, and zinc. A great choice for new sprout growers.



A 125g	B 250g	C 1kg	D 2.7kg
\$9.89	\$16.49	\$53.99	\$129.99

Barley SS114

Sprouted barley has a satisfying chewiness that works well in breads and breakfast cereals. It is packed with vitamins B, C, and E, as well as calcium, magnesium, pantothenic acid, phosphorus, and amino acids. It can be grown out for cat-grass.



A 125g	B 250g	C 1kg
\$6.49	\$7.99	\$14.99

Broccoli SS104

Broccoli sprouts have a flavour not unlike radishes. They contain vitamins, minerals, and high amounts of sulforaphane, a substance thought to have powerful cancer-fighting properties.



A 100g	B 200g	C 1kg
\$16.49	\$26.99	\$124.99
D 2.5kg	E 10kg	
\$219.99	\$499.99	

SPROUTING BLENDS

Bean Salad Blend SS253

Mung beans, adzuki beans, red clover, and green lentils. It's a delicious and crunchy selection of sprouting beans and other seeds. This blend makes a tasty salad on its own.



A 100g	B 200g	C 500g
\$10.99	\$13.99	\$28.99
D 1kg	E 2.5kg	
\$49.99	\$69.99	

Brown Mustard SS108

The spiciest of all the sprouts we offer. These tiny mustard sprouts have a similar flavour to horseradish and are a good source of vitamins, minerals, amino acids, antioxidants, and protein.



A 100g	B 200g	C 1kg	D 2.7kg
\$4.99	\$6.99	\$16.99	\$32.99

Chickpeas SS258

Soaking and sprouting chickpeas makes them easier for most people to digest and it enhances their amino acid, vitamin, and protein content. They're great as "living" hummus, or just as a highly nutritious snack food.



A 50g	B 150g	C 500g
\$5.49	\$6.99	\$11.99
D 1kg	E 5kg	
\$15.99	\$54.99	

Fenugreek SS106

These spicy sprouts add zing and fibre to sandwiches and salads. They're rich in vitamins A, B, C, & E, calcium, iron, magnesium, phosphorus, potassium, zinc, carotene, chlorophyll. The seeds can also be used to make a pleasant tea.



A 125g	B 250g	C 1kg	D 2.7kg
\$10.99	\$19.99	\$54.99	\$89.99

Green Lentils SS113

When the green skins of lentils split, they reveal the succulent yellow interior. That's the time to harvest sprouted lentils. They're a good source of vitamins A, B, C, and E, calcium, iron, niacin, phosphorus, magnesium, fibre, amino acids, and protein.



A 125g	B 250g	C 1kg	D 2.5kg
\$7.99	\$9.99	\$18.99	\$34.99

Deluxe Blend SS254

Mung beans, adzuki beans, lentils, garbanzo, green peas, red clover, and red radish. This combination of large and small sprouts provides appealing texture. The varied flavours combine for a delicious medley on its own or with salads, soups, and stir-fried dishes.



A 100g	B 200g	C 500g
\$9.99	\$12.99	\$28.99
D 1kg	E 2.5kg	
\$51.99	\$71.99	

Gourmet Blend SS255

Mung beans, green lentils, garbanzos, and red clover. A superb selection of big sprouts, full of flavour and nutrients. The Gourmet Blend makes a wonderful, simple salad on its own. Serve it plain or with a dressing, or use to fill out a submarine sandwich.



A 100g	B 200g	C 500g
\$9.99	\$12.99	\$28.99
D 1kg	E 2.5kg	
\$47.99	\$69.99	

Salad Blend SS250

Mung beans, adzuki, garbanzo, red clover, radish, and green lentils. These big, crunchy sprouts are very nice as a salad or salad topping. This is the perfect mix of mild, and distinct flavours that combine for a deeply satisfying garnish or side course.



A 100g	B 200g	C 500g
\$9.99	\$12.99	\$29.99
D 1kg	E 2.5kg	
\$51.99	\$79.99	



Green Peas SS110

Freshly sprouted green peas are big and crunchy, and have a flavour similar to fresh green peas plucked from the pod, only sweeter. Use them as a salad topping, or drop some into a vegetable soup.



A 100g	B 250g	C 1kg	D 2.7kg
\$4.29	\$5.99	\$14.99	\$32.99

Mung Beans SS102

This is the familiar sprout often served with Asian foods. They can be enjoyed raw or steamed. Bean sprouts are a very rich source of amino acids and protein, as well as vitamins, minerals, and dietary fibre.



A 125g	B 250g	C 1kg	D 2.5kg
\$4.49	\$8.99	\$21.99	\$39.99

Red Clover SS105

Similar to alfalfa sprouts in flavour, clover sprouts are nutty and mild, but tiny. Their first leaves have a lighter colour and they shed their hulls more easily than alfalfa. They also last longer in the fridge.



A 100g	B 200g	C 1kg	D 2.5kg
\$6.49	\$9.49	\$38.99	\$89.99

Red Radish SS111

Among the fastest seeds for sprouting, with an appealing, crisp texture. Radish sprouts are HOT, and not for the faint of heart. They are highly nutritious and full of antioxidants.



A 100g	B 200g	C 1kg	D 2500g
\$11.99	\$20.99	\$86.99	\$219.99

Wheatgrass SS112

Wheatgrass is a great source of chlorophyll, amino acids, minerals, vitamins, and enzymes. Eat them as sprouts, or grow a little longer and harvest for wheatgrass juice. This is also the seed commonly grown for cat-grass.



A 125g	B 250g	C 1kg	D 2.5kg
\$4.49	\$4.99	\$11.99	\$25.99

Mustard Yellow SS109

Yellow Mustard seeds make excellent, crunchy sprouts with good heat. Mustard sprouts are packed with vitamins, minerals, and antioxidants. They're high in dietary fibre and contain 30-35% protein.

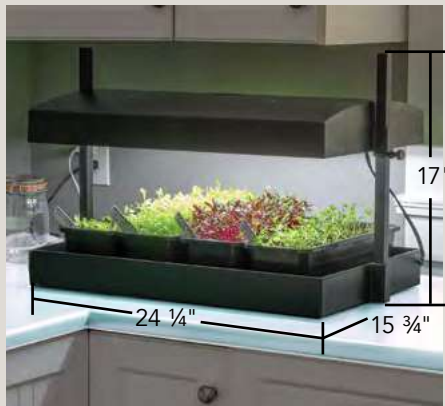


A 100g	B 200g	C 1kg	D 2.5kg
\$4.99	\$5.99	\$16.99	\$39.99



LIGHTING

Light is one of the most important factors for success in starting seeds (and growing plants) indoors. Light cannot be overapplied. If light levels are insufficient, seedlings will grow tall and "leggy," and be weakened before transplant time. The lighting systems shown here are perfect for starting seedlings indoors, but also good for growing microgreens — even houseplants indoors. These systems are designed to be flexible to suit plants' specific needs. Expand the length of a setup by choosing longer tubes or use several tubes together by using the connector cords. The main thing is to keep the seedlings well-lit, so they stay short, stout, and robust.



SunBlaster™ Growlight Garden

Perfect for year round indoor growing or for starting seedlings. The kit includes two lights with reflectors, height adjusters, 4 growing trays, a wicking mat, and a power cord with on/off switch. Measures 62x40x43cm (24-1/4x15-3/4x17"). Two options available: T5 or LED lights.

ZHG289A T-5 Fluorescent (5kg), 48W	\$319.99
ZHG285A LED (5kg), 48W	\$349.99



SunBlaster™ Mini Greenhouse Kit

Everything needed for an instant indoor seed starting centre. This kit comes with a double-thick leak-proof base tray, 6" vented dome, and an 18" light and reflector combo. Great for seed starting, houseplants, and growing Microgreens. Once seeds germinate, remove dome, and hang light or attach to a stand. Two options available: T5 or LED light.

ZHG155 T-5HO	\$74.99
ZHG156 LED	\$109.99

SUNBLASTER™ LIGHTS



SunBlaster™ 6400K LED Light Strips HG802

These LED strip light kits use the same amount of wattage as T5 fluorescent bulbs, but with much higher efficiency-- approximately 90% light and only 10% heat. Plus, these lights will remain consistent for around 50,000 hours. Multiple light strips can be linked together to a single energy source. These lights work with the Universal T5/LED Hanger, and the Universal T5/LED Light Stand.

A - 24" Lighting Kit	\$104.99
B - 36" Lighting Kit	\$149.99
C - 48" Lighting Kit	\$174.99



SunBlaster™ 6400K T5HO 24W with NanoTech T5 Reflector Combo ZHG153

These lights include all of the same components as ZHG153, minus the reflector. The link cable allows up to 8 lights to be connected to one power source, providing ample indoor light. Great for seedlings, houseplants, and microgreens.

B - 24" Lighting Kit	\$54.99
C - 36" Lighting Kit	\$59.99
D - 48" Lighting Kit	\$69.99



SunBlaster™ 24" 6400K T5HO 24W Lighting Kit ZHG152

These lights include all of the same components as ZHG153, minus the reflector. The link cable allows up to 8 lights to be connected to one power source, providing ample indoor light. Great for seedlings, houseplants, and microgreens.

A - 24" Lighting Kit	\$44.99
B - 36" Lighting Kit	\$49.99
C - 48" Lighting Kit	\$54.99



SunBlaster™ 24" 2700K T5HO Replacement Tube HG801

These T5 lights emit 2700K "warm white" light, which replicates late afternoon sun. Use 2700K lights when plants transition to the flowering and fruiting cycle. They work with all SunBlaster T5 fixtures.

A - 24" Tube Light	\$10.99
B - 36" Tube Light	\$12.99
C - 48" Tube Light	\$14.99



SunBlaster™ 24" LED Conversion Lamp for T5HO 6400K HG851

Instantly upgrade any SunBlaster T5 Fluorescent light fixture with one of these LED Replacement Tubes. Their light output lasts 35,000 hours and they emit negligible heat compared to a T5 Fluorescent tube.

HG851 - 24" Tube Light	\$29.99
HG852 - 36" Tube Light	\$36.99
HG853 - 48" Tube Light	\$48.99



SunBlaster™ 24" 6400K T5HO Replacement Tube ZHG909

6400K is the light spectrum needed for vegetative plant growth. These lights emit minimal heat and may be placed as low as 6" above the seedlings. Fits all SunBlaster light ballasts. Lasts for 10,000+ hours.

