



2014 Catalog

Bountiful Gardens

Heirloom, Untreated, Open-Pollinated Seeds for Sustainable Growing
A Project of Ecology Action



Bountiful Gardens is a non-profit. Since 1982 we have been educating gardeners about gardening organically and sustainably. All of our seeds are open-pollinated and untreated.

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To place your order

or ask us questions:

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New for 2014

VON-4589 Mill Creek Red

Onion—115 days. We saw some red onions at the farmer's market and found that they were the last of the onions that had been bred by local nursery owners Joe and Wanda Turi, who had since died. We bought the whole box and took it to Ellen Bartholomew at Golden Rule Garden, who grew our seedstock. We could not meet the demand for this rare heirloom in 2012 and were unable to offer it last year, but thanks to Ellen, Jeff Myers, and Jason Menesini, we have been able to multiply the seed to where we can offer it once again. Mill Creek was the name of the Turi's nursery. This is a Stockton Red type, bolt-resistant and very long-keeping. The USDA trials in our area found it to be the only onion they trialed that did equally well planted either spring or fall. A very special heirloom onion. 100 seeds GB \$2.50



VLE-4127 Bronze Goldring Lettuce—

spring/fall 60 days. Widely recognized as the very best-tasting romaine lettuce, this old English heirloom has never gotten the popularity it deserves. We are hoping that gardeners will now have a chance to discover its rich, sweet, and nutty flavor. Glossy green and bronze leaves are crisp and juicy. Kids love the flavor. 300 seeds N \$2.75



 **VTU-5925 Gilfeather Turnip**—85 days. An heirloom that has become a New England classic, with a festival in its honor in Wardsboro, VT. A farmer named John Gilfeather bred these in the late 1800's. He prospered by selling these delicious turnips, always cutting off the tops and bottoms so nobody else could propagate them. One night a neighbor sneaked into his field, stole some, and sold the seed to market gardeners who made them commercially available. Sweeter and later than other turnips (They are probably actually a rutabaga, but who are we to quarrel with the historic name?) Greens and roots both sweet and tender-textured; even better after frost. 100 seeds. O \$2.50

VTO-5731 Soldaki Tomato—If you're

looking for an heirloom with big yields, try Soldaki. We had such a great harvest when we trialed this one that we sold the extras to a local restaurant. The owner wanted to know what kind they were because, she said "They are just what we want--great color, great flavor, great texture, right size for sandwiches--perfect." Cherry-red, slightly ribbed fruits average 3" across, "navel" on the bottom. 30 seeds. C \$2.50



 **VRA-5060 Madras Radish**—58 days. A radish grown for its sweet, juicy pods, like snow peas. Big branched plants covered with pods. We are so happy to have this back. Unavailable for many years, we have it again thanks to Jason at Strong Mtn Farm. Delicious fresh munching—in Europe they serve them with beer as a snack. Also good for steaming, stir-fry, and pickling. 30 seeds. C \$3.00

VPE-4828 Golden Sweet Snow Pea—60

days Rare variety collected from a village market in India. Lemon-yellow pods show up well against the foliage so that you don't miss them. (Pea plants will stop producing if all the pods are not picked.) Robust 6' vines put the peas up where you can see them. Pretty pink and purple flowers, too. 250 seeds. C \$3.00



VCU-3451 Parisian Gherkin Cucumber—Little gherkins for the very best sweet pickles and giardinera as well as traditional French cornichon pickles and baby dills. 40 seeds. C \$2.50

New for 2014

These are just the vegetables.
Watch for items marked **NEW!**
throughout the catalog.

VLE-4009 Blue Solaise Leek—100 days
Beautiful French heirloom, blue-green leaves that turn violet in the cold. Medium-sized, and the fastest maturity of all the overwintering types, with excellent flavor. Very cold-hardy, very productive. Plant in spring for use the next winter—long slow growth is what makes leeks very cold-hardy. If you want to eat out of your garden year-round, leeks are key. Will overwinter in the ground, even in New England. 150 seeds. C \$2.50



VLE-4141 Italian Heirloom Lettuce—spring/fall 55 days.
Romaine lettuce got its name because it is literally from Rome, and Italian gardeners have been growing it for generations. This seed came to us when an Italian neighbor gave some seed to Anne's family—we don't know its official name. We like its fast maturity and good flavor. Goes well with early leaf lettuce like Black-Seeded Simpson in spring salads. 300 seeds N \$2.75

VLE-4144 Kwan Yin Lettuce—spring/summer/fall 55 days. Nice big hefty heads with sweet flavor and crispy texture for summer salads. A summercrisp type with great flavor, texture, yield, and resistance to heat stress. In China, Kwan Yin is the embodiment of abundance and compassion. This lettuce is not from China, but it is named for its generous, abundant nature. 300 seeds. GB \$2.50



VKA-3928 Thousand-Headed Kale—50-60 days. An ancient heirloom kale that over winters to fill the "hungry gap" in spring before the first newly-planted spring crops. This kale has many growing points instead of just one, so it puts out a lot more foliage and tender shoots in spring. Huge plants make lots of food. A must for self-sufficiency. 50 seeds. C \$2.50

VEG-3508 Ping Tung Long Eggplant—68 days. We have tried a lot of the slender "finger" eggplants, and this is the best, for flavor, tenderness, and yield. Bright purple fruits are beautiful and don't need peeling. A winner. 40 seeds. C \$2.00



VCO-3305 Pinky Popcorn— Heirloom from the 1930's Dustbowl. A good bet for for gardens in our present-day era of climate change and drought in many places. Pink kernels pop into fluffy white popcorn, an easy and fun way to be more self-sufficient. 100 seeds. C \$2.75

VCO-3348 Tuxana f5 Sweet Corn —90 days. Open-pollinated corn varieties are rare anymore. That's why we got so excited this year when we got the chance to bring you a preview of a new sweet corn from traditional plant breeder Jonathan Spero in Oregon. He's been working to bring a little more sweetness into open-pollinated sweet corn, and Tuxana f5 is an early release of his work in progress. This is his fifth generation (f5) and already tasty. Big deep white kernels are sweeter than most o-p corns, with excellent eating quality. Productive, with 2 ears on each plant. Ears are 7 - 8" long and mostly 16 - 18 rows around. You may occasionally find a few other-than-white kernels. 100 seeds. O \$3.50



VCA-2765 Portugese Kale —50 days. Heirloom smooth-leaved kale very juicy and tender, and the necessary ingredient in Portugese Kale and Sausage Soup. Fast-growing and sweeter than other kales, with thicker, juicier leaves. (was called Tronchuda Cabbage previously) 50 seeds. C \$2.50



VBE-2483 Shiraz Beet —58 days. Bred by organic growers who set out to select an open-pollinated beet that could beat the modern hybrids for yield, quality, and disease-resistance. A fast growing, extremely vigorous red table beet with big tops, and a smooth, round purple root. Bred for resistance to Rhizoctonia dry rot, as well as big smooth round shape and sweet tender flavor in both root and tops. 160 seeds. O \$2.50



VBE-2425 Butterbeans Edamame (Soybeans)—86 days for edamame Unequalled flavor and large yields set this one apart from other soybeans. 3 large beans per pod. Since soybeans mature pretty much at once, it is wise to plant both an early and a later variety for fresh eating over a longer period. Also excellent for dry beans. A top-quality selection. 40 seeds. C \$2.50

VBR-2631 Evesham Brussels Sprout— 100 days. Mid-season Brussels sprout gives a bountiful crop of fine sprouts through mid-winter. Less-crowded stalks have fewer problems with rot in rainy climates, but may need staking to prevent damage from wind or snow. 50 seeds. C \$2.50



VBE-2276 Kentucky Wonder Pole Bean—60 days. A real piece of history, this heirloom bean has been famous for over a century for flavor. Make sure they get enough water, and keep picking the beans before they get too big, and you will have beans all summer. 85 seeds. O \$2.75

VPE-4953 Red Pimento Pepper—80 days. Pimentos, or cherry peppers, are round red peppers that are "sweet, succulent, and more aromatic than the red bell pepper.." (Wikipedia) They are from Spain originally, which is why you find them in green olives. The sweet, meaty 4" fruits are great for canning, freezing, or eating fresh. Wonderful pickled or roasted. Amazingly, these peppers keep for weeks in the fridge. 30 seeds C \$2.50



VBE-2331 Yellow Wax Bean—50-60 days. We have had numerous customer requests for these. Yellow color shows up well for picking, and the texture is juicy, brittle, and succulent. Terrific for summer salads—just steam lightly and chill. Or cook like normal green beans. 85 seeds. O \$2.75

VBE-2311 Blue Lake Bush Bean—55 days. Many gardeners have been distressed to find that their Blue Lake pole beans didn't do well the past couple of years, or have not been true-to-type. There is a reason; the pole strain has degraded over time and needs extensive reselection. For that famous Blue Lake flavor, we are now carrying the bush form, which is still reliable. Pacific Northwest heirloom, well-adapted to cooler summers, with a distinctive, sweet flavor. 85 seeds. O \$2.75

VWA-6003 Early Moonbeam Watermelon—78 days Small round watermelon with yellow flesh and out-of-this world flavor. We have been trying to get seed for this for years, and are so glad to bring you this summertime treat. You'll be glad too when you taste it! Great match with Sugar Baby—same size with different colors and flavors. 20 seeds. C \$2.75



GROW BIOINTENSIVE

The 8 steps to high-yielding, sustainable food growing:



1

Double-Dug Beds

BIOINTENSIVE crops are planted in beds that are “double-dug”. The gardener digs 12 inches down and then loosens the soil to a depth of 24 inches. This lets plant roots grow easily, allows more air in the soil, retains water, and minimizes erosion.

Learn How: How to Grow More Vegetables p 66
The Sustainable Vegetable Garden p 66
GROWBIOINTENSIVE DVD p 66

Do It: Digging Tools p 60



2

Composting

High yields and intensive planting would not be sustainable without a way of maintaining the health and vigor of the soil. Kitchen wastes, weeds, and the inedible parts of garden crops can be composted to feed the soil and increase fertility year after year.

Learn How: Booklet 32 on Composting p 69
Compost and Soil Fertility Books p 69
Compost and Soil Fertility Supplies p 62

Do It: Compost Crop Mix p 36



3

Intensive Planting

Each plant is placed the same distance from all plants around it so that when the plants mature, their leaves touch. This provides a “mini-climate” under the leaves which retains moisture, protects the valuable microbotic life of the soil, retards weed growth, and facilitates higher yields

Learn How: How to Grow More Vegetables p 66

Do It: Vegetable Seeds, p 9-32
Tools & Supplies, p 60-63
Seed Saving & Planting Supplies, p 63



4

Companion Planting

Research has shown that many plants grow better when near certain other plants. Green beans and strawberries, for instance, thrive when they are grown together. Some plants are useful in repelling pests,

Learn How: Gardeners Reference Poster p 68
Books on Companion Planting p 73

Do It: Good Companions Collection p 34
Herb Seeds p 49
Flower Seeds p 57



Carbon Farming

Approximately 60% of the growing area is used for dual-purpose seed and grain crops. These key crops produce a large amount of carbon, the key building block for soil fertility. The growing plants take carbon out of the air ; When the plants are made into compost the carbon returns to the soil, where it feeds the life of the soil and stays out of the atmosphere.

Learn How: Books on Growing Grains p 71

Do It: Grain Collections, p 35
Grain Seeds, p 40-45



Calorie Farming

For the garden to provide a major portion of the gardener's daily food needs, we recommend that 30% of the area be planted in root crops. These crops include potatoes, yams, salsify, burdock, garlic and parsnips and produce a large amount of food energy per unit of area.

Learn How: One Circle p 66

Do It: Burdock Seed p 9
Parsnip Seed p 24
Garlic p 17



Open-Pollinated Seeds

Open-pollinated (often known as Heirloom) seeds are best for true sustainability because gardeners can then save their own seeds. With open-pollinated seed instead of hybrids, gardeners are free from dependence on seed corporations, and the plant varieties become better adapted to local conditions with each passing year.

Learn How: Books on Saving Seeds p 73

Do It: All of our seeds are open-pollinated,
untreated, and non-GMO
Seed-Saving Kit p 63



A Whole Method

It is important to realize that the GROW BIOINTENSIVE Food-Raising Method is a whole system and that the components of this method must all be used *together* for the optimum effect. If you do not use all of the components together, the soil can be rapidly depleted because of the Method's high yields.

As your soil and skills begin to improve, and your double-dug beds are fertilized with compost and planted with a diversity of crops, the **GROW BIOINTENSIVE** Method can help you to grow a healthy garden ecosystem, an abundance of healthy produce and healthy people!

But wait -- there's more!

- Ecology Action offers workshops, tours and internships. We train people from around the world who bring this valuable information back to their communities. (See p 79)
- Our research is published in books and research papers that are being used in 130 countries. (See p 66-67)



Heirlooms, GMOs, Hybrids, Open-Pollinated.....

What Do All those Words Really Mean?

28 years ago, we started Bountiful Gardens with the idea that people could grow their own food without weird chemicals, and save their own seed, just as gardeners have done for generations. At the time, the seed industry was replacing old-time open-pollinated varieties with hybrids developed for agribusiness and long-distance shipping. Now, we face the new threat of genetically-altered crops. Over the years, we have introduced so many gardeners to growing heirloom varieties, composting, and seed saving. Here's a guide to the terms:

TRADITIONAL PLANT BREEDING starts by pollinating the flower of a plant with pollen from a related, but slightly different, variety. Then, over several generations, the plants are selected for certain traits. In this way, broccoli, for example, became different from the tough wild plants that are its ancestors.

OPEN-POLLINATED: As people keep selecting their best plants for seed, the results gradually become more predictable. Eventually every time you plant that kind of seed, the plants give similar results. Then the seed has been stabilized as an **open-pollinated variety**. The animal equivalent would be beagles, or golden retrievers—you know what to expect in looks and, to some extent, behavior, because they are purebred. Individuals have slight variations within the “family resemblance”.

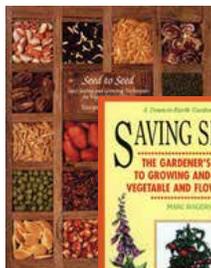
HEIRLOOM SEEDS are open-pollinated varieties that have been around a long time (50 years minimum). Older varieties are often more nutritious and more adapted to organic cultivation—that used to be all there was. Farmers and gardeners are breeding new open-pollinated varieties today that will be the heirlooms of the future. **These days, many people use “heirloom” to mean any open-pollinated variety, new or old, so if you are looking for old varieties, ask the seller what they mean.**

HYBRID SEEDS are seeds from the first generation of a cross between two varieties. The cross is made by traditional breeding techniques, like brushing the flower of one with the pollen from another. Plants from hybrid seeds are very uniform and predictable, which is why farmers use them (they might all be ready to harvest the same day, for example.) However, the next generation of plants won't be predictable because it is not a stabilized variety--sometimes they are even sterile. Hybrids are like mutts, whose puppies might all be different. **The bad thing about hybrids is not how they are made; it's that their parentage is secret and their seed doesn't 'breed true' for seed-saving. Hybrids make gardeners dependent on the companies who produce the seed.** By law, hybrid seeds must be labeled “hybrid” or “F1” next to the variety name, and are more expensive than open-pollinated varieties. **We don't carry hybrids.** We feel that food crops are a common heritage we all share, not a set of trade secrets. Food independence must include seed-saving for local conditions.

GMO VARIETIES are not the result of traditional plant breeding, but of procedures in a laboratory. Instead of using pollen from another plant, technicians can insert genes that don't even come from plants—they might come from a bacteria or a fish. Often, viruses are used to insert the desired gene. GMO seeds are mostly sold to big agribusiness farms who sign a contract with the GMO company. The main GMO crops are corn, soy, peanuts, and canola, (now sugar beets and alfalfa) used for animal feed and processed food that goes to supermarkets. The danger to home gardens is not from the seeds we buy; it's from pollen in the air and food at the store. **We do not carry GMOs. We don't buy any seed at all from the companies who produce GMOs.**

TREATED SEEDS are coated with pesticide or fungicide chemicals after harvest. **We don't carry any treated seed.**

CERTIFIED ORGANIC SEED has to come from farms inspected by the USDA's Organic Certification program. They can't use chemicals and must meet other requirements. The seed can't be GMO. Seeds grown organically without chemicals but not certified by the USDA program are designated GB, B, or N in this catalog. Certified organic seeds are designated O, next to the price.



**Books on Seed Saving
are on page 73**

**A Seed-Saving Kit
is on page 63**

Easy Heirloom Seed Collection

LEZ-6686 Easy Heirloom Collection—The most popular, easy to grow heirloom vegetable seeds. Makes it easy for beginners, people on your gift list, or if you have trouble choosing. All of the varieties in this collection are at least 50 years old, several have been grown for centuries. Contains: String Beans, Broccoli, Carrot, Corn, Kale, Lettuce, Peas, Summer Squash, Winter Squash, Tomato. 10 pkts. \$24.00

LHO-6717 How To Grow More Vegetables Book with the Easy Heirloom Seed Collection plus the Compost Crop Mix and the Calorie Crop Collection. A complete sustainable garden. 14 seed packets together in a decorative envelope, plus the book. **\$54.50**

Dear Friends,

You will notice on the front of this catalog that Bountiful Gardens is a project of Ecology Action. For those of you not familiar with our organization, EA has been developing and refining the GROW BIOINTENSIVE Sustainable Mini-Farming system (GB) for over 42 years. This unique farming/gardening method can grow high yields of food in small areas while building and maintaining fertile soil and conserving resources. In 2013 our four teaching gardens taught 11 six-month interns from 7 countries and 6 two-month interns from



the US. We've sparked significant projects in Latin America, Kenya, Russia and Afghanistan. We spread knowledge about sustainable gardening through our store, Common Ground Garden Supply in Palo Alto, CA, and through Bountiful Gardens, one of the very few non-profit seed companies in the country. Our mission is to provide the knowledge and the tools for people to become self-reliant sustainable gardeners.

Bountiful Gardens is part of the EA organization and plays an important role in supporting our mission. For more than 30 years BG has continued to increase its offerings of unique, high-quality seeds, publications, tools and other resources for individuals ranging from backyard gardeners to small-scale farmers. It also carries an unusually large selection of grains, staple root crops, oil crops, and perennial crops to serve those people wanting to learn how to grow their entire diet. Grains produce not only food, but also compost materials. Staple root crops can provide a significant portion of the diet—up to 20 times the calories per unit of area and time compared with grains. For those people concerned about the GMOs in cooking oils, we carry a large variety of oilseed-producing plants as well as a home oil press.

Be sure to wander through our grain section! We carry more varieties of amaranth and quinoa than any other catalog we are aware of. We carry seeds for hullless and regular barley, millet, oats, rye, sorghum, spelt, teff, quinoa (6 varieties), triticale, ancient and modern wheat, and amaranth (a high-yielding food with a good protein mix and no hull). Ellen Bartholomew, manager of Golden Rule Community Garden, one of our teaching sites just south of Willits, loves to grow grain. She has tried out hundreds of different ones from the USDA seed repository and grew many of the grain selections in the catalog.

This past summer, Bountiful Gardens moved into a new larger office space, with room for more seeds and more people; room to grow! We are proud that Bountiful Gardens is part of the Ecology Action organization. We are proud of the high quality of this catalog. Browse through it to find the resources you need for your own mini-farm—a nurturing local solution to your needs and to global challenges.

John Jeavons, Ecology Action Director

What The Seed Codes Mean

The seed codes are at the beginning of each crop section.

Vegetable, Grain, and Compost Crop Seed

The best **Temperature Range** for growing: C=cold weather, W=warm weather, H=hot weather, ALL=likes all three.

Matures - how long it takes for the plant to mature, in weeks (unless otherwise noted). F=approximate time until first cutting.

Harvest - how long the harvest normally lasts in weeks (unless otherwise noted). 0 weeks means that it must be harvested immediately. AC=approximate time between successive cuttings.

Yield - expected yield in pounds per 100 square feet, grown Biointensively at the recommended spacing. The lower number is for beginners and the higher one is for experienced growers in good soil.

Spacing - seeds or transplants should be planted this many inches apart, equidistantly to maximize their effectiveness. This spacing is for Biointensively grown crops. Row spacing is often further apart.

Area - the number of square feet that should be planted Biointensively with one of our packets. A packet will plant approximately four times this area if you plant in rows (including space between the rows).

Price - the price for one packet of our seed.

Herb and Flower Seed

Plant Type - A=Annual, P=Perennial, PA=Perennial, but will flower the first year, B=Biennial, HA=Hardy annual, TP=Tender Perennial.

Ht - height when mature, expressed in feet (') or inches (").

AAS = All America Selection. Selections are made nationally and only when an outstanding variety is produced.

Key To Seed Sources

Source code is before the price for each variety.

- GB** GROW BIOINTENSIVE APPROVED^{CM} seed. Grown sustainably, with compost and organic fertilizers according to our strict standards. No chemicals.
- O** Certified Organic. Seed from plants certified by the appropriate state and federal certifying organizations, in compliance with the National Organic Program Standards.
- N** Natural Seed. Seed grown by natural methods, and without the use of chemicals. Often small or backyard growers who are longtime seed savers and dedicated organic gardeners would fulfill organic qualifications but cannot afford certification costs or do not wish to be registered
- C** Commercial seed. No control over growing methods but excellent, untreated seed.
-  Grown without chemicals (Code GB, O or N).

We are a CCOF Certified Organic Handler

Untreated = The seed itself has had no chemicals or fungicides applied to it. **All our seed is untreated.**

Open-pollinated = (Naturally bred seed). Non-hybrid, non-genetically engineered seed. **All our seed is open-pollinated and suitable for seed-saving.**

Look for growing information and tips in the green boxes.

Enjoy your garden!



Spacing Chart

Use this chart and the spacing information found in each seed description to determine the area one packet of seed will plant.

Spacing in Inches	Plants per 100 Square Feet
1	22,962
2	5,894
3	2,507
4	1,343
5	833
6	621
7	432
8	320
9	248
10	201
12	159
15	84
18	53
21	35
24	26
36	18
60	4
72	3

Watch for these symbols

- NEW!** New this year
- EZ** Easy to grow
-  Tolerates hot weather
-  Tolerates cold weather
- S** Stores well
-  Grown without chemicals

Vegetables

"How do I choose?" New this year, crops with lots of choices have tips under this heading to help you select which types might suit your needs.

The catalog descriptions highlight what is unique about each variety, so if cold-hardiness, drought-tolerance, yield, color, bolt-resistance or other qualities are especially important to you, watch for those things in the descriptions. Watch for the icons that let you know important traits as well. The key to the icons is on p.8. **We have also tried to list the varieties from early to late and short to tall within each vegetable listing.**



To get the most from your garden, it really pays to do the "groundwork." Throughout the catalog, **information on timing, spacing, and culture for individual crops will be found in the green shaded boxes.** (The codes for our cultural info are on page 8, opposite.) Besides the information for specific crops, **we want to take this space to mention the steps that apply to your garden as a whole. Good garden preparation makes the biggest difference in creating health and abundance. Here are our tips for success:**

Start out with a plan. Determine the sun's path in your yard. Most garden crops need 6-8 hours of direct sun per day. Areas that get less, or that get long periods of dappled light, can grow shade-tolerant crops like peas, lettuce, spinach and Asian greens. If the leaves are the part you eat, the vegetable will not need as much sun as those raised for seeds or fruit (tomatoes, peppers, beans, squash, okra) What shape/size do you want your beds to be? Get a soil test, and follow its instructions, choosing organic options. We recommend Timberleaf Soil Testing.

Now, how long is your growing season? Calculate the number of days between your last spring frost date and the first fall frost date. This will help you decide when to plant, if you need to start indoors first, or if your crops may need protection at the end of the season. The seed codes explained on p 8 of this catalog or pages 133-176 of *How to Grow More Vegetables* (see our book section) can help with this.

What do you want to eat or grow or share or sell? Talk to other local gardeners, neighbors, farmers' market vendors, or your county agricultural extension office to find out what does well in your area and when to plant it.

Plan out where each crop should go. Keep in mind the eventual height and size of the plants. Keep plant families together and rotate them each year, so that you don't have the same family in the same place two years in a row. Some plant families are: **cabbages** (including kale, broccoli, cauliflower, mustard, and Asian greens), **nightshades** (tomatoes, potatoes, peppers) **curcubits** (melons, squash, cukes) **legumes** (peas and beans) and **spinach** (beets, chard, amaranth, quinoa, and spinach). Leave space for a compost pile!

Double dig your beds. Use stakes and string to mark your beds and then begin digging. If you're unfamiliar with the process we have DVD's, books, workshops, internships, and a helpful staff, so you can find out. To get started all you need is a spade and fork. Work in compost or manure to feed the soil.

Start your seeds! Use flats and transplant after the true leaves have appeared and before the roots get too long. When the temperatures are right, plant them out into the garden beds you have prepared. Now you can sit back and watch them grow. Make sure they don't dry out, or get crowded by weeds. In midseason, spread a layer of compost around the plants to give them a boost for bountiful crops.

COMPOST! Be sure you're always composting and growing material to feed your compost pile. The compost will feed the soil and the soil will feed the plants that feed you!

GB= GROW BIOINTENSIVE N=Naturally grown, O= Certified Organic, C= Varied

All our seeds are untreated and open-pollinated (non-hybrid, non GMO)

Amaranth

W,H/Matures 6/Harvest 4/Yield 68-272/Sp 6"

Easy to grow, a striking edible ornamental, high in nutrients. Start after frost date when soil is warm. We have both vegetable and grain types. For grain types, see p 36.



VAM-2030 Calaloo, Tampala,

40-50 days. Large, tender oval leaves overlaid with deep red. Heat-loving green from Asia that tastes like spinach when young. (I doubt I could tell the difference blindfolded.) Great in containers or edible landscaping. Pinch top when about 6" to encourage bushy growth. Very tender and succulent when young—plant in succession and harvest when 10-14" tall, before it flowers. Wants heat and lots of moisture. 300 seeds. C \$2.50 🌟

Artichoke

Cynara cardunculus

C,W/Mat 24-52/Harvest 8/Yld 28/Sp 72"

To get artichokes the first year, start indoors in a warm place, then harden off and transplant outside while weather is still cold, so the plant thinks it's been through the winter. Or plant out after frost and get chokes the 2nd year. Artichokes like good soil and good drainage. Give the crown protection from cold and wet, planting on a slight mound and working in compost and some sand or gravel near the surface.

VAR-2070 Green Globe Improved—120 days One of the best ornamental edibles, with huge silver spiky leaves.. The hardiest artichoke variety, to Zone 6. Produces big flavorful 3-5" flower buds (the part you eat) the first year from seed, so it can be grown as an annual in cold regions. Likes sun but not excessive heat, so a bit of afternoon shade is good in very hot-summer areas. 50 seeds. C \$2.50

Asparagus

Asparagus officinalis

C/Matures 4 yr/Har 8/Yield 9-38/Sp 12"

Perennial even in Zone 3 and lives for decades if you give it a deep, rich, well-drained permanent bed. From seed, first harvest in third year. Full production fourth year. Start seed from January on, in pots or flats. Transplant to a deep, rich, limey and very well-drained permanent bed. Give compost or rich mulch yearly.

VAS-2112 Mary Washington—One of the few seed-grown varieties. Mild-flavored. Will take partial shade in very hot, dry-summer climates. 35 seeds. C \$2.50 🌟

Burdock (Gobo)

Arctium lappa

C,W/Matures 17/Harvest 1-26/Yield 75-300/Sp 4"

VBU-2690 Takinogawa Long—120 days. Little-known but easy-to-grow and delicious vegetable that is traditional in both Europe and Asia. Long tender roots grow quickly. Roots cooked like carrots with sweet rich flavor. Also the basis of a traditional English drink much like root beer. For simpler version, try using burdock instead of black tea to make spiced chai tea. Plant in spring, harvest in the fall or early spring. (Do not leave it in the ground after that; it will make prickly burrs and reseed.) Our seed is from a strain selected for food use so the roots are tender and mild in addition to their health-enhancing properties. Leave roots covered with soil until ready to use--they wilt after washing. 60 seeds. C \$2.50 EZ

Beans

Garden Beans

Phaseolus vulgaris

H,W/Matures 8-9/Harvest 12/Yield green 30-108, dry 4-24/Sp 6"

Plant when soil has warmed to 60°. Rotate locations. All types can be used as dry beans, but plant will stop producing if beans mature. Inoculant helps yield, p38.



Bush Green Beans

Large, early yields, but only for a few weeks. For continuous harvest, make small sowings every three weeks, starting after danger of frost is past until 2 months before first fall frost date. Or plant a pole bean also.

VBE-2279 Provider—40-50 days. Extra-early, widely adapted green bean. Popular for almost fifty years because of its big early yields and rich flavor. Disease-resistance (to CBMV, NY15, PM, and DM), makes it reliable even in bad years. 85 seeds. C \$2.75 **EZ**



VBE-2250 Contender—45-50 days. Known for its early and high yields since its introduction in 1949. Tender, stringless pods 5-7" long. Tolerates heat & mildew. Great for canning & freezing. 85 seeds. C \$2.75 **EZ**

NEW! **VBE-2331 Yellow Wax**—50-60 days. We have had numerous customer requests for these. Yellow color shows up well for picking, and the texture is juicy, brittle, and succulent. Terrific for summer salads—just steam lightly and chill. Or cook like normal green beans. 85 seeds. O \$2.75

NEW! **VBE-2311 Blue Lake Bush**—55 days. Many gardeners have been distressed to find that their Blue Lake pole beans didn't do well the past couple of years, or have not been true-to-type. There is a reason; the pole strain has degraded over time and needs extensive reselection. For that famous Blue Lake flavor, we are now carrying the bush form, which is still reliable. Pacific Northwest heirloom, well-adapted to cooler summers. 85 seeds. O \$2.75

VBE-2270 Dragon Tongue Wax—60 days. Dragon Langerie. Heirloom from the 1900's with beautiful 8", flat, creamy yellow pods with thin purple stripes (which disappear with cooking.) Crisp pods stay juicy and sweet even when very large. Amazing juiciness and tenderness really set this one apart, and make it impossible for commercial production, as the pods are so juicy and tender that they wilt under grocery store conditions. We consider it the best-tasting bush bean. Heavy producer. Excellent raw. 85 seeds. O \$2.75 **EZ**



MBU-6250 Bush Bean Mix— A mixture of tasty and colorful varieties, including some not in the catalog, all with great eating quality. Purple, green, yellow. 85 seeds. \$2.75



Pole Green Beans

Pole beans save space in the garden because they grow up. Try growing them on archs or hoops across the bed so that the beans hang down for easy picking. You can grow lettuce in the shade underneath! Their unsurpassed flavor, easy picking, and much longer harvest, make them ideal for home gardens.

NEW! **VBE-2276 Kentucky Wonder**—60 days. A real piece of history, this heirloom bean has been famous for over a century for flavor. Make sure they get enough water, and keep picking the beans before they get too big, and you will have beans all summer. 85 seeds. O \$2.75

VBE-2325 Rattlesnake—70 days. Standout for quality and quantity in our trials, and customers rave about them. Outstanding flavor, and 100-degree heat didn't stop them from producing lots of beans. Round green 7" pods with purple streaks (which disappear when cooked). When others are petering out, Rattlesnake keeps going. Our best-selling bean, shown right. 85 seeds. C \$2.75 **EZ**



NEW! **VBE-2330 Garden of Eden Romano**—70 days. Delicious rare heirloom strain of the beloved Italian flat bean, prized for its unique creamy flavor and delicate texture. Wide, flat meaty, stringless 6" green beans on high-yielding 8' vines. Unfazed by heat, drought, cold nights, and most pests. 85 seeds. C \$2.75 **EZ**

VBE-2340 Yard-Long, *Vigna unguiculata* 70-80 days. Vigorous vines to 10' should be trellised. From tropical Asia—thrives on heat. Thin, tender pods 12-30" long are excellent snap beans when young. These are the meaty, stringless, tender-textured beans used in Chinese and Thai restaurants. Young leaves may be cooked. 85 seeds. C \$2.75

Dual-Purpose Beans

Actually, these are three-purpose beans: High quality as a green bean, as a shell bean (shucked out of the pod for cooking but still fresh), and as a dry storage bean. This gives the gardener flexibility and different options from the same plant. Use inoculant for best yield, p 34.

VBE-2182 Covelo Reservation Bean— 45 days We are honored to help preserve this rare Native American heirloom from the Round Valley of California. Experts are unable to identify the origin of this unique bean, but in the green-bean stage, it tastes like a Romano. On the reservation, the beautiful tan beans are also used as dry storage bean. Bush type. 50 seeds. N \$2.75 **EZ**



VBE-2190 October Bean, Cranberry Bean—90-102 days. (Taylor's Horticultural). Bush type. Best known as shelly beans—picked when the pods are slightly yellow, shelled, and cooked for a midsummer treat. Over the years, this has probably been the most dependable and high-yielding dry bean at our research gardens. A real staple for reliable food production. Beautiful beans vary from buff with red spots to streaked and even solid red. 85 seeds. C \$2.75 **EZ**

Dry Beans

Harvest when pods are dry and beans can barely be dented when bitten. Shell pods by hand or place in a sack (pillowcase) or on a tarp and walk on them until the pods are crushed and the beans are free. Pour from pan to pan in a windy place or in front of a fan to remove chaff. To avoid problems with weevils and other insects, freeze well-dried beans for a day before storing. See page 34 for inoculants, which increase yield.

VBE-2183 Good Mother Stallard Pole—85 days. "For an all-round great bean that showcases why we bother with heirlooms and seed saving, I can't think of a better candidate than Good Mother Stallard. This bean almost always knocks the socks off the lucky eater."--*The Heirloom Bean Grower's Guide*. High yielder. Good with corn, growing up the stalks (space the corn a bit wider than usual). 85 seeds. C \$2.75



= Grown without chemicals. For a key to other icons, codes, and abbreviations, see page 8
To estimate square feet per packet, see the chart on page 8

VBE-2245 Cannellini—Bush.95 days. Large white beans with mild, creamy flavor and texture that win taste-offs regularly. Italian heirloom used with pasta, soups, salads and spreads (try it for hummus--just as yummy, and the plants are higher-yielding) as well as a main dish in its own right. Use in any recipe for Navy or white beans--best white bean available. Bush type. 85 seeds. C \$2.75 **S**



VBE-2328 Pinto—90 days. A favorite staple bean. Cooks much faster than other dry beans, even without soaking. Tall bush or half-runner type 20" plants produce light tan seeds with brown speckles. May be eaten as a snap bean when young. Makes delicious refried beans, chili, and burritos. 85 seeds. O \$2.75

VBE-2308 Black Turtle—Bush.95 days. Plump, beautiful black beans for soup or refries, on 22-24" tall bushes. Can be harvested earlier as green snap beans, then later as shelling beans and finally as the favorite dry bean. Unique, sought-after flavor. 85 seeds. O \$2.75 **S**

MBD-6252 Dry Bean Mix—85-95 days. A variety of colors and flavors for dry storage. All bush varieties. 85 seeds. C \$2.75 **S**

Cowpeas, Blackeye Peas

Vigna unguiculata

W,H/Matures 9-12/Harvest 8/Yield 2-9/Sp 24"

For full descriptions please see page 14 **EZ** **S**

VBE-2160 California Black-eyed Peas—85 days.C \$2.50

NEW! CCO-7020 Red Ripper Cowpeas.85 days.C \$2.50

Fava, Broad Bean

Vicia fava

C,W/Matures 11-26/Har-3 dry/Yield 5-18/Sp 8"

Ancient Mediterranean food plant, enriches the soil (use SIN-9400, Garden Combo Inoculant). Plant will grow and set pods in temps from 40 to 70F, but not in hot weather, so plant very early spring, or fall in southern and coastal areas. **CAUTION:** a few people are violently **allergic** to favas, especially raw. If new to you, try carefully!



VBE-2210 D'Aquadulce a Tres Longue Cosse (means "long pod")—85 days. Heirloom from before 1885. Strong, upright plants to 3'. Very tasty and cold tolerant. Bears 7-8" pods with 5-6" huge red-brown beans. (That is a quarter in the picture, not a nickel.) Beautiful black and white flowers attract beneficial insects. Use as salad greens when young, edible flowers, shelled green like edamame, or as dry beans--a real self-sufficiency crop. One gardener wrote, "These did a wonderful job. They were planted in ordinary soil, in full sun... they grew tall and produced beautiful flowers and plenty of beans." 50 seeds. C \$3.25 **X**

Garbanzo Bean, Ceci

Cicer arietinum

W,H/Matures 9/Harvest 8/Yield dry 4-24/Sp 4"

This versatile legume can be grown as a cover or fodder crop, as well as for its protein-rich beans. Fixes nitrogen (use SIN-9390, Garbanzo Inoculant.) Starts slowly in cold soil, so keep weeded. Bushy, upright plants are drought tolerant and should be given no water after flowering ceases. If rain during harvest, pull whole plants and dry under cover. Easily threshed and stored.



VBE-2240 Tan—100 days. The familiar chickpeas; large tan round beans used in salads and soups or mashed to make hummus and falafel. These can also be steamed green and served like edamame. 100 seeds. O \$2.75 **S**

Lima Beans

Phaseolus lunatus

W/Matures 9-11/Harvest 12/Yield dry 11-23/Spacing 8"

Lima beans need warm soil and warm weather. Inoculate for best yield.

VBE-2355 King of the Garden, Henderson's Leviathan 85-days. Some people call them Butterbeans. Developed in 1883 by Frank Platt, and still a standout for its early-ripening and ability to take cooler weather than other limas. Easy to grow, heavy-yielder. One of the largest lima beans (swelling to truly huge when soaked), and the latest contender in our search for "that big buttery bean that my mother used to bake." 8-10' vines with 4 to 6" pods filled with 4-6 cream-colored seeds. 50 seeds. C \$2.75 **S**

Moth Beans

Phaseolus aconitifolius

W,H/Matures 12-14/Harvest Bean 8, Pods 8-12/Yield Bean 4-20, Green 90-200/Sp 6"

VBE-2370 Moth—(Mat Bean, Mother Bean) Highly drought resistant, very small beans from India. The sprawling mat-forming plants do well in very hot weather (to 100-120°F) and protect the soil. Small pods 1-2" long contain 4-8 tiny beans. In India the young pods are eaten and the dry beans are used like lentils. Very high protein (22-24%). It does well for our customers in Texas and the hot South. Smothers weeds. Will grow in the shade under corn. 800 seeds. C \$2.50 **S**

Runner Beans

Phaseolus coccineus

W/Matures 9+/Harvest 12/Sp 6-8"

These are a different species from other beans and will grow and bear in cooler weather and coastal fog. Most popular type of green bean in England. Likes moisture, compost, and partial shade in very hot weather (deep south or desert). So ornamental that many gardeners don't know it's a vegetable!



VBE-2400 Scarlet—70-90 days. Traditional pole runner with brilliant red edible flowers that attract hummingbirds. Beautiful climbing on a fence or trellis. Large beans with a unique flavor as green beans when young, (cook a bit longer than other types) or as a big, mild shelly bean. When mature, the large beans are mottled in beautiful shades of purple and black. Cooked, they retain their shape and have a mild "potato" flavor and texture (served as cold salad in Italy). Perennial in frost-free areas. 35 seeds. C \$3.25 **X**

Soybeans and Edamame

Glycine max.

W,H/Matures 11/Harvest 1-2/Yield 4-14/Sp 6"

An ancient crop in Asia, soybeans are very nutritious, used fresh, ("edamame") or prepared as tofu, miso, and tempeh. Likes full sun, and warm, moist fertile growing conditions--treat it like corn. Water is critical when plant is in flower. Use soy inoculant for best yields (p 34).

VBE-2420 Envy—72 days for edamame. Earliest green soybean for first crops and short-season areas. Upright 2' plants that ripen early, with good quality. Ripens all at once--cut whole plants for cooking, freezing or drying. Averages 2-3 beans per pod. 40 seeds. C \$2.50

NEW! VBE-2425 Butterbeans—86 days for edamame Unequaled flavor and large yields set this one apart from other soybeans. 3 large beans per pod. Since soybeans mature pretty much at once, it is wise to plant both an early and a later variety for fresh eating over a longer period. 40 seeds. C \$2.50

GB= GROW BIOINTENSIVE approved, N=Naturally grown, O= Certified Organic, C= Varied

All our seeds are untreated and open-pollinated (non-hybrid, non GMO)

Beets

Beta vulgaris

C, W Matures 8-9/Harvest 1-6/Yield Roots 55-540, Tops 55-270/Sp 4"

A real self-sufficiency crop, beets provide baby greens for salad mix, greens for cooking, and sweet roots for cooking, canning and winter storage. Sow when the soil is starting to warm, just after peas and lettuce. Excellent detoxifying food.



How do I choose? We suggest an early to midseason variety for fresh eating—pick your favorite color and taste—and a late storage variety for winter. Note the new icon **S** for varieties like Lutz that store well. Any beet will work to can or freeze, but *Cylindra* is easiest to peel and slice.

VBE-2465 Early Wonder Tall Top—45 days. Early and easy, with great flavor, and lots of greens for cooking—Early Wonder has been a favorite in home gardens and farmer's markets for many years. Heart-shaped medium-size beets for first-early crops. 160 seeds. O \$2.75 **EZ**

VBE-2460 Bull's Blood—Tops 35, Roots 58 days. Very old French variety known for its very dark red-purple leaves with mild flavor for salad. Dark red roots are also tasty, sweet, but irregular in shape. For salad, direct sow very thickly and cut in about 28-38 days—should regrow for another cutting if kept moist and well fed. A customer writes: "They were easy to grow for salads, even with chilly evenings and poor soil." Dion is holding one in the picture above. 160 seeds. O \$2.75

VBE-2450 Chioggia, Candystripe—55 days. (1840) Italian heirloom. Sweet, mild, tasty beet with rosy pink skin and vibrant green leaves. Slices are spectacular, with deep-pink and white rings like a candy cane. Flesh can be grated raw in salads, cooked, or pickled. Leaves prized as greens. 160 seeds. O \$2.75



VBE-2480 Golden—55 days. Round, quick-growing orange roots turn gold-yellow when cooked. Color is deep and glowing, non-bleeding, and easy to use in mixed foods—doesn't stain the cook's fingers either! Try them in potato salad or for pickles. Sweet taste even when large. Good bolt resistance and stores well. 160 seeds. C \$3.00



NEW! VBE-2483 Shiraz—58 days. Bred by organic growers who set out to select an open-pollinated beet that could beat the modern hybrids. A fast growing, vigorous table beet with big tops, and a smooth, round red-purple root. Bred for resistance to *Rhizoctonia* dry rot, as well as big smooth round shape and sweet tender flavor in both root and tops. 160 seeds. O \$2.75 **EZ**



VBE-2472 Cylindra—58 days. Unique cylindrical shape makes peeling easy, gives uniform slices for canning, and allows closer planting. Very smooth, deep red, no zones; superior quality and flavor. Eat it when young and tender, or can/freeze. 160 seeds. O \$2.75 **EZ**

VBE-2482 Lutz Green Leaf—60 days. The best red storage beet, large and very sweet. Smaller beets are great for fresh eating, but shrivel in storage. Very sweet flavor, and tender texture, even in large sizes, and keeps up to 8 months in a root cellar, shed, or other cool, humid storage. Layer with damp sand in a cellar, garage, or other cold place that does not freeze. Or just in the fridge. 160 seeds. O \$2.75 **EZ S**

MBE-6230 Beet Mix—A mixture of varieties and colors, including some not in the catalog. 160 seeds. C \$3.00

 = Grown without chemicals. For a key to other icons, codes, and abbreviations, see page 8

To estimate square feet per packet, see the chart on page 8

Mangels and Sugar Beets

C, W/Matures 8-9/Harvest 1-6/Yield Roots 200-800, Tops 100-400/Spacing 7"

Very big, sweet, nutritious, and long-keeping type of beets that store well for winter food. These grow half out of the ground and so are very easy to harvest.