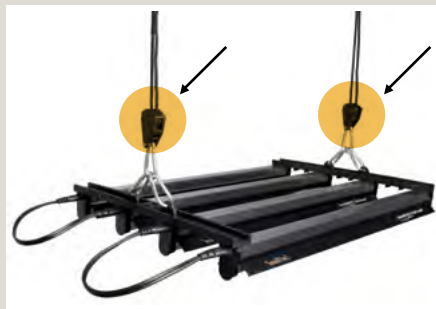
A - 24" Tube Light	\$11.99
B - 36" Tube Light	\$12.99
C - 48" Tube Light	\$14.99



SunBlaster™ Universal Strip Light Stand ZHG153A

This stand securely holds both ends of a T5 or LED light with reflectors. The light can be raised and lowered. Easy to install, easy to move. Works best with 24" and 36" tubes. *Lights/reflectors sold separately.

1 light stand 2 kg
\$59.99



SunBlaster™ Hang It Adjustable Pulley Hangers ZHG153F

These heavy duty ratchet pulleys have a suspension capacity of 75 lbs each. The two pulleys in the pack have a combined capacity of 150 lbs. Use them to suspend lighting fixtures over the growing area and adjust the height as needed. *Universal Hanger, lights and reflectors sold separately.

2 pack (500g)
\$16.99



SunBlaster™ Universal Hanger ZHG153E

This expansion brace can either be mounted onto the Universal Strip Light Stand (ZHG153A), or hung from the v hooks included. It will firmly connect up to 7 grow lights, side by side, providing the benefit of brighter light across a wider area. Lights and reflectors snap easily into place, and link together via the included cables. Fits 24", 36" or 48" tubes. *Lights/reflectors sold separately.

2 pack (500g)
\$17.99



SunBlaster™ Nano Dome

Designed to fit over standard 10x20 trays, the NanoDome has integrated light tracks that allow 18" or 24" lights to sit in the best spot for optimum light coverage. Two domes can be placed side by side to accommodate two lights. The domes also have adjustable vents for humidity control.

*Trays and lights not included.

ZHG158 - 4" Height	\$8.99
ZHG155D - 7" Height	\$10.99



SunBlaster™ 24hr Analog Timer HG138

This analog timer provides unrivaled 15 minute precision. The grounded outlet allows a wider variety of appliances to be used. It includes a helpful override switch so it can be powered off even when set to be on.

1 timer (142 g)
\$17.99



SunBlaster™ CFL 13W 6400K 1pk

Fits directly into a standard light socket. High output 6400K compact fluorescent lamps with low energy built-in self-ballasted fixtures. They produce up to 90% more light, and the light output lasts for 10,000 hours.

ZHG154 - 13 W 6400K 1 Pk.	\$8.99
ZHG154A - 13 W 6400K 4 Pk.	\$29.99
ZHG154B - 26 W 6400K 1 Pk.	\$12.99
ZHG154C - 26 W 6400K 4 Pk.	\$47.99

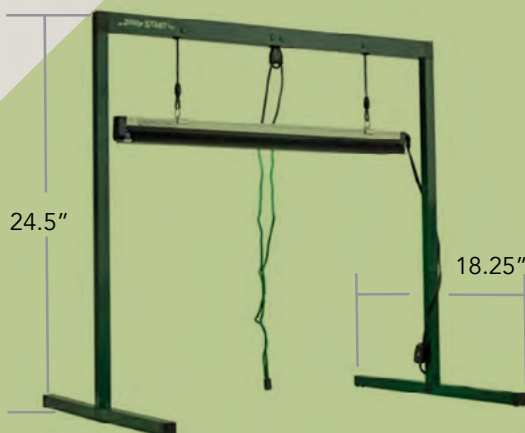


Replacement Flush Mounts, Connector Cords, Power Cords Bracket...

Customize or expand home seed starting and plant lighting sets with a wide selection of SunBlaster hardware.

Please see www.westcoastseeds.com/overview/garden-supplies/seedling-lighting/

includes 2' or 4' tubes with ballast and reflector



Jumpstart T5 Growlight System with Timer

The stands are easy to assemble and include a pulley system to set the lamp to the required height. The built in timer can be used to set for 12 hour on/12 hour off or 18 hour on/6 hour off. Use it for seed starting, microgreens, baby greens, or even houseplants. This kit includes 1 x T5 grow light fixture and tube (6400K), and a 6' grounded power cable with on/off switch. Available in two lengths: 26" or 50".

HG198 - 24.5"H x 18.25"W x 26"L, 3.2 kg	\$104.99
HG199 - 31.75"H x 18.25"W x 50"L, 4.8 kg	\$159.99

POTS & SEED STARTING

A Cow Pots

An eco-friendly alternative to plastic, these 9cm (3") bio-degradable pots are made from composted cow manure and are designed to be planted directly into soil. Like with peat pots, the tender young plant roots can penetrate the walls of the Cow Pots, and are "air-pruned" in the process, preventing seedlings from becoming root-bound. These Cow Pots are sturdy and thick-walled, so they hold their form for longer and retain water better than other bio-degradable pots with thinner walls that dry out quickly. Once transplanted, the Cow Pots will break down in just a few weeks, adding nitrogen to the soil.



B Jiffy Pellets ZHG169

High-quality compressed peat pellets with added low-ammonia fertilizer and biodegradable mesh netting. These pellets expand in water.

Potmaker ZHG100

This clever device creates sturdy little pots from newsprint or other kinds of paper, ideal for starting young plants, seedlings, or cuttings. Very easy to use. Press and form. The Potmaker is made of solid maple.

Jiffy Peat Pots ZHG125

Made from sphagnum peat and a wood additive that acts as a binding agent. Completely biodegradable and reduces transplant shock.

HG800A	3" Square (12)	\$13.99
HG800B	4" Square (12)	\$14.99
HG821	5" Square (ea.)	\$2.29
HG861	3" Full Case, 1176 Pk.	\$549.99
HG865	4" Full Case, 450 Pk.	\$319.99

A 25	B 125	C 500	D 1000
\$7.49	\$24.99	\$84.99	\$109.99

255g
\$21.99

8cm x 8cm
\$0.25



Bokashi Bran Compost Accelerator ZHG198

Made with the highest quality bacterial cultures and double fermented, this premium bokashi bran is teeming with live microbes which are ready to ferment and compost food scraps and other household wastes. Each 800g bag of Bokashi Bran is enough to ferment 4 full Kitchen Composters (ZHG200). For an average family, this is at least 2-3 months worth of food scraps.

800g
\$19.99



Bokashi Kitchen Composter Gray ZHG200

The Bokashi Kitchen Composter is the perfect indoor composter for apartment dwellers or small homes with no room for a full-sized outdoor composter. Use with Bokashi Bran Compost Accelerator, a bacteria laden product that breaks down the kitchen waste anaerobically, with no foul odour. Drain off accumulated liquid through the built in spigot for instant plant food. Instructions included. Measures 40cm tall x 30cm wide.

19L
\$69.99



Dial Sower ZHG140

Our best selling seed sower! This useful gadget has 5 different sized seed openings, allowing a broad range of seed types. Easy-to-fill compartment slides off to return unused seeds to the package.

One Seeder, 25g
\$3.49



Earthway Precision Garden Seeder w/6 seed plates XX018

Cleverly designed seeder opens soil with a small adjustable plow and drops seeds at specific spacings and depths, and then covers the row by dragging soil over the furrow. Fully adjustable spacing arm can be used to mark the next row as you work.

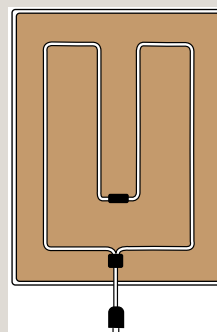
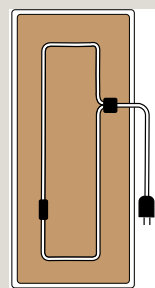
One Seeder, 4.38kg
\$219.99



Seeding Square HG190

This colour-coded seed spacer organizes and optimizes vegetable gardens. The spacing configurations are based on Square Foot Gardening. This handy tool will help to alleviate wasted space, ensuring more space for fresh grown produce, and less space for pesky weeds. Designed in BC.

7 x 10½, 1kg
\$34.99



JumpStart Soil Heating Cable HG939

These flexible cables are easy to fit in any growing area. The built-in thermostat maintains a constant temperature of 25-30°C (77-85°F), which speeds germination and encourages strong growth. To install, lay down two inches of sand and arrange the cables so that they are spaced no more than 8cm (3") apart and fix to hardware cloth. Finish installing by add another layer of approximately 3" of topsoil (deeper for less heat, shallower for more). The cables are designed to run 24 hours a day, as needed. They come in three sizes, with full instructions and safety precautions included.

A 12' 32W	\$48.99
B 24' 80W	\$59.99
C 48' 140W	\$76.99

SEED STARTING



JumpStart Seedling Heat Mats

Seedling Heat Mats are specially designed to fit with the seedling tray system and supply heat from below. The mats have wires embedded inside that warm when plugged in. The mats warm the soil by approximately 5–11°C (10–20°F). This speeds germination dramatically for warm season crops like peppers and eggplants.

ZHG126 9x19.5" 17W	\$49.99
ZHG127 20x20" 45W	\$84.99
ZHG128 20x48" 107W	\$139.99
ZHG622 3x20", Windowsill Warmer, 7.3W	\$36.99



JumpStart Heat Mat Thermostat

ZHG129

Works with any seedling warmer to keep seedlings at an optimal temperature between 20–42°C (68–108°F). The thermostat includes a temperature probe on a six foot cord and digital control to maintain optimal rooting temperature, for faster seedling or cutting growth. Displays both Celsius or Fahrenheit. Max current: 8.3 amps/1000 watts.

7 x 10 ½ cm, 1kg
\$65.99

VOLUME PRICING FOR TRAYS, INSERTS AND DOMES

The trays, inserts, and domes above get special volume pricing.

Order 6 or more of any single SKU and receive a 10% discount.

Order 24 or more at a time, and receive a 25% discount.

These items are not heavy, but they are bulky for shipping. Order online, or call us for assistance to calculate shipping.

A Microgreen Trays w/Holes

Standard 10x20 sizing, these trays are more rigid than Leak-Proof Seedling Trays, but shallower at 1.25" deep. Designed with Microgreens in mind.

HG320 - With Drainage Holes	\$2.99
HG325 - Without Drainage Holes	\$2.99

B Leak-Proof Seedling Trays

These rigid plastic trays are built to accommodate all the plug inserts and clear domes. They provide support and prevent spills, and they will last for many seasons. 28x56cm (11x22").

ZHG415 - With Drainage Holes	\$2.99
ZHG115 - Without Drainage Holes	\$2.99

C 10x20 Econo Lightweight Seeding Tray

Offers support for plug inserts, but is perforated for fast and easy drainage. Perfect for quick greenhouse organization.

ZHG161	\$1.69
---------------	---------------

D 18 Cell Econo Sheet Pot 3" Deep

This sheet insert is composed of 18 pots that measures 3x3" and 3" deep. They can be individually separated. Made with flexible material so it is easy to remove seedlings for transplanting. The sheet fits a standard 10x20" tray.

ZHG160	\$1.99
---------------	---------------

E Insert Trays 24 cells

Each cell measures 2x3" and 2.25" deep. They can be individually separated. The sheet fits a standard 10x20" tray.

ZHG116	\$1.99
---------------	---------------

F Insert Trays 72 cells

Sized like a standard 72 cell plug tray, but can be separated into 12 x 6 cell inserts. The sheet fits a standard 10x20" tray.

ZHG118	\$2.19
---------------	---------------

G Plug Tray Rigid 72 cells

Sturdy 72 cell plug trays used by commercial growers. Useful for mass plantings of seedlings that will be re-potted or transplanted. Fits a standard 10x20" tray.

ZHG159	\$3.99
---------------	---------------

H Plug Tray Rigid 128 cells

Sturdy 128 cell plug tray used by commercial growers. Useful for mass plantings of small seedlings that will be re-potted or transplanted. Fits a standard 10x20" tray.

ZHG134	\$4.49
---------------	---------------

I Insert Tray 12 Cells

A sheet with 12 detachable cells, each measuring 9 x 13cm (3" x 5"), and 5.7cm (2.25") deep. The sheet fits inside 10x20 trays.

ZHG120	\$1.99
---------------	---------------

J Clear Domes 4"

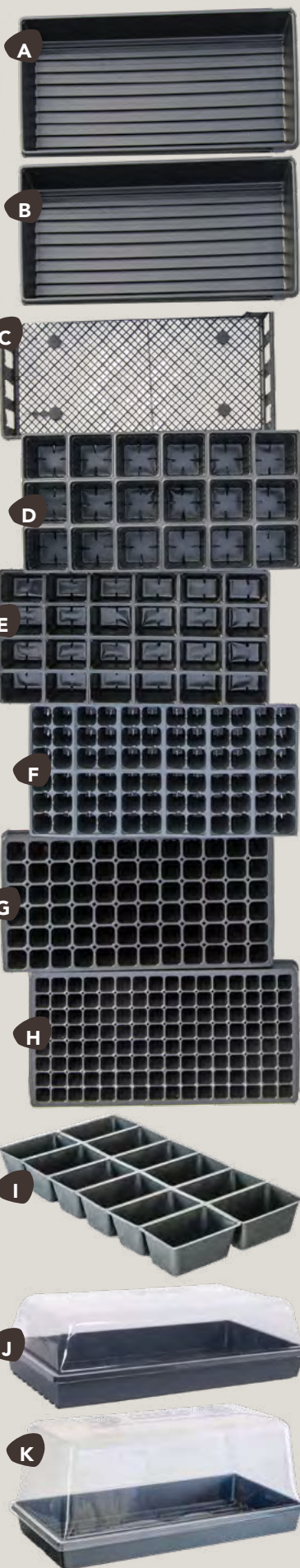
Fits over seedling trays to maintain humidity while germinating seeds or propagating from cuttings.

ZHG117	\$5.99
---------------	---------------

K Clear Domes 7"

Fits over standard 10x20 trays to maintain humidity while germinating seeds or propagating cutting. The domes also has adjustable vents for humidity control.

ZHG700	\$6.99
---------------	---------------



LABELS



A Fade-Resistant Garden Marker

This medium-pointed permanent marker will not fade in the sun, rain, or other elements. Great for writing on numerous surfaces such as plastic, wood, ceramic, etc. A must for the apron pocket and greenhouse.

ZHG123 - 18g
\$4.29



B China Marker

Handy wax pencil that will write on any smooth surface and won't fade in the sun.

ZHG124A - White (67g) \$2.79

ZHG124B - Black (67g) \$2.79



C Wooden Plant Labels

Traditional and functional. Suitable for pencils, markers or china markers. Good for outdoor use. 15cm (6") long.

ZHG130A
50 Pk, 100g \$8.99

ZHG130B
1000 Pk, 2.7kg \$154.99



D Plain Plastic Labels

Handy plastic labels, with lots of room to write variety and dates. 1x15.2cm (0.5 x 6").

ZHG840 - 50 Pack, 100g
\$5.99

E West Coast Seeds Labels

Handy plastic labels, with lots of room to write variety and dates. Each bears the West Coast Seeds name. 2.5 x 15.2cm long (1 x 6").

ZHG121B - 100 Pk, 160g \$10.99

ZHG121D - 1000 Pk, 2kg \$99.99



Plastic "T" White (5/pk)

Handy 13" plastic plant labels stand up to inclement weather conditions. Lots of room to write variety and dates. Use China Markers so that the labels can be wiped clean and reused each season.

ZHG841 - 386g
\$4.99

TIES



Tomato Cage Kit HG412

Perfect for indeterminate vine type tomato plants, but it can also be used to support climbing peas, pole beans, and even squash. The kit includes 3 x 1.47m (58") metal stakes and 9 x 30cm (12") side bars. Easy to assemble, strong, and reusable. 147cm (58") tall.

HG412
\$18.99



Nylon Trellis

This nylon trellis is great for large plants such as tomatoes, vining squash, melons, and cucumbers or as a support for sweet peas, morning glory, nasturtiums, and any other vining plants. Large 18cm (7") openings give plenty of room for plants to wind through and grow up.

ZHG508 5'x15'7", 75g \$12.99

ZHG515 5'x30'7", 125g \$21.99



Tomato clips HG178

These Tomato Clips securely attach vines to strings or wires without damaging the plants. They can be removed at the end of the season and reused. Also suitable for use with cucumber plants, climbing roses, and other garden climbers.

100pk, 150g
\$5.49



Tomato (Trailing) Patio Planter HG986

Grow tomatoes in any sunny spot in the garden, patio or balcony. Tough red polyethylene lets the plant roots breathe and drain. The bags have reinforced drainage holes and strong handles, so they can be shifted even when full of soil. Each bag measures 35cm (14") in diameter and are 45cm (18") deep. A pack of 3 bags.

3 bags, 500g
\$24.99



Potato Patio Planters HG402

Grow potatoes in any sunny spot in the garden, patio or balcony. Durable polypropylene grow bags with reinforced top rims, drainage holes, and strong handles, so they can be shifted even when full of soil. Positive reviews continue to pour in for these handy potato grow bags. Each bag holds 54L (48 quarts) of soil. Plant 3-4 seed potatoes per bag. A pack of 3 bags.

3 bags, 500g
\$24.99



Knotty Garden Twine Nylon ZHG106

Each roll has 220m (735') of twine. This twine has been a WCS favourite for years. It's a roll of tough, 100% nylon, weatherproof twine that is easy to tie and untie. Originally designed for repairing fishing nets, it is a gardener's best friend. Unlike jute twine, it will not degrade over time, so it's ideal for long term jobs. We find it superb for supporting tomato vines as they grow, and for tying plants to trellis work. This product is made in Canada.

735 ft
\$26.99



CROP PROTECTION

Whether the goal is to create greenhouse heat, insulate from frost, shade from sun, or foil insect pests, there is a solution for all organic gardens. Protecting crops with a physical barrier is a great way to extend the growing season and increase the harvest. Simple technology can be tailored to suit nearly any garden space. Row cover is particularly useful in helping to extend the growing season both in the early spring and late fall. A difference of only a few degrees makes all the difference to seeds in the soil or tender young seedlings. Row cover can even be used upright (vertically) to create a windbreak. This can increase the temperature around plants by 5°C or more.

Cloche Greenhouses

A cloche is any kind of clear or semi-transparent covering provided for individual plants or a row of plants. These are easy to set up and maintain and provide many of the benefits of a conventional greenhouse, namely warming the air and soil while still allowing for ventilation in hot weather. Use variations on the cloche system to successfully grow heat-demanding plants like peppers, eggplants, and melons in the summer, and then use the same (or modified) structure to grow salad greens and other vegetables all winter.

1. Cloche Pipe

Cloche pipe is the skeleton that holds the structure off the ground. One pipe is needed for every 2 – 2½' of row to keep the structure stable. Place them closer together if the garden is exposed to high winds. These flexible pipes are light and strong enough to hold their shape. If the row is narrow, the cloche will be taller—and it will be shorter (closer to the ground) if the ends are fixed over a wider row. The ends of the cloche pipe can be inserted directly into the soil or fixed inside the frame of a raised bed with clamps, or even threaded onto rebar

if more height is needed. The height of the cloche can be converted from a blanket for winter salad greens into a summertime greenhouse for tomatoes, peppers, eggplants, and melons.

Cloche Pipe ZRC451

Our specialty 100 psi Cloche Pipe is thick-walled and sturdy. Our Cloche Pipe has interior tension – it wants to curl, as opposed to PVC pipes that want to remain straight. Available in lengths of 7' or 11'. Exterior diameter: 1 inch / Interior diameter: 3/4 inch.

A 5 Pipes, 7' long, 3kg	\$39.99
B 5 Pipes, 11' long, 4kg	\$57.99
C Full Roll, 400' Long, 22kg	\$399.99

Greenhouse Film

This heavy-duty, durable plastic forms the "skin" over the skeleton of the cloche pipes. In summer, it can be used to create a kind of long umbrella over the row, to keep rain off tomato plants, or make a lower frame that allows the plastic to reach the ground. This would create a much hotter climate in summer (perfect for peppers, melons, eggplants, and tomatoes), and would also work well for winter vegetables.

Greenhouse Film ZRC441

Our UV Greenhouse Film is 0.006" thick and will last for 3-5 years with regular use and storage. It transmits 93% of light and stands up to cold temperatures in the winter as well as summer heat. It comes on a roll that is 16' wide, and is folded for compact shipping. Use greenhouse film to extend the growing season by as much as two months.

A 6 x 16 ft., 2kg	\$34.99
B 10 x 16 ft., 3kg	\$49.99
C 50 x 16 ft., 5kg	\$199.99
E 16 x 100 ft., Full Roll (Pickup only)	\$349.99

Lightweight Row Cover 0.5 oz for Insect Protection ZRC401

Use this lightweight (0.5 oz per square yard) row cover as a physical barrier between seedlings and the insect pests without building up excessive heat. Flea beetles, aphids, thrips, cabbage moth caterpillars, carrot rust flies, cabbage root maggot flies, and leaf miner flies will be excluded if the cover is carefully installed. It can also be applied over newly seeded beds to retain moisture and aid germination. Applied over new transplants, it offers some sun and wind protection. Our lightweight row cover is 2.2m (7.2') wide.