VBE-2500 Early Yellow Intermediate Mangel—65 day. Heirloom from the 1800's. This is our own strain, which we have been growing at our research gardens for years from hand-selected roots. These produce a lot of food value in a small space, for those who want to grow a major part of their own diet. Huge elongated roots, gray-green shoulder, orange base. Sweet, solid cream to golden flesh. 12-18" tops. Rare and in short supply. 50 seeds. GB \$3.00 **S**



VBE-2485 Sugar Beet—110 days. Many customers have asked about the feasibility of getting non-GMO sugar beet seed. Here they are! We are pleased to make this self-sufficiency crop available. Large 3 lb white or pale yellow beets with a sweet flavor. Delicious shredded and mixed with other vegetables. Traditionally used to make molasses (for sweetener on its own or as the raw material for sugar). Also excellent for animal fodder, from chickens and rabbits to cows and sheep, most animals love these for fresh food all winter. 100 seeds. C \$3.00 **S**

Brussels Sprouts

Br. oleracea v. gemmifera

C/Matures 11-13/Harvest 12/Yield 70-140/Sp 18"

Open-pollinated brussels sprouts have become rare, and we have the best selection of these endangered heirlooms of any company we know. Produce many walnut-sized buds like tiny cabbages, best harvested when 1" across. Need fertility, cool moist weather, and staking in windy sites. When a bud starts to bulge from stem, remove the leaf below it. When harvest slacks off, pinch out top to redirect energy to sprouts. Needs long growing season; tastes best after cool frosty weather.

VBR-2630 Early Half Tall—80-90 days. Popular early variety giving a heavy crop of sprouts from top to bottom of the stalk. Ready by mid-autumn, stands to early winter. Refined European selection of an heirloom. 75 seeds. C \$2.50 

NEW! VBR-2631 Evesham — 100 days. Mid-season Brussels sprout gives a bountiful crop of fine sprouts through mid-winter. Less-crowded stalks have fewer problems with rot in rainy climates, but may need staking to prevent damage from wind. 50 seeds. C \$2.50 **EZ** 



VBR-2639 Roodnerf—120 days. This hard-to-find-variety is known for its high quality. Brussels Sprouts can be tricky but Roodnerf is highly-rated for easy cultivation and excellent heading. Very cold-hardy, with sweetest flavor after some frost. Late variety to see you through the winter. Slower-growing and less fussy about soil. Tall, best to stake it. 75 seeds. C \$2.50 **EZ** 

VBR-2641 Falstaff —125 days. Easiest red Brussels Sprouts to grow. Tall plants with sprouts the color of red cabbage, as tasty as green sprouts with a milder, nuttier flavor. Color intensifies after a hard frost, and is not lost in cooking. 75 seeds. C \$2.50 **EZ** 



Broccoli

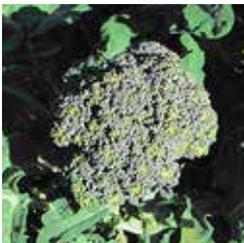
Brassica oleracea var. italica

C/Matures 8-9+/Harvest 4-12/Yield heads 26-53, leaves 52-106/Spacing 15"

Popular vegetable with home gardeners. Easy to grow and has a long harvest. Start in very early spring and plant out after hard frost. Brief overnight frosts are fine; broccoli is very hardy. Most broccoli will overwinter in Zone 8 if the ground doesn't freeze. Protect the heads from too much rain, which will cause rot and mold; row covers or a cold frame work well for winter crops or getting an early start. Fall broccoli should be started a month and a half before frost. All broccolis like moist, fertile soil and cool weather. Very high in anti-oxidants.

NEW! VBR-2587 Quarantina 40-50 days. The fastest-growing spring broccoli raab; its name means forty days. Little broccolini with great fresh flavor in a hurry. 40 seeds C \$2.50

VBR-2585 Solstice—45-84 days. Small organic farmer Jonathan Spero and Oregon State University developed this excellent new open-pollinated broccoli. Ready very early and produces for a long time. Heads are on long stems above the foliage—easy to see and harvest, and safer from slugs and snails. 100 seeds. O \$2.50 **EZ**



VBR-2540 Di Cicco—48-85 days. (1890) A rich-tasting old Italian heirloom. A best-seller year after year—reliable and tasty. Compact 2-3' light-green plants. Harvesting the 3-4" central head stimulates production of numerous smaller side shoots. Quality and long harvest period make it a great broccoli for home gardens. Freezes well. 110 seeds. O \$2.50 **EZ**

VBR-2575 Piricicaba—56 days Halfway between a standard grocery store broccoli and a broccoli raab, with large plants that produce lots of succulent small green heads over a very long season. We like the way the larger "beads" (flower buds) shed water rather than getting moldy in wet weather. Heads, stalks, and leaves are all sweet and tender. Excellent frost and rain tolerance for fall sowing, but the thing that got our attention was its hot-weather performance. In trials in California, it produced heads when temperatures were in the 90's. 110 seeds. O \$2.50 **EZ**

VBR-2550 Romanesco—75-100 days. We are now importing this from Italy, as the available American seed was not reliable. Large stocky plant bears spiraling apple-green heads up to 6". Tender with nutty mild flavor. Does well in North. Must have plenty of compost and moisture to perform well—grow like cauliflower. 110 seeds. C \$2.50



VBR-2560 Early Purple Sprouting 120-220 days. RHS Award of Merit. The most ancient type of broccoli, renowned for excellent flavor and superior nutritional value. These need to go through a winter to produce their heads and are generally planted around the first of August. In early spring, long before other types are ready, many small, sweet purple heads form all over the large plants, so you get a lot. They will survive nighttime temps to 15°F in the open but need protection if weather is colder or ground is likely to freeze. Large plant is very productive, handsome, and dependable. Very rare in the US, traditional European heirloom. 80 seeds. C \$2.50



Carrots

Daucus carota

ALL/Matures 9-11/Harvest 3-6/Yield 100-400/Sp 3" or broadcast carefully

Easily grown in average soil without many stones, which cause splitting. Plant in succession, starting at frost-free date, for constant supply. Shorter varieties will cope better with clay or rocks. Avoid freshly manured soil. Do not allow the seed-bed to dry out or crust after planting—if soil is heavy, cover the seed with compost, sand or even vermiculite instead of soil to make emergence easier (they love sand).

VCA-2955 Mini-Sweet—60 days. Small 4", crisp sweet carrots for quick, early crops and for fall/winter treats. Carrots that have matured in fall and gone through winter frost are remarkably sweet and so appreciated in winter when most fresh garden crops are leafy greens. See Eliot Coleman's book *Four Season Harvest* for more. 300 seeds. C \$2.50

VCA-2930 Scarlet Nantes—68 days. Sweet, brittle, aromatic flesh—a spring treat. Blunt, finger-shaped roots 7" long with outstanding raw flavor. Easy to grow, fast, and classic. 800 seeds. C \$2.50



VCA-2980 Shin Kuroda—68 days. Very early, short wide 6" carrot extra easy to grow, with the sweetness that has made Japanese carrot breeders famous. Good for spring or summer crops, all kinds of soils. Excellent flavor for eating, freezing, canning, pickling. 800 seeds. C \$2.50 **EZ**

VCA-2910 Chantenay—70 days. French heirloom from the late 1800s. Wide, 5 1/2" deep-orange, shorter roots cope well with problem soils. Yields heavily, keeps well, good eating, freezing, all purpose. Dependable. 800 seeds. O \$2.50 **EZ**

VCA-2950 Juwarot—70 days. Our most popular carrot ever. Juwarot was bred especially for juicing and raw eating—crisp, juicy, and sweet. Highest carrot in vitamin A. Very rare. Grown for us at Golden Rule Garden from hand-selected roots. 200 seeds. GB \$2.50



VCA-2888 Atomic Red—75 days. Unique new color in carrots, and full of anti-oxidants. Pair it with your other favorites for a rich new look in vegetables, especially welcome in the spring when other red vegetables aren't ripe yet. 150 seeds. C \$2.50

VCA-2960 Dragon Purple—75 days. Purple on the outside and orange/yellow on the inside. Grow a bouquet of 9" colored carrots for veggie platters! Has a spicy flavor. 150 seeds. C \$2.75

VCA-2880 Solar Yellow—75 days. Tapered carrots with large shoulders and a sweet mild distinctive taste different from orange carrots. Looks pretty in salads or cooked in a mix with other carrots. 500 seeds. C \$2.50

VCA-2970 Saint Valery—80 days. (1885) A legendary carrot, French heirloom from the 1800's. Very smooth, uniform root with bright red-orange skin. Large: 10-12" with 2-3" shoulder. Flesh is fine-grained, sweet, tender with very little core. High in carotene. Keeps well in the ground, or in the cellar. Highly productive, top quality. 800 seeds. C \$2.50 **EZ**

VCA-2890 Autumn King—85 days. Huge uniform roots of exceptional color, crisp flesh, and high yields; fine variety for winter storage and for storing in the ground under snow. Good type for serious food production. Plant in summer for a winter storage crop. 800 seeds. C \$2.50 **EZ**



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All our seeds are untreated and open-pollinated (non-hybrid, non GMO)

Cabbage

Brassica oleracea var. capitata

C/Matures 9-16/Harvest 2-4/Yield 96-383/Sp 15-18"

Time planting so that heads form either before or after hot summer weather, using floating row covers or cold frames and quick-growing varieties for spring crops. For fall and winter harvest, the slower-growing varieties are hardiest and hold longest without splitting. Cabbage likes cool, moist weather but heavy mulch (and shade from taller crops) can help during midsummer. For best flavor and solid head, insure plenty of food, lime, water, and space. Days given are from transplant, and will vary with the weather.

Early & Main Season

Tronchuda Cabbage has moved to the kale section, p 17

VCA-2750 Primo—52-65 days. An old favorite. Very early, and fast-growing, with sweet flavor. Compact, ball-headed Golden Acre type. These heirloom cabbages are becoming hard to find as hybrids take over the market. Less fussy about soil and spacing than many others. Highly recommended. We import this seed from England, where they take cabbage very seriously, and are the only US source. 85 seeds. C \$2.50 **EZ**

VCA-2730 All Seasons—85-95 days. Fine flavor, a strong grower and sure header. Heat resistant. Heads 8" X 10". 85 seeds. O \$2.50

VCA-2732 Copenhagen Market Cabbage—63-100 days

Danish heirloom from before 1909, and the standard of excellence for fresh use since then. Solid heads reach 6-8" in diameter, weigh 3-4 pounds, and resist splitting. Medium-sized, short, compact plants are ideal for small gardens. Makes delicious coleslaw, salad or cooked dishes. Does well in a range of climates. 85 seeds. C \$2.50 **EZ**



VCA-2770 Winningstadt—109 days. Best cabbage of all for kraut and also good for storage. Much in demand for its old-time flavor and dependability. Many recipes call for it specifically. Heirloom with very solid pointed heads and compact plants. A real producer. 85 seeds. C \$2.50 **S**

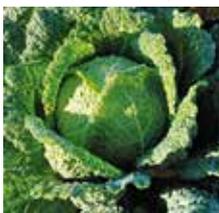
VCA-2760 Red Drumhead—74-95 days. A very special heirloom red cabbage, hard to find in the US, with excellent flavor and a good keeper. Deep purple color is not lost in cooking or pickling. Slightly flattened heads 7" wide are very firm and dense. Plant early spring for early fall harvest or July for winter use. Waxy heads hold well in cold wet weather. Also handles heat well. 85 seeds. C \$2.50 **S**



Late Harvest

VCA-2800 January King—100-160 days. (1885) Famous winter cabbage and one of the hardiest-survives all winter in Zone 7. Solid, flat light green heads weigh 3-5 lbs. Heart is more tender than most other cabbages and has a milder flavor. Thin blistered leaves with purple flush. Frost improves flavor. Fine for shaded gardens. 85 seeds. C \$2.50 **S**

VCA-2810 Vertus Savoy—95-120 days. Savoy cabbages are the most hardy of all; their very thin, ruffled and blistered leaves are more delicate in flavor than ordinary cabbage. Large, medium green heads average 4-6 lbs, and are perfect for stuffing, braising and soups as well as winter salad and slaw. Takes lots of frost and snow. 55 seeds. C \$2.50 **S**



Chinese Cabbage

Brassica rapa chinensis

C/Matures 7-11/Harvest 2-4/Yield 96-383/Sp 10"

VGR-3675 Matsushima—80 days. Easy-to-grow barrel-head type for late summer and fall planting. Mild flavor, crunchy texture, like an "iceberg" cabbage. Likes decreasing temperatures and day lengths, and tends to bolt if temp or light increases. Delicious fall salad green, very juicy, as well as for soups, steaming, stir-fry, and making kim-chee. Fastest header we trialed—can be started later than broccoli and still get a crop. 80 seeds. C \$2.50 **S**



Cardoon

Cynara cardunculus

C, W/Matures 24-52/Harvest 8/Yield 165/Sp 24-36"

VCA-2840 Cardoon — 100 days. Similar to Artichoke in looks and taste, but grown for its fleshy young leaf ribs instead of the flower buds. Important ingredient in Mediterranean cooking, from Italy and France to Morocco. A good alternative for gardeners in colder climates, because the plant is not overwintered like artichoke. You plant in spring and then harvest the entire plant in fall, like a cabbage. Two weeks before harvest, cardboard or newspaper is tied around the plant in a cylinder to blanch the leaves. Then the entire plant is cut and the large juicy midribs separated out for cooking. 20 seeds. C \$2.25



Cauliflower

Brassica oleracea

C/Matures 8-12/Harvest 1-2/Yield 44-291/Sp 15"

Cauliflower is not the easiest crop but if you give it what it needs—moisture, well-limed soil, and lots of compost—it can be grown well in most places. The key is to keep it growing, so don't let it sit in the flat too long, go without good soil, or adequate water. During hot weather, a taller crop giving afternoon shade is a good idea. Or use shade cloth. Coastal weather is ideal, and makes cauliflower relatively easy to grow.



VCA-3010 All The Year Round—70 days. Large, tight, white head surrounded by leaves. Well-known in Europe for adaptability. 45 seeds. C \$2.50 **S**

VCA-3030 Snowball—70 days. 6-7" solid pure white heads protected by outer leaves. Sure header, long harvest. Shown above. 90 seeds. O \$2.50 **S**

VCA-3022 Violet—70 days. Beautiful purple cauliflower heads, with great flavor from Italy. Can be planted in spring for summer crop, or in a cold frame in fall. 25 seeds. C \$2.75 **S**

Cowpeas, Blackeye Peas

Vigna unguiculata

W, H/Matures 9-12/Harvest 8/Yield 2-9/Sp 24"

VBE-2160 California Black-eyed Peas—85 days. Bush. Customers say these are "unbelievably easy to grow". Erect, high-yielding plants bear creamy-textured beans with distinct, delicious flavor. 130 seeds. C \$2.50 **EZ S**

NEW! CCO-7020 Red Ripper Cowpeas. Fast to shell (That's the "ripper" part,) and high-yielding type used as cover crop, but good for food as well. Beautiful deep-red small beans, up to 18 per pod! Needs warm soil. 130 seeds. C \$2.50 **S**

GB= GROW BIOINTENSIVE, N=Naturally grown, O= Certified Organic, C= Varied
All our seeds are untreated and open-pollinated (non-hybrid, non GMO)

Corn

Zea mays

W.H./Matures as marked/Harvest 1-2/Yield fresh 17-68, dry 12-48/Sp 15"

Corn does better if inter-planted with a nitrogen-fixing legume, like beans. Plant in blocks of at least 5 on a side (25 sq ft) to ensure pollination, and make sure the corn gets enough water. Corn is a heavy feeder that especially needs nitrogen and potassium.

Ancient staff of life in the Americas, corn has been grown for centuries in our hemisphere. Everyone is familiar with sweet corn as a summer treat, but it is also worth experiencing corn as a staple crop and a major source of food.

Flour corns are relatively soft and grind into a fine-textured flour for baking (Carol Deppe even makes gluten-free sandwich bread from corn flour--see **The Resilient Gardener**, p 70). It is easily dried and stored for the winter, and easily ground.

Flint corns are high-protein, hard and translucent, grinding into polenta and meal, rather than flour. They are easy to grow and store. **Dent corn** is in between--it has a softer center that makes a dent in the top when dry. Dent corn is widely grown in the US for animal food and processing, but a few old varieties for cornmeal and hominy survive, like our Hickory King. Hominy is corn that has been soaked in lime water, which makes the nutrients much more available. Traditional corn tortillas are also made from hominy.

Sweet Corn

Great traditional corny flavor if you pick when ears are young (check often) and cook immediately. Be aware that the old-time varieties are not as super sweet as modern hybrids and do not have a long shelf life. Pick immediately before eating, and put them straight into the pot for the sweetest flavor and tender texture. Because corn doesn't hold long in the field and yet needs to be planted in 5'x5' blocks all at once, you may find you need to plant both early and late varieties to have corn over a longer period.

VCO-3340 Golden Bantam—70 days. Heirloom from 1902, and still a favorite. The original 8-row strain, with plump broad yellow kernels on 7" ears. Short, 5'-6' vigorous plants generally yield 2 ears. Excellent flavor for eating or freezing. Can be ready by mid-Summer. 100 seeds. C \$3.25 *



NEW! VCO-3348 Tuxana f5—90 days. Open-pollinated corn varieties are rare anymore. That's why we got so excited this year when we got the chance to bring you a new sweet corn from traditional plant breeder Jonathan Spero in Oregon. He has been working to bring a little more sweetness into open-pollinated sweet corn, and Tuxana f5 is a pre-release sneak preview of his work in progress. This is his fifth generation (f5) and already very tasty. Big white kernels are sweeter than most o-p corns, with good eating quality.



Productive, with 2 ears on each plant. Ears are 7 - 8" long and mostly 16 - 18 rows around. You may occasionally find a few other-than-white kernels. 100 seeds. O \$3.50 EZ *

VCO-3330 Country Gentleman (Shoe-peg)—95 days. (1890) Heirloom white corn—many folks' favorite. Called "shoepeg" corn because the kernels are not oblong and growing in rows, but round and cover the cob without any rows. Deep narrow kernels are sweet, tender and milky. 7-8" tapered ears on 7-8' stalks that can produce 2 ears. Resistant to Stewart's wilt. Great fresh, cream style, or for canning. Traditional late-summer treat. 100 seeds. O \$3.25 *

VCO-3315 Anasazi—90 days. Ancient variety, reputed to be from seeds found in Anasazi ruins. Possibly the oldest sweet corn still in existence. This Southwestern landrace heirloom is drought-resistant and doesn't require the extreme fertility and weed-free conditions needed by many modern corns. Likes warmth. 7-8' plants with 2 multicolored ears, 7" long. Grown by Jonathan Spero, who writes "Anasazi is a true land race variety. It is variable in many ways. Ear length and diameter, degree of sweetness and plant height all vary. Each ear can be a different color or combination of colors. In older times, variability was desired. Corn growers wanted corn that produced food come wet or dry, hot or cold, and with a minimum of added inputs." 100 seeds. O \$3.50 *



Flour Corn

VCO-3295 Hopi Blue Flour (Flint)—75-110 days. Ancient flourcorn, traditional staple of the Hopi pueblo people. Bushy 5' plants bear 8-10" ears filled with smooth blue kernels. Makes excellent flour for breads, tortilla, chips, and other cooking. Drought-tolerant. 100 seeds. O \$3.50 *S



VCO-3290 Painted Mountain—75-85 days. Short 4-5' plants bear 7" ears and can produce a crop where other corns can't. Tolerates low fertility, cold, drought. Very early. Kernels are bright rainbow colors, high in antioxidants. Can be eaten as sweet corn hominy, or ground into flour. Bred by Dave Christensen for ultra-short-seasons. Dave's life work has been to ensure that people all over the world have a hardy, easy-to-grow source of survival food they can grow for themselves. **In very short supply this year due to weather in Montana. Order early.** 60 seeds. O \$3.50 *S EZ

Dent Corn

VCO-3280 Hickory King White Dent Corn—115 days. (1850) Southern heirloom. The best corn for hominy and tortillas. Huge white kernels make wonderful corn nuts and parched corn for snacking and trail food. (For directions, see **The Resilient Gardener** in our book section) Plants, are big, robust, 8-9', and grow on any soil. Large plants make lots of compost material, animal bedding, light fencing, thatch. 100 seeds. C \$3.00 *S

Flint Corn (Polenta Corn)

VCO-3298 Roy's Calais—90 days. One of the most important rediscovered heirlooms of recent years, this New England corn is so cold-hardy that it survived the "year without a summer" in 1816. Most of the 7"-9" ears are golden yellow but a few are deep red, making some of the prettiest polenta and cornbread around. 100 seeds. O \$3.50 *S EZ

NEW! VCO-3299 Floriani Polenta—100 days. Just before press time, we were finally able to get some of this, the most sought-after heirloom polenta corn. Traditional in the Valsugana Valley of Italy, and renowned for its fabulous flavor. Small, popcorn-like kernels are a lovely deep red, making pink flour and meal. Has been reported to be higher in protein than most other corns as well. 100 seeds. O \$3.50 *S EZ

Popcorn

VCO-3300 Japanese White Popcorn—110 days. Use for "baby corn" if picked 5 days after silks appear, or grow to dry maturity for popcorn. Grows 5-6' tall, producing 3 to 6 ears that are 4" and stubby. Almost hullless--when popped there is no hard center. Great flavor. 100 seeds. C \$2.75 EZ *S

NEW! VCO-3305 Pinky Popcorn—85 days Heirloom from the 1930's Dustbowl. A good bet for for gardens in our present-day era of climate change and drought in many places. Pink kernels pop into fluffy white popcorn, an easy and fun way to be more self-sufficient. 100 seeds. C \$2.75 EZ *S

= Grown without chemicals. For a key to other icons, codes, and abbreviations, see page 8

To estimate square feet per packet, see the chart on page 8

Chard

Beta vulgaris

ALL/Matures 7-8/Harvest up to 44/Yield 200-810/Sp 8"

Chard gives more meals out of a small space than most other vegetables. Easy to grow in most soils. Deep-rooted and drought-resistant, chard helps aerate the subsoil. Slow to bolt. Cutting encourages new growth and young leaves have mildest best flavor. Plant from spring on. Cold hardy once established.—more resistant to cold when mature.

How do I choose? There are two types, which are considered different vegetables in Europe. The familiar **Swiss Chard** also known as silverbeet, or seakale beet has glossy, crumpled leaves and very long, thick stems which are sometimes colored. The stems can be cooked as a separate vegetable, or substituted for celery. **Very drought tolerant.**

The Leafbeet, or **Perpetual Spinach** types—so-called because they look and taste much like spinach but do not bolt in summer heat—have narrow stems and smoother leaves with a **more tender texture. Very cold-hardy.**

VCH-3120 Erbette—40-60 days. Heirloom from Italy, this is a very refined and delicious leafbeet type chard, with leaves that cook quickly and have the tender texture and mild taste of true spinach. Harvest young for "baby spinach" that re-sprouts and takes heat. After standing all summer in the heat, we found that it still made mild tasty cooking greens in the fall. 50 seeds. C \$2.50



EZ ✨ ❄️

VCH-3140 Perpetual Spinach—50-60 days. Smooth green leaves, small stems—can be hard to tell from true spinach in looks or taste. Frost and bolt resistant, needs water in a dry spell. Popular in Europe, hard to find in the U.S. Perennial in zones 7 and above, or zone 5 if winter drainage is excellent. 80 seeds. C \$2.50 EZ ✨ ❄️

VCH-3135 Fordhook Giant—50-60 days. Classic Swiss chard with huge dark green extra-glossy savoyed leaves and a broad silvery-white midrib which can be cooked separately. This one has proven most tolerant of drought and heat in our research garden. 80 seeds. O \$2.25 EZ ✨

VCH-3152 Ruby Red—50-60 days. Unbelievably vivid red stems and veins shine in the sun with rich color—nothing like the bronzes and maroons that pass for red with most vegetables. Easy to grow and care for, drought-resistant and cold hardy. 80 seeds. O \$2.50 EZ



MCH-6280 Chard, Rainbow Mix—50-60 days. Red, yellow, pink, purple, white and orange. Beautiful in planters and flower beds, nice cut young for salads. 50 seeds. O \$2.75 See picture on page 33. EZ

Collards

Brassica oleracea oleracea

ALL/Matures 12/Harvest 24/Yield 96-383/Sp 12"

VCO-3240 Georgia—60-80 days. (1880) This 36" non-heading cabbage is easily cultivated and tolerates poor soil. Huge blue-green slightly crumpled juicy leaves can stand summer heat (slow to bolt) and winter cold. Esteemed for its mild flavor, enhanced by a mild freeze. We have received many comments from customers who really appreciate the flavor of this particular strain. 100 seeds. C \$2.00 ❄️

Tree Collards

🌳 We ship tree collard cuttings (they can't grow from seed) from June until fall. We compile an email list of people who want to receive Tree Collards when they are ready—please email us: bountiful@sonic.net, check our website, or call.

🌱 = Grown without chemicals. For a key to other icons, codes, and abbreviations, see page 8

To estimate square feet per packet, see the chart on page 8

Celery

Apium graveolens

W,C/Matures 12-16/Harvest 3-4/Yield 240-950/Sp 6"

A heavy feeder that needs long steady development in good moist soil. A well-fertilized soil should be double-dug and heavily mulched. Water frequently. Many gardeners blanch the stalks with paper or boards. Medicinal: arthritis, tonic.



VCE-3080 EA Special Strain—85 days. From our research garden, developed from the Ventura variety. Tall Utah type with upright glossy bright-green stalks over a foot long. Well-developed hearts on high-yielding plants. Good disease resistance, slow to bolt, amazingly tolerant of tough conditions, has overwintered in Zone 8. Shown right. 280 seeds. GB \$2.50

VCE-3090 Golden Self-Blanching—80 days. Easy-to-grow early variety. Dwarf, with yellow foliage, cream-colored stalks of fine flavor with thick heavy stringless 9" ribs. Extra-large nutty-tasting base. Disease resistant. No blanching or trenching needed. 280 seeds. C \$2.50

VCE-3100 Leaf or Cutting Celery—80 days. Celery flavor for salads and soups with no elaborate culture necessary. Snip leaves and stalks as needed. Do not let stalks elongate for flowering, as plants will get strong-tasting and stop making leaves if allowed to flower. Nice in a handy, well-watered pot. Hardy to Zone 5. 280 seeds. C \$2.50 EZ

MCE-6273 Celery Mix—Red, green and gold for beautiful dipping platters, soups, and snacks. 800 seeds. \$2.75

Cucumbers

Cucumis salvus

W,H/Matures 7-10/Harvest 7-14/Yield 158-580/Sp 12"

In spite of loving heat, they like afternoon shade. Heavy feeders. Keep well watered.

VCU-3430 Beit Alpha MR, Persian Cucumber—56 days. A very sweet, crisp Mid-Eastern type cucumber good for both salad and pickling. Straight, green, medium-sized 6" fruits. CMV resistant. Medium vines. For Persian cucumbers, harvest when 4 to 5 inches long. 40 seeds. C \$2.25 EZ



VCU-3452 Suyo Long—50-60 days. When we tasted this, we knew it had to be in the catalog. Long, thin cucumbers like the fancy European ones but easy to grow and bitterfree. Fruits to 12" long with thin bright green skin and very juicy sweet white flesh. 25 seeds. C \$2.50 EZ

VCU-3440 Lemon—58-70 days (1894) Size and shape of a lemon. Eat when small and pale. Crunchy white flesh on the inside is mild & surprisingly sweet. Very easy to digest. Excellent pickles. Rust & drought resistant. 40 seeds. O \$2.50 EZ



VCU-3441 Marketmore76 — 58-75 days. Dark green 8" blunt-ended fruit. Prolific and vigorous plant, tolerant to mosaic. Great home garden variety of the "supermarket" type cucumber. 40 seeds. O \$2.25

VCU-3459 Armenian Light Green, Serpent Melon *cumis melo*—60 days. Long, ridged and pale green. Digestible for people who can't eat other cukes (they are really a melon). Sweet mild flavor. Retains quality a long time. 40 seeds. C \$2.50



MCU-6310 Cucumber Mix — Assorted Cucumbers for fresh eating—no pickling types. 40 seeds. \$2.75

Pickling Cucumbers

NEW! VCU-3451 Parisian Gherkin—60 days Little gherkins for the very best sweet pickles and giardinera as well as traditional French cornichon pickles and baby dills. 40 seeds. C \$2.50

VCU-3445 Boston Pickling—50-60 days. (1880) High-yielding, bears continually if picked. Good for canning size, up to 6"x2". Popular old reliable pickler. 40 seeds. C \$2.50

Eggplant

Solanum melongena

H/Matures 10-11/Harvest 13/Yield 54/Sp 18"

Easy to grow, but needs an early start, as with tomatoes. Needs warmth, but not demanding otherwise. Lowers cholesterol.

NEW! VEG-3508 Ping Tung Long —68 days. We have tried a lot of the slender "finger" eggplants, and this is the best, for flavor, tenderness, and yield. Bright purple fruits are beautiful and don't need peeling. A winner. 40 seeds. C \$2.00



VEG-3520 Rosa Bianca—70 days. Treasured Italian heirloom. Beautiful plump fruits are shaded rosy pink and white, and the flavor is out-of-this world: creamy, mild, totally bitterfree. Really choice. Likes heat. 40 seeds. O \$2.25



VEG-3499 Black Beauty—77 days. Globe Eggplant—a nice big, dark purple oval fruit, weighing up to 3 lbs. a standby for many years for early big fruits with good flavor. 40 seeds. C \$2.25

MEG-6330 Eggplant Mix—A mixture of different shapes and colors, and both long and round types. 40 seeds. C \$2.75



Fennel

Foeniculum vulgare

Annual/Sp 12"

VEF-3580 Perfection—80 days. Grown for the "bulb", the thick juicy base of the stems, like celery. Chop into salads or cook; mild anise flavor decreases with cooking. Delicious braised, and a secret ingredient in some of the best pasta sauces. Plant mid-June or later for fall crop. Stands fall frosts to 15° F. Needs sun, water, fertile soil, but much, much easier than celery. 80 seeds. O \$2.50

Garlic

Allium sativum

C, W/Matures 17-44/Harvest /Yield 60-240/ Spacing 4"

Garlic is easy to grow, nutritious and medicinal; fresh garlic adds magic to almost any dish. We ship garlic bulbs from August to December. Please check our website, or call us at 707-459-6410, for information about varieties and prices at that time. We will have both hardneck and softneck types. **S**



Jicama

Pachyrhizus erosus

H/Matures 20 if started early inside, otherwise 36

VJI-3870 Jicama—280 days. Jicama is a vine up to twenty feet long. In warm winter areas it can be planted outdoors in the spring; otherwise it must be started indoors. Needs 8-9 months to produce the sweet juicy crunchy roots that are the edible part. Needs sun, and rich moist soil. **Caution:** the seeds and pods of jicama are poisonous! 20 seeds. C \$2.75 **★**

Ground Cherry, see page 28

Kale

Brassicaderacea acephala

C, W/Matures 8-9/Harvest 17/Yield 76-153/Sp 15"

Heirloom kales have become hard to find. We have assembled a broad selection so you can experience the different flavors and textures. With 6 times more calcium than broccoli and spinach, high levels of antioxidants and vitamins A, C and K, Kale is a real 'super-food'.

Stands the severest winter weather, sending up tender new growth and delicious sweet flower shoots in very early spring. Flavor sweetened by frost.

There are several distinct kinds of kale. The Russian types are more related to rutabagas and the others—curly, lacinato, and flat—are more related to cabbage, so bear that in mind when saving seed.

Lacinato Kale

VKA-3910 Lacinato (Dinosaur)—50 days. On our cover. Italian heirloom—a best-seller with great looks and flavor. Delicious dark blue-green leaves, heavily savoyed (like dinosaur skin). Milder and more tender than many kales. Survives the winter in zone 6 and above. Kids love it. 85 seeds. O \$2.50

Curly Kale

VKA-3920 Pentland Brig—50-60 days. An heirloom curly-leaf type, providing dependable winter greens in Ireland and Scotland for generations. Gray-blue leaves with intensely curled edges shed water well. Different flavor and texture than the Russian types. 50 seeds. C \$2.50 **EZ** **★** **✪**



Flat-Leaf Kales

NEW! VCA-2765 Portugese Kale (Tronchuda Cabbage)—50-60 days. Heirloom from Portugal and the necessary ingredient in Portugese Kale and Sausage Soup. A smooth-leaved kale very juicy and tender, with thick sweet leaves. 50 seeds. C \$2.50 **EZ** **✪**



NEW! VKA-3928 Thousand-Headed—50-60 days. An ancient heirloom kale meant to fill the "hungry gap" in spring before the first newly-planted spring crops. This kale has many growing points instead of just one, so it puts out a lot more foliage and tender shoots in spring. Huge plants make lots of food. A must for self-sufficiency. 50 seeds. C \$2.50 **EZ** **✪**

Russian Kales

VKA-3930 Russian Red—50-60 days. (1885) Very hardy, with delicate flavor. Very beautiful purple/red oak-type leaves. Survived weeks of heat in our garden, and cold-hardy to at least zone 5. Great with flowers in containers, too, as shown. 100 seeds. O \$2.50 **EZ** **★** **✪**



VKA-3932 White Russian—50-60 days. The most winter-hardy kale we offer, to zone 4, and the most resistant to flooding and soggy soils. Has won many taste tests in spite of its tough constitution. Cut and frilled edges with white midribs, mild flavor, easy to grow. 100 seeds. O \$2.50 **EZ** **✪**

MWE-6460 Wild Garden Kale—50-60 days. A varied, tasty and beautiful gene pool of Russian type kales. Colors from green through purple, and leaves from single to triple frilled. Overwintering in zone 5 and above. Beautiful green and purple frilly bunches are popular at farmers markets, 50 seeds. O \$2.75 **EZ** **✪**

MKE-6462 Forage Kale—68 days. Big packet of kale for animals. Plants 100 sq ft. C \$2.50

GB= GROW BIOINTENSIVE approved, N=Naturally grown, O= Certified Organic, C= Varied

All our seeds are untreated and open-pollinated (non-hybrid, non GMO)

Greens

Cool-Weather Greens

Fast and easy to grow, often the first fresh food from the spring garden, holding well into summer if given shade when weather gets warm. Most greens are more cold-hardy than lettuce, so they are the staples of winter salads. Plant them in mid-to-late summer for fall salads, soups and vegetable dishes. Something fresh from your own garden is so appreciated during the cold months--be sure and plant them where you pass often, so that you can snip leaves without having to go far on dark evenings. They are ideal for containers.

NEW! VGR-3840 Texusel *Brassica carinata* A Spacing 10"

45 days. Fine European selection of a vegetable that originated in Ethiopia, sometimes called Abyssinian Mustard. Good for baby salad greens and later for cooking. Complex, rich flavor with hints of garlic. Plants are on the small side, and fast-growing, so succession-sow at fairly close spacing. 150 seeds. O \$2.25



VGR-3740 Arugula, Rocket *Eruca sativa* A/ Spacing 8"

37-50 days. Fast and easy in most soils, and cold-hardy. Spicy, tender leaves and flowers for salads. Sow every 2 weeks--bolts quickly. Self-sows, attracts beneficial insects. Makes a great understory plant in summer, with peppers, tomatoes, or corn to shade it. 200 seeds. O \$2.25

VCH-3190 Italian Dandelion *Cichorium intybus* C,W/ Matures 12-14/Harvest 2-4/Yield 60-100/ Spacing 12"



52-83 days. Fast-growing plant traditionally used for early greens. Deep-cut long broad leaves resembling dandelion, but much larger, with a slightly bitter flavor preferred in Italian cooking. Good spring or fall crop. Great braised with meat or lentils. One of the most healthful of all greens. 200 seeds. O \$2.50 **EZ**

VCH-3197 Sugarloaf Chicory, Pane di Zuccara *Cichorium intybus* C,W/Matures 12-14/Harvest 2-4/Yield 60-100/Sp12"

52-83 days. Like a raddichio, but green and pink rather than red, and with a sweeter, indescribable flavor. Chicory is a dependable salad and cooking green where there is frost--stands up to winter weather, slugs, and short days better than lettuce with a different flavor than the cabbages and mustards that dominate fall and winter meals. 200 seeds. C \$2.50

VEN-3572 Frisee Endive *Cichorium endiva* Annual/Sp12"



60 days. An heirloom triple-cut curly endive from France, where Dominique Guillet has braved official persecution to save these traditional varieties from extinction. This is the feathery, finely-branched pale leaf you see in salad mix in winter. Grown like lettuce but more slowly and is much more frost-hardy. Big heads with blanched hearts, delicious and hardy for fall and winter salads. 180 seeds. O \$12.25

VCO-3390 Mache, Corn Salad, Rapunzel *Valeriana locusta* C/Matures 6-8/Harvest to 20/Yield 130-540/Spacing 8"

45-60 days. Small dark-green leaves have very mild flavor and delicate texture. Very high vitamin C--three times as much as lettuce, along with lots of omega-3s. Sown in Autumn to stand the Winter--this is the most cold-hardy green of all, sown to 0 degrees. Whole plants are harvested for salad greens. Most cold-hardy strain, with small tender leaves. 200 seeds. C \$2.50

VGR-3680 Bok Choi, Pak Choy, White Stem

Brassica rapa chinensis W,H/Matures 7-11/Harvest 2-4/ Yield 96-383/Sp 10"

50 days. Quick-cooking and crunchy for stir-fry, steamed, or in soups. Dark green leaves & thick white stems make a tall celery-like head with mild mustard flavor. About 1 ft tall. Slow to bolt. 80 seeds. C \$2.25

VGR-3682 Baby Bok Choi 40 days. Who can resist these



little single-serving Bok Choy heads? Mild mustard flavor, juicy crisp texture, easy to grow, harvest, and prepare--just pop them in the steamer and in minutes they are ready to arrange on the plate. Cute, too--a good bet (along with nasturtium flowers and raw broccoli sprigs, with dip) for kids who aren't so sure about vegetables. 160 seeds. O \$2.50

VGR-2537 Bekana Greens *Brassica juncea* 28 days baby,

45 days for bunches. Mild, crunchy leaves with curled edges have a nice spring-green color and sweet, complex flavor. Technically a mustard, but we hate to put it there because you might think it is hot and strong. Mild flavor, sweeter than most lettuce, perfect for salads or very brief cooking. Sprouts quickly for baby leaves in salad mix. 100 seeds. C \$2.50 **EZ**

VGR-3670 Mizuna *Brassica juncea* W,H/Matures 7-11/Harvest 2-4/Yield 96-383/Spacing 10"



40-65 days. Mild, feathery green is a major part of almost all salad mixes. Vigorous plants grow quickly to 12-24" and 2-4 lbs. Or cut when 3-4" for salad mix (28 days). Excellent first-early salad crop sown in spring as soon as the soil can be worked; cold resistant standby for fall/winter salads; sown in August, it is about as foolproof a winter crop as you could find. Excellent braised or steamed--mild and versatile. 80 seeds. C \$2.25 **EZ**

VGR-3693 Vitamin Green *Brassica juncea*

W,H/Matures 7-11/Harvest 2-4/Sp 10"



21 days baby, 45 days full-size. A different kind of brassica, with no mustardy flavor. White stalks and very glossy green leaves are good for salad, steamed, or stir-fry. Sometimes called "mustard spinach", this green is easy to grow, unfazed by heat, very cold-hardy, with mild, sweet flavor. Good choice for winter and early spring salads. Eat stalks, leaves, flowers. 80 seeds. C \$2.25 **EZ**

VGR-3690 Tatsoi *Brassica rapa* var. *rosularis*



W,H/Matures 7-11/Harvest 2-4/Yield 96-383/ Sp 10"

45 days. Very shiny deep-green flat open rosettes of spoon-shaped dark green glossy leaves, thick broad crisp but tender white stalks. You see this one in salad mix quite a bit, as the smaller leaves are out where you can get at them, rather than hidden inside the bunch. 12-18". Hardier than Bok-Choy. Easy to care for and dependable. 80 seeds. O \$2.25 **EZ**

MAS-6210 Asian Greens Mix--A large assortment of Asian Greens plus Asian herbs Cilantro and Shungiku. 80 seeds. \$2.75

MBR-6248 Braising Mix - A mixture of greens for light cooking can be harvested as baby greens, add a spicier element to salad mix or grown to full size for a variety of cooking greens. A variety of colors and shapes, for early spring or fall planting. 150 seeds. C \$2.75 **EZ**

 = Grown without chemicals. For a key to other icons, codes, and abbreviations, see page 8

To estimate square feet per packet, see the chart on page 8

Semi-Wild Greens

Loaded with nutrients. Hardy and self-tending.