A 20 feet, 500g	\$17.99
B 50 feet, 1kg	\$36.99
C 100 feet, 2kg	\$64.99
D 200 feet, 4kg	\$79.99
F Full Roll, 1000 Feet, Pickup Only	\$299.99



Cloche Clips

Once the cloche pipes have been set in place and draped over with greenhouse film, these special clips secure everything in place and add to the stability of the whole structure. They are snug-fitting and cannot be removed without considerable force. If the pipes and clips are spaced according to our instructions, the cloche will be able to stand up to even the fiercest winter storm, keeping winter veggies safe and warm. These clips can also be used on 3/4" PVC, metal electrical conduit, and a range of other easy-to-source building materials. Larger clips for 1 1/4" pipe are also available. All our clips are made from thick, rigid, UV-sturdy plastic, reinforced by two metal bands. Once in place, they will hold the plastic down for good.

Cloche Clips ZRC416

Cloche Clips provide safe anchorage in wind, snow, hail, and heavy rain. Place approximately one clip for every 60cm (24") of pipe length. These clips are designed for use around 3/4"

interior pipe. Once in place, they are surprisingly sturdy against the elements. Made from rigid plastic and reinforced by two metal bands. Clips for 1.25" pipe also available (ZRC417).

A 1 Clip, 25g	\$1.19
B 20 Clips, 500g	\$19.99
C 100 Clips, 2.4kg	\$79.99
D 500 Clips, 14.3kg	\$299.99

Complete Cloche Kit ZRC400

Boxed and ready to ship, these complete kits are easily assemble into a cloche for winter growing or to protect precious seedlings. Each complete kit comes with 5 lengths of Cloche Pipe, 16' wide sheet of Greenhouse Film, 20 Garden Clips, and complete assembly instructions. Available in 2 sizes. Contact us for shipping estimates, as this kit goes out in a larger size box.

A 7x6 Foot Kit, 4kg	\$95.99
B 11x10 Foot Kit, 5kg	\$119.99

Heavyweight Row Cover A30 1 oz for Frost Protection ZRC504

Use this heavyweight (1 oz per square yard) row cover for cold weather protection down to -5°C and to trap warmth for heat-loving vegetables such as tomatoes, peppers, eggplants, squash and melons—it can make a 2-3 month difference in cool summer areas. It can also be placed over potatoes and corn for the first 2-3 weeks after planting to speed sprouting. Doubling the fabric gives more frost protection but it transmits less light. When using with tall seedlings, support the fabric on hoops to prevent the plants from bearing weight. Also useful for wrapping around tender shrubs for wind protection. Our heavyweight row cover is 3m (10') wide.



A 20 feet, 1kg	\$29.99
B 50 feet, 1.4 kg	\$59.99
C 100 feet, 2.8kg	\$119.99
D 200 feet, 5.6kg	\$199.99
F 500 feet, Pickup Only	\$449.99

HAND TOOLS

These indispensable tools make gardening so much easier. Each is designed for specific tasks - by gardeners, for gardeners. This group is selected based on value and comfort, creating the ultimate toolkit for the home gardener.



Pinebush Ergonomic Trowel ZHG243

General purpose trowel with steel blades and ergonomic handle for comfort while for digging and scooping.

700g
\$18.99

Pinebush Ergonomic Serrated Trowel ZHG244

Serrated on the steel blades makes this trowel ideal for tough digging. Ergonomic handle provides comfort while working.

700g
\$19.99

Pinebush Ergonomic Cultivator ZHG319

Strong steel tines on this cultivator ergonomic handle provides while tilling and grooming soil.

600g
\$18.99

Garden Bandit ZHG142

Our most popular garden weeder. Make short work of weeding by cutting roots just beneath the soil. Made in BC.

150g
\$17.99

Hori-Hori Knife ZHG239

For cultivating and removing weeds and stones. Includes sheath.

295g
\$41.99

Pinebush Weeder ZHG233

The dandelion foe. It pulls up deep rooted weeds with little effort.

140g
\$11.99

Pinebush Cultivator ZHG235

Loosen soil and eliminate weeds prior to planting seeds & seedlings.

205g
\$12.99

Pinebush Serrated Trowel ZHG232

Great for hard, compacted soils or cutting sod.

250g
\$12.99

Easy Digger ZHG101

Break up packed soils with ease by cutting through them with this mini plough.

272g
\$24.99

All pruners shown come with a lifetime warranty.



Pinebush Trimmer Pruner ZHG222

For precision trimming of live stems, cut flowers, and thinner branches. SK-5 Japanese steel blade.

18cm, 300g
\$28.99

Pinebush Deluxe Forged Bypass Pruner ZHG214

The pruner to carry for life. Built solid for cutting live stems with a high quality steel blade.

21cm, 300g
\$48.99

Pinebush Ratchet Pruner ZHG216

Each squeeze of the solid aluminum handle ratchets the blade deeper into thick stems and dead wood.

21cm, 205g
\$32.99

Pinebush Bypass Pruner ZHG213

Simple and elegant, but made to last for decades of garden pruning. Lightweight, with an ergonomic handle.

18cm, 165g
\$28.99

Pinebush Vintage Forged Bypass Pruner ZHG223

In the classic style, this simple pruner has heavy duty construction and extra large cutting capacity.

21cm, 300g
\$32.99

Pinebush Precision Trimmer Pruner ZHG254

This stainless steel blade is easy to use right handed or left, for precise cutting and trimming.

15cm, 150g
\$19.99

SOIL BLOCKERS

Eliminate the need for plastic seedling trays by creating tiny cubes of soil into which individual seeds are placed.



When the seedling has grown a little, the tiny soil block can be inserted into a larger one. This helps to minimize transplant shock and gives roots a generous supply of the oxygen they need in the time before they are transplanted into the field.

SOIL BLOCK RECIPE:

Use a 10-quart bucket and standard kitchen measuring cups to mix the following ingredients:

- 3 buckets finely milled peat.
- ½ cup lime (use agricultural lime if available).

Mix the peat and lime.

- Add 2 buckets coarse sand or perlite.
- Add 3 cups base fertilizer (Gaia's All Purpose 4-4-4 is a good choice).

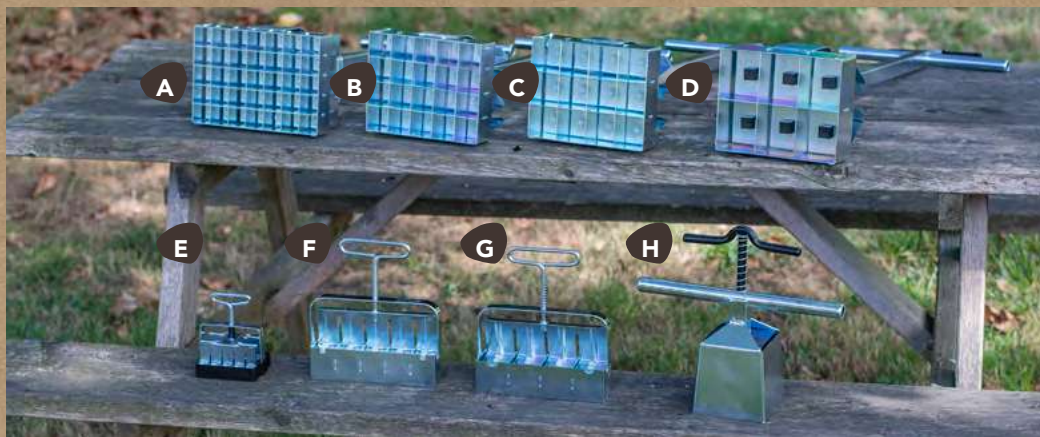
Mix again and add:

- 1 bucket garden soil or bagged topsoil.
- 2 buckets screened compost.

Mix all ingredients thoroughly.

This soil block recipe produces about 2 bushels of soil block mix. Use a large container with a flat bottom to mix and make soil blocks. Mix in enough water to create a very wet mud. It needs to be deeper than the depth of the soil blocker itself. Press the blocker into the mix, against the bottom of the mixing container, and give it a ¼ twist, lifting it at the same time.

Eject the soil blocks by gently and steadily pushing down on the plunger while raising the blocker. Give the soil blocker a rinse in warm water before pressing the next set of soil blocks. Build wooden trays to receive the soil blocks or use Seedling Germination Trays and poke drainage holes in the bottom so the soil blocks are never sitting in water.



A Multi 35 HG710

This stand-up model produces 35 x 2.8 cm (1.25 inch) soil blocks. It comes with Seed Pins that create indentations for small seeds. 2.8 cm (1.25 inch) soil blocks are comparable in size to 98 cell plugs and are best for small, quick growing seedlings that will be directly transplanted. Fill a 10 x 20 flat in three cycles. Unit stands 78cm (30") tall.

**The pins in the Multi 35 are removable and can be interchanged with Dowel Pin Inserts (sold separately).*

HG710 3kg
\$379.99

B Multi 20 HG707

Produces 20 x 3.8 cm (1.5 inch) soil blocks. It comes with Seed Pins that create indentations for small seeds. 3.8 cm (1.5 inch) soil blocks are best for small, quick growing seedlings that will be directly transplanted.

**The pins in the Multi 20 are removable and can be interchanged with Dowel Pin Inserts (sold separately).*

HG707 3.3kg
\$299.99

C Multi 12 HG706

Produces 12 x 5 cm (2 inch) soil blocks. It comes with Seed Pins that create indentations for small seeds. 5 cm (2 inch) soil blocks can be used for seedlings that will directly transplanted as well as those that require "potting up" into larger soil blocks. They can also accommodate soil blocks produced by the Micro 20 when fitted with Cube Inserts (sold separately).

**The pins in the Multi 12 are removable and can be interchanged with Cube or Dowel Pin Inserts (sold separately).*

HG706 3kg
\$299.99

D Multi 6 HG705

Produces 6 x 7.5 cm (3 inch) soil blocks. It comes with Cube Inserts that create indentations to accommodate 2 cm (3/4 inch) soil blocks. 7.5 cm (3 inch) blocks are ideal for medium to large seedlings that will be directly transplanted.

**The cube pins in the Multi 6 are removable and can be interchanged with Soil Blocker Insert Pins (sold separately).*

HG705 3.3 kg
\$299.99

E Micro 20 HG700

Produces 20 x 2 cm (3/4 inch) soil blocks with indentations for small seeds. 2 cm (3/4 inch) soil blocks are ideal for seedlings that will be "potted up" into larger soil blocks so they can grow good sized root balls.

**The pins in the Micro 20 are not removable.*

HG700 230g
\$42.99

F Mini 5 HG702

Produces 5 x 3.8 cm (1.5 inch) soil blocks. It comes with Seed Pins that create indentations for small seeds. 3.8 cm (1.5 inch) soil blocks are best for small, quick growing seedlings that will be directly transplanted.

**The pins in the Mini 5 are removable and can be interchanged with Dowel Pin Inserts (sold separately).*

HG702 705g
\$54.99

G Mini 4 HG701

Produces 4 x 5 cm (2 inch) soil blocks. It comes with Seed Pins that create indentations for small seeds. 5 cm (2 inch) soil blocks can be used for seedlings that will directly transplanted as well as those that require "potting up" into larger soil blocks. They can also accommodate soil blocks produced by the Micro 20 when fitted with Cube Inserts (sold separately).

**The pins in the Mini 4 are removable and can be interchanged with Cube or Dowel Pin Inserts (sold separately).*

HG701 650g
\$54.99

H Maxi 1 HG703

Produces a single 10 cm (4 inch) soil block with a cubic indentation that a 5 cm (2 inch) soil block fits inside. 10 cm (4 inch) blocks are ideal for larger seedlings that needs space to grow good sized root balls.

**The cube pins in the Maxi 1 are not removable.*

HG703 1.2kg
\$159.99



TERRAFIBRE CUBES & MATS

Terrafibre Cubes & Mats

These biodegradable grow mats and cubes are composed of long fibres from the hemp plant, forming a base for root stabilization for short rotation crops. The mats are ideal for growing microgreens, the cubes can accommodate small seedlings. Manufactured in Alberta.

Grow Cubes are 1.5", available as Pack of 9 or Pack of 98
Grow Mats are available as 5x5", 10x20" or 48x48" sheets

HG316 1.5" - 9 pack, 90g	\$9.99
HG314 1.5" - 98 pack, 700g	\$39.99

HG313 5x5" - 40 pack, 182g	\$21.99
HG312 10x20" - 10 pack, 430g	\$37.99



HG315 48x48" - Single Rolled Mat, 700g	\$48.99
--	---------

COMPOSTING

BY ASHLEY ESAKIN OF GARDENING IN CANADA

Compost is hands-down one of the most common soil additions for a multitude of reasons ranging from soil amending, no-dig setups, or fertilizer. Let's go through the dos and don'ts of compost in the garden.

Bioassay Testing

Regardless of what compost you are using, a bioassay test should be done. Bioassay testing is defined as exposing a test organism to substrates for a toxicity evaluation. Sounds intense for something that's supposed to be healthy and organic, doesn't it?

The reality is that compost is taking a lot of plant material and reducing it to a very small particulate size. This means the accumulation of micronutrients and even pesticides are amplified. The result can be poor plant growth and low yields. To avoid the heartbreak of poor plant growth, consider doing a bioassay test.

Grab a monocot and dicot variety; I like to use corn and peas. Plant ten of each in the pure compost that you intend to use in the garden. Then, plant another ten of each in regular potting soil. If you notice any stunted growth, leaf curling, or odd leaf colour in the compost-grown plants, let that compost rest for another season before using.

Soil Amending

The use of organics in any form can help amend soil structure. Compost is particularly good at this because it introduces a wide range of new microbiota we don't find in a simple peat. The key to using compost as an amendment is to ensure the compost is finished, meaning that it has been cured and fully composted.

With a sandy soil, we are looking to use compost as a way of increasing cation exchange capacity (CEC) and moisture holding. Cation exchange capacity is essentially the battery reserves of our soil. Increasing CEC means that we can hold onto more nutrients. Incorporating several inches of compost into the soil via double dig or tillage can help increase these properties. A simple one-time tillage will last for many years.

In a clay soil, we are looking at increasing

macro pore space. With a clay soil, our CEC and moisture holding capacity is already in an ideal range. The issue is our lack of macro pore space that allows for oxygen. Both plant roots and microbes need oxygen in the soil to cycle nutrients. Again, incorporating compost in a one-time application can help provide this much-needed aeration. The compost incorporated should never have any plant parts, such as twigs, present as these can steal nitrogen from the plants in the soil until they are fully decomposed.

Fertilizer

The most common use of compost is as fertilizer. I often look at garden soil samples that show excessive levels of both macro and micronutrients caused by compost. An excess of nutrients can actually cause rapid growth that may lead to infection and pest issues. Not to mention an excess of micronutrients can become toxic to plants and soil microbiota.

The best way to think about using compost as fertilizer is to look at how much above-ground plant biomass was removed the year before. If you were to compost the plant biomass removed last year, how much compost would you have? This is how much you want to re-apply to the area. Keep in mind this may be less than an inch and that is fine.

Treat your garden soil the same way mother nature treats a forest. The leaves fall to the ground every fall, decompose, and fertilize the forest for the future. Keeping this balance in nutrient inputs is the key to success.

No-Dig

This is a popular method where we grow above the ground outside of the soil in a pure compost. This garden setup is perfect for anyone who wants to start up a garden without the hassle of removing sod and working the ground soil. If you choose to go this route, you'll still want to incorporate all the points mentioned:

- 1 Start with bioassay testing. Having a garden made from pure compost that has toxic levels of micronutrients or pesticides may mean not gardening for that growing season.
- 2 Do a mix of soil with the compost. Ideally this would be a loam soil that would make up 50% of the no-dig blend. This will provide a buffer through the natural CEC of the soil to ensure high levels of micronutrients or toxic compounds are sequestered away from plant root access.
- 3 The incorporation of soil will also decrease nutrient losses through leaching and volatilization. CO₂ and NH₃ are released to the atmosphere as compost decomposes further. Studies have shown the addition of soil can help reduce these losses, which is better for our environment.

Whether you are making your own compost or ordering compost in bulk, the science behind gardening with compost is always a great place to start.

Ashley Esakin currently works in the agriculture sector in soil fertility. She holds a bachelor's degree in science from the University of Saskatchewan with a major in Soil Science. She has had a passion for plants since she was a small child when she would garden alongside her grandmother. Ashley posts informative videos about plants and gardening on YouTube under the channel 'Gardening In Canada'. The focus of the channel is to bring science to gardening in a way that is informative but also helpful to others learning to garden. She also talks about the importance of having your own garden and the joys of gardening indoors.

Follow Ashley @gardeningincanada on Instagram and watch her science-based videos on her YouTube channel 'Gardening In Canada'.

FERTILIZERS FOR ORGANIC GROWING



Gaia Agricultural Gypsum ZFL132

Gaia Green Gypsum is a mined mineral fertilizer rich in calcium and sulphur. In addition to providing key nutrients, Gypsum benefits soil structure, porosity, air circulation, and water infiltration and drainage. It also helps to mitigate soil salinity.

1 pail, 2kg
\$17.99



Gaia Alfalfa Meal

Fine milled Alfalfa Meal Soil Amendment affects soil as though you had planted a cover crop. Alfalfa is naturally high in nitrogen, and also benefits soil microorganisms by helping them convert soil nutrients into soluble forms more available to plants. Alfalfa contains the naturally occurring growth hormone, Triacontanol, which boosts the growth rates of seedlings. It makes an excellent mulch for roses and other perennials, as well as a great additive for composts.

ZFL319 Alfalfa Meal 3-0-2	\$18.99
1 pail, 1kg	
ZFL322 Alfalfa Meal 3-0-3	\$36.99
1 bag, 10kg	



Gaia 4-4-4 All Purpose Blend ZFL340

This all-purpose formula will provide ample nutrition for most of the plants in this catalogue for a whole season. Apply according to the instructions for each plant variety.

A 1 pail, 2kg	\$29.99
B 1 bag, 10kg	\$59.99
C 1 jar, 500g	\$10.99



Gaia Bone Meal 0-14-0 ZFL342A

Steamed bone meal has lots of uses in the garden, and feeds hungry roots with phosphorus. Excellent for use with bulbs. High-quality Canadian sourced ingredients.

1 pail, 2kg
\$28.99



Gaia Greensand 0-0-0.2 ZFL318

An iron potassium silicate containing 7% potassium, 20% iron oxide, and as many as thirty other elements. Greensand loosens hard soils, binds sandy soils, regulates moisture, and assists in the release of other nutrients.

1 pail, 1.5kg
\$38.99



Gaia Kelp Meal 1-0-2 ZFL343A

One of the richest known sources of biologically balanced trace elements, providing over 70 elements, amino acids, and growth stimulants.

1 pail, 1.5kg
\$31.99



Gaia Mineralized Phosphate 0-9-0

This product is harvested from caves in the Philippines and has a potent phosphorus rating. It increases the size and quantity of blooms on flowering plants.

ZFL331	\$24.99
1 pail, 2kg	
ZFL330	\$84.99
1 bag, 10kg	



Gaia Power Bloom 2-8-4 ZFL341

Gaia Green Power Bloom is a high phosphorous fertilizer combining bone meal, rock phosphate, and fish bone meal with minerals and natural growth stimulants. Use as a general feed for flowering plants and fruit-forming vegetables.

A 1 pail, 2kg	\$24.99
B 1 bag, 10kg	\$59.99



Gaia Rock Dust Blend ZFL136

This convenient blend of glacial rock dust, basalt rock dust, volcanic ash, and humic acid is easy to use and can benefit a full range of plant types.

1 pail, 2kg
\$17.99



Gaia Glacial Rock Dust 0-0-1 ZFL326

Apply Glacial Rock Dust to improve soil structure, moisture holding capacity, nutrient availability, flavour, and bacterial action in the soil. This product will gently raise pH in acid soils, increase phosphorous availability, and overall mineral content of soil. It cannot be over-applied, and it will not burn.

A 1 pail, 2kg	\$15.99
B 1 bag, 10kg	\$22.99



Soil Activator Microbial Biofertilizer

Made in Canada, this biofertilizer contains three naturally occurring soil bacteria that boost yields by increasing the availability of plant nutrients in the soil. It eases transplant shock, boosts nitrogen, improves soil moisture retention, and releases nutrients from organic matter. 50g of Soil Activator treats up to 40L of soil. Or mix 50g with 4L of water to treat up to 50m². Approved for organic agriculture by Ecocert Canada.

ZFL250 - 1 pouch, 50g	\$5.99
ZFL251 - 1 pouch, 425g	\$27.99
ZFL252 - 1 pouch, 1kg	\$47.99



ProMix Multi Purpose Organic Fertilizer 7-3-3 ZFL232

This general use mix is recommended for organic production of tomatoes, vegetables, fruits and flowers. It is OMRI listed for organic use.

1 pouch, 1.5kg
\$34.99



ProMix Tomato, Veg & Fruit Organic Fertilizer 4-4-8 ZFL233

This general mix has boosted levels of potassium to help with fruit development and overall plant health. It is OMRI listed for use in organic systems.

1 pouch, 1.5kg
\$34.99



VeganO 3-3-3 ZFL323

For growers who are uncomfortable using animal byproducts or manures in the garden, this 100% organic blend is the answer. No animal products or rock minerals of any kind go into this wholly vegan all-purpose fertilizer. Blended in beautiful British Columbia.

A 1 bag, 1.5kg	\$27.99
B 1 bag, 8kg	\$82.99



Mind & Soil Worm Castings Seedling Mix - 9L ZFL109

Simple and sustainable seedling mix contains worm castings, sifted compost, peat moss, and perlite. Use it to start seeds and pot up into. This mix gives your plants all the structure, nutrients, and bacteria they need without adding any other amendments. Each bag is measured to fill a 10x20 tray of seed cells.