VGR-3720 Miners Lettuce, *Montia perfoliata*



Annual/Sp: 6 40 days. Wild American native popular in Europe for its tender juicy leaves and mild buttery flavor. Extremely hardy for extra-early and late sowings. Super-nutritious. Adapts well to greenhouses. Probably the most shade-tolerant of vegetables. Entire plant is edible; best before flowering. 200 seeds. C \$2.50

 **VGR-3780 Magentaspreen, Red Lamb's Quarters, *Chenopodium giganteum* A/Ht 3-6'/Sp 12"** 30 days The leaves have a lovely magenta color and spinach flavor. But be careful - it grows to 6' and re-seeds readily - keep it from going to seed. Easy to grow. 160 seeds. O \$2.50

VGR-3400 Minutina, Erba Stella, Staghorn Plantain, *Plantago coronopus* Perennial/Matures 7-8/Sp 4"



50 days. Crunchy, succulent leaves make a great addition to salads. Ultra-hardy. Minutina, like miner's lettuce, corn salad, and mizuna, stands all winter, even in Maine, in an unheated greenhouse. (See Four-Season Harvest in our book section). Small plant makes a rosette of slender leaves, cut and forked like a stag's horns. Easy to grow, takes very little space, regrows after cutting. 500 seeds. C \$2.50

 **VGR-3830 Strawberry Spinach, *Chenopodium capitatum* Annual/Sp 8"** 55 days. Beetberry, Strawberry Blite. At least 400 years old, an ancient plant re-discovered at monastery sites. Like Lambs Quarters, but smaller. At each leaf axil there are small sweet fruits somewhat like strawberries or mulberries, but blander in flavor. Nice in salad, cooked, or in jellies. Needs a period of cold before sprouting in spring. 90 seeds. O \$2.50



 **VGR-3703 Chickweed, *Stellaria media* Annual/Broadcast** 37-50 days. Clip every few days (until flowering) and use like sprouts or mild lettuce, in tacos, salads, garnish. Don't let it flower and set seed. 200 seeds. O \$2.25

Perennial Greens

Before the days of long-distance trucking and supermarkets, there was a "hungry gap" in early spring. The new crops weren't up yet but most of last year's storage vegetables were gone. These ancient perennial crops filled that gap, because new shoots come up from the crown while the weather is still too cold for seeds to sprout.

VGR-3760 French Sorrel, *Rumex acetosa* Perennial/Sp 6" 60 days. Broadleaf.

Perennial in all zones. Likes partial shade and any soil. Leaves appear in very early spring from the perennial rootstocks. Large leaves have a lemony tang that is great in salad, herb butter, soup and seafood sauces. Keep picked for longer production, and cut off any flower stalks. 200 seeds. C \$2.25 



VGR-3770 Good King Henry, *Chenopodium esculentus* Perennial/Sp 12-18" 80 days. This rare plant, also known as Mercury or Lincolnshire Spinach, has long-stalked, arrow-shaped leaves very mild in flavor and nutritious. It is perennial at least to zone 6, emerging very early in spring. Needs cold temps for germination—barely cover seed, and keep moist. 75 seeds. C \$2.50 



VGR-3400 Minutina, Staghorn, Erba Stella (See above) 500 seeds. C \$2.50

See also Salsify and Seakale (and Lovage, in Herbs)

Hot-Weather Greens

These are often referred to as "hot-weather spinach substitutes" and they all do produce a crop of succulent, leafy, mild-flavored greens in hot weather, although each has its own personality and flavor. In general, greens are best if growth is rapid. Ensure that by giving them plenty of compost, water, lime if necessary, and some midday shade, at least as seedlings. Greens work well in containers, or those awkward places shaded by other plants or objects--on the east side of a house, or a bed of tall plants. For summer meals, try steaming the day's harvest in the evening while you are doing something else in the kitchen, then putting the cooked greens in the fridge for a quick cold dinner dish the next night, served with olive oil, lemon and salt--a classic Italian start to a meal. Or scramble them with eggs and cheese for a quick frittata.

VGR-3750 Egyptian Spinach, Molokheiya,

Corchorus olitorius Matures 10/Sp 12"

70 days. Multi-purpose vegetable that can survive both dry and wet conditions. Related to hibiscus. Fresh leaves can be eaten as salad or cooked greens, and dried leaves can be used to thicken soups or for tea. Regrows for multiple cuttings. Makes a nice potted plant—grows about 2' tall and bears yellow flowers if not clipped for food use. Loves heat. 100 seeds. C \$2.00



VGR-3790 Malabar Spinach

Bassela rubra Matures 16-20/Harvest 14-16/Yield 180-270/Sp 12"

90 days. A very unusual productive and delicious Asian vegetable. Thick, dark-green leaves on handsome 6' vines provide abundant tasty greens throughout the summer. Heat tolerant and vigorous. Handsome on a trellis or screen; trellis it above your cool-loving greens like lettuce. 50 seeds. C \$2.50

 **VGR-3730 Purslane**

Portulaca oleracea Annual/Sp 12"

50 days. Does well in any garden soil, and loves hot weather. Fleshy, crunchy leaves have a fresh, very slightly lemony flavor, great in summer salads. Popular in many countries as a cooking green, braised, steamed, or in soups. Pulls salts out of soil, so can be used to remove minerals or nutrients that are out of balance in the soil, from years of irrigation in drylands, or from over-fertilization, etc. Ayurvedic herb. 200 seeds. O \$2.00

VGR-3800 New Zealand Spinach,

Tetragonia expansa Matures 10/Harvest up to 42/Yield 180-270/Sp 12" 50-70 days. Not actually spinach, but a good hot-weather substitute. Salt tolerant and will even grow in sand. Has small arrow-shaped leaves, thicker than spinach. Very slow to germinate so give it time. Tastes like spinach cooked. Regular trimming encourages lush growth. 40 seeds. C \$2.00

 **VGR-3825 Aurora Orach,**

Artiplex hortensis Matures 5-9/Sp 12" 37-60 days. An amazing rainbow of bright and unusual colors really jazzes up summer salads and vegetable plates: red, gold, green, pink, carmine, and purple. The leaves have a shimmering radiance that you really have to see. 80 seeds. O \$2.00

 **VGR-3771 Aztec Spinach, Huauzontle** (wah-zont-lay), *Chenopodium nuttalliae* - 30 days. A relative of quinoa and spinach—more or less midway between the two in size (about 4' tall) and use. Sprouts quickly for baby leaves for salad mix. Leaves taste like spinach, with no oxalic acid "metallic" taste. Harvest the tops as seedheads begin to appear and cook like broccoli with a completely different flavor. 200 seeds. O \$2.50



VAM-2030 Calaloo, Tampala

Please see page 9.

GB= GROW BIOINTENSIVE approved, N=Naturally grown, O= Certified Organic, C= Varied

All our seeds are untreated and open-pollinated (non-hybrid, non GMO)

Lettuce

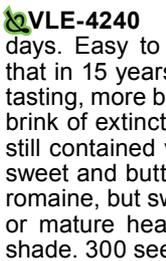
Lactuca sativa Quick growth makes for good flavor, so assure water and fertility. (Lime acid soils). Lettuce seeds will not sprout once temperatures reach 85°F. **For hot-weather sowings: refrigerate seed 4-5 days before planting.** Sow in the evening, water well, and give shade.

Within each type of lettuce, some are better for planting in each season--Spring lettuces can be planted as early as you can work the soil. Seeds will germinate when soil reaches 45°F, and transplants will grow in even colder soil as long as days are above freezing. Brief night frost down to 25°F is not a problem. **Summer** varieties are best planted in succession starting in mid-spring. They are bred to be bolt-resistant under heat stress, though dappled shade will improve quality. **Autumn** varieties can be planted in pots or flats in a shady place in August, and transplanted into the garden under shade-cloth or taller crops. **Late fall** crops of baby greens and hardy varieties can be planted September/October to stand through late fall, or winter in mild climates.

Lettuce types: **Looseleafs** fan out so that the center leaves are visible. They are tolerant of marginal conditions, and can be cut leaf-by-leaf or all at once. **Butterheads** have silky texture and small, rose-like heads. **Romaine (or Cos)** makes a tall head with crunchy midrib. **Crisp** types, super bolt-resistant, have a ruffled head, with a crispy, somewhat blanched interior. Bred for summer heat but, surprisingly hardy.

Looseleaf

Matures 6-12/Harvest 1-3/Yield 135-540/Sp 8"

 **VLE-4240 Chadwick's Rodan**—spring/summer/fall 50 days. Easy to grow, and delicious; our trial gardeners said that in 15 years of gardening, they had never grown a better-tasting, more bolt-resistant lettuce. Rodan was saved from the brink of extinction when we found one packet from 1998 that still contained viable seed. Deep-green, nutritious leaves are sweet and buttery with a very crunchy, juicy midrib. Almost a romaine, but sweeter and easier to grow. Perfect baby leaves, or mature heads. Unusual and choice. Give this afternoon shade. 300 seeds. N \$2.50   



VLE-4267 Emerald Fan—spring/fall 45 days The fastest spring growth of any lettuce we have ever grown. Big healthy deep-green leaves catch spring sunlight and make it into salad! For spring mix, we suggest combining this with Black-Seeded Simpson and Bronze Arrow lettuces, and the greens Mizuna and Miner's Lettuce, plus Arugula and Chervil herb. 300 seeds. O \$2.50   

VLE-4125 Black-Seeded Simpson—spring/fall 45 days Tried and true heirloom for cool spring soils, BSS gets salad on the table early and often. Tender texture, mild flavor. Fresh, spring-green color and curly leaf adds some sparkle and texture to salad—add a bronze, a deep green, and Merlot and you have a spring lettuce rainbow. 300 seeds. O \$2.50   

VLE-4260 Bronze Arrow—spring/summer/fall/winter 60 days. A rare, long-standing heirloom leaf lettuce that has it all. Our own strain, unavailable elsewhere. The head at left sprouted from spilled seed in the gravel of our parking lot and made the head pictured in spite of 100-degree heat, compacted soil, and irregular water. Takes cold equally well, thawing after overnight frosts with little damage. Harvest leaf by leaf or as whole head. One customer took seven full cuttings from each of her plants one summer.



Oak-leaf bronze-red leaves with excellent flavor. 300 seeds. GB \$2.50   



VLE-4273 Merlot — spring/summer/fall/winter 58 (30 baby) days. Darkest red of all lettuces—deep purple in bright sun—and highest in anti-oxidant anthocyanins. Ellen at Golden Rule says, “This was the most beautiful lettuce we had in our garden. Very slow to bolt.” Shiny curly leaves have complete resistance to downy mildew races 1-16. Quite frost-hardy. 300 seeds. O \$2.75   

VLE-4290 Salad Bowl—spring/summer/fall/winter 45-68 days. AAS 1942. A light-green, extra-early looseleaf lettuce with great frost resistance. Long, wavy leaves stand up well to rain and wet. Large, very bolt-resistant, does not get bitter in heat. Regrows well from cutting. 300 seeds. C \$2.25   



VLE-4280 Red Sails—spring/summer/fall 50-66 days. AAS winner in 1985. Loose leaf lettuce with a fairly crunchy midrib and bronzed-red, ruffled leaves. Heat tolerant & slow to bolt. Takes cold well if given protection. Always popular and often requested. 300 seeds. O \$2.50   

Butterhead

Matures 11-13/Harvest 1-3/Yield 135-540/Sp 8-9"

VLE-4130 Buttercrunch —spring/summer 50-75 days. AAS. Compact green heads with crisp pale heart, almost like a combination of butterhead and romaine. One of the most popular garden lettuces, crisper than other butterheads. A summer staple for many gardeners. 300 seeds. O \$2.25 



VLE-4120 Ben Shemen—summer 60-70 days. Summer butterhead type from Israel, bred to be slow-bolting and maintain quality in intense heat. Large, dark-green, compact heads that are very sweet. A staple at our research garden, which gets consecutive weeks of summer temps in the 100's day after day. 300 seeds. GB \$2.75 

VLE-4250 Arctic King—fall/winter 60-70 days. European heirloom, this is bred for winter growth and resistance to the rots and mildew that wet winter weather can bring. Vigorous and fast-growing, to outgrow pest, diseases, and weather. Good choice for coldframes. 300 seeds. C \$2.50 



VLE-4272 Hungarian Pink Winter—fall/winter/spring 60 days. This old European heirloom is one of the most beautiful vegetables we've seen. Round green heads, larger and firmer than most butterheads, brushed with pink. Easy to grow, good flavor, cold-hardy. 300 seeds. GB \$2.50 

Summer Crisp

Matures 11-13/Harvest 1-3/Yield 75-300/Spacing 8-9"
Heat-resistant. Can also be cut young (40 days) like leaf lettuce

VLE-4263 Anuenue—spring/summer/fall/winter 68-87 days. The only lettuce we know that will sprout in temperatures above 85°F without special treatment. A wonderful summer lettuce. Does equally well for cutting when young, or as a mature head lettuce. No worries with this one; good flavor, slow to bolt, good-looking and easy, even if you've never been able to grow head lettuce before. Starts off slow, but when the others are bolting and wilting, it heads up. *Ah-new-ee-new-ee*, means “rainbow” in Hawaiian. Anne, who has helped so many of you with your phone orders, grows this year-round here in zone 8. 150 seeds. C \$2.50   



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To estimate square feet per packet, see the chart on page 8



VLE-4170 Rouge Grenoblais—spring/summer/fall 55 days. The very tasty, crisp, red-tinged leaves hold up well in the heat and resist bolting. Excellent for fall and winter, too. We're pleased to offer their own selection of this European favorite for mild, crisp lettuce that doesn't need to be in coastal fog to stay mild, sweet, and bitter-free. 300 seeds. GB \$2.50 **EZ** ✨ ❄️



NEW! VLE-4144 Kwan Yin—spring/summer/fall 55 days. Like Rouge Grenoblais but pure green, and even more resistant to summer heat stress. Nice big hefty heads with sweet flavor and crispy texture for summer salads. In China, Kwan Yin is the embodiment of abundance and compassion. This lettuce is not from China, but it is named for its generous, abundant nature. 300 seeds. GB \$2.50 **EZ** ✨

Romaine (Cos)

Matures 6-13/Harvest 1-3/Yield 135-540/Sp 10

NEW! VLE-4141 Italian Heirloom—spring/fall 55 days. Romaine lettuce got its name because it is literally from Rome, and Italian gardeners have been growing it for generations. This seed came to us when an Italian neighbor gave some seed to Anne's family—we don't know its official name. We like it's fast maturity and good flavor. Goes well with early leaf lettuce like Black-Seeded Simpson in spring salads. 300 seeds N \$2.75



NEW! VLE-4127 Bronze Goldring—spring/fall 60 days. Widely recognized as the very best-tasting romaine lettuce, this old English heirloom has never gotten the popularity it deserves. We are hoping that gardeners will now have a chance to discover it's rich, sweet, and nutty flavor. Glossy green and bronze leaves are crisp and juicy. Kids love the flavor. 300 seeds N \$2.75

VLE-4210 Little Gem—spring/fall 58 days. Easy-to-grow romaine, with flavor that won the Royal Horticultural Society taste competition. Small heads grow rapidly to 6" and are mostly heart--crispy and sweet. This is the "hearts of romaine" you see in fancy groceries. Appears by name on restaurant menus. 300 seeds. O \$2.50



VLE-4200 Jericho—summer 60-65 days. Heat-resistant variety from the deserts of Israel with large, dense, green heads 12-14" tall. Golden Rule Garden coordinator Ellen Bartholomew says, "It will not bolt unless you beg it to. I love it, and it gave crispness to summer salads." Excellent flavor. 300 seeds. O \$2.50 ✨

VLE-4230 Winter Density—spring/fall/winter 55-65 days. Sweet-flavored lettuce with large, heavy, dark-green heads 9-10" high. Much used for Autumn sowing. Slow to bolt. A Romaine with dense crunchy hearts like an iceberg--has been described as a "tall buttercrunch". The most frost-hardy head lettuce, with classic flavor. Amazingly good as a summer lettuce, too--this one is really adaptable. 300 seeds. C \$2.50 ❄️

VLE-4205 Crisp Mint—spring/fall 60-70 days. Heavy heads with real romaine backbone, flavor, and juice. Mint green leaves (minty color, not flavor) surround crystal white hearts of puckered leaves. Prizewinner for crisp, sweet flavor. Great choice for Caesar salad. 300 seeds. O \$2.50



VLE-4215 Outstanding—spring/summer/fall 68 days. Red Romaine—big upright heads, crunchy, and really red. Selected for color, big tight heads, slow bolting and disease resistance. Best in its class. 150 seeds. O \$2.75



Easy Seasonal Salad Collections six packets at a discount with no duplications between collections

LSP-6765 Spring Salad Garden—50-65 days. For the start of the season, a bouquet of beautiful, delicious, and fast-growing lettuces selected especially for growth in cool spring soil and for sweet fresh flavor. Makes an easy way to start the season. Both red and green lettuces, of several types, along with another green, and a salad herb. Works really well in containers if the ground is still too wet or icy—try it in tubs that will later have summer flowers. 6 packets \$13.50.

LSU-6772 Summer Salad Garden—An assortment of salad greens selected for best performance in hot weather and long days. Separate packets allow you to design a beautiful salad bed, or tuck in a few plants whenever a space opens up. Includes several different lettuce types and colors, one other salad green, and a salad herb for cool and beautiful summer meals. 6 packets \$13.50.

LFA-6687 Fall and Winter Salad Garden—Our most frost-hardy lettuces, in a variety of types and colors, plus two specialty greens that brave winter weather and taste great in salad. Lettuces that resist difficult winter conditions—not only cold but wet and short days— are rarer than those that can handle cold in spring, as lettuce is naturally more frost-hardy when young. This collection will work for fall in the coldest zones and will go all winter in Zone 7 or 8 and above. Includes plans for a simple cold-frame and a sturdy, inexpensive plastic cover to extend the season. A great place to start if you want to be more self-sufficient, extend your gardening season, and have the freshest, tastiest winter salads. 6 packets \$13.50.

LEN-6680 Edible Flower Collection—We have revamped this collection and rewritten the info sheet. Five easy-to-grow, safe, and beautiful flowers for salad, veggie platters, cakes, drinks and garnish. Includes a sheet of recipes and ideas. Perfect in vegetable beds, containers, children's gardens. 5 pkts plus info sheet. \$12.50



Mixes—one packet mixed seeds

MBO-6240 Bolt-resistant Lettuce Mix—50-65 days. A mix of heading and leaf types that show tolerance to heat and are least likely to bolt when the days get long and hot. 300 seeds. \$2.75 ✨

MHE-6340 Heirloom Lettuce Mix—50-65 days. A combination of as many of our varieties as possible. 300 seeds. \$2.75

MNO-6400 Salad Mix (Mesclun)—55 days (30 for baby greens). A mix of lettuces and other salad greens with various colors and shapes. Don't crowd these too much if you sown by broadcasting. Can be cut and regrow several times for baby greens if cut above the center growth point where the leaves emerge. 400 seeds. \$2.75

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All our seeds are untreated and open-pollinated (non-hybrid, non GMO)

Kohlrabi

Brassicaderaea gongyloides

C,W/Matures 7-8/Harvest 1-4/Yield 67-270/Sp 4"

VKO-3970 Early White Vienna—50-65 days. The edible portion of this vegetable is the swollen stem just above soil level. Less susceptible to root maggot, clubroot, and other plagues than most brassicas. For tender stems, assure there is sufficient fertility and water, harvest at tennis-ball size, peel and use as you would broccoli or cabbage. Traditional, heirloom variety. 135 seeds. C \$2.00 ☒

Leeks

Allium ampeloprasum v. porrum

C,W/Matures 19/Harvest 4-8/Yield 240-960/Sp 6"

Leeks are extremely hardy, do not take up much space, are easily grown and resistant to disease. They can be harvested all winter, even in New England. It is helpful in snow country to mark their location, and a thick mulch helps with getting them out of frozen soil. All of our varieties are hardy enough to be real winter standbys.

Leeks require well manured or composted soil and an early start—many people start them in January or February and plant out in March or April. Hill them up with dirt or mulch as they grow to make long, white stems. Days are from transplant.

NEW! VLE-4009 Blue Solaise—100 days Beautiful French heirloom, blue-green leaves that turn violet in the cold. Medium-sized, and the fastest maturity of the overwintering types, with excellent flavor. Cold-hardy, very productive. 150 seeds. C \$2.50 ☒



VLE-4020 Lyon—110 days. English Heirloom. Very long, thick, tender, pure-white stems. Very cold hardy. Also known as 'Prizetaker' and 'The Lyon Prizetaker'. Grows to a large size with mild flavor. Very high quality. 150 seeds. C \$2.50 ☒



VLE-4030 Giant Musselburgh—120 days. Very easy to grow heirloom introduced in 1834, near Edinburgh, Scotland. Huge, very thick stems, tasty mild flavor. Considered the most cold-hardy and dependable of all. Included in the Slow Food Ark of Taste 150 seeds. C \$2.50 EZ ☒

Luffa

Cucurbitaceae aegyptiaca

W,H/Matures 11-17/Harvest 6-17+/Yield 50-350/Sp 18"

VLU-4345 Luffa—90-100 days. A type of gourd grown for its fibrous flesh which, when dried, makes home-grown bath sponges. (Combine with Soap plant, page XX for a unique form of self-sufficiency.) Instructions are included. Can be eaten as a vegetable when about 2" long. In zone 6 or less, start indoors. Vines spread 12 ft. 15 seeds. C \$2.75 ☒

Melon

Cucurbitaceae spp.

H/Mat12-17 from transplant/Harvest 13/Yield 50-145/Sp 15"

Melons can be a challenge—most don't like cool temperatures or even prolonged cloudiness. Start indoors—they need 80° F for germination—one month before planting out in warm, settled weather. Or sow outdoors after weather is warm. Water well until fruit sets, then the bare minimum. Our varieties are chosen for adaptability to less-than-perfect conditions.

VME-4350 Charentais—80 days. You may have seen these in the store as "Tuscan" melons. Known for fine, sweet taste and ability to ripen in cooler, cloudier weather. Vivid orange with smooth striped skin. Fruits about 2 lbs. Wonderful flavor. 30 seeds. C \$2.50 ☒



VME-4380 Iroquois—75 days. Tough, protective rind to prevent damage, and true muskmelon flavor make this melon exceptional for roadside markets or the home garden. 5-7 pound fruits with an attractive oval shape and thick, deep orange, extra-sweet flesh. Heavily netted. Earliest to ripen in our garden. A dependable summer treat. 30 seeds. C \$2.50 ☒



VME-4370 Haogen—80 days. Fragrant, sweet melon with a green and salmon swirled flesh. Divine flavor. Smooth rind with green sutures. Vigorous vines, very heavy crops of small fruits—six per plant is normal. Grows anywhere in mainland U.S. Dependable and prolific. Israeli adaptation of ancient Native American melon. 30 seeds. C \$2.50 ☒



VME-4400 Northern Arizona Melon 80 days. The Northern part of Arizona is not desert, but mountains and pine woods with a short growing season. This luscious melon has the rich peachy flavor of the Crenshaw types, but earlier and easier to grow. Numerous melons per plant, even in difficult conditions. This is a Bountiful Gardens exclusive, back after many years, and we don't have much-order early. 8 seeds. N \$2.50 ☒



MME-6380 Melon Mix—Heirloom quality, great flavor, a variety of types. 30 seeds. \$2.75 ☒

Mustard

Brassica spp.

ALL/Matures 5-6/Harvest 8/Yield 180-270/Sp 6"

Mustard is found in most temperate regions of the world. One of the very lowest-maintenance crops, mustard requires no pampering and less fertility and water than many other cultivated vegetables. Tremendous yields are possible with some compost and care—a small plot of mustard can give you lots for freezing and fresh use. Plant early spring, late summer, fall for winter crop in mild areas. Can bolt in long summer days. Re-seeds easily. Leaves are rich source of vitamins A and C.

VGR-2537 Bekana—28 days baby, 45 days for bunches --Mild, crunchy leaves with curled edges have a nice spring-green color and sweet, complex flavor. Perfect for salads or very brief cooking. Flavor mild like Chinese Cabbage, but much easier to grow. Sprouts quickly for baby leaves in salad mix. 100 seeds. O \$2.50 EZ ☒



VMU-4455 Green Wave—35-60 days. Big, easy to grow, flavorful curly mustard. Large, bright-green leaves with frilled edges are hot when raw, with rich, deep—almost smoky—flavor cooked. Classic Southern greens. Cold hardy and also heat-resistant. 200 seeds. O \$2.50 EZ ☒



VMU-4440 Red Giant—35-50 days. Sweet zesty lime-green leaves overlaid with bright purple. Often seen in salad mix when very young, and excellent cooked—sweet and mild, full of vitamins. Eyecatching with flowers or contrasting foliage in containers and beds. 200 seeds. O \$2.25 EZ ☒



MBR-6248 Braising Mix—A mixture of mustard and other flavorful greens for light cooking. Can be harvested as baby greens, add a spicier element to salad mix, or grown to full size for a variety of cooking greens. 150 seeds. \$2.75 EZ ☒

☒ = Grown without chemicals. For a key to other icons, codes, and abbreviations, see page 8

To estimate square feet per packet, see the chart on page 8

Okra

Abelmoschus esculentus

H,W/Matures 7-8/Harvest 13/Yield 30-120/
Sp 12"

Okra originated in Africa, and prefers moist heat, but will bear anywhere you can grow tomatoes, and even through light fall frosts. Disease resistant & needs little care. In short- season areas, it will need an indoor start 2-4 weeks before planting out into warm, settled weather. The pods are great fried, or in soups, stews, curries, and gumbos.



VOK-4500 Clemson Spineless— 50-64 days. AAS 1939. Most popular okra. 3-5' mildly bushy stalks bearing quality, straight spineless 6-9" pods with a 2" diameter. Rich green color. Prolific producer. 50 seeds. O \$2.25 *

VOK-4498 Cajun Jewel – Willits is not good okra country; nights are cool here at 1400 ft. Cajun Jewel didn't seem to care. The short plants produced dozens of tender 5"-6" pods, with outstanding flavor. Already a favorite in the South, we suggest trying this jewel in the North too. See our website for recipes. 40 seeds. C \$2.50 EZ *

Onions

Allium cepa

W/Matures 14-17/Harvest 0-6/Yield 200-600/Sp 4"

Onions need full sun, a fertile soil, and regular water. They like a long growing season and grow very slowly, so many gardeners start them indoors in January or February. In some climates—zone 8 and above—you can start many varieties in the fall for an earlier finish in spring.

Many onions need long summer days to bulb up. Northern gardeners will be assured of long enough days, but those further south should read the descriptions carefully. If you live below latitude 36 N, you should choose day-length neutral types. (These are noted.) Harvest when the tops begin to dry up and fall over, then shade-cure for a week before storing.

Bulbing Onions

VON-4600 Red Torpedo, Lunga di Firenze—95 days. Italian, Early Red Long. These are all the rage at farmers' markets. Spindle-shaped bulbs, averaging one pound, grow above the ground, so they are a good choice in problem soils. Easier to slice than round onions. Purple skin and light-red flesh with a mild, sweet flavor. Wonderful for salad and raw slices, and chefs love it for braising. Poor keeper due to sweetness. Fresh market favorite, and a favorite at our garden. Intermediate day length. 150 seeds. C \$2.75 EZ *



VON-4590 New York Early—98 days. This heirloom onion has become very hard to find, but many gardeners say it is unequaled for quality. We have sought out a source so that we can carry it again, after an absence. Yellow globes, firm and good keepers, but with enough sweetness for sandwich and salad use as well as cooking. Long day. 150 seeds. GB \$2.50



VON-4620 Southport White Globe—65 days bunching-120 days for bulbs. Best white keeper. Handsome medium-size globe. Flesh is fine-grained, very firm and snowy-white with pungent flavor. Excellent bunching onion and fall keeper too. Preferred by restaurants. Needs long days. 150 seeds. C \$2.50

VON-4610 Southport Red Globe—65 days bunching-120 days for bulbs. Unusual long-keeping red onion, famous for fine flavor and keeping ability. Heavy-yielding. Good in Northern gardens. Plant in spring for autumn harvest. Best red for cooking; specified in some recipes. Needs long days. 150 seeds. C \$2.50

VON-4589 Mill Creek Red—115 days.

At the local farmers' market, we saw some red onions for sale and found that they were the last of the onions bred by local nursery owners Joe and Wanda Turi, who had since died. We bought the whole box and took it to Ellen Bartholomew at Golden Rule Garden, who grew our seedstock. We sold out in 2012 and were unable to offer it last year, but thanks to Ellen, Jeff Myers, and Jason Menesini, we have been able to multiply the seed to where we can offer once again. Mill Creek was the name of the Turi's nursery. This is a Stockton Red type, bolt-resistant and very long-keeping. Trials in our area found it to be the only onion they trialed that did equally well planted either spring or fall. Holly Dumont sent us this photo of a huge one. 50 seeds GB \$2.50



VON-4627 Valencia—120 days. This onion has been getting raves from farmers and home gardeners because it is easy to grow, non-bolting, high quality, and a good keeper. A Spanish Sweet Yellow type, it works in long or short-day situations and heavy soils. spring-planted, day-length neutral. 150 seeds. C \$2.50 EZ *



VON-4630 Walla Walla—125 days spring-sown, 300 days if sown in August. Big, juicy, sweet onion from Washington that can grow to 3 lbs. In Walla Walla, WA. They're planted in August and overwintered. Spring-planted bulbs will be somewhat smaller. Also use for green onions. Mild sweet onions wonderful for raw eating, but won't store. Adapted latitude 35-55. Winter-hardy to 0°F. 150 seeds. O \$2.50

VON-4580 Giant Zittau—120 days. (1885) Excellent yellow type, longest keeper in our trials. The 4-5" bulbs are beautiful—flattened with an almost silky golden-brown skin, and delicious. Spring or Autumn sowing. Day-length neutral. Does not flourish in clay. Very productive. Good for pickles. 150 seeds. C \$2.50



Bunching (Scallions)

ALL/Mature 8-17/Harvest 0-6/Yield 100-540/Sp 1-3"

VON-4555 Red Bunching, *Allium cepa*—70-90 days. Beautiful deep red stalks with color that extends several layers down. Decorative and mild flavored, with a sweeter taste than green onions. Very ornamental in salads. Succession sow spring through summer. 100 seeds. C \$2.50

VON-4560 White Spear, *Allium cepa*—60-110 days. This has been the best "green onions" at our research gardens, with great vigor and dependability, combined with long white shafts, strong tops, and dry weather performance. 150 seeds. C \$2.50

VON-4550 Welsh, *Allium fistulosum*—80 days. Perennial in all zones. Native of Siberia. Likes deeply-dug rich loam; keep watered and weeded until established. This is a perennial bunching onion, which will keep dividing and reproducing itself indefinitely. The tops are available throughout the Winter. Foliage dies back in summer and small (pickling-size) bulbs can be dug, or you can leave the patch to sprout again in late summer. 150 seeds. C \$2.50



Chives are in the Herb Section

GB= GROW BIOINTENSIVE approved, N=Naturally grown, O= Certified Organic, C= Varied
All our seeds are untreated and open-pollinated (non-hybrid, non GMO)

Parsnips

Pastinaca sativa

C,W/Matures 15/Harvest 4-8+/Yield 119-479/Sp 4"

Naturally sweet flavor. Reliable food during the winter months. Grown like Carrots, but Parsnips are hardier—the roots will take 0° in the ground and flavor improves with frost. Needs deep, well-prepared, loose soil. Seed takes a long time to germinate—mulch lightly and keep moist until seeds sprout.

NEW! VPA-4735 Turga—100 days. Moderately tapered white roots 10-12" long and 3.5" across, with almost no hollow crown and no side roots. Has a clean and refined appearance and good flavor; tolerates wet conditions such as marshland. A nice heirloom market variety, easy to grow. 180 seeds. C \$2.50 **EZ** ✨ ⚡ ⚡ **S**

🌱 **VPA-4791 Homeschooler**—100-days. Jem and Meredith Klein have been growing a parsnip variety called The Student for years in their Northern California garden, and saving seed. The original variety was bred and cultivated in England. Instead of the cloudy skies and cool summers of Britain, their strain has become adapted to hot summers, dry weather, and heavy soil—challenging conditions for parsnips. The Kleins homeschooled son Oak helped raise this new strain of The Student, so we are calling it Homeschooler. Bountiful gardens exclusive. 180 seeds. N \$2.50 **EZ** ✨ ⚡ ⚡ **S**

Peas

Pisum sativum

C,W/Matures 8-10/Harvest 12/Yield 25-106(shelled); 4-24 dry/Sp 3"

Everyone loves fresh peas, even Daisy the dog. Photo sent in by Karen Parker, who says "Your snap peas are so good I can't keep my dog out of the patch!" Plant in spring as soon as ground can be worked (seedlings will take frost) and again 2 months before fall frosts.

Two or three sowings at 10-day intervals insure against weather, rot, or wildlife losses. (protect from birds) Provide good drainage, plenty of lime, phosphorus and potash, adequate water, and inoculant in soils that have not grown garden legumes recently. (See p 34.) Use tomato cages for short varieties; trellis, teepee, or fence for tall ones.



Shelling Peas

VPE-4790 Alderman Pole—70-78 days. English heirloom, and we think the finest tall variety under cultivation. Famous for flavor and crops very well. Robust 5' vines bear pointed, easy-shelling pods. 160 seeds. C \$3.00 ⚡

VPE-4802 Maestro Peas—55-61 days. Unmatched sweetness for early picking. Withstands mosaic virus, common wilt, and powdery mildew. 2' vines bear over several weeks, setting plenty of 4 1/2" pods with up to 10 peas per pod. Our customers have asked for these. 160 seeds. C \$3.00 ⚡

Snap Peas

Juicy, crisp sweet pods are eaten along with the peas inside. Good lightly cooked, but most popular raw. Kids devour these like candy.

VPE-4825 Cascadia—62 days First dwarf snap pea with Sugar Snap quality, and then some. Extra-plump, very crisp, very sweet and flavorful pods. Resistant to PM and the first pea with resistance to PEMV. Heat-resistant—went to the end of June for us. Vines 2-5' tall. 250 seeds. C \$3.25 **EZ** ✨ ⚡ ⚡



VPE-4830 Sugar Snap—70 days. Exceptionally sweet and crunchy - not many make it out of our garden! Fat 3" pods over a long period, even in heat. Frost-resistant. Easy to pick, vigorous 4-7' vines grow fast. 250 seeds. C \$3.50 ⚡

Snowpeas, Edible Pod

Snowpeas are the easiest to grow, highest yielding, and most cold-hardy of any peas. Not as sweet as snap peas, but very resistant to disease, insects, and adverse weather.

VPE-4827 Dwarf Grey Sugar—60 days. This heirloom has been loved for over 2 centuries. Earliest pea of all, producing its brave pink and purple flowers and 2-3" pods when the weather is still cold. The pods are bite-size so you don't have to break them up or struggle with them on the plate. Short 2 1/2 ft vines are terrific in containers—even hanging baskets. Newly popular for salad—the top 6' of new growth and/or the flowers are a delicious (and expensive, in stores) delicacy. For tips and flowers, try planting a small separate patch, or a tub by the kitchen door. Sow in succession, and clip short tips often. 250 seeds. C \$3.00 **EZ** ⚡



NEW! VPE-4828 Golden Sweet—60 days Rare variety collected from a village market in India. Lemon-yellow pods show up well against the foliage so that you don't miss them. (Pea plants will stop producing if all the pods are not picked.) Robust 6' vines put the peas up where you can see them. Pretty pink and purple flowers, too. 250 seeds. C \$3.00 **EZ** ⚡

🌱 **VPE-4810 Oregon Sugar Pod**—60 days. Productive 3 ft. vines. Big 4 1/2" pods of excellent quality. Extremely coldhardy and weather-resistant. Pods are borne in pairs. Often it is disease, not heat, which makes peas peter out in warm weather. Oregon Sugar Pod is resistant to FW, PEM and PS, so we find that it keeps going a long time. 250 seeds. O \$3.00 **EZ** ⚡

Soup Pea

VPE-4791 Admiral—80 days. Admiral is cold-hardy and easy to grow. Yellow pea with pale tan skin. The dry peas store easily and cook rapidly into soup. Grows almost anywhere; if your season is too short or cold for growing beans to store, try these. 160 seeds. C \$3.00 ⚡ **S**

Peppers

Capsicum spp.

H/Mat 9-12/Harvest up to 17/Yield fresh 36-197, hot dried 5-20/Sp 12"

Start indoors a month before last frost date and plant out into warm soil. Keep moisture even. Self-pollinating so you can save seed from favorites. **Caution:** Leaves are poisonous.

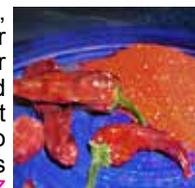
We have worked to build a great selection of peppers. Some are very rare, some are popular favorites, and all are special in some way. There is something at every level of hotness.

Heat ratings: 0 is without any heat, 5 is hotter than hot.



Hot Peppers

🌱 **VPE-4929 Chimayo**—60 days red. Hotness: 1. An ancient heirloom from the mountains of New Mexico, this pepper is not meant to be very hot—it's the sweet, complex, ultra-flavorful base for chili powder and enchilada sauce. Early-ripening for dependable crops even in the North and mountain areas; our seed was grown at 3000 ft in the foggy Coast Range. Chimayo dries easily, great to string in *ristras* for gifts or your own kitchen. 25 seeds. N \$2.75 **EZ**



🌱 = Grown without chemicals. For a key to other icons, codes, and abbreviations, see page 8

VE-4900 Jalapeno, Early—60-68 days green, 90 days red. Hotness: 3. Hot cone-shaped fruits with distinctive meaty flavor for salsa, pickling, cooking, seasoning. Smoked, they become chipotles. Used green or red. 24" plants will produce in cooler conditions than most. 30 seeds. O \$2.75 **EZ** ★



VPE-4870 Ancho, Poblano—90 days red. Hotness: 2. A slightly spicy cooking pepper that is the basis for many Mexican dishes: stuffed for chiles rellenos, roasted or fried while green, or allowed to ripen to a deep brick-red for enchilada sauce, mole, and pepper strings (ristras). 30 seeds. C \$2.75 ★



VE-4880 Cayenne—70-75 days red. Hotness: 4. Fiery hot even when small. 24" plant bears 4"-6" thin, curvy pods. Plant covers itself in bright red peppers that are easy to grow, easy to dry, and make the best ristras (pepper strings), wreaths, and pepper flakes. Standard for medicinal use: circulation, antiseptic. 30 seeds. Photo sent by Magha Garcia Medina. O \$2.75 **EZ** ★



VE-4901 Korean Pepper—75 days Hotness:3. This heirloom has the right amount of hotness and bright-red color to make perfect kim-chee, stir-fry, and pepper-flakes. If you have tried making Kim-Chee or cooked dishes but couldn't get the right balance of heat, flavor, and rich color, try this. Thanks to the seed Ambassador Project for this hard-to-find seed. 20 seeds. N \$2.75 **EZ** ★



VPE-4951 Serrano—75 days. Hotness: 3 Very popular pepper for Mexican dishes, often used green in salsa. Unusual in that all the hotness is apparent at once, and fades quickly, unlike some peppers that build heat over time. 2" cylindrical peppers good for mole, salsa, general cooking. Handles fall frosts well. 30 seeds. C \$2.75 **EZ** ★



VPE-4946 Joe's Long—80 days red. Hotness: 3. The only hot pepper we know that is also really, truly sweet. Big yields of very long peppers on strong bushy plants. Wonderful flavor, from Calabria, Italy. We had a couple that were 13" long this year. Just string and hang in the kitchen. Our own, more flavorful, strain. In very short supply. 10 seeds. C \$2.50 **EZ** ★

VPE-4885 Habanero—90-100 days. Hotness: 5. Famous extra-hot pepper from the Yucatan, Jamaica, and the rest of the Caribbean. Bushy 24" plants loaded with peppers. Lantern-shaped fruit ripens to golden-orange and has a unique smoky, fruity flavor like no other pepper. Makes a handsome and easy house plant in a sunny window. Likes a long hot season, or indoors. 30 seeds. C \$2.75 ★

MHO-6350 Hot Pepper Mix—A broad variety of hot peppers. These will ripen at different times; all can be used green, and are red when completely ripe. 30 seeds. \$2.75 ★

Sweet Peppers

VPE-4950 Yolo Wonder Bell—70-80 days. Heirloom bell pepper with rich flavor and sturdy, easy plants. Large, thick-walled fruits are mild juicy green, ripening to red. Foliage protects from sun-scald. 30 seeds. C \$2.25 ★



VE-4945 Jimmy Nardello's Sweet Italian Frying Pepper—70 days. Legendary heirloom pepper. Easy to grow, with big yields. 8" long fruits ripen quickly to bright red, covering the 24" plants. Thin walls very sweet, with smoky, delicate, complex flavors. Freezes and dries well. Fabulous flavor. 30 seeds. N \$2.50 **EZ** ★



VPE-4948 Sweet Banana Pepper—75 days. AAS winner in 1941. Sweet, mild peppers to 7" long. The yellow peppers develop a pink blush and ultimately turn red--sweet the whole time. 20 seeds. C \$2.75 **EZ** ★

VPE-4940 Corno di Toro Red, Bull's Horn—75-90 days. Hotness: 0. Huge heirloom Italian sweet pepper, with long, curved fruits that do look like a bull's horn. May be the longest stuffing pepper at 10" long. Red when ripe. Excellent flavor. Prized for salads, grilling or sautéing. Higher-yielding than bell types, up to 20 fruits per plant. 30 seeds. C \$2.75 **EZ** ★



VPE-4930 Sweet Chocolate—80 days. A bell type pepper with an unusual chocolate-maroon color, which is part of where the name comes from. But it is the flavor that really sets it apart; juicy, thick-walled, sweet. Handles cool weather well. 30 seeds. C \$2.50 **EZ** ★

NEW! VPE-4953 Red Pimento—80 days. Pimentos, or cherry peppers, are round red peppers that are "sweet, succulent, and more aromatic than the red bell pepper." (Wikipedia) From Spain originally, with sweet, meaty 4" round fruits that are great out of hand, or for salads, frying, and canning. Amazingly, these peppers keep for weeks in the fridge. 30 seeds C \$2.50 **EZ** ★

MSW-6440 Sweet Bell Mix—It's fun to grow a palette of peppers: yellow, orange, red, purple, chocolate, and white fruits. We are excited to offer this as open-pollinated seed. Pretty in salads. 30 seeds. C \$3.00 ★

Pumpkins

H/Matures 14-16/Harvest 0-4/Yield 48-191/Spacing 30"

Pumpkins are winter squash and need heat to mature properly. Plant seeds in warm (70°) well-drained soil or start indoors one month before last frost. The soil should be well composted and mulched to hold moisture. Give lots of room—18" spacing for lots of small, early fruits; 30" for later, fewer, larger fruits. Feed midseason with compost or fish meal.