9L bag, 4.3kg
\$24.99

FERTILIZERS FOR ORGANIC GROWING



Welcome Harvest Farm Carrot Formula 1-9-3 ZFL317

Grow great carrots with this specially formulated fertilizer for carrot beds. It is high in phosphorous, and low in nitrogen, and supplies carrots with what they need for strong roots and controlled tops. We have seen consistently good results with this product in our trials, and have had nothing but good reviews from our customers.

1 bag, 2kg
\$31.99



Big Blue Fish 2-3-0

This cold-processed hydrolysate improves root development. It contains calcium, which helps prevent blossom end rot in tomatoes. It contains iron for increasing and stabilizing chlorophyll production. And it also contains a wide range of trace elements essential to strong plant health. Product of Canada.

ZFL203	1 bottle, 250ml	\$7.49
ZFL202	1 bottle, 500ml	\$13.49
ZFL201	1 bottle, 1L	\$21.49



Big Blue Wave

This is a nutrient-dense, low sodium, full spectrum ionic sea mineral solution derived from ocean water. Ionic minerals are elements that are totally dissolved. It is only in this ionized state that nutrients can be absorbed by plants for a boost in growth. Product of Canada.

ZFL160	1 bottle, 250ml	\$17.99
ZFL161	1 bottle, 500ml	\$31.99



Big Blue Alga 0-0-5

Alga is a concentrated seaweed fertilizer that helps build plant health and tolerance to a wider range of growing conditions. This liquid fertilizer will help plants efficiently regulate their hydration, resulting in greener, happier plants. It will also help to improve germination and reduce transplant shock. A general plant health tonic for regular feeding. Product of Canada.

ZFL162	1 bottle, 250ml	\$16.99
ZFL200	1 bottle, 500ml	\$29.99



MagiCal 2-0-0 ZFL310A

Soil and hydroponic gardeners use MagiCal Liquid Calcium Amendment (2-0-0) to supplement calcium (3.25%), magnesium (1.25%) and iron (0.11%) to their regular feeding schedule and promote healthy leaf growth and prevent blossom end rot in tomatoes.

1 bottle, 1L/1kg
\$12.99



PuraVida Grow 6-3-3 ZLF309A

Specifically formulated to promote lush, green foliage, and accelerate shoot and root development throughout the vegetative stage of plant growth.

1 bottle, 1L/1kg
\$27.99



PuraVida Grow 2-6-6 ZLF308A

Made from fermented organic materials, it contains natural humates, micro nutrients and microbiological activity. Useful for both transplant production and field and garden applications, it will help crops through periods of stress or fertility deficiencies.

1 bottle, 1L/1kg
\$29.99



Kelpman Liquid Kelp ZFL303

This seaweed solution is rich in micro-nutrients, as well as growth-stimulating substances that improve overall vigour. Harvested from high-quality, actively-growing kelp near Port Hardy, BC.

A	1 bottle, 500ml/500g	\$24.99
B	1 bottle, 1L/1kg	\$36.99



Organique Bone Meal Plus Granular 4-13-0 ZFL295

Phosphorus is the macronutrient that encourages strong root growth, and it plays a key role in photosynthesis. Bone meal is a terrific source of phosphorus, and is very useful when planting flower bulbs and getting transplants established. Product of Canada.

1 jar, 1.5kg
\$18.99



Organique BioFish Liquid Plant Food 3-1-2 ZFL120

Use BioFish Liquid Fish Fertilizer at transplant time, and again at regular intervals throughout the growing season. This product is diluted in water, so one jug of it goes a long way. It can be used as a foliar feed, too. Product of Canada.

ZFL120	1kg/880ml	\$14.99
ZFL120B	5kg/4.5L	\$48.99



Organique Tomato & Vegetable Liquid 3-1-4 1kg ZFL360

An all-natural Tomato and Vegetable Formula that contains 10 organic ingredients including calcium, kelp, and humates. It promotes strong stems, flowers, and fruit set. The added calcium discourages blossom end rot and kelp stimulates growth in all stages of plant development. Product of Canada.

1 jug, 850ml/1kg
\$15.49



Organique Tomato & Vegetable Liquid 4-3-7 1kg ZFL354

This all-natural specialized Tomato and Vegetable Formula fertilizer contains 10 organic ingredients including calcium, kelp, and humates. Applied monthly, it promotes strong stems, flowers, and fruit set. The added calcium discourages blossom end rot and the kelp stimulates growth in all stages of plant development. Product of Canada.

1 pail, 1.8kg
\$17.99



Organique House Plant & Tropical 2-1-3 ZFL121

This concentrated liquid fertilizer is suitable for all house plants, including tropicals, in containers. It has no unpleasant odour. The natural ingredients result in lustrous, colourful leaves and larger, more abundant flowers. It can also be used as a liquid foliar feed. Product of Canada.

1 jug, 850ml/1kg
\$15.99



Organique Compost Activator Organic ZFL396C

Compost Activator is a 100% organic product used to speed up decomposition and the break-down of organic waste by increasing microbial activity. It helps produce high grade compost that is rich in minerals and nutrients. Product of Canada.

1.8kg
\$18.99



Root Rescue

This product contains 18 different essential species of beneficial mycorrhizae that help plant roots; one or more of these amazing spores will help almost every tree, shrub, evergreen or perennial in the garden. Root Rescue products put life back into the soil; restoring and nurturing the natural beneficial soil organisms that plants rely on to find water and nutrients. A healthy soil environment supports plants naturally; reducing or eliminating the need for synthetic fertilizers or chemicals.

ZFL150	1 pouch, 22.5g	\$14.99
ZFL151	1 pouch, 45g	\$19.99



Dolomite Lime

Dolomite lime is a mix of calcium phosphate and magnesium phosphate that will raise the pH (lower the acidity) of soil. Apply lime in the spring or fall, but aim to do so at least three weeks prior to planting to allow the soil's chemistry to adjust. We recommend applying lime at least once every three years as part of a standard crop rotation. Leafy greens like lettuce and spinach respond particularly well.

ZFL346A	2kg box	\$11.99
ZFL348	2kg pail	\$12.99
ZFL345	11kg bag	\$19.99

MASON BEES



Mason Bee Starter Cottage ZHG520C

This is a superb entry-level kit for the mason beekeeper. The compact cedar shelter comes with 18 cardboard nesting tubes and a simple wall mount to accommodate one screw. Hang at eye level for the best observation against a south or east-facing wall. 22 x 12 x 9.5cm (8 3/4 x 4 3/4 x 4").

1 cottage, 650g
\$43.99



Bee Viewing Home 1 Door ZHG517A

Designed to provide mason bees and leaf cutter bees with the ideal nesting site, but also to open at the side, revealing the bees' activities behind a plexiglass panel. This provides an educational opportunity to understand the life cycles of these hard working beneficial insects. 29 x 23 x 11cm (11.5 x 9 x 4.5").

1 home, 650g
\$89.99



Mason Bee Royal House w/ Trays and Guard ZHG521A

This attractive cedar house provides a long lasting shelter for 30 bees. Inside the house there is a stack of 5 nesting trays which can be removed and separated for easy annual maintenance. 20cm x 18cm x 23cm.

1 house, 2kg
\$79.99



Castle for Mason Bees ZHG533A

Constructed from sturdy solid cedar, this home is for a ten layer Quick Lock Stacking Tray (included). The wooden predator guard slides in from the bottom, and is secured in place by a fastening device.

1 castle, 3kg
\$99.99



Mason Bee Cocoons ZHG526

Osmia lignaria. Dormant mason bee cocoons ship in a small cardboard box. Store the box in the refrigerator until about a week before crops begin to bloom. When the nest site has been cleaned and prepared, secure the box to the nest site. As the sun warms the nest site, the bees will emerge. Emergence can take hours, or several days.

1 box, 12 cocoons, 100g	3 or more boxes	12 or more boxes
\$22.49	10% off	15% off



Natural Wooden Nests HG966

The sustainably sourced wood trays are planed so that they fit together snugly, and are held together tightly with a reusable industrial elastic band. It measures 15 x 8.5 x 5.5cm.

30-hole nest, 100g
\$37.99



Ezy Nesting Tubes for Mason Bees ZHG527

The 35 tubes are closed at one end to provide the ideal mason bee nesting conditions. When it's time to clean the cocoons, the tubes are moistened and gently peeled apart.

35 nesting tubes, 100g
\$19.99



Quicklock Stacking Trays ZHG523

These biodegradable corn plastic trays are interlocking and long lasting. Easy to assemble and clean. Set the stack of 5 (2 part) trays horizontally into a dark container 5-8cm (2-3") deeper than the 15cm (6") trays. One set of Quicklock Mason Bee Stacking Trays provides 30 nesting sites.

1 tray, 650g
\$39.49



Pinebush
HOME & GARDEN

GARDENING & BIRDING GO HAND IN HAND.

Both activities put us in more immediate touch with the environment and the changing seasons. Many wild birds play a role in controlling insect populations, while others even participate as pollinators.

Wild birds are creatures of habit and will make routine visits to feeders that are kept clean and well stocked. We found birds using our bird baths at the farm regularly, particularly during the summer drought. It's vital to keep baths and feeders clean in order to prevent the spread of disease.

As the seasons change, so do the needs of wild birds. We enjoy filling the seed feeders throughout the year, but we put out suet in the winter months to provide an extra high energy food source.

SUET CAKES & BALLS

Made in Canada and ships to Canada only



BB320 - Wild Bird Seed Suet Balls, 6 Pk.	\$9.99
BB321 - Premium Suet Balls, 6 Pk.	\$12.99
BB322 - Peanut Seed Balls, 6 Pk.	\$11.99
BB323 - Fruit & Berry Suet Balls, 6 Pk.	\$11.99
BB324 - Wild Bird Seed Suet Cakes, 2 Pk.	\$9.99
BB325 - Peanut Seed Suet Cakes, 2 Pk.	\$12.99
BB326 - Peanut Seed Cakes 2 Pk.	\$11.99
BB327 - Fruit & Berry Suet Cakes 2 Pk.	\$11.99

Lantern Style Glass Feeder BB347

Decorative lantern style feeder attracts hummingbirds to your backyard or patio. Built-in bee guard keeps the nectar for its intended user. Water-resistant finish holds up to cold and wet. 828ml capacity.

1 feeder (28cm tall, 600g)

\$59.99

Regal Style Oval Seed Feeder BB097

Modern-design with copper polished accents impresses in any outdoor setting. High-capacity, 4-sided feeding and cardinal friendly perch. Sturdy metal construction with liftable roof for easy filling. Attracts grosbeaks, finches, chickadees, cardinals, and many other backyard birds.



1 feeder, 26cm tall, 616g

\$49.99

Pinebush Acorn Shape Feeder BB214

This very cute feeder has a weather resistant metal finish. Fill with shelled peanuts and/or black oil sunflower seeds to attract chickadees, woodpeckers, nuthatches, and finches. The top cap separates for easy filling. Capacity: 270g (9.6 oz).

1 feeder (25cm tall, 1kg)

\$29.99

Single Cake Suet Holder Black BB331

Easy to use, and simple to refill and clean. This 12.5cm (5") wide wire cage fits all standard suet cakes. It's equipped with a chain and hanger hook, and a simple double lock mechanism to deter squirrels from making off with the cake.

BB330 - Assorted Colours	\$7.99
BB331 - Black	\$7.99

Suet Cake Feeder Blue Roof BB205

This feeder has a simple design so it is easy to clean and refill. The attractive aqua-blue roof protects the suet cake from the weather and also deters squirrels.

1 feeder (16cm tall, 300g)

\$21.99

BIRD FEEDERS



Decorative Squirrel Resistant Feeder BB304

The cage style housing blocks squirrels and larger birds from access to the tasty seeds. The top cap lifts for easy filling, and the central clear plastic column can be removed for cleaning. The tray surround includes drainage holes. The capacity is approximately 340g (¾ lb) of seed.

1 feeder (25cm tall, 340g)
\$62.99



Decorative Seed Feeder Red BB130

Antique styling gives this red, multi-seed feeder a traditional look. It features a weather resistant finish and a continuous metal perch that offers generous feeding space for birds. The lid flips back for easy filling.

1 feeder (30.5cm tall, 840g)
\$51.99



Sunflower Chips/Hearts Feeder BB377

This sunny feeder for shelled seeds replicates a real sunflower is a sure to attract a wide variety of backyard birds. Features a weather resistant metal design with a door that slides open for simple filling.

1 feeder (25cm tall, 200g)
\$14.99



Sunflower Tray Feeder BB344

Sturdy metal mesh platform feeder supports seed mixes. Attractive and open design attracts cardinals, grosbeaks, finches, chickadees, and many other backyard birds. Easy to clean between fills.

1 feeder (5.5cm tall, 400g)
\$24.99



Glass Hummingbird Feeder BB224

Brightly coloured to attract passing hummers, this feeder has a base that comes apart for easy cleaning and includes a built-in ant moat. The top features a metal cable hanger. 850 ml capacity.

1 feeder (20.6cm tall, 822g)
\$20.99



Glass Hummingbird Feeder w/Handpainted Dots BB372

Extra colourful to attract hummingbirds, this feeder features a standard base that comes apart for easy cleaning and a metal cable hanger. 503 ml capacity.

1 feeder (24.75cm tall, 503g)
\$45.99



Tray Hummingbird Feeder Poly BB379

Simple in design, but very effective at attracting hummingbirds, the Tray Hummingbird Feeder will have the tiny birds competing for territory for its rich nectar supply. The base comes apart for easy cleaning.

1 feeder (27cm tall, 690g)
\$35.99



Red Twist Glass Hummingbird Feeder BB219

The bright red feeder is easy for hummers to spot and features an elegant design with an attractive metal hanger. The base also comes apart for easy cleaning. 858 ml capacity.

1 feeder (28cm tall, 858g)
\$43.99



Colour Balloon Hummingbird Feeder BB340

Shaped like a hot air balloon, the bright colours of this glass feeder are thought to catch the eye of passing hummers. We hung one at the farm and it was very popular. 946ml capacity.

1 feeder (23cm tall, 600g)
\$49.99



Glass Hummingbird Feeder BB341

Standard, sturdy, and reliably built, this bright red feeder has a design that hummingbirds seem to love. The base comes apart for easy cleaning. 828ml capacity.

BB342 - 295ml, 10 oz	\$16.99
BB220 - 591ml, 20 oz	\$21.99
BB341 - 828ml, 28 oz	\$30.99



Handheld Glass Hummingbird Feeder BB240

Feed hummingbirds right from the palm of your hand. This feeder is perfect for single uses, and easy to clean after each shift. Try using the feeder in the same location and at the same time each day, so local birds will make it part of their feeding routine.

1 feeder (17cm, 227g)
\$7.99



Poly Window Hummingbird Feeder BB316

This feeder attaches firmly to a window for easy viewing from in doors. It has a locking suction cup hanger. The feeder detaches from the suction cup hanger for easy filling, and the base comes apart for easy cleaning. 470ml capacity.

1 feeder (27 cm tall, 690g)
\$26.99



100% 
SATISFACTION
GUARANTEE

WEST COAST SEEDS QUALITY ASSURANCE

BRIAN CAMPBELL,
PURCHASING & PRODUCTION
COORDINATOR

Certified Organic Seeds

When Certified Organic is indicated, the growers of these seeds have certified their farms to be free of synthetic chemicals, and to meet other criteria set out by organic certification bodies in Canada, the United States, and EU. We also carry seeds in this catalogue that have been produced on organic farms and fields, but only Certified Organic seeds can use the name or bear the Certified Organic symbol. All West Coast Seeds seed products are untreated and suitable for organic growing.

West Coast Seeds is a CERTIFIED HANDLER OF ORGANIC SEED. Certified by the Pacific Agricultural Certification Society (PACS 16-205). This means that we have obtained the organic certification from our seed suppliers and there is a clear paper trail between the seeds we purchase and the ones we sell. This certification ensures that processes are in place to prevent organic seeds from being contaminated (fungicides, rodenticides, detergents, or other sources of contamination) or confused with non-organic seed during handling.

At West Coast Seeds, we pride ourselves on the quality of the seeds we sell.

We have extensive trials on all the new varieties we introduce into our catalogue and evaluate them carefully with meeting customer demands for innovation and excellence in mind.

We keep track of how well they are performing, photograph them, and eat them — it's a hardship, but there is no point in providing a good-looking new vegetable if it tastes terrible!

We choose the growers and farms we work with just as carefully. They are experts in producing high-quality seeds that exceed Canada No.1 standards, but to be sure, we test the seeds using a third-party independent lab. Before the seeds are packed and shipped out, they are stored in a professional-level, climate-controlled seed vault to maintain the quality they were at when they entered our care.

We test for germination and purity, by which we mean weed seeds. We are fully compliant with Canadian and international seed law and regulations.

We are not afraid of being scrutinized and held to a high standard. Our quality assurance program is audited three

times a year, twice by the Canadian government to ensure our seeds really do meet Canada No.1 standards and again by our organic certifier. We have a Quality Assurance Manual that covers every aspect of our operation, and our staff is trained extensively in how to meet our quality obligations to our customers.

A part of how we maintain our standards and monitor our seeds is the lot number that is stamped on every envelope we sell. When you buy a packet of seeds from us, hang onto that envelope for the lot number. We use it to track our seed products, or to retrieve testing information for example.

Central to our identity at West Coast Seeds is quality. We go to great lengths to start with excellent seeds that exceed Canada No.1 standards by buying the freshest, fattest seeds that maintain their vigour and germination through extensive testing and evaluation.

The West Coast Seeds quality assurance program is one of the best in the seed industry and covers every aspect of our seeds while in our hands. From purchasing from our growers to receiving, storing, and shipping, we do our best to ensure our customers receive the best.

Why Organic?

Organic gardening and farming is a reaction to conventional industrialized farming practices. Organic growers aim to produce food without the use of synthetic chemicals or pesticides. We embrace the use of natural systems like composting, crop rotation, mulching, cover cropping, and utilizing beneficial insects in our gardens. We feed the soil. We cultivate growing in our communities, and we support local agriculture. Using certified organic seeds in the garden is just the first step. We encourage organic growing, being mindful of the environment and local ecosystems. We share harvests and knowledge, and we grow food organically, from seed."

GMO/GEO

Genetically Engineered Organisms (GEO) have been engineered by introducing the genes of an unrelated species. There are many concerns about the results and ethics of genetic engineering. Unlike hybridization, genetic engineering cannot occur without human intervention. The term "Genetically Engineered

Organism" is defined by Canadian and US regulators. In the European Union, the preferred term is "Genetically Modified Organism (GMO)," which can lead to some confusion. Read more about these definitions in the Glossary section of our website. We encourage all gardeners to have a clear understanding of what these terms mean. The selling of GE Organisms is a highly regulated industry. To the best of our knowledge, West Coast Seeds does not knowingly carry or sell any GEO products. West Coast Seeds is a founding signatory of the Safe Seed Pledge.

Days to Maturity

"Days to maturity" is a relative indication of the time it takes between planting and harvest. Our "How to Grow" instructions indicate whether days to maturity is from the date of sowing or transplant. Days to maturity will vary depending on weather, soil temperature, microclimate, exposure, and other factors, and is not meant to be taken literally. Please check our website for a planting guide specific to your growing region or zone.

Untreated Seeds

Some seed companies treat their seeds with fungicide and pesticide chemicals. Growers on massive industrial scale farms may wish to use treated seeds to reduce the chance of crop failure due to a sudden cold snap or unusually wet spring weather. Treated seeds are often dyed bright colours to show that chemicals are being used. West Coast Seeds does not sell treated seeds of any kind. We prefer gauging the weather patterns from year to year, employing crop protection, and choosing the right seed for the right area. Also, by practicing good organic gardening techniques such as crop rotation and cultivating active "living" soil, pests can be controlled effectively.

Pelleted Seeds

Small seeds like carrots, onions and lettuce are sometimes "pelleted." Each seed is coated with a layer of clay to increase its size for easier handling. This makes spacing the seeds much easier and enables growers to use set spacing on their seeding machines. It also increases evenness in germination. The few varieties of seeds we offer as pelleted are prepared with organic materials and contain no seed treatment or chemicals.

Open Pollinated (OP) vs. Hybrid (F1) Seeds

When pollen from one plant variety is used to fertilize the flowers of a different variety of the same species, the resulting seed will produce a hybrid. The resulting plant (known as F1 hybrid) will have characteristics from both of its "parent" varieties. Not all hybrids produce superior results, but often these cross-bred plants will have higher yields, shorter growing season, cold-hardiness, or resistance to disease. It should be said that in some growing areas, food produced by some hybrid varieties will be of superior quality to the open pollinated varieties available on the market. The downside is that hybrid plant varieties will produce seeds that, if grown out, tend to slide back to one or other of their parents' genetics. This makes them unsuitable for seed saving. They can still be saved and planted, but the results may be unexpected or inconsistent.

USDA Import Rules

As a result of USDA import rules introduced in 2019, we regret that we are unable to ship pepper and tomato seeds to the USA.

Coated Seeds

Some seeds are coated with inert substances and may appear to have an unusual colour. This coating is applied to seeds that have a natural tendency to clump together, and so they will pass more easily through seeding machines. Some flower seeds may have coloured coating to help nursery workers see them against the soil.