VPU-5002 Kakai—100 days. (*c. pepo*)

This pumpkin is grown for its hullless seeds. Not sort of hullless, but absolutely without hulls and ready to eat. A delicious high-protein treat, with many health benefits, raw or roasted. The flesh, while edible, is not particularly good to eat—but animals like chickens and goats love it, and it is a great source of nutrients for the compost pile. Vines can crawl over any unused space and yield 2-4 pumpkins each. 10 seeds. C \$3.00. ★ **S**



VE-5015 Winter Luxury—100

days. (*c. pepo*) Heirloom from 1893 especially for the best pies, soups and main dishes. Makes the most velvety pumpkin pie. Productive, medium-size (10" or so), almost globe shaped and ripens early. The skin is finely netted from all the sugar in the flesh. The flesh is very thick, sweet and deep golden in color. Excellent keeper. 15 seeds. O \$2.75 **EZ** ★ **S**



VPU-5010 Rouge Vif D'Etampes,

"Cinderella pumpkin" —100-115 days. (*c. maxima*) Grown for centuries in France. Beautiful, flattened, deeply ribbed fruits are deep orange to bright flame red. Fruits reach 30 lbs. Prolific yielder. Freezes well, much-used in soups. 15 seeds. C \$2.75 **EZ** ★ **S**



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All our seeds are untreated and open-pollinated (non-hybrid, non-GMO)

Perennial Vegetables

We have been searching these out for decades now. While there are dozens of perennial vegetables in the tropics, very few have been bred for temperate climates. Of those available, many are from the maritime climate of northern coastal Europe. Many were used in the past to fill the "hungry gap" in April or so, when the last year's crops had been eaten over the winter, and the newly-planted crops were barely up.

Please note we have listed zones for these since they overwinter. Some are not frost-hardy but most are. They are well worth a try to fill your own garden's "hungry gap". Please look under the individual vegetables for more on how to grow them. See also our permaculture books, page xx.

VGR-3760 French Sorrel Perennial in all zones. Likes partial shade and any soil. Lemony-tasting leaves in very early spring. 200 seeds. C \$2.25

VAR-2070 Green Globe Improved Artichoke—The hardiest artichoke variety, to Zone 6. 50 seeds. C \$2.50

VAS-2112 Mary Washington Asparagus—The ultimate spring treat. Zone 3 with good drainage. 35 seeds. C \$2.50

VBE-2400 Scarlet Runner Bean— Perennial in frost-free areas. Large beans for green beans when young, as a big, mild shelly bean, or as huge dry beans. 35 seeds. C \$3.25

VCH-3120 Erbette Chard—40-60 days. Very hardy very tender and mild-flavored chard. Hardy to zone 7 or zone 5 with excellent drainage. 50 seeds. C \$2.50

VCH-3140 Perpetual Spinach Chard—50-60 days. Frost and bolt resistant. Perennial in zones 7 and above, or colder (zone 5) if drainage is excellent. 80 seeds. C \$2.50

VGR-3770 Good King Henry Greens 80 days. Perennial to zone 5, emerging very early in spring. Needs cold temps for germination. 75 seeds. C \$2.50

VKA-3920 Pentland Brig Kale—Zone 5. An heirloom curly-leaf type, which has proved perennial in some people's gardens. Worth experimenting with. 50 seeds. C \$2.50

HLO-8240 Lovage—Zone 4 Tall glossy plant like a cross between celery and parsley in fragrance, looks, and uses, with an aromatic, sweet undertone. 45 seeds. C \$2.50

VGR-3790 Malabar Spinach—Thick, dark-green leaves on handsome 6' vines. Can't take frost or even prolonged cold weather, but perennial in warm regions. 50 seeds. C \$2.50

VGR-3400 Minutina, Erba Stella Zone 4. Small plant makes a rosette of slender crunchy leaves. Easy to grow, takes very little space, regrows after cutting. 500 seeds. C \$2.50

VGR-3800 New Zealand Spinach—Seaside plant tolerates salty sandy soil and both hot and cool weather but not frost. Small but thick and juicy leaves. 40 seeds C \$2.00

VON-4550 Welsh Onions *Allium fistulosum*— Perennial any zone; native of Siberia. Bunching onion makes ever-increasing clumps 150 seeds. C \$2.50

VRH-5141 Rhubarb--Zone 3. Treasured for the first "fruit" of early spring. 35 seeds C \$2.50

VSE-5260 Lily White Seakale—Zone 6. In very early spring, the young shoots are blanched under a box for first-early vegetables. Hard-to-find seed. 10 seeds. N \$2.75

VST-5510 Alpine Strawberry--See next page.

VSA-5219 Salsify--See next page

We ship Tree Collard Cuttings from June until fall (They can't grow from seed) To get on the email list to receive them: bountiful@sonic.net or call us at 707-459-6410.

LAY-6610 Perennial Vegetables Collection—8 pkts plus an info sheet. \$19.00

LPE-6734 Perennial Vegetables book and Perennial Vegetable Collection \$54.00

Radishes

Raphanus sativus

ALL/Matures 3-9/Harvest 0-1/Yield 100-540/Sp 2"

Not just for spring or for kids! Radishes come in versions that are spring-planted, fall-planted, cool weather, hot weather, and some aren't even grown for their roots. Please read the descriptions carefully to get the kind you want, and perhaps find something new as well.

VRA-5090 French Breakfast—25 days. (1885) Red-rose on top and white on bottom. Flesh crisp, tender & mildly pungent. Succession-sow. 350 seeds. O \$2.25 EZ ✨



VRA-5080 Cherry Belle—28 days. AAS. Fast growing, Round, bright cherry-red roots with a crisp, firm white flesh. Succession-sow through spring and summer. 350 seeds. O \$2.25 EZ ✨

MRA-6420 Radish Mix—Our house mix of colors and sizes: red, pink, purple, white, and bicolor salad radishes with both round and long types. All grown for roots, though. Lots of fun for kids and adults. 350 seeds. \$2.75 EZ ✨

VRA-5100 Watermelon—50-60 days. This 3" round Chinese radish is red on the inside and green/white on the outside, with a unique juicy sweet taste. For fall sowing. Salad, veggie platters, pickling. 350 seeds. C \$2.75 ✨

Podding Radish

Raphanus caudatus

This type of radish is grown for its juicy pods, much like snow peas. They love heat—don't need cool moist conditions like root radishes. Big, easy-to-grow plants produce pink flowers and then masses of edible pods for salads, veggie platters, steaming, stir-fry, and pickling. (they make terrific pickles!)



VRA-5070 Rat's Tail, Mongri, Snake Radish—58 days. (1860) Spicy radish flavor. Loves heat, bears all summer long. Again, no edible root, just slender pods. It really seems like the whole plant turns into pods. Eat raw, cooked, or pickled. From Java in Southeast Asia but grown in the U.S. for over a century. 60 seeds. C \$3.00 EZ ✨

NEW! VRA-5060 Madras Radish—58 days. Pods all over the plant like the above, but sweeter and milder, with short plump pods. We are so happy to have this back. Unavailable for many years, we have it again thanks to Jason at Strong Mtn Farm. Delicious fresh munching—in Europe they serve them with beer as a snack. 30 seeds. C \$3.00 EZ ✨

Daikon

Raphanus sativus var. longipinnatus

Huge white, very juicy, mildly pungent roots up to 18" long, used grated for salads and side-dishes. Popular for pickling in Japan.

VRA-5050 All Seasons, Tokinashi—65 days. Juicy, crunchy long white roots for raw eating, cooking, and pickles. Daikon is a fall crop, overwintering in zone 7. Can be grown in spring below 40° latitude. Very easy to grow if you plant in August or later. Excellent for opening up a heavy soil—unfazed by clay. Can share a bed with garlic or leeks. 350 seeds. C \$2.25 ✨ S

Oilseed Radish

Raphanus sativus var. oleiferus.

This type of radish is grown for the seeds, which can be pressed for oil. Its extra long taproot breaks up and aerates the soil and draws up nutrients for following crops.

GRA-7378 Oilseed Radish — 80 days. Big plants make lots of seeds for for cooking oil (Canola is related to radish) and lots of plant material for compost. A good way to grow your own seeds for sprouting, or for feed. Plant is hardy to 25 degrees, but seeds should be harvested before cold weather sets in and damages them. 2500 seeds. C \$3.00 EZ ✨

🌿 = Grown without chemicals. For a key to other icons, codes, and abbreviations, see page 8

Rutabaga

Brassica napobrassica

C, W/Matures 13/Harvest 4+/Yield 200-800/Spacing 6"



VRU-5210 Brora—95 days. Under-appreciated vegetable with big yields of sweet crunchy roots that keep well. After trialing varieties from all over, we found this one from the Scottish highlands that is extremely high-quality, sweet and easy to grow. Handles heat and heavy soil better than others. One cooking blog called it "the perfect kitchen rutabaga" because of its mild flavor, round easy-peel shape, and smooth, firm texture. Perfect for roasted winter vegetables, and a kid favorite for raw dipping. Outstanding winter hardiness and mildew resistance. Very good keeper. Great for raw munching, roasting, mashed, in soups, or grated into slaw or salad. 70 seeds. C \$2.50 **EZ**   **S**

Rhubarb, Pie Plant

Rheum rhabarbarum

Zones 3-8/Matures 3 yrs/Harvest 4-8/Yield 70-280/Sp 24"

VRH-5141 Victoria—360 days. A low maintenance perennial with delicious tart stalks for pies and jams. (Try rhubarb-ginger jam, an old English combination.) A relatively low-acid variety. Start in pots or flats then into a deep permanent bed. Get an early start and keep it growing with moisture and rich, well-drained soil. Deep-rooted, heavy feeder. Start light harvesting second year. Bigger, better-flavored stalks if grown in light shade--north side of the house or shed, under fruit trees, at the edge of woods. Treasured for the first "fruit" of early spring. Stop harvest in June to let the leaves feed the plant. **Caution:** poisonous leaves—use stems only. 35 seeds. C \$2.50 

Salsify

Tragopogon porrifolius

C, W/Matures 17/Harvest 4-6/Yield 100-400/Spacing 3"



VSA-5219 Salsify—120 days. Long white roots with rich flavor and smooth firm texture. Eaten boiled, steamed, fried, baked, or in soups. Young leaves and flowers eaten in salads. Grown like carrots. Salsify can also be left to provide a sort of perennial lettuce (small new leaves) or greens for early spring crops. Flowers (second year) attract beneficial insects. 50 seeds. C \$2.50

Seakale

Crambe maritima

W/Matures 2 years/Harvest 6/Yield 80-150/Sp 30"



VSE-5260 Lily White—A perennial and very ornamental, with sculptural blue-green leaves and flowers that draw beneficial insects with a scent of honey. It likes good, rich, deep soil with lime and good drainage. Full sun on the coast, part shade elsewhere. Colder than zone 6, it needs winter protection. (Can be dug and stored in damp sand indoors.) In very early spring, the young shoots are blanched under a box for first-early vegetables. Hard-to-find seed. 10 seeds. N \$2.75

Seeds for Kids (of all ages!)

MSE-6430 Seeds for Kids (of all ages!)—A happy jumble of everything left over from the year before. (Many of which did not pass their germination tests but will still produce some plants.) Grow a surprise garden ...it's different every time! Wonderful just to look at and share the amazing variety of sizes, shapes, and colors — we make sure there is a wide variety, from huge to tiny, many with strange shapes and patterns. No medicinal herbs or poisonous plants. One packet, contents vary \$0.50

Spinach

Spinacia oleracea

C, W/Matures 6-7/Harvest 4-/Yield 50-225/Sp 6"

A cool season crop rich in vitamins and minerals. Needs lime (pH 6.5-7.5) and nitrogen—dig in compost or manure. Keep well watered. Plant in spring as early as soil can be worked, Jul-Aug for fall, and late Aug-Sep for an excellent early spring crop (will survive hard freeze). Good winter vegetable—will survive winters in the open to zone 5 and will grow new leaves for winter use under fleece, cold frames, mulch, or greenhouse. Pick largest leaves often for more production. Bolting is caused by rising temperature, longer days, or water/nutrient stress.

VSP-5310 Low-Acid Spinach (Monoppa)—50 days. A very rare and special spinach, and a favorite of many customers. We now have a good supply, certified organic, of this wonderful mildly-sweet, and tender spinach, which has been missing from our catalog for many years. Lowest oxalic content of any variety means not only great flavor, but the iron and calcium in the leaf are more available. Bolt-resistant, too. We are the only U.S. source that we know of. 100 seeds. O \$2.50 **EZ** 

VSP-5301 Bloomsdale Longstanding—40-60 days. Classic old American heirloom, pre-1908, considered a benchmark for flavor. Glossy dark-green savoyed leaves. Succession-sow in spring. Bred as a spring/summer spinach, and can last through a fair amount of heat if given shade, succession-sowed, and not allowed to dry out. Keeping it picked helps, too. A classic from the golden age of American seedsmen. 100 seeds. O \$2.50 **EZ** 

VSP-5325 Monster of Viroflay—40-50 days. French Heirloom from the 19th century. Plants up to 2' in diameter. One of the largest, most vigorous varieties, and early. Huge dark-green crisp savoyed leaves. Extraordinary flavor—sweet, complex, without the biting acid quality that spinach can often have. Flavorful, tender and succulent even when large. Savoyed leaves very cold-hardy for winter. 100 seeds. C \$2.50 **EZ** 

VSP-5300 Giant Winter—70 days. We have found a re-selected and improved strain of this classic winter spinach. The most cold-hardy variety with large pointed slightly savoyed medium green leaves. Excellent for late fall, winter greenhouse, or over-wintering with mulch. Not for spring planting—it will bolt. 100 seeds. C \$2.50 **EZ** 

Sunflower

Helianthus annuus

W, H/Matures 12/Harvest 10-40/Yield 2.5-10 (shelled)/Sp 24"



VSU-5550 Mammoth—120 days. Tall, single, large flowered for early planting with giant heads full of large seeds. Very showy. Fairly heavy feeder. Likes an alkaline soil and moisture. Plant in late spring. Appreciates some mulch over the summer. 52 seeds. O \$2.25 **EZ**  **S**

GSU-7453 Oilseed Sunflower Black-seeded type. Big yields of small seeds high in oil. 100 seeds C \$2.50 **EZ**  **S**

GSU-7452 Hopi Black Dye Sunflower—Seeds used for oil and for food, hulls for dye. 50 seeds. N \$2.50 **EZ**  **S**

Strawberry

Fragaria alpina

W/Matures 2 years/Harvest 8-12/Yield 40-160/Sp 12"

VST-5510 Alpine Strawberry—100 days A European favorite. Perennial with no runners. Like a wild strawberry in size and intense, old-fashioned flavor. Popular for edging flower beds, in edible landscapes, or window boxes. Bears the second spring from seed, and can crop all summer. Good in any well drained soil. 150 seeds. C \$2.50 **More fruit on page XX.**

GB= GROW BIOINTENSIVE approved, , N=Naturally grown, O= Certified Organic, C= Varied

All our seeds are untreated and open-pollinated (non-hybrid, non GMO)

Squash

Cucurbita spp.

H/Matures 7-10/Harvest 17+/Yield 35-475/Sp 15-18"

Squash are an easy way to grow a lot of food. The terms "Winter Squash" and Summer Squash" refer not to when they are grown, but when they are eaten-- winter squash keeps well for winter eating, requiring only a dry, not-too-warm spot in the house. Summer varieties like zucchini are eaten fresh (can be frozen) and will be tastier and higher-yielding if picked often.

We carry 3 different squash species. They will cross within a species only. So, if you grow one variety from each of the 3 species, you can save pure, uncrossed seed. (if you don't have close neighbors to cross with.) Be aware, when you are figuring out your squash species, that pumpkins are also squash, so check there, too.

Summer Squash

Plant in warm soil, 70°F more, or start indoors 1 month before last frost and plant out once weather has warmed. Likes well-composted soil and reliable water. Pick fruits small and often. All are *Curcubita pepo* except Zapallo and Tromboncino.

 **VSQ-5400 Zapallo del Tronco**—52 days. Bush. Most resistant to squash bugs of any squash we have ever grown. Big healthy plants. These are a different species (*c. maxima*) than other summer squash (most others are *c. pepo*). Glossy round fruits are meatier and richer-tasting than other summer squash, as if they had been buttered. Better flavor raw than other summer squash. A staff favorite. A treasure from South America that deserves to be better known. Very rare. 10 seeds. N \$2.75. **EZ** ✨

VSQ-5380 Lebanese Light Green —50 days. Bush. Very mild flavor and tender texture. One customer said "They got off to a slow start with the cool evenings, but they produced the best tasting summer squash I've ever eaten. Bravo!" Varied shapes from long to round. Quick maturing. Withstands tough climatic conditions. 25 seeds. C \$2.50 **EZ** ✨

 **VSQ-5370 Yellow Crookneck**— 58 days. Bush. Fruits in profusion, with mild flavor. Old-time favorite. The crookneck yellow summer squashes are a day or two later than straightneck types, but incomparably better in quality. Harvest when fruits are 4"-6". 25 seeds. O \$2.00 **EZ** ✨

 **VSQ-5395 Golden Patty-Pan Squash** —55 days. Bush. Many folks have called to request these. Flat "flying saucer" fruits with scalloped edges. High-yielding. Also known as scallopini or cymplings. More domed shape and larger seed cavity for stuffing than the green patty pan. Nice single-serving size for baking. 25 seeds. O \$2.50 **EZ** ✨

 **VSQ-5415 Zucchini, Cocozelle**—53 days. Bush. Italian Heirloom famous for sweet flavor, and a staff favorite. Small seed cavity, outstanding flavor and texture. In our trials, it was the best-tasting zucchini, and customers seem to agree; it has become a best-seller. Beautiful striped white and green fruits slightly bulbed at the end. Very heat and drought-resistant. Pick when 6-8" long. Takes longer to sprout than other zucchini—make sure soil is warm. 25 seeds. C \$2.50 **EZ** ✨

 **VSQ-5418 Zucchini, Dark Star**—50 days. Bush. A true star in our trial this year, this zucchini combines great springtime performance in cooler soils and marginal conditions, with a big root system that goes deep to find water and resist drought. Developed especially for big yields under organic growing conditions by a group of organic farmers and seedsmen. After working for years to develop this new variety, they have left it free for everyone to grow and save seed, rather than patenting it. We applaud their public-spirited work, and love Dark Star's taste, yield, drought-resistance and cold-hardiness. 25 seeds. O \$2.75 **EZ** ✨

VSQ-5416 Zucchini, Costata Romanesca —58 days. Vining type. If you have ever wondered what a traditional Italian zucchini was like before it became an American supermarket staple, try Costata and find out. Much like a vining Cocozelle, and many people's favorite for rich flavor. In addition to all the usual uses, it's ideal for drying. Costata has great flavor dried (many don't) and holds its outstanding flavor and texture into the larger sizes instead of getting watery, tasteless, or tough. Drought-resistant. 20 seeds. C \$2.50 **EZ** ✨

 **VSQ-5417 Zucchini, Golden**—52 days. Bush. We are happy to have found this in response to requests, as open-pollinated golden zucchini are not common. Prolific, mild-flavored and handsome. 25 seeds. C \$2.50 **EZ** ✨

 **VSQ-5469 Tromboncino**—60 days. Vine. We love this Italian squash with a long neck and bulbed end. Rich flavor and good keeping ability—can even be used as a winter squash if there are too many to eat young. Mostly nice firm meat, with a the seeds in the bulb end. Fantastic buttery flavor, fine-grained texture. Can run on the ground and produce curvy fruits, or be trellised for straight necks. *C. maxima*. 25 seeds. C \$2.50 **EZ** ✨

 **VSQ-5432 Patty Pan, Benning's Light Green** —54 days. Bush. Heirloom from 1914. Also called "patty pan" squash because their round scalloped shape looks like a little pie. These are pale green, with virtually no seed cavity and a very fine flavor and texture. We feel that these heirloom patty pans are superior in flavor and reliability to all of the similar-shaped modern varieties we have tried, including the yellow types. Also known as scallopini or cymplings, these have nice firm flesh, fine flavor, and produce lots of high-quality squashes. Keeps well. 25 seeds. O \$2.50 **EZ** ✨



Rick and Marcia Anderson at their beautiful and abundant mini-farm,

 = Grown without chemicals. For a key to other icons, codes, and abbreviations, see page 8
To estimate square feet per packet, see the chart on page 8



Winter Squash

W,H/Mature 11-17/Harvest 4+/Yields 50-350/Sp 12-18"
 Winter squash, (grown over the summer for winter storage and eating) are among the easiest foods to grow and store. They are an easy way for a household to grow filling, nutritious, and tasty food for the winter, without a big investment of time or money. Anyplace that is dry and not too hot will do for storage, as long as you harvest and handle your squash carefully to avoid bruising and damage. Check them often, and note the guidelines below on how long they can be expected to last.

Squash love organic matter. The edge of a compost pile or where tree leaves have been piled over the winter is ideal. Harvest when the vines die, the stem dries up completely, or frost threatens, whichever comes first. **Flavor improves markedly if the squashes are cured--2 weeks for pepos; a month for maximas and moschatas.**

How do I choose? If you are wondering whether you will like a variety, one thing to note in the description is whether it is a moist or dry-fleshed type. Another is the degree of sweetness. Beyond that, you might buy a couple in the grocery store to get an idea of their flavors. The smaller, single-serving squashes will feed you til Christmas--then you will need long keepers for late winter. **The varieties that take longer to mature also keep longer.** They are often large--but you can bake a large squash, then put the leftovers in the freezer to heat up later. After it's cooked, winter squash freezes perfectly, with no fuss.

Squash can be either bush or vining. Vining varieties are more vigorous with big root systems that can go deep for water and nutrients. They are big plants, but can be trellised or climb up a fence, teepee, or even a tree. Bush varieties are usually earlier. Some are in between, noted as short-vined types.

VSQ-5430 Acorn, Ebony (Table Queen)

Cucurbita pepo 90 days. (1913) Very early with short bushy vines. Acorn-shaped, ribbed fruits dark-green 1-2 lbs. Small seed cavity. Fine-textured flesh that is tender, sweet nutty, and moist. A favorite for baking--microwaves in minutes for a quick meal. Can withstand poor soil conditions. Much better homegrown than store-bought. 25 seeds. O \$2.50 **EZ** **S**



VSQ-5450 Delicata *Cucurbita pepo* 95 days. (1894) We have had many requests for this sweet little squash. Ivory-cream skin with dark-green stripes. Fruits 3 x 8", have rich, moist sweet flesh. almost like a yam. This is an outstanding strain of a favorite squash--some people eat them for dessert. Short prolific vines. 25 seeds. O \$2.50 **EZ** **S**



VSQ-5386 Kabocha *Cucurbita*

maxima--95 days. Small 3-4 lb size, rich flavor. The sweet, dense, very dry flesh is almost flaky in texture, with no mushiness. We have had many requests for kabocha squash, and are pleased to be able to offer this open-pollinated version, organically grown. Delicious roasted, baked, or in soups. Small to medium vines produce 4-5 fruits each of 3-4 pounds. 25 seeds. O \$2.50 **EZ** **S**



VPU-4990 Red Kuri *Cucurbita maxima*

95 days. Bush. We have had requests for this beautiful orange-red Japanese squash that livens up the fall with color and the winter with savory meals. Dry flesh is not too sweet, good with meats and in savory dishes. 25 seeds. C \$2.50 **EZ** **S**



VSQ-5470 Vegetable Spaghetti *Cucurbita pepo*

100 days. Vine. Oval golden squash is easy to grow and cook. Baked, microwaved, or boiled fruits divide into spaghetti-like strands with a fork. Vines are productive, adaptable, and can climb a trellis or run along the ground. 25 seeds. O \$2.50 **EZ** **S**



VSQ-5385 Jumbo Pink Banana *Cucurbita maxima*

105 days. Shown at left, Luke Howerter holding a big banana. This heirloom has been a West Coast favorite since 1893, now gaining admirers nationwide for its moist, creamy texture, sweet, rich flavor, and large yield. Great roasted or in soups; freezes very well after cooking. Stores well--just check for dents, bruises, or sunken areas which might spoil, and use those squashes first. If you really want your garden to produce a lot of winter food, this one is a great bet. Usual size is about 18" long. Drought-resistant, tough plants can climb up a trellis, fence or even bushes, and it makes a good "three sisters" variety. 20 seeds. C \$2.50 **EZ** **S**

VSQ-5467 Sweet Meat, Oregon Homestead Strain *Cucurbita maxima*

110 days. Oregon heirloom with vigorous vines, producing a big yield of big, round, sweet squash even in cool or difficult conditions. Medium-dry flesh holds its shape well and is good either on its own or in winter stews and casseroles. We now have Carol Deppe's "Oregon Homestead" strain selected for rich flavor, strong sprouting in cold soil, and early ripening.

Grown for us by Jason Menesini at Strong Mtn. Farm. Excellent keeper--just store the unbruised ripe fruit in any cool dry place like a closet, kitchen floor, or even under the bed! Flavor actually improves with a couple of months of storage. Compact shape and a small seed cavity so you get a lot of good food. 20 seeds. N \$2.50 **EZ** **S**



VSQ-5440 Butternut, Waltham *Cucurbita moschata*

83-115 days. AAS 1970. A vigorous vining type with light-tan bottle shaped fruits up to 3-6 lbs. Light orange rich dry flesh with a delicious nutty flavor. A small seed cavity. One of the best keepers. Rich in vitamin A. Good on average soil. These are very productive and space-saving when grown up a fence or trellis--deep roots do well with less water. A good "three sisters" variety with corn and beans (around the edge of the patch). 25 seeds. O \$2.50 **EZ** **S**



MSQ-6439 Winter Squash Mix An assortment of shapes colors and sizes for variety in your winter meals. 25 seeds \$2.75 **EZ** **S**

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Tomatoes

H/Matures 8-13/Harvest 17+/Yield 100-418/Sp: Cherry 18",
Determinante 21" Indeterminate - 24"

Start indoors 6 weeks before last frost date and plant out into warm weather or give some protection. Tomatoes set more fruit if grown with flowers and herbs to attract pollinators. Very greedy feeders—need lots of phosphorus and potassium for good yields, plus calcium to prevent blossom end rot. Too much nitrogen or water will result in soft, rot-prone fruit. Try to keep soil evenly moist and no water on foliage. Mulch helps. Cool climate types set fruit in cooler weather or in fluctuating weather with cold nights. Cherry types are forgiving of tough conditions, and do well in pots. Paste tomatoes have less juice and are excellent for drying as well as canning.

DETERMINATE tomato vines grow to a fixed size—about 2-4' tall, ripen a single crop, and then fade away. This works well for canning, sauce, or a first crop if you plant several varieties. Sometimes called bush tomatoes. Don't prune caging is still a good idea to support and keep fruit off the ground. Tend to be modern varieties growing 2-4' tall.

INDETERMINATE tomatoes keep growing and producing fruit until frost gets them. They are vines and need support. Most heirlooms are indeterminate. For earlier crops and a more manageable vine, many folks pinch out the suckers in the leaf crotches.



Tomatoes are noted as extra-early, (less than 60 days), early, (55-68 days) mid-season (69-80 days) or late (more than 80 days). Days are from transplant.

How do I choose?

We feel that most gardeners will be happiest with one or two main-season tomatoes that have a taste and texture you really love, perhaps a **mid-season** and a **late indeterminate variety**. These are the heirlooms with fabulous flavor. (Flavors depend on soil and water --we also describe mild, tangy, or sweet types)

Then, **we always hedge our bets by growing an early or extra-early** to eat while we are waiting for our favorites, or if the weather is difficult.

If you want to can or dry tomatoes, you will want a either a **determinate** or a **paste tomato**. (Determinates will hold their shape in the jar, paste tomatoes will make smoother sauce and dry faster.) **Determinates are also used by some for their main crop**. They produce a lot all at once, are firmer, and have flavors more like standard tomatoes. Usually dependable in case of a bad season.

If you find love **cherry tomatoes**, try 2 or 3 colors on a trellis shading a seat or chair in the garden.

Tomato Collections make it easy:

NEW! LTO-6792 Tomato Basics Collection has an extra-early, a determinate, a mid-season indeterminate, a paste, and a cherry. 5 pkts, \$12.50

LTO-6791 Tomato Rainbow Collection has big juicy heirloom tomatoes in 5 colors. 5 pkts \$12.50

Cool Climate (Extra-Early)

VTO-5730 Stupice—Earliest tomato of all in our trials. Good in cool or fluctuating weather, drought-resistant, starts bearing early and bears till frost. 2" red fruits have lots of tangy flavor for a cool-weather type. Amazing yields over a long season. Indeterminate but small, potato-leaved vines to 3 or 4 feet. Unusually adaptable—if you haven't been able to grow tomatoes, this is the one for you. 30 seeds. C \$2.50

 **VTO-5668 Glacier**—The best flavor of any extra-early tomato we've tried. This very early tomato produces attractive orangey-red 2 1/2" fruit Bears over a long season. Perfect for salads. Surprisingly sweet for an ultra-early type. Determinate habit plant that is about 2 1/2' tall, 3 1/2' across, and quite open. Does well in a container. 30 seeds. O \$2.50

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To estimate square feet per packet, see the chart on page 8

Determinate

VTO-5700 Orange King—Early. A large, early deep-orange slicer weighing up to ¾ pound. Main-crop variety for the north and short-season areas. Sets well in high or low temperature conditions. Golden Rule manager Ellen said, "This is the one orange tomato the community really liked and will grow again. VERY prolific." 30 seeds. GB \$2.50



VTO-5682 Lake—Early. Heirloom from Lake County, CA, copes well with extreme heat and temperature fluctuations. Early, glossy red in nice bunches Picked green and brought inside at the end of September, these were red-ripe for Christmas dinner. Rare. 20 seeds. N \$2.50

VTO-5860 Pearson—Mid-season. (1910) An old-fashioned red tomato with robust flavor and large, dependable yields. Drought-resistant, succeeds when others don't. This is a real workhorse. Favorite of Betsy, our manager, who says that over the years this is the one variety that has never failed. Excellent for canning. 30 seeds. C \$2.0

Indeterminate Early



VTO-5781 Brazilian Beauty—Forty years ago, Gordon Brown was at a nursery when a hippy van full of tomato plants pulled up. The tomatoes were rare types from Brazil, for sale. The nursery owner didn't want them, so Gordon bought some, and this variety was the standout. Luckily for us, he's a

seed-saver; this ultra-rare variety has wonderful sweet tropical flavor. Taste like the big mid and late-season tomatoes, but in a smaller, earlier plum-sized fruit. Unusual mahogany color with green shoulders. Very good yields. 20 seeds. GB \$2.50

VTO-5709 Oregon Slicer—The crew at Golden Rule Garden was really impressed with this one and grew seed for us. An early red slicer especially for areas with cold spring weather and cloudy, difficult conditions. Very prolific with real tomato flavor. 20 seeds. N \$2.50



VTO-5750 Arkansas Traveler—Pink heirloom slicer durable and crack resistant. Heart-shaped 2" fruits are smooth, uniform, glossy and nearly flawless. A winner for farmer's markets, with good looks, mild taste, and creamy texture. Takes extreme heat. 25 seeds. C \$2.50

Mid-season

VTO-5800 Cherokee Purple—Pre-1890 Tennessee heirloom on most "top ten" lists for flavor. Large, deep burgundy fruits with a green shoulder and multicolored interior, much like a "black" tomato. Reliable in difficult conditions, especially heat, humidity, drought. Recommended for the South. Vines indeterminate but stay small. "Navel" at the bottom, like an orange. Scrumptious. 30 seeds. C \$2.50



TO-5780 Brandywine—Big (1 lb) pink heirloom from 1885, sets the standard for tomato flavor. Rich, perfectly balanced taste, and meaty texture. Potato-leaved vines like space, consistent water and lots of compost. Large fruits in clusters, so support vines well. Kelly Hilding sent this photo of "My five-year-old in Brandywine heaven." 30 seeds. C \$2.50

VTO-5825 Italian Heirloom—A great dual purpose tomato. Big round bottom-heavy fruits are excellent as a slicer with bright fresh flavor. But it also cooks into a smooth creamy sauce. The easiest-to-peel tomato we have trialed, even without scalding. A true multi-purpose tomato, good for fresh eating or canning. 30 seeds. C \$2.50

VTO-5807 Delicious (Beefsteak Improved)—Huge red tomatoes; the world's record tomato is a Delicious. A selection and refinement of Beefsteak, with traditional tangy flavor. 30 seeds. C \$2.50

VTO-5770 Black Krim—Luscious Russian heirloom, very juicy and full flavored, with a slight saltiness that enhances the taste. Ripens well off the vine. Dark brown-red when ripe with green shoulders. After trying lots of "black" types, Black Krim is still our favorite for flavor. 30 seeds. C \$2.50

VTO-5811 Dr Wyche's Yellow— Deep golden yellow with rich unique flavor—an old time heirloom from the late John Wyche, who used to own a circus. He used lion and tiger manure to keep rabbits and deer out of his garden! 30 seeds C \$2.50

Late

VTO-5753 Aunt Ruby's German Green— On most top 5 lists for rich old-time spicy flavor. "The biggest surprise I've ever had in tomatoes," according to one expert--nobody expects such ripe sweet flavor in a green tomato. Heirloom from Ruby Arnold, of Greenville, TN. 30 seeds. C \$2.50

VTO-5842 Mortgage Lifter—"Radiator Charlie" Byles (He owned a repair business at the foot of a steep hill where cars would overheat) bred this classic tomato in the 1930s. Gardeners would drive up to 200 miles to buy seedlings, which he sold for \$1 each—big money then. It paid off his mortgage in 6 years. Big, red, very flavorful and dependable, bears til frost. 30 seeds. C \$2.50



VTO-5805 Costoluto Genovese—Lobed or pleated Italian tomato with the flavor people describe as "genuine Italian", "the most complex we've ever tasted", "indescribably delicious". Deeply lobed, beefsteak-type fruits make flower-shaped slices, very juicy. Use fresh, for juice, drying, or fresh pasta sauce. Likes a long, hot summer, but handles erratic weather well. Disease resistant. 30 seeds. C \$2.50



NEW! VTO-5731 Soldaki—If you're looking for an heirloom with big yields, try Soldaki. We had such a great harvest when we trialed this one that we sold the extras to a local restaurant. The owner wanted to know what kind they were because, she said "They are just what we want--great color, great flavor, great texture, right size for sandwiches--perfect.", Cherry-red, slightly ribbed fruits average 3" across, with a "navel" on the bottom. 30 seeds. C \$2.50



VTO-5865 Pineapple—Huge meaty tomatoes with sweet, mild unique flavor. Beautiful fruits are red yellow and orange swirled together like a sunset. Here in Willits, we can have temperatures in the 100's but nighttime temps in the 50's. Many tomatoes will not set fruit in those conditions, but Pineapple will. Most cold-hardy and drought-resistant large tomato we have seen, with fruits still ripening after a month of light frosts at night. Doesn't like rain or overhead watering systems--keep foliage dry. Strong vines support clusters of big fruit. Resistant to blossom-end rot as well. 30 seeds. O \$2.50



Paste and Drying

VTO-5740 Amish Paste—Mid-season. Amish heirloom. With good culture these achieve Brandywine-class flavor for eating raw as well as cooked--selected for the Slow Food Ark of Taste. Bears over a long season. Meaty long red fruits on vigorous vines. More tolerant of dim light and cooler summers than others--good for the Northwest, or for slightly shaded areas, but does very well in heat and sun also. 30 seeds. N \$2.50



VTO-5745 Myona — Mid-season. Big yields of big fruit with good flavor. Our favorite for sauce, salsa, and drying--its large size fills the trays fast. The story goes that this variety comes from an Italian-American pushcart vendor. When asked what variety his tomatoes were, he replied "It's-a-my-own-a" Droopy vines need support, but hardy and disease-resistant. N \$2.50



VTO-5880 Roma VFN—Mid-season. Grown primarily for sauce. Ample vine foliage protects huge crops of bright red, plum-shaped 3" fruits in large clusters. The flesh is meaty, solid, with few seeds and easy-to-peel skin. Disease resistant, standby. 30 seeds. C \$2.00

Cherry

VTO-5631 Italian Red Cherry Tomato—Early. A delicious grape-style cherry tomato on a small determinate vine for containers and small gardens. Most cherries are on big sprawling vines, and the small-vined types are usually hybrid. Finally we've got an heirloom cherry on a small plant and with great sweet flavor too. Vigorous production. 20 seeds. C \$2.50



VTO-5648 Whippersnapper—Early The first "hanging basket" or patio tomato we have found that is open-pollinated ("heirloom"). These are so covered with fruit that the branches do best in a pot where they can hang down--the sweet pink fruits almost cover the foliage. 25 seeds. C \$2.50



VTO-5768 Black Cherry—Mid season. Not only the best dark cherry tomato, it is just plain delicious by any standard; the perfect balance of sweet and spritely, with a lot of depth. Not plagued by cracking like many of the flavorful cherries. Keeps well, if you can get out of the garden without eating them all. Indeterminate vines 25 seeds. O \$2.50



VTO-5633 Peacevine Cherry—Mid-season. Delicious cherry tomato from breeder extraordinaire Alan Kapular. Big trusses of sweet, cherry-size tomatoes like the "sweet 100" types, but open-pollinated. Contains compounds that are known to be calming and stress-reducing, too. One of our staff favorites. Indeterminate. 30 seeds. O \$2.50



VTO-5650 Yellow Pear—Mid-season. Bright lemon-yellow pear-shaped fruit about 1 1/2" long, with a great mild sub-acid taste. Very prolific. Indeterminate. Shown on right. Drought resistant. 30 seeds. C \$2.50



VTO-5600 Chadwick's Cherry—Late season. We think this is the best cherry tomato around. Bred by English garden genius Alan Chadwick. Prolific producer of red fruits with a vine-ripened burst of mature, full-rounded tomato flavor. Very large for a cherry tomato. Best when deep red-ripe. Amazing cold-hardiness at the end of the season. Indeterminate vigorous vines. Rare. 30 seeds. GB \$2.50



Mixes

MTO-6450 Tomato Mix—5 or 6 varieties, our choice, in a random assortment. Seed colored with food coloring so you can plant separate types. 30 seeds. C \$3.00

MCH-6290 Cherry Tomato Mix—As above, but cherries. 30 seeds. C \$3.00

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Ground Cherry

Physalis peruviana

H/Matures 8-13/Harvest 17+/Sp 18"

🌱**VTO-5913 Aunt Molly's**—70-90 days. Pennsylvania Dutch heirloom with a very unique pineapple, vanilla infused flavor. Trouble-free plant is related to tomatillo, and the fruits are also enclosed in little paper "lanterns". Ground cherries are used like berries for desserts, pies and preserves. Not as big and sweet as some tree fruits, but the only fruit you can grow from seed in your vegetable garden and have fruits the same year you plant. These are golden and about 3/4". Fruit will store 3-4 weeks in the husk. 30 seeds. O \$2.25



Turnips

Brassica rapa

C/Matures 5-10/Harvest 4+/Yield 100-360, roots or tops/Sp 4"

Turnips are very hardy and can be planted early in spring or late in Summer. Best flavor when they grow fast, so provide adequate water, loose soil, and some compost. Forgiving of poor soil. It works well to plant at 2-week intervals, so that you have a succession of fresh, young crisp roots. Just as easy as radishes, with a fuller, sweeter flavor. Tasty roots and greens.

VTU-5953 Tokyo Market—40 days. Shown above. Very fast—as fast and easy as a radish, with very mild sweet flavor and juicy crunch. Greens are smooth and non-hairy—great for cooking—making this a rewarding quick dual-purpose crop. 160 seeds. C \$2.25 **EZ** ✨

🌱**VTU-5955 Scarlet Ohno**—50 days. Shown above. Easy to grow. Beautiful, bright red-skinned roots with refined flattened shape and mild salad flavor. Outstanding greens. Unlike most turnip greens, these are not at all hairy or fuzzy. Smooth, tasty leaves often have red-to-purple coloration as well. 100 seeds. O \$2.50 **EZ** ✨

🌱**VTU-5945 Purple Top White Globe**—50 Days. This is a very popular turnip because of its handsome shape, fine quality and attractive appearance. Produces uniform roots, each one as smooth and round as the next, with a creamy white color below the soil line and bright purple above. The flesh is white and crisp with a mild, pleasant flavor. Good for fresh use and winter storage. 160 seeds. O \$2.50 **EZ** ✨

VTU-5940 Orange Jelly, Golden Ball—60 days. Shown above. Very high-quality selection with outstanding flavor, texture, and storage ability. Dependable and forgiving of poor conditions. Can be sown late in the season (August) and left in the ground to produce "Winter Greens". The 3-4" roots are deep golden yellow, with a fine flavor, good raw, mashed or creamed. If you think you don't like turnips, try these. 160 seeds. C \$2.50 **EZ** ✨

🌱**NEW! VTU-5925 Gilfeather Turnip**—85 days. An heirloom that has become a New England classic, with a festival in its honor in Wardsboro, VT. (All the dishes served at the festival contain this, Wardsboro's most famous vegetable.) A farmer named John Gilfeather bred these in the late 1800's. He prospered by selling these delicious turnips, always cutting off the tops and bottoms so nobody else could propagate them. One night a neighbor sneaked into his field, stole some, and sold the seed to market gardeners who made them commercially available. Sweeter and later than other turnips (They are probably actually a rutabaga, but who are we to quarrel with the historic name?) Greens and roots both sweet and tender-textured; even better after frost. 100 seeds. O \$2.50 **EZ** ✨

MTU-6458 Turnip Mix—Mixed colors, good for greens as well as roots, for fresh eating, and cooking. 150 seeds. \$2.75

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To estimate square feet per packet, see the chart on page 8

Tomatillo (Husk Tomato)

Physalis philadelphica

H/Matures 8-13/Harvest 17+/Sp 18"

🌱**VTO-5911 Verde**—80 days. Green variety used for salsa, tomato sauces, and barbecue sauce. Very productive of mild, sweet green fruits enclosed in papery husks. Trouble-free hot-weather crop for odd spots; needs little attention. Unusual, handsome plants grow anywhere there is sun—fun in pots. Susie Beiler sent this picture of her giant plant. 30 seeds. O \$2.50 **EZ** ✨



Watermelons

Citrullus lanatus

H/Matures 10-13/Harvest 13/Yield 50-320/Sp 12-24"

An ancient food that has been cultivated for over 4,000 years. Plant seeds in warm (70°F) soil, or start indoors 1 month before last frost and plant out in warm weather. Needs full sun, and moist soil until fruit sets, then water only enough to keep from wilting. Pick when tendril nearest fruit dies or spot where fruit rests on ground is yellow. Seeds can be roasted and eaten. Watermelons take up much less space than squashes and other melons, and are one of the supreme pleasures of summer.