Coated Seeds



Pelleted Seeds



Raw Seeds

Seeds per Gram

Our seed counts (seeds-per-gram or s/g) are estimates only, as set out by the Canada Seeds Act. Seed counts vary with each harvest and lot, sometimes dramatically. These seed counts are useful as ESTIMATES ONLY and do not always reflect exact counts.

**50g = 250
corn seeds
5 seeds/gram
large seed**



**50g = 4,150 beet seeds
83 seeds/gram medium seed**



**50g = 25,000
arugula
seeds
540 seeds/
gram small
seed**

In a few cases we offer "multi-seed pelleted" products. These pellets contain more than one seed each.

We are also unable to ship any seeds to the US that are coated or pelleted. All the seeds we do ship to the U.S. meet or exceed US Department of Agriculture Animal and Plant Health Inspection Service (APHIS) phytosanitary standards.

Prices

Prices in this catalogue are in effect as of December 1st, 2022. We reserve the right to change prices if our costs increase significantly or an error has been printed. Prices are subject to change without notice. Our website reflects our current prices, which supersede those in print.

Terms of a Sale & Limitation of Liability

The comments and advice contained in this catalogue and on our website are not a guarantee of performance of any seed product. Product representations, including photographs, on West Coast Seeds' labels, packaging, advertising, and technical publications, and websites represent kind only. A variety may differ from the representation in colour, shape, and size. West Coast Seeds shall not be liable for any non-performance, reduced performance, crop damage, any costs of growing, any third-party loss, consequential loss (including loss of profits), loss of business opportunity, or any incidental, indirect losses or special damage arising out of the purchase or

use of its seeds.

The liability of West Coast Seeds for any loss or damage arising out of the purchase or use of its seeds, including loss or damage resulting from mistake or negligence shall be limited to replacement of the item or return of the purchase price. By placing an order, the buyer accepts the above terms of sale and agrees that they constitute the entire arrangement between the buyer and West Coast Seeds.

Quality Control

West Coast Seeds is a member of the Canadian Seed Institute and part of the Canadian Authorized Importer/Exporter program, which follows strict standards. All the seeds we sell meet or exceed the Canadian standards established by the Commercial Seed Analysts Association of Canada for seed quality.

The number found at the bottom of each seed envelope refers to specific lots, which we use for quality control and traceability. To inquire about specific germination rates and testing dates for a particular packet, please quote this lot number.

For up-to-date information on shipping and returns, please visit our website.

VEGETABLES & FRUIT

Amaranth	3
Artichoke	3
Arugula	4
Asparagus	5
Asparagus Crowns	5
Beans	6
Beets	11
Bitter Melon	
(Jade Dragon)	58
Broad Beans	5
Broccoli	12
Brussels Sprouts	14
Bush Beans	6
Cabbage	14
Cantaloupes	39
Carrots	16
Cauliflower	18
Celery/Celeriac	19
Chickpeas	20
Chicory	20
Choi Sum	43
Collards	21
Corn	22
Corn Salad	24
Cover Crops	120
Cress	25
Cucumbers	26
Daikon	50
Edamame	10
Eggplants	28
Endive	20
Fava Beans	
(Broad Bean)	5
Fennel, Florence	29
Gai Lan	29
Garlic	115
Goji	80
Green Onions	41
Ground Cherries	81
Kale	30
Kohlrabi	31
Komatsuna	40
Leeks	31
Lettuce	32
Lima Beans	8
Mâche	24
Melons	39
Microgreens	124
Mizuna	40
Mustards	40
Napa Cabbage	15
Onions	41
Onion Sets	115
Orach	37
Pac Choi	43
Parsnips	44
Peas	45
Peppers	46
Physalis	81
Pole Beans	9
Potatoes	
(Potato Seeds)	49
Potatoes	
(Seed Potatoes)	114
Pumpkins	56
Quinoa	49
Raab (Rapini) Broccoli	13
Radicchio	21
Radishes	50
Rhubarb	52
Runner Beans	9
Rutabagas	52
Salad Blends	36
Salsola	37
Scallions	41
Scallopini Squash	57

Sesame	52
Shallots	42
Shungiku	37
Solanum	80
Soya Beans	10
Spinach	53
Sprouting Broccoli	13
Sprouting Seeds	126
Squash	54
Strawberries	80
Sui Choi	15
Swiss Chard	59
Tomatoes	60
Turnips	67
Watercress	25
Watermelons	40
Zucchini	57

HERBS

Basil	82
Bergamot	83
Borage	84
Caraway	84
Catnip	84
Chamomile	85
Chervil	85
Chives	85
Cilantro/Coriander	85
Culantro	85
Cumin	86
Dill	86
Epazote	86
Fenugreek	86
Lavender	86
Lemon Balm	87
Lemongrass	87
Liquorice	87
Lovage	87
Marjoram	87
Mexican Tarragon	89
Mint	87
Oregano	87
Parsley	88
Perilla (Shiso)	88
Rosemary	88
Sage	88
Savory	88
Stevia	88
Thyme	89

FLOWERS

African Violet	90
Agastache	90
Allium	107
Alyssum	90
Ammi	96
Aster	93
Baby Blue Eyes	90
Baby's Breath	91
Basket-of-Gold	91
Bellis	95
Bird's Eye Gilia	91
Rudbeckia	91
Blanket Flower	91
Blue-Eyed Grass	91
Calendula	92
California Bluebell	92
California Poppies	101
Candytuft	92
Catmint	93
Celosia	94
Centaurea	94
Cerinthe	97
China Aster	93
Chinese Houses	94
Chinese Lanterns	94
Clarkia	94
Cleome	103

Cockscomb	94
Columbine	94
Common Pink	94
Coreopsis	97
Cornflower	94
Cosmos	95
Cynoglossum	96
Daisy	95
Dandelion	95
Delphinium	95
Dianthus	94
Digitalis	96
Douglas Aster	95
Echinacea	96
Eucalyptus	96
Evening Primrose	96
False Queen Anne's Lace	96
Five Spot	96
Flax	96
Forget-Me-Not	96
Foxglove	96
Gaillardia	91
Gaura	97
Globe Gilia	97
Gypsophila	91
Hollyhocks	97
Honeywort	97
Ipomoea	98
Jasmine Tobacco	97
Lavatera	97
Lance-leaf Tickseed	97
Larkspur	95
Lindheimer's Bee Blossom	97
Linum	96
Lobelia	97
Lunaria	98
Lupins	97
Mallow	97
Marigold	97
Mexican Sunflower	98
Milkweed	98
Money Plant	98
Morning Glory	98
Nasturtiums	99
Nemophila	96
Nigella	99
Oregon Sunshine	99
Ornamental Eggplant	100
Ornamental Kale	100
Painted Daisy	100
Pansies & Violas	100
Phacelia	103
Phlox	101
Pincushion	101
Poppies	101
Prairie Coneflower	103
Prunella	103
Pumpkin on a Stick	100
Purple Tansy	103
Ramps	107
Ramsons	107
Salvia	103
Saponaria	103
Scabiosa	101
Sea Holly	103
Self-Heal	103
Snapdragon	103
Sneezeweed	103
Soapwort	103
Spider Flower	103
Statice	103
Stocks	103
Sunflowers	104
Sweet Peas	106
Wild Garlic	107
Wild Onion	108
Wildflowers	108
Yarrow	110
Zinnia	112

ORNAMENTAL GRASSES

Bunny Tails	116
Cat Grass	116
Cloud Grass	116
Copper Prince	117
Jade Princess	116
Orchard Grass	116
Pink Pampas Grasses	117
White Pampas Grasses	117
Purple Majesty	116
Quaking Grass	117
Ruby Grass	117
Sheep Fescue	117
Twister	117

LAWN SOLUTIONS

Alternative Lawn Mix	118
Bee Turf	118
Chafer Beetle	
Resistant Lawn	119
Easy Care Envirolawn	119
Micro-Clover	119
Tall Fescue	119

COVER CROPS

Nitrogen Fixers

Alsike Clover	120
Bees in Clover	120
Chickpeas	120
Crimson Clover	120
Fava Beans	121
Hairy Vetch	121
Klondike Ladino Clover	121
Medium Red Clover	120
Spring Field Peas	121
Sweet Yellow Clover	120
White Dutch Clover	120
Winter Field Peas	121
Soil Builders	
Annual Ryegrass	123
Barley	122
Buckwheat	122
Fall Rye	122
Perennial Rye	123
Oats	122
Triticale	123
Winter Wheat	123

GARDEN SUPPLIES

Birding	140
Cloche Supplies	133
Crop Protection	133
Fertilizer	137
Floating Row Covers	133
Hand Tools	134
Labels	132
Lighting	128
Mason Bees	139
Plant Labels	130
Pruners	134
Seed Starting	131
Soil and Amendments	136
Soil Blockers	135
Soil Heating Cables	130
Sprouters	126
Terrafibre Mats	135
Trays, Heat Mats	131

GARDEN INFORMATION

About Flowers	90
About Herbs	82
About Lavender	86
About Onions	40
About Peas	65
About Vegetables	2
Annuals	107
Artist Seed Packet Contest	5
Award Winning Seeds	Cover
Beans	
(Shelling/Drying/Snap)	8
Biennials	91
Biodiversity	117
Bolting	39
Brassicas	12
Certified Organic	142
Companion Planting	112
Composting	136
Container Gardening	84
Corn Hybrids Explained	22
Corn Pollination	22
Cover Crops	122
Crop Protection	132
Crop Rotation	2
Cut Flowers	110
FAQs	81
Flower Bouquet	113
Days to Maturity	142
Deadheading Flowers	92
Drying Herbs	85
Edible Flowers	89
Floating Row Covers	133
Frost Dates	69
Gardening for Beginners	81
Gardening for Birds	80,140
Gardening Indoors	125
Genetic Modification	143
Hardiness Zones	69
High Density Planting	98
Hybrid (f1) Seeds	143
Hydroponics	125
Intercropping	98
Lettuce Forms	32
Local Adaptation	67
Microgreens	124
Mindfulness in the Garden	66
Nitrogen Fixers	120
Open Pollinated	143
Pelleted Seeds	143
Perennials	107
Planting Chart Flowers	78
Planting Chart Herbs	78
Planting Chart	
Vegetables	70
Quality Control	142
Regenerative Gardens	68
Saving Seeds	67
Scoville Heat Units	46
Seed Definitions	143
Seeds Per Gram	143
Site Selection	4
Soil Block Recipe	135
Soil Science	136
Sprouts	126
Storing Seeds	25
Symbols in this	
Catalogue	70
Vegetable Families	2
Wildflower Planting	111
Xeriscaping	109



ONE SEED AT A TIME

www.westcoastseeds.com



MIX
Paper | Supporting
responsible forestry
FSC® C011267