VWA-6005 Blacktail Mountain 72 days. The earliest-ripening watermelon we know. This variety has enabled many gardeners and farmers to grow ripe sweet watermelon for the first time ever. Its strong constitution handles heat as well as cold, and resists pests and diseases well. Small round melons average 5-8lbs. Crisp and sweet even when small. 20 seeds. C \$2.50 **EZ** ✨



🌱**VWA-6020 Sugar Baby**—78 days. Extremely sweet. Vigorous vines produce round fruits 8-12 lbs. Flesh is medium red, crisp, firm and solid with few seeds. Very productive, resistant to cracking. Fancy groceries and farmer's markets carry this by name because customers ask for it. 35 seeds. O \$2.25 ✨



NEW! VWA-6003 Early Moonbeam—78 days Small round watermelon with yellow flesh and out-of-this world flavor. We have been trying to get seed for this for years, and are so glad to bring you this summertime treat. A beautiful match with Sugar Baby—same size with different colors and flavors. 20 seeds. C \$2.75 ✨



VWA-6000 Crimson Sweet—90 days. Vigorous vines produce fruits up to 25 lbs. Beautiful deep red, firm flesh with a high sugar content. Keeps well. Our seed is from an independent grower NOT affiliated with Monsanto. Resistant to anthracnose and fusarium wilt. 35 seeds. C \$2.25 ✨

🌱**VWA-6010 Moon & Stars**—95 days. This heirloom was believed extinct until rediscovered by Kent Whealy of the Seed Savers Exchange. Large oval fruits (20-40 lbs.) have thin, brittle skins splashed with small bright yellow speckles (the stars) and one large yellow spot (the moon.) Bright red flesh, rich satisfying flavor. Leaves are also splashed with yellow. 35 seeds. O \$2.75 ✨



Seed Mixes

Remember that these are single packets containing a mixture of varieties. They may or may not be the varieties listed separately in the catalog, and all varieties may not end up in any given packet.

MAM-6200 Amaranth Mix—The seeds will cross, but produce a variety of greens and seed types. A lovely display of color and texture. 300 seeds. \$2.75

MAS-6210 Asian Greens Mix—Our Asian Greens, plus some not in the catalog including Shungiku from our Herb section. 80 seeds. \$2.75

MBA-6220 Basil Mix—A wide variety of green and purple basil, with a variety of scents, leaf sizes, ruffling and colors. 400 seeds. \$2.75

MBD-6252 Dry Bean Mix—85-95 days. A variety of colors and flavors of bean for dry storage. All bush varieties. 85 seeds. C \$2.75

MBE-6230 Beet Mix—A mixture of varieties and colors, including some not in the catalog. 160 seeds. \$2.75

MBO-6240 Bolt-Resistant Lettuce Mix—Both heading and leaf types that are least likely to bolt when the days get long and hot. 300 seeds. \$2.75

MBR-6248 Braising Mix—A mixture of greens for light cooking. Can be harvested as baby greens, add a spicier element to salad mix, or grown to full size for a variety of cooking greens. 150 seeds. \$2.75

MBU-6250 Bush Bean Mix—A mixture of interesting and beautiful varieties with great eating quality. 85 seeds. \$2.75

MCA-6270 Carrot Mix—Carrots of many sizes and colors for your entertainment and delectation. 800 seeds. \$2.75



MCH-6280 Chard, Rainbow Mix—Red, yellow, pink, purple, white. 50 seeds. O \$2.75

MCU-6310 Cucumber Mix—A mixture of salad type cucumbers for fresh eating. (Not pickling types) 40 seeds. \$2.75

MCU-6320 Cut Flowers Mix—A fine well-balanced assortment of easy-to-grow taller kinds of flowers to be grown for cutting. Large packet. 500 seeds. \$2.75

MEG-6330 Eggplant Mix—A mixture of different shapes and colors: purple, white, green, pink, with both long and round types. 40 seeds. \$2.75

MHE-6340 Heirloom Lettuce Mix—A combination of as many of our varieties as possible. 300 seeds. \$2.75

MHO-6350 Hot Pepper Mix—A mixture of many hot peppers. These will ripen at different times; all can be used green, and are red when completely ripe. 30 seeds. \$2.75

MCE-6273 Celery Mix—Green, golden, and red celery, beautiful and fun in garden and kitchen. 100 seeds. \$2.75

MME-6380 Melon Mix—All types of luscious melons, not necessarily the same varieties as in the catalog. Heirloom quality, great flavor. 30 seeds. \$2.75

MSW-6440 Sweet Bell Pepper Mix—Its fun to grow a palette of peppers: yellow, orange, red, purple, chocolate, and white fruits. 30 seeds. C \$2.75

MNO-6400 Salad Mix, Mesclun—Lettuces and other salad greens with various colors and shapes. Often planted very densely and cut all at once for baby greens. Or plant at wider spacing for mature plants. Most will regrow after cutting. 300 seeds. \$2.75

MPO-6470 Poppy Mix—All colors of poppies, for a meadow of bright color in spring. 300 seeds. \$2.75

MRA-6420 Radish Mix—A mix of colors and sizes--red, pink purple and bicolor. 300 seeds. \$2.75

MSE-6430 Seeds for Kids (of all ages)—A happy jumble of everything left over from the year before. (Many didn't pass their germination tests but will still produce some plants.) No medicinal herbs or poisonous plants. Contents vary. \$0.50

MSQ-6439 Winter Squash Mix—Assorted shapes and colors of squash for variety in winter meals. 25 seeds \$2.75

MTO-6450 Tomato Mix—A mix of different large tomato varieties. The seed is colored with food coloring so that you can plant different ones. 30 seeds. C \$3.00

MCH-6290 Cherry Tomato Mix—Several of our varieties, each dyed a different color (with food coloring) so you get a variety of types. 30 seeds. C \$3.00

MTU-6458 Turnip Mix—White, orange, red, purple ...good for greens as well as roots, for fresh eating, cooking, and storage. 150 seeds. \$2.75

MCO-6300 Overwintering Compost Crop Mix—Keep weeds and weather from undoing your hard work over the winter, and build fertility. Two-packet set. \$3.00

MCO-6302 Summer Compost Crop Mix—As above, but these grow during warm weather. 1 pkt. C \$3.00

MCO-6301 Decorative Compost Crop Mix—This is for those who would like to improve their soil, or keep weeds from filling an empty bed, without having a hayfield in the front yard. Lower growing, and filled with bright flowers. 1 pkt. C \$3.00

Wildflower Mixes

Yields of many crops increase when there are plenty of insect pollinators. Good bugs that eat pests need nectar to complete their life cycle. Flowers make your garden more healthy and abundant.

FSP-8600 Beneficial Insect Mix—45-90 days. Flowers especially chosen to provide homes and nectar for the tiny insects that prey on vegetable pests. Use as a border around the garden or between beds. Works best if it's planted a few weeks before the rest of the garden in a weed-free bed; first blossoms will appear in 45-90 days. Many colors, primarily yellow, blue, white. Some perennials. 100 sq ft. C \$2.75

FSP-8610 Butterfly Mix—50-95 days. A mix of flowers that butterflies love to land and feed on. Plant in weed-free, prepared bed. Many colors over a long season of bloom. One packet plants 100 sq ft. C \$2.75

FSP-8630 Hummingbird Mix—Flowers that hummingbirds love to feed on, in their favorite colors of reds, purples, pinks, and lavenders. A simple way to keep cats from breaking down the plants in chase of hummers is to scatter short pieces of thorny twigs on the ground immediately after planting. Plants 100 sq ft. C \$2.75

FSP-8650 Super Low-Growing—45-100 days. A mix created especially for urban or suburban settings. All plants are only 6-8" tall. When mature, the plants form a dense, low-growing ground cover with a uniform texture that will survive with minimal care. Not suitable for high traffic or play areas. Annual fall mowing or trimming is suggested. A mix of 22 annual and perennial wildflowers and herbs which exhibit a wide range of colors and blooming periods. A beautiful lawn substitute. One packet plants 200 sq ft. C \$5.50

FSP-8642 Water-Saving Flower Mix—45-90 days. Big swathes of color, nectar for beneficial insects, and low water use. For west of a line running from the Minnesota/Dakotas border to East Texas. 200 square feet. C \$3.50

Seed Collections

newly revised, with lower prices

Several seed packets inside a big decorative envelope. Occasionally, we need to substitute for a seed that's become unavailable, but we will choose another that is of equal value, usefulness, and interest. A perfect gift.

New This Year

NEW! LBF-6627 Bee Friendly Collection—We get so many calls from people concerned about the plight of the bees. Here is something you can do anywhere—grow pesticide-free nectar and pollen plants for them. Happy in the ground or in a pot. Great project for kids, too. 5 pkts. \$12.00

NEW! LTO-6794 Basic Tomato Collection—It can be hard to choose. This gives you the tomato basics— an extra-early, a determinate variety, a big midseason slicer, a cherry tomato, and a paste type. A whole season's worth of salads, sandwiches, salsa, sauces. 5 pkts \$12.00

NEW! LMI-6727 Microgreens Collection—Microgreens are a fast, super-nutritious, stylish addition to meals. Used raw, and just sprinkled on, they don't add prep time, don't need special recipes, and look great. Here are 5 types of seed for growing your own microgreens. 5 pkts \$12.00

LMB-6728 Microgreens book with Microgreens Seed Collection. The book looks good enough to eat. Tips for success, fun presentations, and sound advice. \$29.95

NEW! LDE-6665 Detox Collection—Herbs to rid the body of toxins, whether from pollution, disease, stress, or diet. These carry pollutants out of the system. Herbalists prescribe detoxifying herbs for arthritis, skin conditions, and the recovery phase of disease as well. . Contains: Burdock, Calendula, Dandelion, Milk Thistle, Nettle. 5 pkts. \$12.00

NEW! LHA-6691 Herbal Antivirals Collection—Most of the really worrisome diseases of our time are viruses, not bacteria, so antibiotics don't work on them. Research has opened some interesting possibilities with herbs, though, and we have found some that can be grown at home. 4 pkts. \$9.50

LHB-6692 Herbal Antivirals book with seed collection-Book description page 71. \$34.45

NEW! LGR-6696 Spring-Planted Grains Collection—This set is for planting in spring, harvest in late summer. Contains barley, oats, triticale, and wheat, plus info sheet. 4 pkts \$9.50

LGR-6697 Homegrown Whole Grains book with Fall Grains Collection- book described on p 71. \$24.45

NEW! LGR-6698 Summer Grains Collection— This set is for planting in the spring, harvest in the fall. Contains amaranth, millet, quinoa, and teff, plus info sheet. 4 pkts \$9.50

LGR-6699 Homegrown Whole Grains book with Summer Grains Collection- see page 71 \$24.45

Sustainability

LCA-6630 Calorie Crops Collection—One packet each of Hard Red Spring Wheat, Cranberry Bean, Hullless Oats. 3 pkts. \$7.00

LHO-6717 How To Grow More Vegetables Book with the Easy Heirloom Seed Collection plus the Compost Crop Mix and the Calorie Crop Collection. A complete sustainable garden. 14 seed packets together in a decorative envelope, plus the book. \$54.50

For school groups or community groups who want a sustainability demonstration garden:

LSU-6770 Sustainable Garden Starter Kit – The Sustainable Vegetable Garden book with all the vegetables, calorie crops, and compost crops mentioned in the text. 14 seed pkts. \$46.00



New Directions in Gardening

LGC-6712 Good Companions Collection—Companion planting works for many reasons. Attracting insects that eat the insects we don't want is probably the most important benefit. Most predator insects need nectar and pollen to complete their life cycle. Also, some plants secrete chemicals to repel pests. This collection gives your garden defenses, so that when pests arrive, the right predators and conditions will be there to control them, and the pollinators you attract will also make your harvest abundant. Good for attracting butterflies, too. 6 pkts. \$14.00

LGO-6713 Good Bug, Bad Bug Book and Good Companions Seed Collection \$31.95

LPE-6732 Permaculture Collection—Edible landscaping that is permanent and self-sustaining is called permaculture. This set is for those who think long-term; it contains seed for trees, bushes, and perennials that are easy to grow with minimal care once established. (Growth will be slow at first, and trees and shrubs may need stratification; instructions included.) Contains asparagus, currant, Siberian Pea Shrub, perennial clover, self-heal, winter savory, rhubarb. 7 pkts. \$17.00

LPE-6733 Permaculture Set—Gaia's Garden book with Permaculture Seed Collection. \$46.95

Vegetables

LEZ-6686 Easy Heirloom Collection—The most popular, easy to grow heirloom vegetable seeds. Makes it easy for beginners, people on your gift list, or if you have trouble choosing. All of the varieties in this collection are at least 50 years old, several have been grown for centuries. Contains: String Beans, Broccoli, Carrot, Corn, Kale, Lettuce, Peas, Summer Squash, Winter Squash, Tomato. 10 pkts. \$24.00

LPC-6731 People's Choice Collection—Our best-selling vegetables: simple, reliable, no worrying over choices. Contains green bean, broccoli, carrot, chard, corn, kale lettuce, pea, squash, sunflower. Different varieties from the above. 10 pkts. \$24.00

LWI-6895 Winter Vegetable Collection—With some planning and the right varieties, gardeners can have fresh vegetables all winter, even in challenging climates like New England. Info sheet included. Contains one packet each of Carrot, Corn Salad, Kale, Miner's Lettuce, Minutina, Spinach, Mizuna. 7 pkts. \$16.50

LFO-6695 Winter Vegetable Collection with Four Season Harvest book The state of the art (p68). \$41.45

LTH-6790 Three Sisters Collection—Many Native American gardeners planted Corn, Beans, and Squash together so that the plants made a little ecosystem, supporting one another and creating the proper conditions for each other's growth. Contains one packet each of a native-type dry corn, a climbing dry bean, and a vining winter squash. 3 pkts. \$8.50

LSH-6755 Shady Garden Collection —Most vegetable crops like sunshine, but we don't all have perfect conditions to work with. We've gathered a selection of vegetables, and one edible flower that will get you started with a garden plot or containers on the porch. **Perfect also for coastal and cool-climate gardeners.** Info sheet full of useful, detailed, unusual tips included. Contains one packet each Asian Greens, Chard, Spinach, Lettuce, Peas, Nasturtiums. 6 pkts. \$14.00

LFE-6688 Fermentation and Pickling Collection —Unlike modern food preservation techniques like canning, traditional pickling actually added healthful food value. It is easy, savory, and fun to do. Traditional dill pickles, sauerkraut, kim-chee, hot sauce, and many other products (including breads) were once much more nutritious than their modern imitations, due to the live cultures in them. (Digestive troubles are now widespread that were once rare) There is a growing interest in recreating these healthful and delicious foods that sustained our ancestors. This collection puts together the ingredients for some classic fermented products to preserve your garden produce in a healthful new way. Contains cucumbers, dill, a kraut cabbage, a kim-chee cabbage, pickling peppers, pickling radish. 6 pkts. \$14.00

LFB-6689 Fermentation and Pickling Collection with Wild Fermentation Book — Sandor Katz has explored traditional methods that were almost lost, as well as the old favorites your grandma made. Good clear directions, lots of recipes. Includes 6 pkts and one book. \$39.00

LSA-6750 Salsa Collection— A great way to grow sprightly salsas for fresh summer eating, preserving, and summer potlucks. Contains tomato, a hot pepper, a mild pepper, tomatillo and cilantro, plus a sheet of recipes for several kinds of salsa. 5 pkts. \$12.00

LSA-6751 Salsa Collection with Secrets of Salsa Book—Best recipes we know, written by Mexican housewives themselves. 5 seed pkts plus book, \$26.95

LSP-6765 Spring Salad Garden—50-65 days. Selected especially for growth in cool spring soil and sweet fresh flavor. Both red and green lettuces, of several types, along with an edible flower. Great in containers if the ground is still too wet or icy. 6 packets. \$13.50

LSU-6772 Summer Salad Garden—An assortment of salad greens selected for best performance in hot weather and long days. See page 19 for details. 6 packets. \$13.50

LFA-6687 Fall and Winter Salad Garden—Four lettuces, three specialty greens, and an info sheet about fall/winter growing, cold frames, etc. 6 packets. \$13.50

LAY-6610 Perennial Vegetables Collection—These heirloom crops are gaining attention once again among those interested in local self-sufficiency, folks who haven't the time or strength for annual crops, and curious gardeners looking for something new. Perennials do take longer to germinate and need good care in the seedling stages. Starting them in pots is ideal, and doesn't take much space. One packet each of the following: Asparagus, Perpetual Spinach, Rhubarb, Artichoke, Welsh Onion, Sorrel, plus and info sheet. For zones 6 and above with protection, zone 7 in the open. 6 pkts. \$14.00

LPE-6734 Perennial Vegetables book and Perennial Vegetable Collection \$54.00



LTO-6791 Tomato Rainbow Collection—Platters of tomatoes all summer in a rainbow of colors—from green (when ripe and sweet) to yellow to orange, to red to pink to maroon. Tomato seeds keep for years, so if you don't need many plants, just save them for next year. The easiest and most appreciated potluck dish we know, and the basis of countless summer suppers, is a rainbow platter of tomato slices with fresh mozzarella, olive oil, salt, pepper and sprigs of basil. With good bread, it's a meal, and it always gets raves at potlucks. 5 pkts. \$12.00



Edible Flowers

LEN-6680 Edible Flower Collection—A rainbow of safe and tasty flowers for salad, veggie platters, cakes, drinks and garnish. A variety of seasons and bloom times. Perfect in vegetable beds, containers, children's gardens. Shown are some of the the flowers you get. 5 pkts plus info sheet. \$12.00

Herbs

LAY-6615 Ayurvedic Collection—These are herbs that have been used for centuries in India for healing and maintaining well-being. One pkt each of Fenugreek (methi), Ashwagandha, Purslane, Holy Basil (Tulsi), Black Seed, Visnaga and Andrographis 7 pkts. \$17.00

LBR-6625 Breathe Deep Collection—We get many requests for herbs that have been used historically for allergies, bronchitis, and asthma. These are rare and hard to find, but not hard to grow. Solidago, Grindelia, Elecampane, Mullein, Yerba Mansa. 5 pkts. \$12.00

LCO-6638 Cold Comfort Collection—Comfort for the common cold, as close as your garden. Contains: Echinacea, Yarrow, Horehound, Catnip, Hyssop, Chamomile. 6 pkts. \$14.00

LFI-6690 Culinary Herbs Collection—The culinary basics: Thyme, Sage, Flat Parsley, Savory, Chervil, Basil, Chives. 7 pkts. \$16.00

LME-6725 Medicinal Herbs Collection—Revised to give you the most practical herbs for wellness and first aid, at a low price. No fancy propagation techniques required. Contains Holy Basil, Burdock, Calendula, Chamomile, Echinacea, Elecampane, Valerian, Wood Betony, Yarrow. 9 pkts. \$22.00

LMH-6726 Medicinal Herb Seed Collection with Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide Encouraging, clear, and fun recipes from a master. \$36.95

LRE-6738 Resistance Collection—Herbs reputed to support immune function and build resistance to disease. An ounce of prevention....Contains: Ashwagandha, Astragalus, Jio-gu-lan, Tulsi. Four packets. \$9.50

LTA-6760 Tasty Tea Collection—A selection of the tastiest and easiest herbal beverages, good alone or in blends. Information sheet with tips on blending, growing, and using included. One pkt each of : Mint, Cinnamon Basil, Lemon Balm, Clover, Licorice Mint, Chamomile 6 pkts. \$14.50

LTU-6793 Tummy Soother Collection—When your digestion is out of balance, a soothing and relieving tea can be right outside the back door. Contains: Fennel, Mint, Chamomile, Dill. 4 pkts. \$9.50

LWO-6810 Women's Herb Collection—A variety of herbs used by women through the ages to maintain health. Contains 1 pkt each of: Oatgrass, Red Clover, Evening Primrose, Lovage (Western Dong Quai), Lady's Mantle, Motherwort. 6 pkts. \$14.00

Compost Crops

Compost crops are easy to grow, protect the soil from the weather over the winter, and feed your soil when you aren't using your garden. Cut and composted, they also return to the soil through compost nutrients that would otherwise be lost. Feed the soil to feed your crops! There are compost crops to suit all soil conditions and all times of the year. For advice about overwintering, planting times, and adaptation to conditions in your local area, try talking with your neighbors, your state university ag department, or your state's university cooperative extension service (county agent). To help choose which crops to plant, see our chart, p 39.

Grains are often used as cover crops because of their big, soil-holding root systems, their fast growth in cool weather, and the abundant carbon in their straw. For grain choices, please see the grain section, page xxxx



Compost Crop Mixes

Overwintering Compost Crop Mix

Matures 12-26/Harvest 0-4 grain, 4-8 compost crop

MCO-6300 Ecology Action Special Mix (shown above) – For years this has been one of our best-sellers. Shields the ground from rain and wind erosion, captures nutrients, adds nitrogen, and produces lots of organic matter in the proper ratio of carbon to nitrogen for the best compost. A formulation of Fava (bell bean), Vetch, Wheat and Rye in the best proportions for maximum benefit to your garden beds during the winter. This is a two-packet set, with the fava, which are very large, planted separately. In areas where the ground freezes, you will need to plant at least a month before frost, and the Favas may not survive the winter. They will still add nitrogen, organic matter, and a scaffold for the vetch to climb. Plants 100 sq ft. C \$3.50

Summer Compost Crop Mix

MCO-6302 Improves the soil in new garden beds that aren't being used, or in between crops. Any time the soil is bare, you are getting weeds and losing nutrients—this weed-smothering and soil-enriching mix is the answer. Contains Buckwheat, Vetch, and Cowpeas. Doubles as an insectary crop to attract pest-fighting beneficial insects, and is also a fast-growing choice for livestock. Plants 100 sq ft. C \$3.50

Decorative Compost Crop Mix



MCO-6301 A lower-growing mix with really showy flowers. Easier to grow than most wildflowers, and does a good job of holding the soil, adding nutrients, and attracting beneficials. Makes organic matter, but not as much as the other mixes since the plants are smaller. If you are not going to be growing crops on an area and want it to look good while benefiting the soil, this is an excellent choice. Contains

Phacelia, Lupine, Crimson Clover, Woolly Vetch, and California Poppy. (Vetch and Clover shown) Plant very early spring, or fall in zones 7-10. Covers 50 sq ft. C \$3.50

Agricultural Mustard

Brasica sp.

ALL/Matures 5-6/Harvest up to 8/Yield 180-270/Broadcast thickly



CAG-6910 Ag Mustard—Excellent cover crop often used in orchards and vineyards. Suppresses weeds, nematodes and soil diseases, cycles nutrients, increases tilth. Also a high protein forage. Sow any time during the growing season. It can be harvested at any stage, but preferably just after flowering. Plant mid-Aug for winter cover. If broadcasting, mix seed well with 2 cups sand or fine soil for more even coverage. 4100 seeds. Sows 100 sq ft. C \$3.00

Alfalfa

Medicago sativa

W/Matures 17+/Harvest 9+/Yield green 148-412, dry 44-103/Sp 5"

This deep-rooted perennial is one of the most valuable of the compost crops and will restore impoverished soil. Can be cut several times and grow back. Choose Dormant Alfalfa if you want it to overwinter and become perennial. If you want it to die and leave the ground ready for another crop in spring, choose Non-Dormant. A fantastic Nitrogen fixer: .35-.57 lbs. of Nitrogen per 100 sq ft per year. Areas shown are for transplants; if you sow broadcast, mix with a quart or so of fine soil and broadcast the mix for more even coverage.

Use alfalfa/clover inoculant, p 38.

CAL-6901 Organic Non-Dormant Alfalfa—Best grown as an annual; can be overwintered only in frost-free zones 9-11. Grows quickly, can be cut several times. This is the best variety for temporary plantings where the alfalfa will be cut, composted and the bed used for another crop the next season. 5,000 seeds. Plants 400 sq ft. O \$2.50

CAL-6902 Organic Dormant Alfalfa—Extremely winter hardy for those who want a perennial alfalfa in cold climates -- hardy to zone 4+. Also provides quality hay, is non-spreading, and can be cut 2-4 times per year. Reputed to be best for breaking up intractable caliche and hardpan -- roots go deep for water and nutrients, opening up the soil for other crops. 5,000 seeds. Plants 400 sq ft. O \$2.50

Cardoon

C,W/Matures 24-52/Harvest 8/Yield 165/Sp 24-36"

VCA-2840 Cardoon—100-150 days. Striking 6-8' perennial (zone 7 and above) with long toothed silver-gray leaves. High production of carbon for compost. (harvest mature plants.) Also used as a vegetable, see page 10. Pick the lovely flowers to prevent self-sowing. 20 seeds. GB \$2.25

GB= GROW BIOINTENSIVE grown; O=Certified Organic; N=Naturally Grown; C=Various Methods

Birdsfoot Trefoil

C, W/Matures 24-52/Harvest 8/Yield 165/Sp 24-36"

NEW! **CBI-6950 Birdsfoot Trefoil (*Lotus corniculatus*)**—Low-growing (mat-forming) perennial legume that is extremely tough and drought-resistant. Excellent fodder, holds and covers soils. Bright yellow-and-red, very showy flowers. Good choice for an area that will get little care, needs to be kept low and neat, or for arid pasture. Does well on slopes, walls, or as a lawn substitute. Builds fertility with no care. 10,000 seeds. 800 sq ft. C \$2.25

Cowpeas

W, H/Matures 9-12/Hrvt 8/Seed 4.5; Green hay:183/Sp 12-24"

CCO-7020 Red Ripper Cowpea, *Vigna sinensis*—A great, all-around summer cover crop that fixes a lot of nitrogen (up to .57 pounds per 100 sq. ft.) and is good at competing with summer weeds, even bermuda grass. Tolerates some shade; can be planted in orchards or vineyards. Can be used for hay or grain in addition to making compost. Cowpeas are also excellent attractants for beneficial insects due to nectar-releasing sites on the leaflets. They are adaptable, drought-tolerant and productive. May be grown for food as well. 130 seeds. 100 sq ft. C \$2.50

Clovers

Bees and people love these classic, sweet-scented cover crops. Choose perennials for pasture, herb gardens, paths, lawns, and permanent erosion control. Annuals are better for garden beds want to plant with something else later.

CCL-6950 Alsike

Trifolium hybridum Perennial. Best clover for poor clay land. Tolerates wet soil, flooding, acid, and clay soils. Enriches the soil and provides humus. Broadcast in Spring or Autumn. Fixes about .27 lbs. of Nitrogen per 100 sq ft. per year. 5000 seeds. 400 sq ft. C \$2.00

CCL-6960 Berseem

Trifolium hybridum Annual. Berseem clover is the fertility foundation of agriculture in the Nile Delta, and has nourished soils in the Mediterranean region for millenia. Extremely productive, a good weed suppressor, good compost crop, excellent forage, and at 200-300 pounds per acre one of the best nitrogen fixers. Tolerates a wide range of soils. Not cold-hardy. 400 sq ft. C \$2.00

CCL-6970 Crimson

Trifolium incarnatum Annual. Beautiful large-headed deep-crimson flowers. Nitrogen source, soil builder, erosion preventor, ground cover, forage. Grows well in mixtures with small grains, grasses, and other clovers. Winter cover crop through warmer parts of Zone 6 and summer crop elsewhere. Fast growing on either sand or clay. Fixes about .21 lbs. of Nitrogen per 100 sq. ft. per year. 5,000 seeds. 400 sq ft. C \$2.00



CCL-7000 Medium Red

Trifolium pratense Perennial. Fast growing crop that can be recut, giving more total biomass than other clovers. This plant is hardy through Zone 4. Sow in autumn to be harvested in the spring. Sweetens the soil. Fixes about .23-.30 lbs. of Nitrogen per 100 sq ft. per year. Good for permanent pastures. Medicinal: skin, menopause. 400 sq ft. C \$2.00

CCL-6990 Dutch White

Trifolium repens—Low growing, perennial clover whose white flowers you often see in lawns. Its relative durability under foot traffic makes it useful for paths especially in vegetable gardens, which can use the nitrogen. Will grow in more shade than grass. As a lawn, it is self-fertilizing, thick-growing, needs little or no mowing and looks lush, though it will not take as much abuse as grass. Likes moist soil. 5000 seeds. 400 sq ft. C \$2.00

Seeds marked with  have been grown without any chemical fertilizers or pesticides. See page 8 for other codes.

Fava Beans

Vicia faba

C, W/Matures 17-43/Harvest 8/Yield green biomass 90-360, dry 18-72/Sp 8"

These favas are a cool-season crop overwintering in Zone 8 and warmer. Their roots improve soil texture and put nitrogen into the soil (Use Garden Combo inoculant - item #SIN-9400). They can provide a trellis for other compost crops like vetch or field peas to grow up. In zones where they winterkill, favas may be sown earlier so that by time they freeze out, they have made some nitrogen, biomass, and a scaffold for hardy climbers like vetch. While this is primarily a compost crop, these beans also make good eating and are so used in many parts of the world. See also culinary favas under beans in the vegetable section.



CBE-6925 Bell Bean, Fava—60-75 days. A vigorous, adaptable legume, often mixed with peas, vetch, radish, and oats for cover cropping. Grows 3-6 ft, produces much organic matter for composting, and fixes nitrogen if inoculant is used. Strong root system brings up nutrients and conditions soil. Plant in fall. Matures March to May, attracting many beneficial insects. 200 seeds. 60 sq ft. C \$3.50

Field Peas

Pisum sativum

C, W/Mat17/Harvest 8-12/Yield 10/Sp 5"

Breaks down fast into soil, building tilth and adding organic matter. Peas like well drained and fertile loam soils. Not for high water table or any substantial flooding. Grows on poorer soil than clover but makes less nitrogen. Doesn't compete well with thick winter weed growth--often grown with a grain like oats, wheat, or rye for that reason. Winter annual in the South and Spring annual in the North for soil improvement and for forage.

CAU-6920 Austrian Field Pea, Austrian Winter—Small, yellow peas with black skins. 900 seeds. Plants 100 sq ft. C \$2.50

VPE-4791 Admiral—Yellow pea with pale tan skin for soup and garden cover cropping. The dry peas store easily and cook rapidly into soup. 160 seeds. C \$3.00

Fenugreek

Trigonella foenum-graecum

C, W/Matures 8-12/Harvest one cutting/Yield dry 23-37/Sp 4"

CFE-7050 *Trigonella foenum-graecum*—Annual. A beautiful nitrogen-fixing plant, excellent as winter cover, for opening heavy soils and forage for animals. Prefers warmth but germinates in cooler soils also and grows quickly to 2' tall. Has white flowers with blue markings, aromatic foliage, and medicinal seeds that can also be used for sprouts or in curries. Makes less organic matter than other winter covers, but its quick growth is a bonus when planting late; can be planted as late as mid-December in mild-winter areas, or in very early spring. For best results, use our Alfalfa & Clover Inoculant. 1500 seeds. Plants 100 sq ft. C \$2.75

Lupine

Lupinus sp.

W/Matures 8/Sp broadcast

CLU-7085 Blue Lupine, Bluebonnet—Beautiful blue annual wildflower that fixes nitrogen and tolerates poor, rocky soil. Fall-planted in Zone 7 and above. All other areas plant very early spring—grows during cool or warm weather and dies back when weather gets very hot or dry. Spectacular sheets of blue spring to summer. Excellent to prepare beds for heavy-feeding summer vegetables. 1300 seeds. 100 sq ft. C \$2.50

Bee's Friend (*Phacelia tanacetifolia*)

W,H/Height 1-4'/Sp 6"



CPH-7060 Annual. Prime beneficial-insect plant. Lavender-blue, fragrant flowers are loved by people too. A quick-growing plant which makes a fine, feathery but dense carpet that shades and holds the soil but allows moisture to trickle through. Phacelia attracts pollinators and beneficial insects that prey on pests. Makes good compost material. 1250 seeds. 200 sq ft. C \$2.75

Fodder Radish

Raphanus sativus

ALL/Matures 17+/Harvest 4-8/Yield 100-540/Sp 3"

CFO-7050 Extremely valuable compost crop with very deep tap root that brings up nutrients from the subsoil and breaks up clay. Produces a great bulk of material. Edible big juicy roots like daikon, relished by animals like sheep and used for winter forage. May be grown for human food too--it is a less-uniform strain of daikon radish. 2500 seeds. 100 sq ft. C \$3.00

Sweetclover

Melilotus alba

C/Matures 17-26/Harvest 2/Sp 5"

CCL-7030 White Blossom—Upright biennial often used for poor soils. Outstanding bee plant. Drought resistant and winter hardy through Zone 4. Takes a wide range of soils and climates, and will pierce through subsoil. pH 6.5 or higher. Fixes to 125 lbs. of N/acre. Grows very tall--to six feet. 2500 seeds. 220 sq ft. C \$2.25



Vetch

Vicia villosa

ALL/Matures 12/Harvest 9+ AC/Yield green 24-90, dry 5-18/
Broadcast

CVE-7100 Hairy—Best for cold climates - if established in the fall, the land will be completely covered and protected from wind and water erosion by winter - surviving temperatures to 25 below zero (Zone 4) by going dormant like winter wheat. Not as vigorous in milder climates but still gives high yields of cover, compost, or pasture if allowed to fully mature. Accepts low-fertility but must be well-drained. 4400 seeds. Area 100 sq ft. O \$4.00

VE-7110 Woolly Pod—Viney, tendrilled plants with large flowers make excellent erosion control, pasture, or hay. Beautiful flowers often listed in flower catalogs. Grows especially well when inter-planted with Fava Beans, which act as trellises for the vetch. Heat, drought and poor soil tolerant. Withstands temperatures to 0° F. Fixes up to .63 lbs of N per 100 sq ft per year. 4400 seeds. Area 100 sq ft. O \$4.00

Cover Crop DVD

BCO-1180 Cover Crops and Compost Crops In Your Garden

Cindy Conner, 2008, 66 minutes

Watch through the seasons as Cindy's cover crops come to maturity and become mulch, compost, and food crops. Seeing how the crops look over the year is really helpful and makes it much easier to grasp how everything fits together. If reading about compost crops and garden rotations or succession planting makes you a bit dizzy, this DVD will probably clear things up. Cindy is a former market gardener and is now a sustainable agriculture college instructor. Everyone at Bountiful Gardens who has watched this has had at least one "aha" moment.— \$35.00

Cover Crop Seeds In Bulk

We have 1 lb bags of the following compost crops. Sorry, at this time we can't fill orders for more than 5 of one variety or more than ten 1-lb bags total.

CAG-6911 Ag Mustard \$5.00
CBE-6926 Bell Beans \$9.00
CCL-7001 Medium Red Clover \$8.00
CCL-6991 White Dutch Clover \$8.00
CAL-6904 Organic Dormant Alfalfa \$10.00
CVE-7101 Hairy Vetch \$9.00
GWH-7581 Hard Red Winter Wheat \$5.00
GRY-7401 Overwintering Cereal Rye \$5.00

We regret that we are unable to ship these at the seed shipping rate. Please use the "Mixed Orders" shipping chart.

Inoculants for Legumes

Legumes grow best and produce more if the seeds are inoculated with a special bacteria culture before planting. These bacteria form nodules on the roots of legumes such as Peas, Beans, Favas, Peanuts, Lentils, Vetch, Austrian Peas, Cowpeas, Garbanzo Beans, Alfalfa, and Clover, and "fix" Nitrogen from the air into the soil nodules. Inoculants are especially important when planting one of these crops for the first time. Choose the right inoculant for the crop you will be growing, see below. Directions are included. Bacteria will die if exposed to heat and sun. Storage: Keep cool as possible; Do not expose to extreme heat, direct sunlight, or freezing -- temperatures between 34° and 70°F are best. Caution: Avoid breathing dust.

SIN-9400 Garden Combo Inoculant—Treats 8 lbs. of Peas, Beans, Favas, Peanuts, Lentils, Vetch, Field Peas, or Cowpeas. \$5.50

SIN-9380 Alfalfa & Clover Inoculant—Treats up to 5 lbs. of Alfalfa or Clover seed \$2.00

SIN-9390 Garbanzo Bean Inoculant—Treats up to 15 lbs. of Garbanzo beans. \$2.00

SIN-9410 Soybean Inoculant—Treats up to 15 lbs. of soybeans. \$2.95

Seeds marked with  have been grown without any chemical fertilizers or pesticides. See page 8 for other codes.

Compost Crop Applications

	Legume - fixed Nitrogen	Tolerates poor drainage	Germinates in cool soil	Cold hardy to 25°F	Drought tolerant	Good for heavy soils	Plant Spring, Fall, Either*	Competes with weeds	Good for erosion control	Quick growth	Low growing - under 12"	Medium - 13 to 36"	Tall - over 36"	Invasive	Oz of seed needed per 1,000 sq. ft. using our suggested spacings.
Alfalfa	●		●	●	●	●	S						●		0.85
Buckwheat						●	S	●		●		●			26.0
Barley			●	●	●	●	F		●	●		●			24.0
Beans, Moth	●				●	●	S	●		●	●				9.5
Cardoon					●	●	F						●	●	0.4
Clover, Alsike	●	●		●		●	F		●			●			5.5
Clover, Berseem	●	●	●	●	◐	●	F		●	●		●			1.5
Clover, Crimson	●			●			F	●	●	●		●			6.0
Clover, Red	●		●	●		●	F	●	●			●			0.8
Clover, White Dutch	●	●	●	●		●	F	●	●		●				0.3
Birdsfoot Trefoil	●	●	●	●	●	●	F	◐	●	●	●				1.4-2.2
Fenugreek	●	●	●	●	●	●	F					●			5.7
Bell Beans, Favas	●			●			F	●					●		172.0
Mustard, Agricultural		●	●	●		●	F	●	●	●			●		8.5
Oats			●				F	●	●	●		●			12.5
Pea, Austrian Field	●		●	●		●	F	●	●	●		●			31.0
Radish, Fodder			●	●	●	●	F			●		●			15.0
Rye, Cereal		●	●	●	●	●	F	●	●	●			●		24.0
Sweetclover, Melliot	●		●	●	●	●	S	●	●				●		0.3
Vetch, Hairy	●		●	●	●	●	F	●	●			●			55.0
Vetch, Woollypod (Lana)	●		●	●	●	●	F	●	●			●			55.0
Wheat			●	●	●	●	F	●	●	◐		●			24.0
Sunflower					●		S						●		7.6
Sorghum					●	●	S	●	●	●			●		6.6
Corn					●		S			●			●		9.0
Phacelia			●	●			F	●		●		●			0.5
Cowpeas	●				●	●	S	●		●		●			32-48

* Plant: Fall planting may not survive in cold climates.

Grains and Fibers

To make it easier to plan your growing season, we have separated the grains according to the temperatures they need for best growth, and their place in the garden calendar.

Many familiar cereal grains do most of their growth in cool weather. They mature their crops as the days get hot. These are grouped together as “Spring and Fall Grains.” Wheat, Rye, and Barley are typical of this type.

Some grains and grain-like crops are planted around the last frost date in spring and grow during the summer, then are harvested in the fall. Corn would be a familiar example. These are grouped together as “Summer Grains”

Preparing the soil to grow grains is just the same as for other garden crops. Just make sure the seed is well-covered and the soil has no big clods. Most grains do not want vast amounts of fertility, because the plants would get too tall and leafy. That can cause the plants to **lodge** which means to fall over, ruining the grain.

Farmers often use winter wheat, rye, or triticale to “mop up” the nitrogen that is still in the soil at the end of the growing season, so that it isn’t lost to winter rains. The nutrients that would otherwise run off are safe in the leaves of the plants, to be released in the compost pile after the grain is cut and threshed.

For spring and summer-planted grains, growing a legume cover crop over the winter (vetch, say) should get the soil ready. Extra-tall or leafy crops are the exception—Corn, amaranth, and quinoa will want more nutrients, like a nice topdressing of compost, before planting.

We love Gretchen Wall’s picture below, of her mini-farm. You can see how the grains are integrated into the garden along with the cabbages and beans and everything. She writes:

“This is my 5th year following your book How to Grow more Vegetables. I have about 40 beds. I love what you’re about. I’ve fallen in love with growing grain. Basically this is what I do— work on my mini farm to feed myself, or should I say my mini farm works on me to make me a better sustainable being.

“I often think of you all out there in California (I live in upstate New York) and this method that is being taught around the world and I feel very connected to something very positive in the world.”



Spring and Fall Grains

Barley

Hordeum vulgare CW/Matures 9-10/Harvest 0-4/Yield grain 5-24, dry biomass 12-72/Spacing 5

Ancient Biblical, Egyptian, and Tibetan crop. Likes cool weather. Forgiving of extreme weather and poor soil. Shorter growing season than most other grains, which is why they grow it in Tibet. Makes a fine, mild-flavored flour, porridge, soup or pilaf. Barley likes a neutral soil and will tolerate alkaline conditions, but gardeners with acid soil should lime well.

Regular Barley

Not the best type for growing to eat, because it must be hulled. A 2-row barley, it is good for malting and home brewing. We also sell it to people who want barley straw for killing algae in ponds. Very easy to grow, good for sprouting.



🌱GBA-7220 Regular Barley – Spring-planted, 3 ft.tall. One pound bag plants about 1000 square feet. 1000 sq. ft. O \$6.25

Hulless “Naked” Barley

An excellent grain for gardeners; there is no problem getting the grain out of the hull, which wraps the seed tightly in many other grains. These hulls come off easily with hand threshing.

GBA-7202 Purple Hulless Barley – Can plant Spring or Fall except in very cold climates. A standard 2-row spring variety, adapted to most conditions. A good one to start with. Dark in color, but more of a deep brown when dried than actually purple. 800 seeds. C \$3.00



🌱GBA-7230 Schrene Hulless – Spring/Fall. Short, 2 1/2 ft. Very fast-growing hulless barley. Six-row heads are fat and full of grain, see right. Very dependable. Short stems mean less material for compost, but they also help resist lodging (falling over), important in wet or windy areas. Ideal for very short-season areas or for squeezing in a crop before you need your beds for the summer. 70 seeds. GB \$2.75



🌱GBA-7203 Ethiopian Hulless Barley—6 row. Very good yields of big red-brown grains that look almost like wheat. Spring planted 2 1/2 to 3ft. Very easy to thresh. Drought-resistant and very forgiving of difficult conditions. A six-row barley with nice fat seedheads on strong stems.70 seeds. GB \$3.00

🌱GBA-7243 Tibetan Hulless Barley—6 row. Large seedheads. Spring planted 2 1/2 to 3ft. Strong plants stand up to weather without lodging. Easy to thresh. A very rare ancient barley that is adapted to tough conditions. Staff of life in the high mountains and in many marginal farmlands. 70 seeds. GB \$3.00



GB=GROWBIOINTENSIVE approved; O= Certified Organic; N=Natural; C=varied methods
All of our seed is untreated and Open-pollinated.

Oats

Avena nuda

C/Matures 13-17/Harvest 0-4/Yield grain 3-13, dry biomass 12-72/Spacing 5"

Does well on any fairly fertile soil, and often used as a green manure, compost crop, or nurse crop for slower-growing plants. Oats grow best between 65 and 75 degrees F. They die if the temperature goes down to 10 degrees F.

Oats are highest in protein, lowest in carbohydrates, of the cereal grains. Likes more water than other grains. Abundant straw makes a good compost crop, and excellent hay. Animals, including deer, love to graze this nutritious crop. Our hard-to-find varieties are easily threshed for the grain. Both the straw and the immature grains are used medicinally for a tonic, and to help nerves, depression, lethargy, and sleep problems.

GOA-7320 Hulless Spring Oats— Most oats are fed to livestock or made into cereal because the grains are hard to hull without damage. This variety sheds its hull much more easily so it can be used for food without expensive threshing equipment. Softer than other grains, so use care in handling. Medium height variety for early spring planting and late summer harvest. Umbrella-like grain heads and lots of straw for compost. Sheds rain well. 750 seeds. 90 sq. ft. O \$2.50

GOA-7330 Kynon Winter Oats Zone7-9 Productive, hardy overwintering hulless oats. Very rare. We have looked for other hulless oats adapted to fall planting, with no success. 3 1/2 ft., many tillers (up to 45). We plant in October in zone 8, about 3 weeks before first frost date. However, the ground rarely freezes here. Harder frost areas will need to plant earlier. Planting in fall for spring harvest gives strong stalks with minimal lodging. 250 seeds. 30 sq. ft. GB \$2.50

Rye

C/Matures 17 (overwintered)/Harvest 0-4/Yield 4-24 grain, 12-72 dry biomass/Spacing 5"

Big vigorous plants—up to 8'. Huge root system captures soil nutrients that would otherwise wash away in winter. Dependable bread grain for centuries in Northern Europe where conditions were often too cold and wet for wheat. Excellent winter cover and compost crop in addition to grain production. Rye secretes compounds which inhibit the growth of other plants; it's often used to suppress weeds, leaving you a weedless bed to plant in spring. Caution: Ergot is a poisonous fungus that attacks rye heads in rainy weather. It's easy to spot—black growths protrude from the seedhead. If your rye gets ergot, compost it.

GRY-7400 Cereal Rye— to 8 ft. Excellent producer of compost material and grain. Outstanding weed-suppressing cover crop. Fall-planted. Very tall—put stakes and string around the bed to support it. Easy to grow, tolerant of difficult conditions. 1200 seeds. O \$1.75

NEW! GRY-7410 Winter Akusti Rye Thick stands of hardy grain with many tillers (stalks). Shorter than our regular cereal rye, so it is better for windy or wet areas. (to six feet) Plant 1 month before frost. Easy to grow and thresh. Overwinters to zone 4. 100 sds. GB \$2.00



GRY-7402 Gazelle Spring Rye— A spring-planted rye developed by University of Saskatchewan, for growers who can't get their summer crops mature and harvested early enough for overwintering grains to get established before freeze. Fast-growing, similar to Barley in harvest date, making very quick growth in cold early spring weather. 50" tall, with strong, stiff straw. 800 seeds. O \$2.00



Poppyseeds

Papaver somniferum Sow in very early spring (needs cold to sprout) in a well-prepared bed, and thin to 14". Spectacular flowers give way to fat seedheads. Harvest in summer as soon as seedheads are dry. Highly nutritious seeds for use in baking or to press for oil. A very nutrient-dense food.

GPO-8845 Hungarian Blue Breadseed This heirloom variety has been grown in Eastern Europe for centuries for producing seed, so the seedheads are high-yielding and do not shed seed when ripe like the ornamental types. Yields a surprising number of blue-black seeds for breads, cakes, muffins etc. Hungarian Blue is lower in medicinal compounds than ornamental somniferum poppy varieties, higher in seed production. 300 seeds. N \$2.00

Triticale

X Triticosecale C/Matures 16-18/Harvest 0-4/Yield grain 4-26, dry biomass 12-72/Spacing 5"

Triticale combines the high protein content of wheat with the high lysine content and ruggedness of rye. Excellent disease resistance. Easy to grow, and the big plants make lots of all-important carbon for the compost pile to make the garden more fertile every year. Triticale is very easy to grow—a good beginners crop.

GTR-7490 Pika — (shown top) Fall planted. Over 6 feet tall yielding a good amount of grain and excellent yields of straw for compost, mulch, livestock, etc. Long, straw would be a good possibility for thatching. 100 seeds. 12 sq ft. GB \$2.50

GTR-7495 Shademaster—shown right) Fall planted. Medium in both size (5 ft.) and yield, but doesn't need full sun to do it. This is a big breakthrough, because virtually all grains need full sun all day to be productive, even if the weather is hotter than they like. You can give this one shade to moderate the heat in a hot dry climate, or use a space that otherwise could not grow grain. 100 seeds. 12 sq ft. GB \$2.50

GTR-7470 Juan — Standard shorter variety with stiff, strong straw to about 3 1/2 tall, but with big yields because it tillers well. Fat heads of grain. Spring-planted. (Feb in zone 8) Stands sturdy without lodging, Low-maintenance, adaptable. Shown right. 250 seeds. 30 sq ft. GB \$2.75

LTR-6792 — Rare Triticale Collection -- One pkt ea. of Pika, Bamboo Curtain, and Shademaster, all rare and hard-to-get varieties, at a discount for the set. Good way to find out which works best for your own situation 3 pkts \$7.00

BGE-1540 What's Up with Triticale? booklet — From KUSA, which works to preserve heirloom cereal grains. Excellent introduction to grain genetics, and the ethics involved. Half the proceeds go to KUSA for their vitally important work. \$2.50



Seeds marked with  have been grown without any chemical fertilizers or pesticides. See page 8 for other codes. C=cold weather; W=warm weather; H=hot weather; ALL= Likes all three.



Wheat

C/Matures 16-20/Harvest 0-4/Yield 4-26 grain, 12-72 dry biomass/Spacing 5"

One of the most ancient crops. Wheat is the largest single food crop on earth and perhaps the most versatile. Wheat has been the most sought-after bread grain for centuries because of its high gluten content. Gluten is what allows bread to rise and achieve a light, tender texture. Other grains need special handling or leaveners to achieve a light loaf, but all wheat needs is yeast and water.

Triticum aestivum

These wheats are modern compared to the very ancient, sometimes prehistoric, primitive wheats, but in many cases they date back to the 1700's. They were developed to make wheat easier to use; ancient wheat has a tight hull that is hard to remove. **None of these wheats are hybrid or GMO.**

These wheats are the standard for bread making and general flour use. We like these varieties for their high protein content, and their general hardiness & adaptability. Sure yielders. They are easily threshed and hulled, and therefore are good choices for a home food garden, and to produce carbon for the compost.

 **GWH-7570 Hard Red Spring** – Not as high yielding as winter wheat, but you are able to plant and harvest it in the same season. Relatively drought resistant. Very high in protein, generally over 12%. Plant as early as soil can be worked. 3 ft. shown above. 1250 seeds. 150 sq. ft. O \$1.75

 **GWH-7619 White Sonoran** – Heirloom dryland wheat from the 1700's for spring planting. A soft white wheat, known for its wonderful flavor. At one time the Southwest and California were major wheat producers, because of this variety. Very drought tolerant. 70 seeds. 10 sq. ft. GB \$2.50 



 **GWH-7575 FBC-Dylan Spring Wheat** – We are so honored to be able to offer this wheat, the product of farmers doing on-the-farm breeding for disease resistance rather than depending on chemicals. The mother plants were selected from the survivors of a scab outbreak by breeder Matt Bolding. Dylan can be planted early in the spring (soil temps above 40°F). Large seeds on 3 ft plants. Handles wet soil well. 1250 seeds. 150 sq. ft. O \$2.50

 **GWH-7580 Hard Red Winter** – Higher yielding but less drought tolerant than hard red spring. Planted around the first fall frost, it will grow some then go dormant for the winter. Warm spring weather will cause rapid new growth, and harvest within two months. (We have this in 1 pound packets also; please see page 34.) 4 ft. 1250 seeds. 150 sq. ft. O \$1.75 



NEW!  **GWH-7611 Turkish Red Winter** -- Heirloom wheat with outstanding flavor. This is a hard wheat that makes excellent bread. 4ft tall with long spreading awns. Adapted to dry soil and low to medium fertility. 70 seeds 10 sq ft. GB \$2.50 

 **GWH-7600 Maris Wigeon** – fall-planted. A tall light brown winter wheat with plump kernels in awnless heads that thresh easily. Its long straw is the standard for thatching in England, and an excellent source of carbon for compost. Shown at right. 70 seeds. 10 sq. ft. GB \$2.50 



Spelt-Triticum spelta

One of the oldest grains in commerce. While it has some gluten, it is a different kind from other wheats, and some folks can eat it who can't eat regular wheat. Sweet and delicious in flavor, and bakes well. Like other ancient grains, it is hard to thresh, as the hulls stick tightly to the grains. For hulling advice, please see Homegrown Whole Grains in our book section. Dryland crop but needs a bit more moisture than Emmer or Einkorn.

 **GSP-7451 Oberkulmer Spelt** – An old heirloom German/Swiss spelt that is renowned for having no wheat in its parentage. (wheat and spelt cross very easily.) Our grower got his seedstock from an Amish farmer in New Holland, PA, and it has been carefully grown to avoid crossing with other grains. 2 1/2 -3 ft. tall. Spring planted. 200 seeds. N \$2.50

NEW!  **GSP-7454 Jim's Spring Spelt** – Steve Zwinger got seed for this spring planted spelt from the widow of farmer Jim Stiegelmier of Selby, SD. They had been planting and preserving it for many years. We don't know if it has an official name, and are pleased to call it after him. Awnless tan seedheads on 40" tall plants. Hulls a bit more easily than other ancient varieties, but still a challenge. 160 seeds. 20 sq.ft. O \$2.50

Other "Ancient" Wheats

These wheats are beautiful in the garden, and sometimes people who cannot tolerate modern wheat can eat them. However, they are more difficult to thresh than the aestivum wheat varieties, with hulls that cling to the kernels. Most of these heritage grains are very rare and in short supply. Please see Homegrown Whole Grains for hulling advice. Note that the number of seeds in the packets vary widely depending on availability, so read carefully to avoid disappointment.

 **GWH-7530 EA's Einkorn Strain, "Stone Age" Triticum monococcum (Formerly Einkorn hornemanii.)** We have been growing this ancient wheat for years in our research garden. This rare, high-protein wheat (18.3% in an Ecology Action test) has two seed rows to each seed head, with many seed heads per plant (up to 90 with wider spacings). Reportedly cultivated 7,500 - 12,000 years ago. Difficult to hull. More nutritious than modern wheats. Spring-planted. 2 1/2 to 3 ft tall. Very rare. 25 seeds. 4 sq ft GB \$2.00

 **GWH-7531 White Einkorn Triticum monococcum (Formerly Einkorn hornemanii.)** Another strain of Einkorn, the most ancient type of wheat. When the 5,300-year old body of the "Iceman" was discovered preserved by ice in the Alps, grains of Einkorn were found in his belongings. We were thrilled to find a farmer who is growing this ancient variety so that we could make bigger packets. Spring-planted. 2 1/2 to 3 ft tall. Very rare. 1000 seeds. GB \$2.50



 **GWH-7520 Gotlandish White Winter -- Triticum dicoccum (Emmer)** It is extremely unusual to find an ancient winter wheat—they are generally spring-planted. 2-row, with beautiful delicate seedheads. This will be 4 1/2 ft tall. Fall-planted. Very high protein. 160 seeds. 20 sq.ft. GB \$2.50 

 **GWH-7525 Red Emmer Wheat Triticum dicoccum** Spring-planted. An heirloom from ancient times, Emmer Wheat is one of the parents of modern wheats. Plant when the soils are just starting to warm (40°F). 3 1/2 ft plants give high yields of excellent quality wheat for baking. This is a dryland variety, which will lodge if there is too much moisture or fertility—a real low-input crop. 150 seeds. 18 sq. ft. O \$2.50

GB=GROWBIOINTENSIVE approved; B=Biointensive; O= Certified Organic; N=Natural; C=varied methods

All of our seed is untreated and Open-pollinated.



GWH-7550 KAMUT® khorasan wheat

 *Triticum turgidum ssp. turanicum*. In 1990, "KAMUT" was registered as a trademark by the Quinn family in order to preserve this ancient khorasan wheat variety. (Many other ancient wheats have been so crossed with modern varieties that they no longer have the special nutritional qualities of the ancient types.) It is grown on dryland certified organic

farms primarily in Montana, Alberta and Saskatchewan.

Very beautiful seedheads with kernels 2-3 times the size of modern wheats. Similar to Durum, with much larger kernels. Prized for its high energy nutrition, easy digestibility, nutty/buttery taste, and firm texture. Higher in protein, selenium, amino acids, and vitamin E than most modern wheat. Used as whole grain berries or flour, and makes bread, superior pasta and puffed wheat. Some report that it is less allergenic. An ancient variety that probably originated in the Fertile Crescent, it is spring-planted and very drought-tolerant. This seed is sold for home garden use only. 1250 seeds. 150 sq ft. O \$2.00

LWH-6888 Rare Wheat Collection – Three unusual wheats. Packets of these rare grains are small, and the varieties are adapted to slightly different conditions, so it makes sense to try a few. Contains three rare wheats not listed on their own in the catalog. Limited supply—order early. 3 Packets. \$7.00

Grain Words

Growing grain is easy, but understanding the descriptions can be hard if you are unfamiliar with the terms farmers use. Here are some definitions:

Awn – the stiff “whiskers” that stick up out of the seedheads of many grains like wheat and rye.

Chaff – The hulls, stems, and crumbled leaves that have to be separated from the grain before you can eat it.

Gluten – A protein that occurs naturally in Wheat, Barley, Rye, and Triticale. It is sticky and elastic, which makes bread able to rise. A few people are allergic to it.

Hulls – Outer part that holds each grain seed. Not edible and has to come off before using.

Lodging – When the plants fall over on the ground.

Threshing – Getting the grains off of the plant by beating, stomping, using a machine, or otherwise knocking them off

Tillers – The stiff stems that the seedheads grow on.

Some grains have one per plant, and others have several.

Winnow – Using wind to clean grain. Usually the grain is poured slowly (or tossed). The grains, being heavier, drop straight, while the light chaff blows away. You can use a fan.

Books on Growing Grains

BGE-1324 Homegrown Whole Grains by Sara Pitzer. The most step-by-step for the backyard gardener, with sketches of key procedures, a list of sources, recipes, and interviews with gardeners who have incorporated grains into their gardens and kitchens. Discusses how to hull grains, too. Covers Barley, Buckwheat, Corn, Amaranth, Quinoa, Ancient Wheats, Spelt, Millet, Oats, Rice, Rye, and Wheat. Highly recommended. \$14.95

BEA-0033 Grow Your Own Grains: Raising, Harvesting and Uses by Carol Cox, 2008, 28-page pamphlet. Basic grain raising, harvesting and using, by the former manager of our research garden. How to grow and use barley, oats, cereal rye, triticale, wheat, amaranth, corn, millet, quinoa, rice, sorghum, and teff. – \$7.50

BGE-1323 Small-Scale Grain Raising by Gene Logsdon 308 pages of pithy and down to earth advice from an experienced farmer. By a pioneer of the small-farm revival. See page 63 for full description. \$29.95

Seeds marked with  have been grown without any chemical fertilizers or pesticides. See page 8 for other codes.

C=cold weather; W=warm weather; H=hot weather; ALL= Likes all three.



Summer Grains

Amaranth

W,H/Matures Grain 12, Leaf 6/Harvest 4/Yield Grain 4-16+, Leaf 68-272/Spacing Grain 12” ;Leaf 6”

Amaranth has no hull to remove, so this is a great place to start growing grain for cereal, pilaf, and soups. High in protein. Start after frost date when soil is warm. When seeds first start to drop to the ground cut heads and hang in protected place with good ventilation over a tarp to catch seeds. When dry, rub heads to remove seeds and winnow. Amaranth is gluten-free.

NEW!  **GAM-7197 Fercita**—75-90 days 3-4 ft tall, very early. We are so excited about this new amaranth. Unique variety with freckled leaves (even as seedlings), and plumed heads of golden and red. White seed. Named after our beloved intern from Ecuador, Fernanda, who was also short and freckled. Ellen has been working with these shorter amaranths for several years now and this one is now fairly stable, but it will have some diversity. 330 seeds. GB \$2.50



 **GAM-2010 Golden Giant** – 100-120 days. Yields of over 1 lb. of white seed per plant have been reported on striking plants to 5-7 ft tall. Golden stems and flowering heads. Plant anytime after risk of frost is past, up to 3 months before cool weather. Also known for its edible leaves. 300 seeds. GB \$2.50

 **GAM-7195 Burgundy** – 100-120 days. Beautiful big plants to 5-7 ft with both leaves and seedheads of intense deep red. Produces large yields of white seed, excellent for grain use. (Many of the red-leaved varieties available have black, strong-tasting seeds and are primarily for eating the leaves.) 300 seeds. O \$2.50

 **GAM-7196 Ellen’s multi-color** – 100-120 days A productive and beautiful amaranth from Golden Rule’s Ellen Bartholomew, who has trialed so many unusual grains over the years. 5-7 ft. with leaves both red and green. Tops vary from golden through purple, with more than one color on each plant. A preponderance of deeper darker colors, but the seeds themselves are white. 300 seeds. GB \$2.50



LAM-6599 Amaranth Collection – If you aren’t sure where to start, this is a good place. Try our varieties and see which you like best. Includes amaranth and quinoa info sheet, along with 3 packets of amaranth seed. \$7.00

MAM-6200 Amaranth Mix – The seeds will cross, but produce a variety of grain types. A lovely display, and a good way to find a type especially well-suited to your garden, or to start your own variety. 500 seeds. \$2.75

BGE-1510 Amaranth and Quinoa information sheet – Gives more detailed cultural instructions, along with advice on processing the grain. \$0.25

Buckwheat

Fagopyrum esculentum

W,H/ Mat ures 9-13/Harvest 1-4/Yield green 25-100/ dry 2-6/grain 4-16/ Spring/Summer Broadcast

Tolerant of poor soil, and short growing seasons. The fast-growing summer compost crop of choice. Easy to hoe in or pull for compost. Good “nurse crop” for more delicate crops. Large numbers of flowers make it a famous honey plant. Long-blooming, so seeds mature over a long period. Hulls are hard to remove, but Buckwheat can be ground into flour without hulling—the hulls grind up and are traditionally left on for a dark nutritious flour that is completely gluten-free.



GBU-7250 Buckwheat – Generous packet of seed for grain or cover cropping. Quick and easy spring or summer cover crop. Outstanding bee plant—attracts many beneficial insects. Composts quickly to build soil. 100 sq. ft. O \$2.00

Flax

Linum usitatissimum

All/ Matures 12-14/Spacing 4”

Fast-growing annual with sky-blue flowers to 2-5'. Easily grown. for its seeds that are high in protein and omega-3 rich oil. Medicinal: Digestive tract, chest/lungs, skin, menopause.

GFL-7282 Fiber Flax – We are pleased to have found a variety bred for fiber. Flax is the source of linen, and in colonial and pioneer times, was a standard homestead crop for making clothes, rugs, bedding, and even rope. Because it is able to grow in shorter and colder-season areas than cotton, this is a more possible fiber crop for home use. 300 seeds. C \$2.25

GFL-7280 Culinary Flax – Seeds used in breads and cereals, as vegan egg substitute in recipes, and sprouted. Wonderful in baked goods. Can be pressed for its omega-3 rich oil for livestock and poultry feed. 300 seeds. O \$1.75

Millet

W,H/Matures 10-13/Yield grain 3-12, dry biomass 12-72/Spacing 7”

A short-season grain crop that bears small round seeds in upright “heads”. Actually, Millet is a catch-all term for several small grains, and so there are several different species, which will not cross with each other. Easily digested, fast-cooking. Good hay grain. Excellent for poultry and livestock.



GMI-7295 Pearl Millet – *Pennisetum americanum*

The best for food use in the home garden or small homestead, because it is so very easy to hull. Like the “hullless” barleys or modern wheat, in that it has hulls, but they fall off easily and can be threshed without equipment. 500 seeds. GB \$2.00

GMI-7290 Japanese – *Echinochloa frumentacea* Shown above. Highly productive and early. Very leafy with many grain-bearing tillers to 6'. Tolerates waterlogged soils very well. Excellent for compost—will re-grow after cutting, and dries fast. Difficult to hull for human consumption, but an excellent weed-smothering crop for livestock and poultry. 560 seeds. C \$2.75

GMI-7300 Proso – *Panicum miliaceum*. Very quick maturing, considered the choicest in flavor if you can hull it. High alkaline content counteracts acids and makes it more easily digested. Grows 1-4' high, has hairy stems and compact to loose panicles with a profusion of small, round seeds. Not easy to hull, but try an old-fashioned laundry wringer. 560 seeds. C \$2.00

GMI-7286 Hell's Canyon – *Setaria italica* (shown) Beautiful foxtail-type millet. Very productive of braided-looking heads of small seeds. easy to grow for animal food, compost, and for eating if you can hull it. 200 seeds. GB \$2.00



Quinoa

Chenopodium quinoa

W,H/Matures 13-17/Height 4-6'/Harvest 0-4/Yield grain 6-26, dry biomass 18-78/Spacing 12”

Gluten-free, super high-protein, high-yielding, and easy to process, as there is no hull. Most quinoas need tropical daylengths but ours are adapted to North America. None have seeds as large as the tropical types, but they taste great. We now have the best selection of quinoa in the US.

Quinoa is drought-tolerant, requiring only 10-12” water for the season. It does like fertile soil, so give it compost before planting. Young plants will stand light frost, and seeds will not sprout once the weather is really hot, so get them in about 2 weeks before your last frost date. We sow in flats even earlier and transplant, but it can be direct-sown.

Dampness is the challenge for quinoa growers outside of the arid West. Protect from fall rains once grains ripen—the seed can sprout in the head, as it has no dormancy. If necessary cut before rain and hang indoors to finish drying. Or cover.

There will be a lot of chaff to remove by winnowing, but it is all loose; there is nothing to detach from the grains. Usually cooked like rice. CAUTION: Quinoa seed has a natural soapy coating (saponin) that must be washed off before cooking or eating. Use the rinse water as laundry soap.

How do I choose? Gardeners in areas where nights are warm in summer should start with **Redhead**. If you get summer rain, **Temuko and Redhead** are both adapted to moister climates. (Temuko is being grown in Ireland, and redhead in Oregon.) If your summer nights are below 68° or so, and your summers fairly dry, you can grow any of our varieties. Pick the height, earliness, and color you prefer. **Kaslala** is multicolored and very rich/nutty/earthy tasting. **Temuko** and **Biobio** taste extremely mild, like rice. Most of the rest are golden in color, with with medium-nutty flavors. We have arranged the varieties by height and earliness—smallest and earliest first. Generally speaking, the larger, later varieties are the highest-yielding. They also give lots of compost material. Note: days to maturity are with cold nights (nights averaging 50°-58° all summer.) Yours may be less.

NEW! **GQU-7367 Apellewa**—80-100 days We are tremendously excited about this very short, early variety. Small 3' plants produce medium-large yields of very large seeds—the largest seeds of any variety we have been able to grow here in California. Pale pink to cream seedheads yield mostly pale tan seed with apricot tinge. Nice flavor. Plants grow about 3 ft tall. Our exclusive. 240 seeds. GB \$2.50

GQU-7370 Temuko – 90-110 days Shown right. Big seedheads and large roundish leaves on shorter 4-foot plants. Pale seedheads yield golden seed with mild sweet rice-like flavor. Excellent yields. Accepts more moisture than most, and is adaptable to conditions in many places. 240 seeds. GB \$2.50



GQU-7352 Colorado 100-115 day Dave Cusak and Stephen Gorad brought the original seedstock from the high Altiplano of Chile to the Colorado Rockies in 1984. Gorad literally traded the shirt off his back to a Chilean campesino for the seed. Later that year, Cusak was mysteriously killed in Boliva. In spite of setbacks (including a curse that had to be lifted by a Peruvian shaman), John McCamant persevered with efforts to grow this ancient crop in North America, and eventually succeeded. Golden Rule Garden received some of their seed and grew it here in California for us. It is a dependable favorite—easy to grow, beautiful, and with great flavor. 5-6 ft. plants with multicolored seedheads and tan/gold seed. 240 seeds. GB \$2.50



GQU-7356 Campesino— 108-120 day. Grows to 6 1/2 ft with pink, red and green seedheads. Light-colored seed is larger than any other variety except Apellewa. Strong reliable grower. A workhorse variety with a good balance of seed size, flavor, yield, and biomass. Our exclusive. 240 seeds. GB \$2.50



NEW! GQU-7367 Redhead – 103-118 days From Frank Morton in Oregon, this variety has been selected to withstand rain on the mature seedheads and to do better with humidity and warm nights than others. A breakthrough for gardeners in climates with summer/fall rain. Big beautiful coral-red plumes on sturdy 5 1/2 to 6 ft plants. Very large yields of pale grain with a rosy glow. 240 seeds. O \$2.50

GQU-7354 Kaslala— 110-125 days Huge, extremely high-yielding plants to 7 ft. with seeds in deep red, chocolate brown, cream, and golden tan. Most nutritious. Rich nutty flavor. A staff favorite. We are not aware of any other retail source in the U.S. 240 seeds. GB \$2.50



LQU-6736 Quinoa Collection--Can't decide? If you don't have a neighbor to ask which one grows best where you live--be the one to find out! Contains varieties adapted to different temperature and soil ranges, and early to late harvest. 4 pkts in a larger envelope, with the quinoa and amaranth information sheet. \$9.50

Download Amaranth and quinoa tips at: www.bountifulgardens.org

Sorghum

Sorghum bicolor

W,H/Matures 13/Harvest 0-2/Yield 6-24 seed, 88-350 green biomass, 25-100 dry biomass/Spacing 4"

A food and forage plant from Africa, grown like corn but heat tolerant and water-efficient. The grain is gluten-free and is used like polenta. Under some wet conditions, **fresh** sorghum leaves can develop toxicity to cloven-hoofed animals. As silage or dried for hay, it is non-toxic. The grain is excellent for beer-making. Huge plants make lots of compost or straw.

GSO-7420 Broomcorn – 110 days. A fun plant to grow and use. You get a lot of carbon/compost from this plant. The stiff top bristles make excellent brooms. Glossy red and black grains are beautiful in dried arrangements. Birds love the grain--perfect for chickens. 400 seeds. 40sq. ft. C \$2.75

GSO-7430 Dale – 100 days. 5-8' tall and very productive, for syrup grain, and compost. Although the grain is not as mild-flavored as varieties bred for just that purpose, Dale is invaluable as a multi-purpose variety. Can be used to make gluten-free beer. Does well in northern climates. 400 seeds. 40 sq. ft. GB \$3.00

GSO-7452 White Milo--120 days. This one is the best for flour, as it is very mild-tasting. (The darker varieties have a bitter overtone.) Smaller plants 3 ft tall, very consistent in height. Likes warm nights and a long season, but we managed to get a crop in spite of our 50-degree summer nights. 400 seeds. 30sq. ft. GB \$2.75



Teff

Eragrostis tef

W/Matures 14/spacing 4"

Ricky the cat is hiding in a patch of Teff, bottom left. The smallest food grain in the world, cooks up as easily as oatmeal without having to be cracked or ground. Tiny grains in big plumes. The grain falls free of the plume with rubbing between gloved hands. After threshing and winnowing in a steady breeze or in front of a fan, any chaff that is left can be removed by floating it off in water, at the time of cooking.

We recommend starting teff in flats and transplanting. The tiny sprouts look just like lawn grass and the seeds are easily lost or buried too deep in the ground. You may want to start teff under cover a couple of weeks before last frost.

GTE-7460 Brown Teff – Makes a rich, whole-wheat type flour, and a nutty rich-tasting hot cereal. Also used for hay, forage, and beer. Famously nutritious, easy to grow and thresh, with big yields: we got 2lbs in only 25 sq. ft. 500 seeds. GB \$2.50

NEW! GTE-7460 A.L. White – This is the type used in Ethiopia for enjeera, a delicious sourdough bread that is like a big pancake or pita. Can be used for general baking or for cereal. A great find for those who are unable to tolerate gluten. Teff flour is fantastic for tortillas and wraps. High-yielding, "tillers like crazy", very easy to grow. 500 seeds. GB \$2.50



Why are we always talking about compost???



These huge vegetables were grown by the Walter family of Cresco Iowa. They sent a bunch of wonderful photos. Mr and Mrs Walter are in their 90's, and still growing a big garden, canning a lot of good food, and having fun doing it. We got the following information from Lee Walter:

"...we put compost on our garden, 15 inches thick ! Every fall we collect 16 TONS of dry leaves and compost it for 2 years then use it on the garden.... Compost is THE KEY. " To see more go to Google and type in "walter family garden cresco iowa and their giant vegetables"

Oil Crops

If you are concerned about GMO's, commercial vegetable oil is extremely problematic. Canola, Soy, and Corn are some of the most widely grown GMO crops in the world. This makes home oil production a real priority for many people, either because you have no readily available source of certified organic oils (which are not allowed to be GMO) or in order to be prepared for further problems in the food supply. We have found that oil crops are satisfying and fun.

GSU-7453 Oilseed Sunflower – 100 days. Black-seeded type bred for big yields of small seeds high in oil. Plants get about 6 ft tall and have the familiar bright yellow flowers, smaller than ornamental types but still wonderful to see planted in a whole bed. Flowers turn downward when the seed is ripe to protect from birds, moisture, etc. 100 seeds. C \$2.50

GSU-7452 Hopi Black Dye Sunflower – 100 days. An heirloom from the Hopi Pueblos of the Southwest, this sunflower has been grown for hundreds, if not thousands, of years. The black hulls make a purple dye and the seeds are used for oil and for food. One of the parents of the modern oil sunflowers. 50 seeds. N \$2.50

GRA-7378 Oilseed Radish – *Raphanus sativus var. oleiferus*. 80 days This type of radish is grown for the seeds, which can be pressed for oil. The extra long taproot breaks up and aerates the soil and draws up nutrients for following crops. Also makes plenty of material for the compost. Plant is hardy to 25 degrees, but seeds should be harvested before cold weather sets in and damages them. 2500 seeds. C \$3.00

GFL-7280 Culinary Flax – Standard variety for nutritional use. Grows fast and blooms early. Lovely blue flowers. Flax seeds are wonderful in dried fruit leathers and in baked goods. Can be pressed for its omega-3 rich oil. Also good livestock and poultry feed. Food quality seed. 300 seeds. O \$2.25

GCA-7255 Camelina – 85-100 days. *Camelina sativa*. Camelina has been grown since Neolithic times and as an oilseed crop during the Bronze Age. It is a short season annual that grows 1-3 ft tall, with branching woody stems, and can withstand water shortages in its early stages. The tiny orange seeds have a 40% oil content. Outstanding homestead and garden oil source. Packet plants 100 sq ft O \$2.50

GSA-7418 Safflower – 110-140 days. *Carthamus tinctoria*. Another of humanity's oldest crops, with garlands of these flowers found in the pharaohs' tombs. Safflower is a thistlelike plant 1-2 ft tall with yellow to red flowers. The flowers are used for dye or drying and the petals as a home substitute for saffron. The seeds average 40% oil content, and yield a high-quality oil with many health benefits. It prefers a long dry season and limited rain. 200 seeds. O \$2.50

GPO-7349 Hungarian Blue Breadseed Poppy This heirloom variety has been grown in Eastern Europe for centuries for producing seed, so the seedheads are high-yielding and do not shed seed when ripe like the ornamental types. 300 seeds. N \$2.00

SOI-9418 Home Oil Press – A home-size, affordable oil press. Low-maintenance hand-crank design, suitable for nuts and seeds containing 25% oil or more, yielding up to 2 liters/hour. Weighs approx 5 lbs. \$164.00



Forage for Animals

So many people have asked us what to plant for their animals, that we have done some research and come up with the following. Forage crops are selected for fast growth, high nutrition, and availability in quantity. They will not be as uniform or as tender (or bolt-resistant) as named varieties selected for garden use. Animals don't care if the kale is tough, but they do care for (and seek out) the highest levels of nutrients.

MCH-6285 Chicken Lettuce (Rabbits, too!) 42-56 days. A mix of lettuces from Gathering Together Farm. Plant by broadcasting spring through fall. Succession sow plots a week apart to maintain a supply of fresh greens, and allow each plot to grow for 6-8 weeks to make the most biomass. Chickens love to be thrown heads of lettuce for their daily greens, and the more bugs, the better. One packet plants 100 sq ft. O \$2.50

VGR-3730 Purslane Chicken farmers plant this especially for its high nutrition. Hens love it, and it is reputed to increase laying. Highest protein and omega-3 levels of readily available greens. 200 seeds. O \$2.00

VGR-3703 Chickweed Once I kept hens I understood how this got its name. Their favorite. 200 seeds. O \$2.25

MKA-6462 Forage Kale 75-90 days. 10-18 inches tall. Almost any animal that eats any kind of leafy food loves kale. Poultry love it, and the yolks get nice and golden from the vitamin A. Turkeys, goats, rabbits, cows, ducks and pretty much anything but cats will eat kale and thrive—supposed to be one of the secrets of the gypsy horsemen. May be spring-planted for summer use. Excels as a fall-winter crop, planted at the end of July to mid-August. This is a lush annual forage crop that is cold tolerant and stays green long into winter. One packet plants 100 sq ft. C \$2.50

See also the oil seed crops at left.

Chickens particularly love sunflowers of any type.

CFO-7050 Fodder Radish – This is a big daikon radish, less refined and selected, so it's cheap enough to plant in large quantities. Big juicy roots easy to harvest and give to animals, hardy in zones 6-9 as a winter crop. Roots with green leaves attached are pulled as needed for sheep, chickens, cows, and goats. Of course rabbits would probably love a big juicy root as well. 2500 seeds. 100 sq ft. C \$3.00

MAM-6200 Amaranth Mix – One packet with a generous number of seeds for several kinds of grain amaranth. This is a very high-yielding crop that can be planted fairly close for a productive stand of easy-to-harvest grain. Just cut a single 7' tall plant each day and throw it to poultry to eat the abundant grain and nutritious leaves. 500 seeds. \$2.75

NEW! CBI-6950 Birdsfoot Trefoil Low-growing (mat-forming) perennial legume that is extremely tough and drought-resistant. Excellent fodder, holds and covers soils. 800 sq ft \$2.25

GTE-7460 Teff The smallest food grain in the world. Makes a famously nutritious and tasty hay or forage, which horses love. Easy to grow and thresh, with big yields -- we got 2 lb in only 25 sq ft. 500 seeds. GB \$2.50

GMI-7290 Japanese Millet 75-90 days. Highly productive and early. Very leafy with many grain-bearing tillers to 6'. Excellent weed-smothering crop for livestock and biomass. One reader gives the grainheads to the hens and the rest to the goats. 560 seeds. O \$2.75 See also Hell's Canyon Millet page 37.

GBA-7220 Regular Barley – Can be grown for grazing on the green plants or for grain for feeding later. One pound bag, plants about 1000 square feet. O \$6.25

See also the bulk grains on page 34.

All of the items in our Grain section can be harvested and fed to animals, or used for grazing. (See caution under sorghum). All of the items in Compost Crops are used for grazing, hay, or fodder. See especially:

Alfalfa- nutritious and can be grazed over and over

Buckwheat -super fast-growing

Vetch- easy, winter-hardy and makes a good hay

Clover- a good-looking, shorter crop or lawn for small animals.

Trees and Shrubs

Trees and shrubs grown from seed will not be as sweet or consistent as selected, vegetatively propagated plants (clones). They will, however, all make fine low-care hedges, beautiful mixed hedgerows or shelterbelts, are good for soil erosion control and provide wildlife habitat. Most will also provide plentiful leaves for composting in the fall. These are seeds, most of which will need stratification (a period of cold) and some patience. Instructions included. For more on growing trees and shrubs from seed with an encouraging attitude and lots of humor, please see *The Medicinal Herb Grower* in our book section.

NEW! Jujube

Ziziphus jujuba

Zones 6-9/Height 25'+/Matures 5 yrs

TJU-7730 Jujube— Small tree bearing sweet fruits about 2" long with the taste and consistency of an apple. When dried, they resemble a date, with a pit about the same size as a date pit. Widely used in warm regions as an easy-to-grow source of fruit. Widely used for herbal stress relief; it is made into a soft drink in Australia for the purpose. Also used for its antifungal, antibacterial, antiulcer, anti-inflammatory, cardiogenic, antioxidant, immunostimulant, and wound healing properties. 8 seeds. C \$2.50



NEW! Carob, St. John's Bread

Ceratonia siliqua

Zone 9-11/Matures 6yrs/Ht 55'

TCA-7775 Carob— Handsome drought-resistant and nitrogen-fixing tree for Mediterranean climates. (Called St. John's bread because it is believed to be the "locust" pods that John the Baptist ate in the desert.) Produces masses of sweet pods, which dry on the tree and can be ground to make a nutritious flour, used as a chocolate substitute, in baking, or as a beverage. Contains 3 times more calcium than milk. Widely used also as a nutrient-dense animal feed. Can be grown as an evergreen hedge. 10 seeds C \$2.50

Blueberry

Vaccinium angustifolium Zones 2-6 Matures 5 yrs/Height 3'

TBL-7715 — Everyone knows and loves these beautiful and tasty fruits, now touted for their high anti-oxidant levels. Known as well for improving eyesight, especially night vision. This particular blueberry is a wild lowbush type, hardy to the arctic and tolerant of poor, wet, acid soils. White blossoms in spring, with red leaves in the fall. Grows slowly to a small bush. If your soil is alkaline, grow in a pot. Needs winter chill, not recommended for warm-winter areas. 50 seeds. C \$3.50

NEW! American Wild Plum

Prunus americana

Zones 3-8/Height 30'/Matures 5 yrs

TAM-7710 American Wild Plum— Thicket-forming tree or large shrub with sweet fruit. Outstanding hedgerow tree. Provides excellent small fruit, cover for birds, and masses of flowers in very early spring. Excellent bee plant. Generations of American children have spent summer days picking these. Thrives in partial shade. 10 seeds C \$2.50

Aronia, chokeberry

Aronia melanocarpa

Zones 3-8 /Matures 4 yrs/Height 3'

TAR-7711 — This berry is showing up in commercial juices and drinks, because it is super-nutritious and easy to grow. Small tree or large shrub with blue-black fruits for preserves, juicing, drying, like a cranberry. Medium-fast growth to make a small multi-stemmed shrub with white flowers in spring. Does well in sandy or wet soils. 40 seeds C \$2.50

Hardy Kiwi

Actinidia arguta

Zones 3-7/Matures 3 yrs/Height 20'

TKI-7732—The Kiwi in the store requires semi-tropical conditions. This relative is much hardier, taking temperatures below zero. The fruits, as you might expect, are smaller, but they grow in clusters on a vine that can be trained to a trellis or porch or fence, or what-have-you. Requires 3 months of cold after planting before it sprouts, so put it in a pot in the fall and leave it outdoors. 100 seeds. C \$2.50

Blue Bean, Dead Man's Fingers

Fargesii descainia

Zones 7b to 10/Height 12'

TDE-7778 — This is a vining plant with walnut-like leaves and spectacular clusters of brilliant blue pods like fat fingers. Makes a beautiful display on a porch or trellis. The pulp in the pods is edible with a delicate melony flavor, and the pod skins contain latex and have been used as a rubber source. Permaculture plant for overstory. 10 seeds. C \$3.00

Hazelnut, American Filbert

Corylus americana

Zones 4-9/Height 12'/Matures 7 yrs

THZ-7791 — Nuts are one of the most rewarding things to grow in your garden--they require little care, produce year after year, make a pleasant feature in the landscape, and give a crop high in food value, yet easy to process and store-- more reliable than vegetable crops in tough times. Plant in pots in summer, keep moist and allow to winter outdoors. They will sprout in spring. 6 seeds. C \$3.00

Blackcap Raspberry

Rubus leucodermis

Zones 6-9/Matures 3 yrs/Height 8'

TRA-7755 — Wild raspberries have luscious flavor, and can be managed in a thicket, in a tended bed, or on a trellis or fence. Start in pots, and give adequate fertility and moisture while young. Very tough once established, but will need some water to mature fruit. 20 seeds. C \$2.50

Rugosa Rose

Rosa rugosa

Zones 2-10/Matures 3yrs/Height 3-8'

TRU-7760 Rugosa Rose — Prolific source of rose hips for drying, jelly, or syrups. A vigorous attractive 3-8' shrub which produces large, highly fragrant single 3-4" red-magenta blossoms. In the fall it produces large bright-red hips the size of cherry tomatoes and bright yellow autumn leaves. Disease-free; requires no pampering or pruning, can endure cold, heat, drought, and poor soil. Good erosion plant. The finest of all deciduous hedges. 20 seeds. C \$2.50

Serviceberry

Amelachier alnifolia

Zone 3-8/Matures 3 yrs/Height 10'

TSE-7765 Serviceberry— Small tree/large shrub produces loads of tasty berries much like blueberries in looks and use. Extremely cold-hardy—grows as far north as there are trees. Spring flowers much like cherry blossoms (shown). Spectacular fall color too. Plant seeds in summer to overwinter in the pot outdoors and sprout in spring. 20 seeds. C \$2.50



Trees and Shrubs

Medicinal Trees and Shrubs

Many plants used by herbalists are not annual or perennial plants but more permanent trees and shrubs. We have put them here where trees and herbs overlap. Often they are grown for fruit, landscaping, or flowers as well. Most trees and shrubs need a period of moist cold before sprouting--a sheet of instructions is included with order.

Mulberry

Morus nigra

Zones 5-10/Matures 5-7 yrs/Height 15'

TMU-7740 – Black Mulberry. Berries like blackberries or boysenberries in appearance, but on a shade tree instead of a thorny bramble. Short trunk with dense, spreading head. Great shade tree. Large, dark-red berries the equal of any vine berry in flavor and sweetness - and more nutritious with a fair amount of protein. Sweet and delicious. Needs sun, but not finicky about soil. Plants generally self-fertile and require minimal pruning. Somewhat drought-hardy once established. Grows to 15' X 15'. 20 seeds. C \$2.50

NEW! Wild Black Cherry

Prunus serotina

Zones 3-8/Height 50-60' /Matures 7 yrs

TCH-7777 Wild Black Cherry– We almost put this in the following section, because the bark is so important in cough mixtures, both as flavoring and as an important herbal cough suppressor. Native to the Eastern U.S. and an important wildlife habitat species—at least 70 kinds of birds eat the small tart cherries which grow in long racemes all over the tree. The fruit is used for jellies, lemonades, liqueurs, teas, and syrups. Caution: wilted leaves poisonous. 10 seeds C \$2.50

Siberian Pea Shrub

Caragana arborescens

Zones 6-9/Matures 3 yrs/Height 8'

TSI-7766 – Nitrogen-fixing leguminous perennial shrub grows to 12 feet or more. Early settlers carried this with them as a food source. Young pods and seeds are eaten fresh, dried seeds can be cooked like dried peas. Excellent to pull nitrogen out of the air to feed understory plants in a permaculture landscape. Good bee plant. Ornamental - small fragrant flowers with attractive compound leaflets. 20 seeds. C \$2.50

Black Currant

Ribes aureum

Zones 5-9/Height 4'/Matures 3 yrs

TCU-7715 American Black Currant– Easy-care fruit-bearing bush or hedge, sometimes called golden currant for its fragrant yellow flowers. Fruit much-loved in Europe for fresh eating, jellies, and drinks. ("Cassis") A beautiful plant with maple-like leaves and grape-like cascades of dark, rich berries. Will produce in shaded conditions. Leaves combat stress, and fruit has more vitamin C than citrus. Seeds rich in omega-3's. . 20 seeds. C \$3.00



Wax Myrtle, Bayberry

Myrica cerifera

Zones 4-9/Height 12'/Matures 7 yrs

TWA-7777 – A small ornamental tree or large shrub native to North America. Noted for its production of wax – one plant can produce 7 pounds of wax. The root bark used for fever, diarrhea, and other ailments. Bee plant. Use leaves like bay leaves. 20 seeds. C \$2.50

Quince

Cydonia oblonga

Z 4-9/Mat5-7 yrs/Ht 10'

TQU-7752 – Related to pears and apples, more adaptable than either. Tolerant of difficult soils and wet feet. Fruits make good pies and jelly. Many people feel that a quince or two added to apple pie gives it an even better flavor. Pale yellow flesh turns red when cooked and makes outstanding jam, fruit butter and fruit leather. Fruit hard like an apple, with a peachlike fuzzy skin. 20 seeds. C \$2.00



NEW! Oregon Grape

Mahonia aquifolium

Zones 4-8/Matures 4 yrs/ht 5'

TGR-7750 Oregon Grape, Blue Barberry, Oregon Holly– Evergreen shrub native to the Pacific Northwest, and adapted to shade, poor rocky soil and clay. The leaves resemble holly. Yellow, highly-scented flowers in spring, blue-black clusters of berries in fall, used to make wine, juice, and jelly. The root is yellow, and high in similar constituents to goldenseal. Used to stimulate liver function, and to treat psoriasis, indigestion, herpes, bronchitis, sinus problems. Has been used to treat questionable water when travelling, or to ameliorate its effects. 30 seeds. C \$2.50



Goji Berry

Lycium sp.

Zones 6-9 matures 2-5 yrs/ ht 5'

TGO-7713–Much in the news for its health-giving fruit, protecting the cardiovascular system, vision, immune system. Leaf tea believed to have germ-fighting and anti-cancer properties. We send whole fruits, which protect the seeds. When you want to plant, soak the fruits and squeeze out the plentiful small seeds. 10 fruits. C \$2.50

Chaste Tree, Vitex

Vitex agnus-castus

Zones 6-9 /Matures 4 yrs/Ht 12'

TVI-7776–Extremely handsome landscape plant. Appearance much like butterfly bush, with blue-violet flower spikes. Berries are used for adrenal exhaustion, PMS, migraines, and women's life transitions. Handsome leaves and dark berries make it welcome in the landscape all year. Also known as "monk's pepper" because the spicy berries were used by medieval monks to quell passion in men. (but the opposite in women!) 40 seeds. C \$2.50



Linden

Tilia cordata

Zones 3-7/Matures 5 yrs/Height 20'

TLI-7733– Linden flowers are a beloved tea in Europe, sweet-tasting and relaxing—used in most "Bedtime" teas. Excellent sleep aid; an effective herbal tea with a nice taste! The leaves are used like lettuce when young like spinach later. Wonderful permaculture plant; masses of flowers make a famous honey. A beautiful tree, much used in parks. Mineral-rich leaves make excellent compost. 10 seeds C \$2.50

Black Seed, Black Cumin

Nigella sativa

A/Height 12"/Spacing 9"

HBL-7970 Black Seed, Kalonji—Annual. Common in Indian and Middle Eastern cooking, the peppery seeds are used to flavor naan bread. Traditionally used for stomach problems, parasites, water retention, fever. Modern interest focuses on use as an antihistamine. An Arab proverb says black cumin is a cure for everything except death. 150 seeds. C \$2.50

Basils

Ocimum basilicum

A/Height 1-2"/Spacing 6"

Tender sun-loving annual. Sow in well-fertilized, light soil after all danger of frost is passed. Keep well watered. Well suited to growing in pots. A basic kitchen herb, for pasta, salads, soups and teas.



HBA-7930 Genovese, Lettuce-Leaved, — Shown. Large tender leaves favored for pesto; excellent for a wide variety of dishes. Best for freezing. Productive, adaptable. 400 seeds. O \$2.50

HBA-7940 Cinnamon—Mexico. Luscious fresh cinnamon flavor and scent for tea, cooking, sachets, bouquets. Reputedly the hardiest basil. Repels insects. 400 seeds. O \$2.50

HBA-7920 Sweet—Our fine standard variety for cooking. Superb taste. 1-2" long shiny green leaves; spikes of white flowers. 400 seeds. O \$2.50



HBA-7950 Thai—Shown right Beautiful purple stems and flowers adorn this plant, often used as an edible flower as well as an ingredient in salads and Asian cooking. Anise-like flavor essential in Vietnamese pho, and many Thai dishes. 400 seeds. O \$2.50

HBA-7960 Tulsi, Holy or Sacred Basil

The true *Ocimum sanctum*. Makes a delicious tea. A mounting body of research shows that Tulsi has immune-stimulating, anti-inflammatory, and adaptogenic properties superior even to Ginseng. This clove-scented basil is used in Ayurvedic medicine and in salads, drinks, tea. 100 seeds. C \$2.50

MBA-6220 Basil Mix—A wide variety of basil for cooking, teas, and garnish, ranging from green to purple and smooth to frilled. 400 seeds. C \$2.75

Borage

Borago officinalis

A/Height 18-36"/Spacing 15"

HBO-7990—Pure azure-blue flowers are like scattered jewels in the garden when borage is sown here and there among vegetables, where it will not only lift the spirits, but attract pollinators and improve growth and flavor of other plants. Edible flowers used in salads, garnish, or frozen in ice cubes to make drinks look and smell refreshing. Tolerates poor soil, re-seeds itself freely, and is drought-resistant. Fast growing annual. "Borage for courage." 55 seeds. O \$2.50



Burdock

Arctium lappium

B/ Ht 2 ft/spacing 18"

VBU-2690 — Premier detoxifying herb, generally combined with dandelion to address skin problems, infections, and low energy by gently cleansing the system of toxins. Roots dug at the end of the first growing season and used for teas, tinctures, and as a nutritive medicinal food. 60 seeds C \$2.50

Balloonflower, Platycodon

Platycodon grandiflorus

P/Zones 4-9/Ht 10-14"/Spacing 15"

HBF-7965—Its hard to know where to put this in the catalog--a staple of flower borders, an important Chinese herb, and a medicinal food, all in one. Used in teas and syrups for coughs; soups and salads as a medicinal food. Easy to grow perennial, looks like a bluebell (photo Kurt Stueber). 50 seeds. C \$2.50



NEW! Boneset

Eupatorium perfoliatum

P/Zones 3-8/Height 5'/Spacing 18"

TBO-7989 Boneset —Big and beautiful plant native to moist meadows of the Eastern and Southern U.S. Native peoples taught the settlers to use this for sickness, and it saved the lives of many during the great flu epidemic of 1920. Potent antiviral. Easy to grow with big umbels of long-lasting pale flowers. 50 seeds.C \$2.50

Burnet (Salad)

Sanquisorba minor

P/Zones 4-8/Height 15"/Spacing 15"

HBU-8000—Easy to grow and adaptable to all climates and soils, from bogs to very dry. Winter-hardy in all zones. Leaves used very young in salad mix. Medicinal: astringent, antioxidant. Good groundcover. 100 seeds. C \$2.50

Calendula

Calendula officinalis

A/Height 15"/Spacing 15"

FCA-8660 Medicinal Strains—Selected for resins and medicinal strength. This is one of the gentlest and yet most useful of herbs, a must in every medicine chest. Anti-fungal, wound-healing, and soothing. Stimulates the liver, gall bladder, and uterus, soothes the digestive system, supports the heart. It is indispensable in skin care, reducing inflammation, controlling bleeding, and healing damaged or irritated tissue. 50 seeds. O \$3.00



Catnip

Nepeta cataria

P/Zones 3-9/Height 2-3'/Spacing 15"

HCA-8010—It's not just for cats! Aromatic perennial mint, more drought-tolerant than other mints. Edible flowers. Grows to 3', with downy, pale green foliage and 4" flower spikes. Leaves make a pleasant tea with calming, and antispasmodic effects, especially to soothe restlessness during illness, or for children. Fresh homegrown herb is tasty and effective. Easy to grow, and requires very little care. 125 seeds. C \$2.50

Chamomile

HCH-8020 German Chamomile,

Matricaria recutita

A/Ht 2'/Spacing 6-10"

A truly outstanding fruity-tasting tea is made from the flowers. Major ingredient of "tummy" and "sleepy" tea blends to safely and gently calm the mind and body. Much used for children. Stomach-soothing, decongestant, anti-inflammatory. Full sun, average soil. Drought tolerant, often self-sows. 1200 seeds. C \$2.50



HCH-8030 Roman Chamomile, *Anthemis nobilis*

P/Zones 5-8/Height 3-12"/Spacing 12"

Hard-to-find seed. This perennial has been used for centuries for making herbal lawns. At its best in a cool climate—likes the same conditions as lettuce. Start in flats and transplant. Forms a soil-holding mat of aromatic foliage—good understory for shrubs. Flowers for tea. 1200 seeds. C \$3.00

Chervil

Anthriscus cerefolium

A/Height 9-24"/Spacing 6"

HCH-8040—Major kitchen herb in Europe, also popular in salad and mesclun mixes. Looks like a flat-leaved parsley, but more delicate in looks and flavor. Mild, fresh taste outstanding in salad, eggs, vegetables, garnish. Likes cool weather—makes a good companion to lettuce and cabbage, and appreciates some shade as the season goes on. Just press seed onto soil and keep moist—needs light to germinate. Not at all fussy—try some under trees or shrubs. 150 seeds. C \$2.50

Chives

P/Height 12"/Spacing 8"

VON-4540 Onion Chives, *Allium schoenoprasum*—80 days. Easy and useful perennial herb with delicate onion taste. Showy edible flowers. Survives anything: drought, standing water, poor soil, ideal indoor herb, repels aphids. Thin hollow leaves, deep blue-green color. 150 seeds. O \$2.50

VLE-4010 Garlic Chives, *Hiro Haba*,

Allium tuberosum—70 days. Somewhat like chives, with broad, flat medium green leaves up to 14" long. Masses of bell-like white flowers in spring. One of the best plants to naturalize in shade—a carpet of the flowers under a fruit tree in spring is a sight to behold. Wonderful for salad, spring rolls, stir-fry. Leaves, buds and stems are all edible, with a mild garlic flavor raw or cooked. 100 seeds. O \$2.50



Cilantro (Coriander)

Coriandrum sativum

A/Height 12-18"/Spacing 5"

HCI-8060—Annual. Major flavor in Mexican and Chinese food. Adds fresh taste and zest to salsa, salads, beans, egg rolls and other dishes. Seeds (known as coriander) are used as flavoring in cakes, catsup, sausage, stews, pickles, curry, and Moroccan dishes. One of the best beneficial insect attractors, very useful scattered throughout the garden and allowed to flower. (Many good bugs are very tiny and love the small, flat, flower clusters) Plant in warm garden soil. 125 seeds. O \$2.50

Cumin

Cuminum cyminum

A/Height 6-12"/Spacing 18"

HCU-8070—The seeds of this annual herb are a key ingredient in both curry and chili. Good in bean, vegetable, and cheese dishes. Needs four months of warmth, so plant as soon as the ground is warm in good garden soil. Warming herb, soothes digestion, cramps, flatulence. 70 seeds. C \$2.25

Dill

Anethum graveolens

A/Ht 30"/Spacing 8"

HDI-8090—This herb is often succession-sown in vegetable gardens—good companion to cabbages, and a major attractor of beneficial insects and butterflies. Chopped leaves good in cheese spreads, dips, fish, salads; seeds used in pickles. The name means "to soothe" and the seeds have long been used for colic and upset stomach, as well as relaxing and bringing on sleep. 200 seeds. O \$2.25



Dandelion

Taraxacum officinale

B,P/Zones 3-10/Ht 8-18"/Spacing 6-8"

HDA-8080—Toothed basal leaves, deep taproot, golden flowers, all edible. Dandelion has an astonishing range of health benefits. Young leaves good in mixed greens, both raw and cooked. Detoxifying herb—encourages steady elimination of toxins from both sickness and pollution. Roots dug for medicinal use and roasted for coffee substitute. Re-seeds aggressively—keep flowers picked. 200 seeds. C \$2.50

Echinacea

Echinacea purpurea

P/Zones 3-10/Ht 2-4"/Spacing 18-24"

HEC-8100—Purple Coneflower (Sampson root) Used to boost immune system, fight off developing colds and flu. Deep pink flowers with distinctive cone-shaped center. Roots dug after 2nd year for medicinal use. Start in pots outdoors in very early spring; they like moist cold soil before sprouting. 100 seeds. O \$2.75



Fennel, Wild

Foeniculum communis

B, TP/Zones 6-10/Ht 4"/Spacing 18-24"

HFE-8151—40 days for leaves; 70 for seed. Easy-to-grow source of fennel leaf and seed for salad mixes, pasta sauces, meat and fish dishes, and herbal teas. Secret ingredient of the best pasta sauces. Soothes the digestion, and dispels flatulence. Gentle enough for kids, but very effective. Wonderful in tea with mints and chamomile. Beautiful in the garden, and a great attractor of butterflies and pest-eating insects. Can be planted anytime from early spring to early fall. 80 seeds. N \$2.00

Fenugreek, Methi

Trigonella foenum-graecum

A/Height 2'/Sp 4"

CFE-7050 Fenugreek—Delicious ingredient in curries, breads, and soups. Used for "maple" flavor in teas and sweets. One of the most distinctive and popular seeds for sprouting and micro-greens, or used as a vegetable when 6" high. An important Ayurvedic herb. Used in many countries for soothing stomach problems and as an after-dinner tea to promote digestion. Studies show that fenugreek is anti-diabetic and galactagogue as well as increasing libido. Our packets are generous for succession-sowing in the garden or in containers for micro-greens. 1500 seeds. C \$2.75



Elecampane

Inula helenium

P/Zones 6-9/Ht 8"/Sp 18-36"

HEL-8120—Striking 8' flower stalks above a rosette of very large green leaves. Produces big golden flowers from the second year on. Roots are potent antibacterial/anti-inflammatory, both internally and externally for coughs, asthma, chest infections, and skin problems. Simmer roots in honey for cough syrup. Harvest roots the second and following years. Great with perennial flowers, herbs, berries, rhubarb, or among fruit trees. An essential and easy-to-grow medicinal herb. 30 seeds. C \$3.00



Evening Primrose

Oenothera biennis

A/Ht 12-18"/Spacing 6-8"

FEV-8710—Easy-to-grow source of omega-3's and other essential fatty acids. Essential women's herb for PMS and menopause. Leaves and root are tasty, easy to grow medicinal foods, oil from seeds is very nutritious. (oil press p 61) Large plants make lots of seeds, easily spilled into a bucket when plants are ripe, and can be used in baked goods or cereal. No hulls. No threshing necessary. Large yellow flowers open evenings. Self-sows. Productive and easy-to-grow source of essential nutrients. 200 seeds. C \$2.50



Feverfew

Chrysanthemum parthenium P/Zones 6-9/Height 1-3'/Spacing 10-15"

HFE-8150—Hardy to -20F. Dainty plant with lacy leaves and daisy flowers, fast-growing, compact, and often used in herb and flower beds, or as a beneficial insect attractor in vegetable beds. Migraine preventative. Leaves eaten one or two a day, or made into a tincture or syrup. Easy to grow in most soil conditions. Self-sows. 250 seeds. C \$2.25



Horehound

Marrubium vulgare

P/Zones 4-8/Height 2'/Spacing 9"

HHO-8170—This ancient perennial herb has had many uses, from flavoring candy to curing coughs and colds. Used as a for asthma. Tolerates poor, dry soil, likes full sun and good drainage. Fuzzy grey-green leaves with white woolly undersides, sending up flowerstalks with clusters of lavender flowers along the stalk, grows to 3'. Deep roots find their own water and hold soil in the process. An easy-care solution for problem areas, and you can make your own teas and cough drops! 150 seeds. C \$2.50

Grindelia, Gumplant

Grindelia hirsutula

P/Zones 6-10/Height 3'/Spacing 12"

HGR-8160—Sought-after herb for asthma and other upper respiratory problems. Rare in commerce, but easy to grow. 3-foot plants are covered with yellow flowers. In the center of each flower is a pool of balsamic resin, easily tinctured for medicinal use. Until all herbs were dropped from the official list of prescription drugs, this was prescribed for both asthma and poison oak/ivy. Gumplant seems to interrupt histamine reactions and soothe overreactive systems. Likes full sun and good drainage. This rare and hard-to-find seed 50 seeds. N \$2.50



Hyssop, Bee Plant

Hyssopus officinalis

P/Zones 3-9/Ht 2'/Spacing 12"

HHY-8180—Bees love the deep blue flowers. Leaves used in cooking, teas, and cough syrup. Used as tea for the common cold, hyssop is antiviral and expectorant. Handsome compact dark green plant with deep blue flowers used for edging, low hedges, flowerpots. Prefers sun and good drainage, but is extremely adaptable, cold-hardy, and tolerant of poor conditions. One of the few perennial herbs that sprouts quickly and easily. Drought-resistant landscaping and permaculture plant. 160 seeds. O \$2.50



Jamaica, Roselle, Hibiscus Tea

Hibiscus sabdariffa

P/Zones 9-10/Height 4-5'/Spacing 18-24"

HJA-8190 Jamaica—This tropical perennial is grown as an annual in the north. At the base of the big flowers are fruit-like calyces used to make a fruity "zinger" red tea with a sweet-tart flavor. Served cold throughout Mexico and the Caribbean. A cheap and low-calorie substitute for fruit juice that is satisfying and healthy. The flowers, fruits, and leaves are also edible. Start early indoors, and move outside after weather is warm. 10 seeds. C \$2.75



NEW! Jiao-gu-lan, Immortality Vine

Gynostemma pentaphyllum

P/Zones 8-10/Height 10'-25' vine

HJI-8195 Immortality Vine—One of the only potent adaptogens that is a leaf rather than a root, this beautiful vine has 4 times more adaptogenic saponins than ginseng. That means you can use the leaves for tea the first year of planting and for many years thereafter without having to wait, dig the roots, replant. Only recently becoming known either in the West or in most Eastern systems, this is said to be the secret of Okinawan longevity. (Okinawa has more people over 100 than anywhere in the world.) Used for weight loss and for normalization of blood pressure. Antioxidant and antitumor. Just brew like green tea. Vine likes rich soil and is hardy to 20 degrees; also make a good houseplant. 20 seeds. C \$2.50

Lavender

Lavandula angustifolia

P/Zones 5-9/Height 3'/Spacing 18"

HLA-8220 True English—Beloved, unique fragrance from both leaves and flowers. Used in sachets, potpourri, and cooking. Medicinal uses range from headaches and depression to insect repellent. Great in a relaxing bath. Germination is slow—give it warm very well drained soil and be patient. 200 seeds. C \$2.50



BGE-1400 Weaving A Lavender Wand

Carol Cox, 1993, 4 pp, \$1.50

Carol teaches workshop participants to make these traditional scented wands--wonderful gifts.

Lady's Mantle

Alchemilla mollis

P/Zones 4-9/Ht 3'/Spacing 18"

HLA-8198 Outstanding as a weed-smothering summer groundcover, with beautifully scalloped leaves that catch dew like pearls. Used for centuries as a women's herb. Astringent, wound-healing, styptic. Excellent in shade, putting difficult areas under trees to use. Non-caffeine black tea substitute. 50 seeds C \$2.50

Lemon Balm

Melissa officinalis P/Zones 4-9/Ht 2-3'/Spacing 12"

HLE-8200—Makes a favorite tasty relaxing tea Drought tolerant. Plant after last frost. Self-sows. Leaves used for tea with aromatic lemon flavor. Antiviral, sedative, anti-depressant, helps headaches. Long-flowering attractor of helpful insects. 320 seeds. C \$2.50



Licorice

Glycyrrhiza glabra

P/Zones 7-10/Ht to 6'/Sp 3'

HLI-8230—The original licorice stick is simply a dried root of this plant--still a sought-after treat. Amazingly sweet roots are harvested in third year. Fine-flavored demulcent and expectorant, used in treating chronic fatigue, adrenal exhaustion, and ulcers. Also potent anti-inflammatory. Catalyst for other herbs. Easy to grow in sun. 30 seeds. C \$3.50

Lovage

Levisticum officinale

P/Zones 4-9/Height 3-6'/Spacing 36"

HLO-8240 Western Dong Quai—Ancient culinary and medicinal herb, sometimes used as a substitute for Dong Quai. Tall glossy plant like a cross between celery and parsley in fragrance, looks, and uses, with an aromatic, sweet undertone. Easy to grow in garden soil. Likes full sun & plenty of water. May self-sow. Sow from spring to late-summer. Roots may be used medicinally. Great flavor for soups, stew, in ground meat, fish, and pasta sauces. 45 seeds. C \$2.50

Licorice Mint

Agastache foeniculum

P/Zones 5-9 /Height up to 4'/Sp 12'

 **HAN-7905 Anise Hyssop**—75-80 days. Not invasive like true mints. Many uses: young leaves in salad, leaves in teas, spikes of edible lavender flowers attract butterflies. Popular edible landscape plant, tall, strong stems crowned with profuse flowers. Easy-care and useful in the flower or vegetable garden. Sprouts easily enough to use young leaves in the vegetable patch, and is durable and handsome for a permanent place in landscaping, with perennial crops like rhubarb, along fences, etc. 150 seeds. O \$2.50

NEW! Lomatium

Lomatium dissectum

P Zones 4-8 /Height 3'

HLO-8239 Lomatium—The most potent and well-researched herbal anti-viral native to North America. Used for hundreds of years by native peoples, Lomatium root saved the lives of many Nevada residents during the influenza pandemic of 1920, which brought it to the attention of researchers. Taken together with Dandelion to detoxify the body and fight all kinds of infection. A relative of parsnip that grows in dry gravelly mountainous areas, in full sun. Plant in pots outdoors in fall for sprouting in very early spring. Store the seed in refrigerator if you are not going to plant right away. 20 seeds. C \$2.50

Meadowsweet, Queen of the Meadow

Filipendula ulmaria

P/Zones 3-9/Height 2-3'/Spacing 12"

 **HME-8260** – Perennial. Very hard to find seed, very useful herb. Aspirin is a synthetic version of meadowsweet's pain-relieving anti-inflammatory compounds, very useful for arthritis. Unlike aspirin, meadowsweet de-acidifies the system and soothes the stomach. The lobed and frilled leaves and clusters of creamy flowers are both sweetly scented, and were used for strewing on floors to perfume the room with a scent like honey and almonds. A sacred herbs of the Druids, used to flavor mead. Makes a great tea or cordial. Easy to grow in moist soil, but seed doesn't stay fresh long; plant soon. 100 seeds. O \$2.50

Marshmallow

Althea officinalis

P/Zones 4-9/Height 3-4'/Spacing 18"

HMA-8250—Same family as hollyhock, with similar tall stalks, and flowers. Edible flowers good in salads, tea, on cakes. Roots soothe inflamed skin, stomach, mucous membranes, teething, urinary discomfort. Easy to grow: sow spring or fall, keep moist. Roots are simmered in honey to candy them--both the roots and the medicinal honey are heavenly for sore throats, coughs, or upset stomachs. 50 seeds. O \$2.50

Mints

Mentha sp.

P/Zones 4-9/Height 30"/Spacing 12"

Easy to grow but they spread--either mow around it, use edge barriers, or plant it in a container. Since it loves wet soil, a pot or half barrel set in a tray of water makes caring for it easy

HMI-8290 Spearmint – Refreshing, smooth flavor comes true from seed. Well known for teas, desserts, candies, and soothing baths. Less well known but excellent as a culinary herb in tabouli, with lamb, and in vinegars and sauces. Gentle but effective anti-nausea and anti-flatulent herb for tea, syrups, jellies, and cooking. This is the mint for chocolate mint drinks and desserts. 500 seeds. C \$2.50

HMI-8280 Wild Peppermint, Common Mint, Ricola Mint True peppermint is propagated by plants; this is a very similar wild cousin. Used for tea, cough drops, candies, etc. . Leaves and flowers make great-tasting, stomach-settling tea. Relaxes muscles and relieves nausea. 500 seeds. C \$2.50

Milk Thistle

Silybum marianum

A/Ht 40-54"/Spacing 24-36"

HMI-8270—Large, glossy, spined plant with intricate white pattern on the leaves. Solitary 2" purple flowers. All parts are edible. Medicinal: detoxifying, anti-depressant, spring tonic, increases mothers' milk. Seeds strengthen and detoxify the liver, and even help renew its cells after poisoning. Plant early spring in any sunny soil. Harvest seeds promptly; self-sows. 50 seeds. O \$2.50

Motherwort

Leonurus cardiaca

P/Zones 3-8/Ht 40-54"/Spacing 24-36"

HMO-8300—Easy-to-grow, hardy and handsome plant with large hand-shaped leaves and spires of pink flowers to 5'. Grows in any sunny spot with reasonable drainage. Used to calm anxiety and heart palpitations. The Latin name reflects its long use as a heart tonic. Also used for a variety of womens health issues. 100 seeds. O \$2.50

Sweet Marjoram

Origanum majorana

P/Zones 5-9/A Zones 2-4/Ht 1'/Spacing 8"

HMA-8248—Related to oregano, with similar leaves and size, but much sweeter more complex flavor, and enchanting fragrance. Besides using in stews and sauces, try a bouquet to freshen the air. Easy to grow and deer-proof—good for containers, along walks, or landscaping. Drought-resistant, — don't over-water. 300 seeds. C \$2.50

Mullein

Verbascum thapsus

B/Zones 3-11/Ht to 8'/Sp18"

 **HMU-8318**—Hard to believe that such fuzzy leaves would make a great-tasting, soothing tea! Indispensable herb for coughs and chest complaints, as tea or as an ingredient of herbal smoking mixtures. Dramatic plant is beautiful in the landscape. Rosette of very large silvery gray fuzzy leaves. Sprouts a towering stalk of yellow flowers the second year. Flowers steeped in oil for earaches. Takes any well-drained soil, even dry and rocky. Drought-resistant, deerproof. Easy-to-grow. 200 seeds. N \$2.50

Mountain Mint

Pycnanthemum pilosum

P/Zones 5-8/Ht 2-3'/Spacing 12"

HMO-8305—Hardy perennial wildflower with loads of fresh mint aroma, without the invasive roots of mint. Compact, good-looking landscape plant with spikes of pale lavender flowers that butterflies love. This drought-tolerant native plant thrives in difficult soils, even compacted clay! (though you will want to start the seeds off in good garden soil or mix.) Sow in flats or nursery bed in early spring and plant out in sun or partial shade. 100 seeds. C \$2.75

Nettle

Urtica dioica

P/Zones 3-10/Ht 4-6'/Sp 24"

 **HST-8420 Stinging Nettle**—Prefers moist soil and part sun. Leaves and stems irritate skin when touched; drying, cooking, or even just wilting will remove the sting. One of the best and most nutritious cooked greens when young. Dried leaves make a tea or soup stock very high in iron and vitamins—fed to racehorses for stamina. Creeping rootstocks, used for prostate problems. Tonic herb good for arthritis, anemia, fatigue, rebuilding health. In studies it increased the effect of anti-inflammatory drugs or herbs. 100 seeds. O \$2.50



Oregano

Origanum vulgare

P/Z4-9/Ht 2'/Sp 18-24"

HOR-8310—Greek oregano. The "pizza herb," classic in tomato and Italian dishes. Perennial in any well-drained soil and full sun. Plant spring to mid-summer. One of the best herbs for ground-cover in landscaping. Good in containers—spills gracefully over the edges, and many flowers that attract beneficial insects. Nice dried, in wreaths and bouquets. Anti-oxidant, makes food more digestible. 600 seeds. C \$2.50

Parsley

Petroselinum crispum

B/Ht 2'/Spacing 5"

Parsley is one of the most health-giving of all the vegetables and herbs, good for heart, stomach and blood. A biennial, it can stand a mild winter with some help, or may sprout again in early Spring. Likes reasonably good well-limed soil.

🌿 **VPA-4670 Broad Leafed Italian (Plain)**—75 days. Flat leaves and sturdy stems. Good for drying and cooking. Dark green prolific plants with complex, aromatic flavor. 100 seeds. O \$1.75

🌿 **VPA-4680 Darki**—70-77 days. Dark-green intensely curled heavy leaves, short inter-nodes. Excellent frost tolerance—vigorous and adaptable. Holds when cut. European award winner. Rare. 100 seeds. GB \$1.75

Plantain

Plantago asiatica

P/Zones 4-9/Height 1'/Spacing 8"

HPL-8325 Chinese Plantain—Plantain is used all over the world as a wound-healing, skin-soothing herb. Its soft broad leaves can be used as an herbal poultice or bandage to effectively help heal and protect the affected area. The seeds, related to psyllium, are used as a simple fiber supplement or laxative, and are very nutritious. The broad leaves and tall seedstalks are a striking foreground for any perennial crop, flower, herb, shrub, or tree. 50 seeds. C \$2.50



Pleurisy Root see Butterfly Flower, p 49

Rhodiola

Rhodiola rosea

P/Zones 3-9/Height 1'/Spacing 8"

HRH-8328 Rhodiola—Rhodiola is one of the herbs that has been getting international attention lately for its adaptogenic properties. Adaptogens do not address any specific single problem, but instead strengthen the entire system and enable the body to withstand stresses of all kinds. In addition, this one has a reputation for giving a sense of well-being, energy, and focus. The roots, which are the most active part, smell like roses, making this a very pleasant herb to take daily for increasing stamina, immune response, and general well-being. Native to the Himalayas; various rhodiola species grow in northern latitudes worldwide. Challenging to grow in warm, low-elevation conditions, but can make itself at home in well-drained containers and in rock gardens. 20 seeds C \$2.50

Rosemary

Rosmarinus officinalis

P/zones 7-10/Ht 3'/Sp 18"-24"

HRO-8340 One of the most useful of all herbs. Drought and tolerant, it needs a well-drained soil with lime. Seed germination is slow. Wonderful in almost any cooked dish, but especially on meats—where its antioxidant qualities prevent toxic compounds from forming during cooking—and on potatoes. A few sprigs infused in oil for cooking avoids loose leaves in the dish and adds health benefits. Improves circulation, memory, anti-inflammatory, antiseptic, slows aging, lifts mood. 100 seeds. C \$2.50



Savory

Satureja spp.

A/Height 18"/Spacing 6"

HSA-8380 Summer Savory—Said to be an aphrodisiac, this annual is easily grown from seed. Faster growing than most herbs. Light soil, full sun and average watering. Makes a delightful tea. Adds "savor" to any main dish, vegetable or soup. Cooked with beans to add flavor and reduce flatulence. 150 seeds. C \$2.50

HSA-8472—Winter Savory, *Satureja montana* P/zone 5-8 Tough evergreen with glossy dark green leaves and pale flowers all summer. A great herbal groundcover. Taste between summer savory and thyme. Soothes intestinal distress, prevents flatulence, warms the system. Attracts pest-eating insects. 150 seeds. C \$2.50

Spilanthes, Toothache Plant

Spilanthes acmella

TP/Ht 12-18"/Sp 6"

🌿 **HSP-8365 Toothache Plant**—Easy to grow, immune-enhancing tonic, dentifrice, anesthetic. Chewing on a leaf or bud causes a tingling in the mouth, used in small amounts to give interest to salads and cold drinks, and in larger quantities to kill pain. Used against infection—bacterial, or fungal (candida). Used for centuries for toothache relief. Low, spreading plants bear yellow button flowers with bright red centers. Nice for edging herb and vegetable beds or in a pot. Fast-growing 30 seeds. O \$2.50



Sages

HSA-8350 Culinary Sage, *Salvia officinalis* P/Zones 4-9/Height 2'/Spacing 18"

90-120 days. With soft, gray-green leaves and violet flowers, a classic seasoning in food and ancient medicine, also makes nice wreaths and dried bouquets. Handsome all year—hardy to 0° F given good drainage and winter mulch. Likes full sun, drought tolerant once established. Said to deter pests in the garden and make an effective mouthwash to prevent gum disease. 100 seeds. C \$2.25

🌿 **HSA-8360 White Sage, *Salvia apiana*** P/Ht 2-5'/Spacing 2'

90-120 days. Indigenous sage used ceremonially by native people, tied into bundles and burned as incense "smudge sticks". Likes a well-drained, dry, sunny spot. Perennial in zones 7 and above, grown as annual elsewhere. Gray-white foliage and white or pale blue flowers. 100 seeds. O \$2.75

Schizandra

Schizandra chinensis

P/Zones 5-8/Height 8-10'/Spacing 24-36"

TSC-7765—Invaluable immune-inhancing and adaptogenic herb from China. The red berries are chewed, used in cooking, and made into tea to fight stress or disease, strengthen the body, restore mental alertness, enhance sexual vitality, and lift the mood. Like many woody plants, the seeds need a long period of moist cold before sprouting—full directions included. 25 seeds. C \$2.50

Self-Heal

Prunella vulgaris

P/Zones 4-9/Height 8-16"/Spacing 8"

🌿 **HSE-8390**—Has a long tradition as a wound-healing herb all over the world. Has been used to stop bleeding, close wounds, as a throat gargle for coughs and colds, and for the relief of hemorrhoids. Recently gaining popularity as a cure for cold sores and herpes. Tough plants make a great low evergreen ground-cover with copper-purple flowers. 50 seeds. N \$2.75



Shungiku

Chrysanthemum coronarium

A/Height 3-5'/Spacing 24-36"

HSH-8400—35-80 days. Ju Hua. An edible chrysanthemum that is a major cooking and tea herb in Asia. Important in sukiyaki, stir-fry, soup. Flower petals excellent for eye problems, helping the heart rhythm, antiseptic, skin, & headaches. In China, the flowers are soaked briefly in hot water and then applied as a compress to the closed eyes to relieve eyestrain from working at computers. 100 seeds. C \$2.50

Skullcaps

Scutellaria sp.

P/Zones 3-9/Height 1-2'/Spacing 8"

Valuable medicinal herbs for the home garden—easy to grow, potent medicinals with unique, very different, actions. They are also beautiful perennial flowers, easy to fit into the landscape.

NEW! HSK-8409 Baikal Skullcap – This Asian skullcap has completely different uses from the North American variety. New research shows strong anti-viral activity, very active against flu viruses, hepatitis, and dysentery, as well as staph infections. Baikal Skullcap is emerging as one of the essential disease-fighting herbs. Important anti-allergy and immune-strengthening activity also. The root is dug in the second year. Easier to grow than comparable herbs such as goldenseal. Super cold-hardy but needs very good drainage. Lots of beautiful flowers—easy perennial. 100 seeds. C \$2.50



HSK-8410 Skullcap, Virginia Skullcap, Mad-Dog —North American perennial, with spires of beautiful, true-blue tubular flowers. Sow in spring in light shade. Prized as the nerve tonic that has the “deepest” action, nourishing the nerves, and calming anxiety. Useful for nervous exhaustion, depression, PMS, stress, and asthma. Contains scutellarin, a sedative and antispasmodic. Leaves easily dried and added to teas. 100 seeds. C \$2.75

Solidago, Goldenrod

Solidago californica

P/Zone 4-10/Ht 3'/Sp 10"

HSO-8364—Solidago means “to strengthen or make whole”. Used for centuries for colds, headaches, toothache, and bladder/kidney problems. Now proven helpful for allergies and asthma. Many folks think goldenrod is a cause of hay fever, but usually other plants, like ragweed, that bloom at the same time are the real culprits. Forms a thick patch of graceful stalks with sheaves of yellow flowers in fall. Hard-to-find seed. 100 seeds. N \$2.50



Stevia

Stevia rebaudiana TP/Height 2-3'/Spacing 24"

HST-8375—Leaves used as an herbal sugar substitute. 10-16 times sweeter than sugar without the calories. It needs mild temperatures between 80° and 36° F. In cold-winter areas, it should be grown as a potted plant that can be taken indoors when the weather changes. 20 seeds. O \$3.50

BFO-1755 Growing and Using Stevia – The Sweet Leaf from Garden to Table. The authors have spent years perfecting these recipes for drinks, desserts, pies, rolls, custard and more. \$10.00

Sweet Annie, Quing-Hao

Artemisia annua

A/Height 3-5'/Spacing 36"

HSW-8425—There is a huge market demand worldwide for this herb, which is used to fight cancer, parasites, and drug-resistant malaria. Deliciously scented foliage is used for wreaths, bouquets, sachets, baths, and to cleanse the air. Deerproof, excellent for an annual hedge or screen, repels pests. 100 seeds. O \$2.50

Hopi Tobacco

Nicotiana rustica

P/Zones 5-9/Height 3'/Spacing 18"

HTO-8458 Ancient Native American plant with long history of ceremonial and spiritual uses. Can also be used to repel pests, keep moths out of clothing, and make a natural insecticide. Extremely easy to grow, tolerant of difficult conditions, and beautiful in the garden with big silvery leaves and masses of yellow tubular flowers that just never stop blooming. 30 seeds. N \$2.50

Tarragon, Mexican (Sweet Mace)

Tagetes lucida

P/Zones 7-10/Height 6-12'/Spacing 10"

HTA-8445 True French Tarragon can only be grown from cuttings. This Mexican type is actually a kind of marigold, but tastes a lot like tarragon when dried. The fresh plants have a stong, sweet scent like mace. Makes a sweet, sedative tea. Also smoked or put in a pillow for lucid dreams. Easy in full sun. Grown as an annual where winters go below 5 F. 30 seeds. C \$2.50



Thyme

Thymus vulgaris

P/Zones 5-9/Ht 6-12'/Sp 6"

HTH-8450—Evergreen perennial enjoys a light, rich soil, good drainage, lime, and full sun. Good in rock walls or pots. Indispensable culinary herb used to season nearly everything. Masses of tiny nectar-filled flowers attract beneficial insects. It is such a common culinary herb that it is easy to underestimate its anti-oxidant antiseptic, and anti-aging properties. Makes a wonderful cough syrup in honey, enhances memory. 1000 seeds. C \$2.50



Tulsi - see Basil

Valerian

Valeriana officinalis

P/Zones 3-9/Height 24"/Spacing 18"

HVA-8470—Garden Heliotrope – Cat's Valerian. Old-time favorite in the garden. Bearing branched heads of honey-scented flowers in summer. Very hardy - sow in spring or fall in any well-drained soil in sun or part shade. Seed is short-lived, so should be planted soon after receipt. Leaves make tension relieving bath. Roots are considered the most effective herbal tranquilizer for both humans and small animals. Low interaction with other drugs. 50 seeds. C \$2.50



Visnaga- see Ammi in flowers

Vervain

Verbena officinalis

P/Zones 5-9/Ht 20-24"/Spacing 8-12"

HVE-8460—A perennial with tall thin wands of small lavender flowers above a carpet of evergreen leaves. Draws beneficial insects over an extremely long bloom period. Adaptable, with spreading roots that hold and protect the soil. “Vervain” means “sacred bough”: it was one of the sacred herbs of the Druids. Sow in very early spring or refrigerate potted seed for 2 weeks. Restorative for nervous system, digestion, convalescence, menopause, fevers and headaches. 300 seeds. C \$2.50



NEW! Chinese Woad

Isatis indigotica

A/Height 2'/ spacing 12"

HWO-8470 Woad, Isatis— Source for a colorfast blue dye that has been used since ancient times. Woad is now in the spotlight as an herbal antiviral of great promise. It has been used for infections and diseases in China for millennia, Easy to grow in regular garden soil. Related to cabbage, mustard, and kale, and, like them, prefers soil on the alkaline side and plenty of compost. Both root and dried leaves are used medicinally. See the book Herbal Antivirals on page 71 for full details of preparation and use. Dye is made from fresh leaves. The Chinese variety we carry is not listed as an invasive like the European variety, but does make sheaves of yellow flowers followed by seedpods if not harvested. Has been successfully grown in gardens pretty much everywhere. 30 seeds. C \$2.50.

Wormwood

Artemisia absinthium

P/Zones 3-9/Ht 3-5'/Spacing 12-24"

HWO-8480 Wormwood—Shown right with echinacea and mullein in a striking herbal landscape. Tall drought-tolerant perennial with lacy gray leaves, striking in the garden or in bouquets. Excellent with perennials and shrubs (like roses) or around the edges of the garden, since it repels insects, deer, and burrowing animals like gophers. Contains a growth inhibitor that can stunt vegetables, and young plants—doesn't seem to bother mature shrubs and perennials. Easy from seed, needs little care once established. Digestive tonic, anti-parasitic, anti-depressant. Used in absinthe. Not for sale to WA,SD. C \$2.50

Wood Betony

Stachys officinalis

P/Zones 3-9/Height 3-5'/Spacing 12-24"

HWO-8478—Tea or tincture of the fresh leaves is used to relieve pain and for headache and stress. Modern herbalists prescribe betony to treat anxiety, gallstones, heartburn, high blood pressure, migraine and neuralgia, and to prevent sweating. It can also be used as an ointment for cuts and sores. Spikes of red-purple flowers. Likes acid soil, light shade and moisture--happy in a pot of peat-based potting soil. 100 seeds. O \$2.50



Yarrow

Achillea millefolium

P/Zones 3-9/Ht 3'/Spacing 12"

HYA-8475—Ancient healing herb, used worldwide to stop bleeding, heal wounds, break fevers, and for headaches, colds, and flu. A handful of leaves in the bath soak out aches and pains. Excellent butterfly and beneficial insect plant, with big flat clusters of small flowers—the shape butterflies prefer for landing and nectar-gathering. Forms a mat of roots and lacy leaves that hold soil and allow moisture to penetrate; good for sloped beds and edges of perennial plantings. It also makes a good low soil-holding understory for spring bulbs, before the yarrow sends up flowerstalks. 1000 seeds. C \$2.00

Yerba Mansa

Anemopsis californica

P /zones 8-10 /Ht1'Sp12"

HYE-4390 In demand as a substitute for Goldenseal. The root is used against sinus infections, asthma, flu, arthritis, fungal infections, and inflammation of the mucus membranes. Requires heat and damp soil--it adapts well to pots and containers, where it can stay wet and come indoors for the winter if temperatures go below 10°F outside. 50 seeds. C \$2.50



Herb Collections



These are a great way to get started with herb gardening or to expand your herbal horizons.

For help with growing the plants and using the herbs, Please see our book section, page xx. We have winnowed through dozens of books to bring you the best and most user-friendly ones available.

LAY-6615 Ayurvedic Collection—These are herbs that have been used for centuries in India for healing and maintaining well-being. One pkt each of Fenugreek (methi), Ashwagandha, Purslane, Holy Basil (Tulsi), Black Seed, Visnaga and Andrographis 7 pkts. \$17.00

LBR-6625 Breathe Deep Collection—We get many requests for herbs that have been used historically for allergies, bronchitis, and asthma. This makes them available in a single set. Solidago, Grindelia, Elecampane, Mullein, Yerba Mansa. 5 pkts. \$12.00

LCO-6638 Cold Comfort Collection—Comfort for the common cold, as close as your garden. Contains: Echinacea, Yarrow, Horehound, Catnip, Hyssop, Chamomile. 6 pkts. \$14.00

LFI-6690 Culinary Herbs Collection—The culinary basics: Thyme, Sage, Flat Parsley, Savory, Chervil, Basil, Chives. 7 pkts. \$16.00

NEW! LDE-6665 Detox Collection—Herbs to rid the body of toxins, whether from pollution, disease, stress, diet, or sore muscles. Herbalists prescribe detoxifying herbs for arthritis, skin conditions, and the recovery phase of disease, as well as to carry pollutants out of the system. Contains: Burdock, Calendula, Dandelion, Milk Thistle, Nettle. 5 pkts. \$14.50

NEW! LHA-6691 Herbal Antivirals Collection—Most of the really worrisome diseases of our time are viruses, not bacterial, so antibiotics don't work on them. Research has opened some interesting possibilities with herbs, though, and we have found some that can be grown at home. 4 pkts. \$9.50

LHB-6692 Herbal Antivirals book with seeds—\$34.45

LME-6725 Medicinal Herbs Collection—Revised to give you the most practical herbs for wellness and first aid, at a low price. No fancy propagation techniques required. Contains Holy Basil, Burdock, Calendula, Chamomile, Echinacea, Elecampane, Valerian, Wood Betony, Yarrow. 9 pkts. \$22.00

LMH-6726 Gladstar's Herbal and Medicinal Herb Seed Collection Great advice on cultivation and use. \$36.95

LRE-6738 Resistance Collection—Herbs reputed to support immune function and build resistance to disease. Contains: Ashwagandha, Astragalus, Echinacea, Tulsi. Four packets. \$9.50

LTA-6760 Tasty Tea Collection—A selection of the tastiest and easiest herbal beverages, good alone or in blends. Information sheet included. One pkt each of: Mint, Licorice Mint, Cinnamon Basil, Lemon Balm, Clover, Chamomile 6 pkts. \$14.00

LTU-6793 Tummy Soother Collection—When your digestion is out of balance, A soothing and relieving tea can be right outside the back door. Contains: Fennel, Mint, Chamomile, Dill. 4 pkts. \$9.50

LWO-6810 Women's Herb Collection—A variety of herbs used by women through the ages to maintain health. Contains 1 pkt each of: Oatgrass, Red Clover, Evening Primrose, Lovage (Western Dong Quai), Lady's Mantle, Motherwort. 6 pkts. \$14.00

Flowers

It is best to start flowers off in flats or pots—weeds can swamp seedlings as they first emerge. Plants with good flowers elsewhere in this catalog are: **Vegetables:** runner beans, peas, okra, arugula; **Herbs:** basil, licorice mint, evening primrose, meadowsweet, vervain, borage, echinacea, valerian, feverfew, lavender; **Cover Crops:** vetch, lupine, crimson clover; **Grains:** amaranth, quinoa.

Ammi, Laceflower, Bishopweed

Ammi visnaga

P/Zones 5-9/Height 3'/Spacing 10"

FAM-8656 Green Mist—Visnaga, Khella. Delicate lacy flowers, long-lasting bouquets, medicinal herb, and beneficial insect attractor—this one has it all. Long grown in India for its powerful action against kidney stones, asthma, and heart problems, and in Spain to fight tooth decay, Ammi is now widely grown for its ethereal cloud of flowers. Lacy leaves don't get in the way of other crops, so it's easy to set transplants among crops bothered by chewing insects. Late bloomer. Mix with alyssum and fennel for all season protection. 50 seeds. C \$2.50

Alyssum

Lobularia maritima

A/Height 6"/Sp 4"

FAL-8654—Beloved for its white lacy carpet of tiny flowers and sweet honey scent, this easy, fast bloomer is one of the best attractors of beneficial insects and butterflies. Tiny insect predators that protect the garden from chewing insects need small, nectar-rich flowers, and sweet alyssum is a favorite. After several university studies proved them effective, a growing number of commercial vineyards are now sowing alyssum between the grape vines to provide nectar for pest-fighting insects. Perfect for cascading down walls or containers, shown here in a tub with red Russian Kale), as a low edging or as a carpet under tall, relatively open plants like garlic, orach, pole beans, podding radish or sunflowers. Classic understory for spring bulbs, or in a pot where you can enjoy the scent. Succession-sow, spring to fall. Flowers are edible, too. 200 seeds. C \$2.50



Baby-Blue-Eyes

Nemophila menziesii

A/Height 6"/Spacing 6"

FBA-8655—The gorgeous sky blue of forget-me-nots, but with individual flowers five times as big and flowers the first year from seed. Quick spring bloomer. Easy to grow; just scatter seed in place. Excellent in hanging baskets—clouds of ethereal sky-blue flowers all summer. Give some shade if you want summer bloom. Low-growing plants make a spectacular carpet under tall shrubs, around bulbs, cascading down walls. Shear back for rebloom, or interplant with a heat-lover for later. Great results with little effort. 500 seeds. C \$2.50



Black-Eyed Susan

Rudbeckia hirta

P/Z 4-9/Ht 2-3'/Sp 12"

FBL-8656—Big golden daisies with black to brown centers. This American native is beloved all over the world for its unique flowers and long season of bloom. Attracts beneficial insects and native butterflies as well. A part of America's prairie heritage, it makes permanent clumps that require virtually no maintenance. Start in flats in late spring. 200 seeds. C \$2.50.



Butterfly Flower

Asclepias tuberosa

P/Zones 4-9/Height 24"/Spacing 12"

FBU-8658 Pleurisy Root—Favorite food source for monarch butterflies, and a beautiful flower for the garden. Attracts beneficial pest-fighting insects as well. Nice cut flower. Remember that monarch butterflies start out as caterpillars with narrow black white and green, vertical stripes. They will stay on the butterfly weed and turn into glorious butterflies. 30 seeds. C \$2.50



Calendula

Calendula officinalis

A/P Zones 9,10/Height 18-24"/Sp 12"

Edible 3" double daisy-like blooms in hot colors. Likes cool weather, and will bloom through frost to 25 degrees. Quick and easy color scattered among vegetables. For a true cottage garden classic, combine with cornflowers in a bed of salad greens, then scatter the petals like confetti in the salad. Adds color to soups, desserts, cheeses, veggie plates. Medicinal: skin ointments, anti-oxidant.



FCA-8670 Pacific Beauty Mix—a traditional mix of longer-stemmed calendulas in shades from creamy yellow through deep orange, and single to fully double. 80 seeds. Area 25. C \$2.25

For more calendulas, see herbs, p 42

Cutting Flowers Mix

A/Height 18-36"/Spacing 6-12"

MCU-6320 Cut Flowers Mix—A long season of bloom from a single sowing. Long-stemmed for cutting. 500 seeds. C \$2.75

Bachelor's Buttons', Cornflower

Centaurea cyanus

A/Ht 2-3'/Sp 6-12"

FCO-8690 Double Blue—A bed of bachelor's buttons and poppies is like a living Impressionist painting. Truest blue of all, on strong upright plants. Quick and easy edible flower at home among vegetables or in problem areas of the yard. Tall stems great for cutting, and don't cast much shade, so they can be scattered among other plants. For continuous bloom, succession-sow like lettuce (starting early spring) and keep picking the flowers. Great cake decoration, garnish, salad ingredient, or scatter the petals like confetti on food. Pair with nasturtium, CA Poppy, or Calendula for a great spring display. 80 seeds. C \$2.25



Cosmos

Cosmos bipinnatus

A/Height 2-3'/Spacing 18"

FCO-8700 Sensation Mix—80 days. Lovely 4" single flowers with a yellow center and wide pink, white, or magenta petals on tall, airy plants. Feathery delicate leaves. Ideal for cutting. Easily grown in average soil once the soil has warmed. 4- 5' plants make a beautiful summer background, or screen. Key ingredient of many butterfly and beneficial insect mixes, as it is their favorite color, has a flat disk flower for them to land on, lots of nectar, and blooms until frost. 80 seeds. C \$2.25



Four O'Clocks, Marvel of Peru

Mirabilis jalapa

TP/Z 7-10/Ht 3'Sp24"



FFO-8713—Plant these next to a porch or patio where you can enjoy the hundreds of flowers that open each evening at 4. All different colors, and some stripes. Grown as an annual in colder zones. In zone 7 and above it returns each year to make a nice round bush. If you wonder what to plant where your spring bulbs leave a bare spot in summer, this is it. Great annual hedge next to a sidewalk or path. 20 seeds C \$2.50

Hollyhock

Alcea rosea

P/Zones 3-10/Height 48-72"/Spacing 24"

FHO-8740 **Old-Fashioned Mix** – Dramatic spires of old-fashioned flowers to 8' in full sun. Classic along a fence or as a summer screen, now finding new uses as an edible flower. Single and semi-double flowers in pinks to purple bloom the first season in mild areas (or started indoors 8 weeks before last frost.) Start in warm well-drained soil. Needs moisture, fertility, and good air circulation for strong growth. In very rainy areas, under the eaves of the house works well. Nice focal point in a garden. 60 seeds. C \$2.50

Johnny-Jump-Up

Viola tricolor

P,A/Height 5-7"/Spacing 5"



FHE-8720 **Heartsease**—65 days. Charming edible flower grows in any little nook among vegetables or in pots. Use leaves, flowers, or sprigs in salad or garnish. Herbal uses include colds, heart, and skin problems. Kids love it if you scatter the johnny-jump-ups through the garden and they have to find them all. 40 seeds. C \$2.75

Love-in-a-Mist

Nigella damascena

A/Height 12-18"/Spacing 6-8"

FLO-8750—Quick, easy blue flowers, repel pests in the soil. edible flowers, seeds used in baking. 300 seeds. C \$2.50



Mexican Sunflower

Tithonia rotundifolia

P/Ht 2'/Sp12"

FME-8780 **Torch**—100-120 days. Brilliant scarlet-orange 3-4" flower really catches the eye at the end of the season when other plants look shabby. Grows to a bushy 48" tall with velvety deep-green leaves. Thrives in full sun. Heat and drought tolerant. Prefers poorish soil. Perfect for cutting, as annual hedge, or with long-season vegetables. 30 seeds. C \$2.50

Marigold

A/Height 6-24"/Spacing 8-12"

FMA-8770 **Sparky** *Tagetes patula*
60 days. Pretty compact plants ideal for inter-planting. Orange and maroon blossoms. 160 seeds. Shown at left. 50 seeds. C \$2.50



FMA-8765 **Larger-Flowered Mix** *Tagetes erecta*
60 days. Just as we were going to press, David Martin walked in with his homegrown marigold mix. Ruffles and edgings, nice deep colors. You will love them. 50 seeds. C \$2.50

FMA-8775 **Lemon Gem** *Tagetes signata*
60 days. Quick and easy citrus-scented edible flower. Small mounded plants are covered with hundreds of flowers. Citrus-scented foliage and flowers are refreshing in pots or near seating areas; may repel biting pests. 50 seeds. C \$2.50



Morning Glory

Ipomea spp.

A/Ht 8'/Spacing 6-8"

FMO-8790 **Heavenly Blue**—110 days. Annual 6-12' climbing vines that grow in any soil. Heart shaped leaves provide summer shade, screen unsightly areas, make fences and banks come alive. Try them climbing up sunflowers or zinnias, or even roses. 70 seeds. C \$2.00



Nasturtium

Tropaeolum sp A/Height 12-18"/Spacing 6-8"

Edible flowers and foliage in a glorious mix of yellows, oranges, reds, and bicolors. Easy to grow, beautiful at the corners of vegetable beds, in containers, or window boxes. Likes a little shade in hot summer areas, including the shade of taller flowers or vegetables. Plant outside around the last frost date, cover well. Adaptable. Many culinary uses—leaves and flowers are popular in salads or as garnish, the buds may be pickled and used just like capers. try flowers and buds in potato salad.

FNA-8800 **Mixed Dwarf**—55-65 days. 18" tall compact plants with dark foliage and an assortment of bright colors--shown p30. 35 seeds. C \$2.50

FNA-8810 **Tall Mixed Single, Trailing** (shown) 55-65 days. Spectacular at the top of a retaining wall or bank, on balconies and window boxes, even as ground cover. Grow 4-5' so tie to a trellis, or plant at the base of shrubs or trees. 35 seeds. C \$2.50



Pyrethrum

Chrysanthemum coccinum P/Zones 4-9/Ht 2'/Spacing 12"

FPY-8850 **Single Mixed**—Bushy perennial with flowers containing a powerful insecticide. Bright, daisy-like flowers in solid colors, finely-divided, bright-green leaves. Excellent for cutting or drying. Likes sun and heat. 100 seeds. C \$2.75

Nicotiana

Nicotiana sylvestris A/Ht 8'/Spacing 3'

FNI-8821 **Woodland Tobacco**—We would not be without this beautiful American woodland native. Stately plants from 5 to 8 feet with huge leaves and clusters of long white trumpet flowers. All parts contribute to its effectiveness as a natural insect control: The leaves are sticky to catch whiteflies and other pests. Nicotine compounds in the leaves make an excellent natural insecticide. In the evenings the flowers are perfumed with a sweet, hypnotic scent modern hybrids have lost. A lovely addition to a patio or porch used on summer evenings. Or let it self-sow in shady areas like the north side of a house, or under trees. 500 seeds. GB \$2.50



Poppies

A/Height 18-36"/Spacing 12"

Many species, kinds, and colors, but all will bloom quickly from a planting in very early spring. Sow in place, covering very lightly, and thin to 6" if necessary. They need light to germinate, so tamp the prepared bed lightly before sowing so that they don't get buried, and protect from birds.



FPO-8847 Shirley Poppies

Papaver rhoeas Gorgeous and easy to grow. The petals are like silk, in many colors pink, salmon, white, red and crimson, both double and single. Scatter on a well-raked bed in very early spring (or fall if winters are mild) for beautiful flowers in June. 500 seeds. C \$2.25

FPO-8830 California Poppy

Eschscholzia californica

60 days. Rich golden satiny flowers 2" wide, and silvery, fernlike leaves on 8-24" plants. Tolerates light frost and drought, blooms all summer with minimal water. Non-narcotic sedative, tea or syrup for coughs. 1000 seeds. C \$2.25



FPO-8840 Corn Poppy, Flanders Field Poppy **Papaver rhoeas**—Silky petals in deep red. We let these self-sow throughout the research garden for color and companion planting. 500 seeds. \$2.25



FPO-8845 Breadseed Poppy, Ornamental Mix

Papaver somniferum

One of the most beautiful and widely-grown of all garden plants, grown since ancient times. Smooth gray scalloped leaves, pink/purple/red flowers—some single, some double—and classic big seedheads. Sow in fall or early spring, (needs cold soil for germination), harvest in summer. 500 seeds. C \$2.50

MPO-6470 Poppy Mix—All of the above, for a meadow of bright color in late spring. 1000 seeds. C \$2.75



Rose Campion

Lychnis coronaria P/Zones 4-8/Ht 2'/Spacing 12"

FRO-8870 Deer--resistant, easy, drought-resistant and beautiful—who could ask for more? Silver-gray leaves carpet the ground, with vivid magenta blooms floating above. Full sun to partial shade. 100 seeds. N \$2.50



Sweet Pea

Lathyrus A/Height 8'/Spacing 6"

FSW-8890 Fragrant Mix—Vines love cool spring weather and produce lots of bonnet-shaped flowers in shades of pink, red, maroon, lavender, deep lilac, mid-blue, pure white. Just a few stems will fill a room with their wonderful old-fashioned scent. Vigorous vines climb banks, poles, and screens. Not edible. 25 seeds. C \$2.25

Sunflowers

Helianthus annuus A/Height 6'/Spacing 24"

Everyone loves sunflowers, and there is always room for a few even in a small garden. Besides adding cheer, they make a fine living fence, a trellis for beans or morning glories, a playhouse for kids, and their rich seeds attract birds. If you have chickens., plant some just outside their run, where the seeds can drop, or you can throw the mature heads to them for a nutritious treat that gives them lots of entertainment.



FSU-8875 Ornamental Mix—We have a new mix this year with a wider variety of shapes and colors. All colors, sizes, and types for a spectacular show from July til frost. Screen unsightly views, cover a fence, make a boundary, give your garden a background, attract birds, or plant them in a ring for the best kids' playhouse ever! Many hot colors, solid and striped. 40 seeds. C \$2.50



GSU-7452 Hopi Black Dye—shown above. 100 days Big multi-headed sunflowers with an abundance of seed for oil, food, dye, or attracting birds. Ancient food and oil crop developed from wild plants by the Hopi people of the southwest, and grown there for centuries. Also used in basketry to dye materials for patterns. Nice gift—one big seedhead can be hung up as a natural bird feeder. Rare seed. 50 seeds GB \$2.50

VSU-5550 Mammoth — 120 days. Tall, single, large flowered for early planting with giant heads full of large seeds. Very showy. Fairly heavy feeder. Likes an alkaline soil and moisture. Plant in late spring. Appreciates some mulch over the summer. 52 seeds. O \$2.25



Wildflowers and Flower Mixes

for complete descriptions, please see page 29

FSP-8600 Beneficial Insect Mix Plants 100 sq ft. \$2.75

FSP-8610 Butterfly Mix Plants 100 sq ft. \$2.75

FSP-8630 Hummingbird Mix Plants 100 sq ft. \$2.75

FSP-8650 Super Low-Growing Plants 12 sq ft. \$5.00

FSP-8642 Water-Saving Flower Mix Plants 200 sq ft. \$2.75

Zinnia

Zinnia elegans
B/Ht 24-36"/Sp8"

Big, easy to grow, brightly colored flowers in reds, pinks, oranges and yellows, that make good long-lasting cut flowers. Need sun, heat and rich, moist soil—some folks plant them with corn or squash. Nice cash crop for farmers markets

FZI-8910 California Giants

Mix—80-90 days. 3-4' tall, large double flowers in a range of colors. 100 seeds. C \$2.25



Tools & Supplies

Tools

Piteba Oil Press



Developed for use in areas without power. Tough and durable. High efficiency, and low-maintenance hand-crank operation. Process up to 2 liters of oil per hour. Suitable for almost all oil-containing seeds with at least 25% oil in the seed. Allows continuous pressing of oil seeds/nuts, generally without removing the bark, husk, or outer covering. Small size: Approximately 8" x 5" x 2.5". Total weight: Approx. 5 LB. **SOI-9418** – \$ 164.00

The Burden Cloth™

Sturdy repurposed cloth of various types that has reinforced edges and handles on the four corners. Spread it next to your garden bed, throw weeds, prunings, etc. onto the cloth, and carry it all away when you are done, leaving the area free of mud and mess. It really makes composting easy and fast! Used daily in our research garden - especially on terrain too steep for a wheelbarrow or cart. Use it to carry firewood, makes a quick baby carrier, or even hang it up and store things in it.



4' X 4' **SBU-9190** – \$40.00 5' X 5' **SBU-9192** – \$50.00

Cobra Head Cultivator

Intensively planted beds can be tricky to weed and cultivate, needing a narrow-headed tool that can reach in among the plants, yet with enough heft to function well in all types of soil. Has a sharp blade on a long curving neck, with a very strong handle made of recycled plastic and wood fibers. Very popular. Overall Length 14".



SCO-9050 – \$19.95

Transplanting Trowel

Most gardeners do not realize that a transplanting trowel greatly enhances the ease and success with which seedlings are transplanted. Its narrower profile (about 1 1/4" wide) allows you to get to individual seedlings more easily. Hard to find one that is heavy duty solid cast aluminum in one piece. Also useful for a surprising number of other garden tasks.



STR-9060 – \$8.95

Steel Trowel

A well-made trowel that features thick, 1.2 mm one-piece stamped Japanese steel construction for strength and durability, with welded support of the handle. Should never break. Fits comfortably in your hand, with the perfect angle for digging. Retractable hanger in handle. 3 1/8" x 6 7/8" head. 11.5" overall.



STR-9061 - \$6.95

Garden Shears

A favorite of our garden staff for harvesting grains, compost crops, and weeds. No working parts to wear largely self-sharpening. We prefer these shears which double "bow" that greatly reduces the amount of force you to cut. 12 1/2" long overall



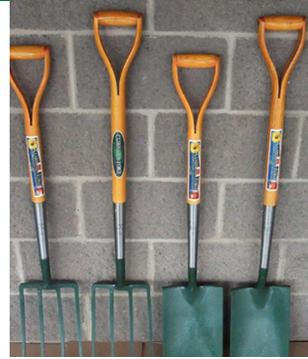
SEN-9150 – \$22.75

Pot Maker

Solid maple mold squeezes pieces of newspaper into starter pots. Fill with soil and plant them out, pot and all, minimizing transplant shock. Makes pots about 2 1/4" diam. X 2 1/4" tall. We recommend tearing the paper open at the bottom just before planting.



SPO-9250 - \$14.95



English Forged Spades and Forks

There are only two surviving forges where forks and shovels are still hand forged for toughness and durability: Clarrington Forge in England and Spear & Jackson in India. These beautiful tools are made to be used for a lifetime and passed on to the next generation. A joy to work with, these are the tools used for bed preparation in our research gardens and pictured in many of the photos in this catalog. The heads measure somewhat more than 11" X 7", and are solid forged from a single piece of steel. They have a one piece hardwood shaft that is split to form a wishbone handle. NOTE: Stain color on handles may vary.

Both Spear & Jackson and Clarrington Forge tools come in two sizes: 39" overall length, and the standard 43" overall length. We recommend 39" tools for those who are under 5'5". The handgrips on S&J tools are oblong in cross section and are slightly wider than the handgrips on CF tools, which are circular in cross section. S&J tools are slightly heavier. We offer replacement handles made by CF that fit all the tools.

S&J Spade, treaded, 43" - 5.4 lbs. **SDI-9021** -- \$70.00
S&J Fork, 43" - 5 lbs. **SDI-9031** -- \$70.00

CF Spade, treaded, 43" - 5.4 lbs. **SDI-9020** – \$97.85
CF Spade, 39" treaded - 4.8 lbs. **SDI-9026** -- \$97.65
CF Fork, 43" - 4.7 lbs. **SDI-9030** – \$92.70
CF Fork, 39" - 4.5 lbs **SDI-9035** -- \$87.55

Replacement Handle for 43" tools **SDI-9043** -- \$36.00
Replacement Handle for 39" tools **SDI-9039** -- \$31.00

U-Bar

Too big to mail - call Bill at BG before ordering for a trucking quote to your location.

We are delighted to offer these legendary broad-forks. We use them in our gardens for quickly loosening already cultivated soil. Not for new ground. Custom built by a local master welder with superior steel. All welded construction, built to last forever. A good choice for a community tool. Allow 4-6 weeks for delivery. We must ship them by truck. Measures 6 feet, 8 inches long by 29" wide. Weight 45 lbs.



SUB-9045 – \$270 plus trucking (call before ordering).

Working Hands Potter's Cream

A wonderful healing and protecting cream handmade in Willits. For gardeners, cement or clay workers, or others whose hands suffer. May seem costly, but a tiny dab does it. No oily feeling on the skin. Organically grown and respectfully wildcrafted from Borage, Burnet, Calendula, Elder flower, Lavender, Thyme, Chickweed, Nettle and St. John's Wort, extracted in olive, hemp and sesame oils. Also eight other healing agents. 2 oz. jar – **SWO-9110** – \$15.50



Japanese Hand Tools

These tools are light but strong, and hold their sharp edge, with just the right angles to make weeding and cultivating easy. You will get outstanding quality for the price.

Stainless Steel Hori Hori Garden Knife

Maybe the best Hori Hori made – exclusively made to be extremely durable! This stainless steel garden knife is great for cultivating soil: weeding, cutting roots, transplanting, removing plants, and splitting perennials - it does it all! This also makes a great sod knife with a serrated edge to help rid the working area of roots. Depth measurements are embossed on the blade for planting bulbs. The stainless steel blade is very sharp, thick and strong and is concave shaped to make it ideal for digging and prying. It can serve as a small hand axe. Large ambidextrous wood handle with black vinyl sheath. *1.75" x 7.25" head. 12.25" overall.* **SHO-9351** - \$36.95



Serrated Blade Sickles

This traditional Hiyokko Noko Gama Sickle has a shaped blade that minimizes clogging, with a sharp serrated edge that holds up well. For cutting small amounts of grain, grass, light vines, or compost crops. Can be used as a weeder. Useful for all light clearing. Cardboard sheath. *7 1/2" Wood handle. 6 1/2" blade, 13" overall.* **SSE-9140** - \$9.25



Stainless Steel blade -- holds up very well. It is slightly longer, has different blade shape. Favorite of raspberry trimmers. Clear blade cover. *8 1/2" Wood handle. 6 1/2" blade, 14" overall.* **SSE-9141** - \$10.25

Nejiri Right Handed Gama Hoe 13"

Our distributor's best selling product. This little Japanese hoe is long enough for even a small woman to reach the center of the bed, but not too long to be cumbersome. Has a great angle, perfect for scraping the earth. The inside edge is just right for creating a seeding furrow. Laminated steel blade with a Japanese beech wood handle. *4 3/4" x 1 7/8" blade, 13" overall.* **SNG-9131** - \$16.95



Japanese Ninja Claw Rake/ Cultivator

This 5 prong stubby rake is perfect for breaking up soil in and around plants. The 5 prongs are close enough to trap the weeds you are cultivating. Tough Japanese steel 5" curved claws with 4 3/4" spread and 5 1/2" wood handle. To most this tool has a well balanced feel. **SCL-9061** - \$11.95



Nobori Gama Sickle (shown right)

Japanese forged sickle with a sturdy blade that holds a sharp edge and a wood handle. Useful for clearing the toughest garden debris, small brush, weeds, or harvesting grains. Well-balanced and durable. *6 1/2" by 2" blade, 14" overall* Weighs 1 1/2 lbs. **SNO-9130** - \$71.50



Cuttle Fish Hand Hoe

A strong solid forged Japanese Hoe on one side, turn it over and it's a cultivator rake with 3 straight tines! This tool is a real work horse in the garden, taking on most cutting and chopping tasks. It slices through roots easily. *3" x 9.5" head, 15.5" overall, with an oak handle.* **SCU-9132** - \$29.50

Birdscare Flashtape

Silver and red reflective streamers that hang from wire or branches. As the breeze blows, it flashes and sparkles in the sun - it really seems to work. Easy to use, and adds a festive touch! Works in our own orchard. Best to take down after harvest. *290' roll.* **SBI-9470** - \$5.60



Arm Savers

Waterproof, washable nylon sleeves have knit cuffs and elastic top opening. Use with our Comfort Garden Gloves to keep thorns, plant poisons, and UV rays at bay. Good for wet foliage and firewood too. One size fits all. **SGR-9540** - \$8.00



Gloves When ordering gloves specify size...

Numbers in parentheses are the hand's circumference at the lower knuckles: Small (6 1/2 - 7), Medium (7 1/2 - 8), Large (8 1/2 - 9), Extra-Large (9+).

Bamboo Nitrile Gloves

These gloves work great for general yard work - for jobs where you need some "feel" for the work and a sensitive grip that is tough but unslippery, and somewhat thorn proof. Wicks away water, somehow keeps your hands from sweating inside, and generally is cooler inside. Specify size when ordering.

Men SBM-9193 -- M, L, XL - \$5.95

Women SBW-9194 - S, M, L - \$5.95



Bamboo - Men

Bamboo - Women

Wo/Men's Work Gloves

Women's (and Men's) Work Gloves

The best leather gloves for men and women. Made of unlined suede pigskin that is strictly a by-product of food production. Strong and sturdy. From a woman's glove company famous for their fit. **Sizes: S M L XL** **SWO-9070** - \$29.50



Common Ground

Organic Garden Supply & Education Center

Hands-On Classes and Events

Hundreds of Seeds and Starts--Edible, Medicinal, and Ornamental

Organic Composts, Fertilizers, Mulches

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www.commongroundinpaloalto.org

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Common Ground Organic Garden Supply & Education Center
559 College Avenue, Palo Alto, CA 94306

Plant Protection Supplies

Harvest Guard

Similar to Reemay, the original floating crop cover. A translucent lightweight spunbonded polyester fabric—place right over the plants for a warm start. Promotes early growth and protects from pests. Effective protection from cabbage maggot and carrot rust fly when the edges are securely buried at the edges of the bed (leave lots of slack for the plants to get taller). Can be sewn together for wider areas or varied shapes. No framework needed. Gives several degrees of warmth for spring or fall crops. *5' X 25' sheet* **SRE-9210** – \$14.50



Shade Netting

Shade netting is useful for protecting young seedlings and also for extending the harvest period of crops like lettuce and spinach. It is suspended on a light frame over the bed and cuts down the amount of sun that a plant receives by a specific percentage. We carry knitted, black polypropylene netting in two percentages of shade. Lasts for several years.



30% – 6 ft. wide **SSH-9220** – \$2.25 per running ft.
50% – 6 ft. wide **SSH-9220** – \$2.99 per running ft.

Actinovate

Actinovate® SP is a high concentration of a patented beneficial bacterium suspended in a 100% water soluble powder. OMRI listed. This powerful new product works well as a preventative, but is not that effective once infected. It effectively suppresses/controls a wide range of soil borne diseases including *Pythium*, *Phytophthora*, *Fusarium*, *Rhizoctonia*, *Verticillium* and other root decay fungi. It is also labeled for foliar diseases (when applied as a spray) such as *Powdery and Downy Mildew*, *Botrytis*, *Alternaria* and others. 2 oz. package treats 550 plants or 5,000 sq. ft. of turf. **SAC-9502** – \$21.25



Sluggo Plus

OMRI listed. Completely biodegrades into fertilizer - uses two natural pesticides: iron phosphate and spinosad (a naturally occurring, soil-dwelling bacterium). Kills slugs, cutworms, earwigs, pillbugs, sow bugs, and snails. Takes a few days to work. Sprinkle around areas you want to protect. Pellets are clean, odorless, and easy to use. 1 lb. can treats 2000 sq. ft. and lasts up to 4 weeks (water soluble). **SSL-9493** – \$14.65



Bird Netting

Bird netting is the easiest and most reliable way to protect plants from birds. Be sure the netting extends over the sides of the beds right down to the ground. Leave some space if you have snakes in your garden for gopher control — snakes can get tangled in it! Long lasting knit black poly, not the cheap extruded stuff. *1" mesh, 6' X 25'* **SBI-9480** – \$22.99



Neem Oil (100%)

Neem oil is very effective for insect infestations. It disrupts insect's hormonal systems thus killing them (not a poison so is slower, be patient). Many insects simply detest its presence. Also absorbed into the plant itself to kill leaf-eaters, but not beneficials. Totally safe for humans and pets, and is the least disruptive "insecticide" to your garden's ecology. 100% neem oil - it is so powerful it will "burn" things so please dilute to only 1-2% for an effective control. 8 fl. oz. bottle. **SNE-9491** – \$11.95



Info Sheet - Neem's Beneficial Uses 4 pp. **BEA-0815** -- \$0.60

Watering

Haws Watering Cans

The famous, perfectly balanced long-reach can with a long spout from England. Upward-facing brass rose gives a fine, gentle rain for flats, beds, or seedlings. Galvanized metal or green plastic, both built to last a long, long time.



Each holds 1.2 gallons.
METAL – 29" long spout. **SHA-9270** – \$146.95
PLASTIC – 16" long spout. **SHA-9270** – \$38.50
Replacement Rose for metal. **SHA-9275** – \$18.50
Replacement Rose for plastic. **SHA-9276** – \$8.75

Watering Fan

We have tried them all, and this is the best commercial fan on the market - small holes make a gentle spray. Has a turn-off lever, encased in an insulating material to protect your hand. Attaches to any garden hose. *Assorted colors.* **SWA-9170** – \$11.75



Eco Spout

This is a clever gizmo that fits on top of nearly any plastic jug. Includes a sprinkler head and a pour spout. Mix up some liquid seaweed in any milk jug and attach the watering head to sprinkle it on your plants. Or pour water into your radiator with the spout. **SEC-9260** – \$3.40



Compost & Soil Fertility

Maxicrop Powder

Soluble seaweed powder. An excellent, well-balanced food for all plants. We have found that applications of Maxicrop to foliage help plants to resist disease and insect attacks. Watering with Maxicrop perks up plants that are ailing, and increases cold-hardiness. An all-around solution for pennies a gallon! *10. oz bag (makes 250 gallons).* **SMA-9360** – \$21.35



Compost Thermometer

A 20" stainless steel thermometer with a dial indicator at one end with a range of 0° to 220° F. It's made for thrusting into the compost heap, measuring temperature in the center of the pile. Also for soil temp. Better built than most. **SCO-9320** – \$32.25

Home Garden Soil Test Kit

An economical and easy-to-use test kit for the person who doesn't need to do lots of tests. Ideal for home gardeners. Tests ten soil samples for pH, nitrogen, phosphorous, and potassium (N-P-K). Easy to use reagents in tablet form. **SHO-9350** – \$18.75



Odor-Free Compost Bucket

We use these. The heavy recycled plastic holds up well and doesn't crack like other plastic composters. Has a replaceable charcoal filter in the lid that effectively controls odor, but allows air in. This filter is supposed to last 3-4 months, but we find it lasts much longer than that. Has a handle for taking it out to the compost pile, and is easy to clean when you bring it back in. Both fit easily under the sink, and hold enough to go for a while between trips to the garden.



SOD-9335 – Holds 2 ½ gallons - 12 ½" X 8" X 6 ½" – \$24.99
SOD-9336 – Holds 1 ½ gallons - 7 ½" X 8" X 6 ½" – \$21.50
SOD-9340 – Package of 3 replacement filters -- \$6.99

Seed Saving and Planting



Recycled Wood Seed Flat Kits

Includes complete instructions, nails, and wood.

Made by a small local mill of recycled redwood or port orford cedar (our choice) both of which hold up equally well. The flats stand up to constant contact with wet earth and last a long time with reasonable care (empty soil from flat when not in use). Easily put together; pre-drilled to prevent splitting. Multiple orders may require extra shipping—if so, we will contact you. Each kit makes one flat.

Choose from 3 sizes (sizes are approximate):

(L) 23" X (W) 14" X (D) 3" **SRE-9280 STANDARD** – \$19.99

(L) 11.5" X (W) 14" X (D) 3" **SRE-9280 HALF** – \$19.99

(L) 11.5" X (W) 14" X (D) 5 1/2" **SRE-9280 DEEP** – \$19.99

Silica Gel

Nothing absorbs moisture like silica gel. It is an inert material that even organic gardeners can love. It contains a non-toxic yellow dye that changes color to green when the gel is saturated with moisture. Dry the gel in a warm oven (gas, wood, solar, or even microwave) to re-use will turn yellow again.. Enough to dry 5-10 lb. of seed. Complete directions.

8 oz. bag

SSI-9240 – \$5.25



Seed Saver's Kit

The most important factor for storing seed is dryness. Our kit contains one 8 oz. packet of silica gel (enough for 5-10 lb. of seed), envelopes for your seed, labels, and the book, **Saving Seeds**, which gives specific instructions for saving seed. Store seed in something that keeps moisture out – Mason jars, Tupperware containers, even pickle jars. **SSE-9230** – \$20.95

Soil Sieve

A stainless steel sieve body with 3 interchangeable galvanized metal screens of 3,5, and 10 mesh per inch. For sifting soil or compost, or for separating large types of seeds from chaff. 11.75" diameter sieve body. **SSO-9290** – \$22.95



Widger

.For many years we have used and loved this elegant little stainless steel tool for pricking out and transplanting tiny seedlings. The original British manufacturer stopped making them in 2004, but we have finally found someone who produces them just for us ...slightly modified but just as useful as the original. It's amazing how much difference a small tool like this can make! 6" X 3/4".

SWI-9010 – \$5.50



Staked Plant Markers

Old-fashioned metal labels with long wire legs that push into the ground with a tilted zinc nameplate at the top that can be written (and re-written) on with pencil. Long 11 1/2" legs; nameplates are 3 1/2" X 1 1/4"

Package of 25. **SST-9300** – \$12.95



Inoculants for Legumes

Legumes grow best and produce more if inoculated with a special bacteria culture. These bacteria form nodules on the roots of legumes such as peas, beans, favas, peanuts, lentils, vetch, Austrian peas, cowpeas, garbanzo beans, alfalfa, and clover, and "fix" nitrogen from the air into the soil. Inoculants are especially important when planting one of these crops for the first time. Choose the right inoculant for the crop you will be growing, see below. Directions: Put seed in container and mix in few drops of water, just enough to lightly moisten seeds. Add inoculant and mix until all seeds are coated. Or sprinkle directly in the furrow along with seeds using about 1 teaspoon every 2 feet of row. Cover immediately. As bacteria will die if exposed to heat and sun. Storage: Keep cool as possible; Do not expose to extreme heat, direct sunlight, or freezing -- temps between 34 and 70 F are best. **Caution: Avoid breathing dust.**

Garden Combo Inoculant – Treats 8 lbs of peas, beans, favas, peanuts, lentils, vetch, field peas, or cowpeas.

SIN-9400 -- \$5.50

Alfalfa & Clover Inoculant – Treats up to 5 lbs of Alfalfa or Clover seed. **SIN-9380** -- \$2.25

Garbanzo Bean Inoculant – Treats up to 15 lbs of Garbanzo beans. **SIN-9390** -- \$2.25

Soybean Inoculant – Treats up to 15 lbs of soybeans.

SIN-9410 -- \$2.95

Fungal Inoculants

Fungi (Mycorrhizae) are absolutely necessary for your garden's health, their networks are an essential part of any healthy garden soil. They will harmonize with the plant's root system and greatly expand the surface area of the root mass. They improve most plants' growth and vigor. They also promote environmental resistance to disease, pests, heat and drought - through their critical role in nutrient cycling, mediating plant stress and protecting against transplant shock. But how many and what types? We offer three choices all of which we heartily recommend.

Soluble Mycorrhizae

We honestly believe that these are the finest mycorrhizae available - note the difference in plant growth in the picture. If you want to include all known beneficial fungi, then this product gives you the broadest spectrum of fungi. This includes beneficial trichoderma which attacks harmful fungi and also has a negative effect on certain nematodes. Known to protect against 8 different plant diseases. Six times more concentrated than most other brands. One ounce bag will inoculate about 12 gallons of water, 17 gallons of planting medium, and treats about 250 sq. ft. of garden soil. 1 oz bag. **SMY-9377** – \$5.95



Rooter's Mycorrhizae

Rather than include all fungi, our Rooters version specializes in the 11 fungi that usually proliferate into dominance (most other Rooters formulations only have 8). Works on a broad spectrum of plants, media and environments. Add to soil or use as a spray. One teaspoon per gallon for planting mixes. Treats over 500 sq. ft. of garden soil. 1lb canister **SMY-9375** – \$12.95



Root Zone Beneficial Microbes/Mycorrhizae

Root Zone has both bacteria and fungi. Root Zone gives you 19 strains of beneficial bacteria. It also includes 12 fungi, including two beneficial trichoderma. All this in a base of humic acid and kelp meal. When planting add a half teaspoon to the soil of each plant or a tsp per row foot. Treats 25 sq. ft. of garden soil. Not for use as a spray. 8 oz. bag of granules. **SRO-9370** – \$11.35.



Fungi Perfecti Mushrooms

We are delighted to offer mushroom products from a pioneer and leader in the field, Paul Stamets at Fungi Perfecti. Your order will be shipped directly from Fungi Perfecti to ensure optimal freshness. All products come with complete illustrated directions. Guaranteed to produce a good crop. Certified organic. We do not ship this item outside the lower 48 states.

The more of these symbols * = the trickier to grow.

Indoor Mushroom Patch

Comes in a plastic bag that can sit on the kitchen counter. Will require some watering-no chlorinated or distilled water. After you harvest indoors, you can use the remains as starter outside - but its critical to match the wood variety requirements and growing temperature in the plugs section.

Pearl Oyster * — (*Pleurotis ostreatus*) Bouquets of Pearl Oyster mushrooms will appear within two weeks of arrival. A 55 to 75 deg F environment is needed for surprisingly large crop of tasty mushrooms. **SMU-9376** – \$26.00



Shitake * — (*Lentinula edodes*) -- Select strain of this gourmet, health-stimulating mushroom will out-produce any other kit. Delicious substitute for regular mushrooms. 2-4 week harvests for up to 16 weeks. A 50-80 deg F environment is ideal. **SMU-9379** – \$28.00



Lion's Mane *** — (*Hericium erinaceus*) a choice edible compared to seafood. Promising medicinal for dementia and cancer, high in anti-oxidants. Can grow to baseball size. **SMU-9373** – \$27.00



The King Stropharia*** -- *Stropharia rugosoannulata* Long-time favorite with Portobello-like texture produces several flushes of succulent burgundy-colored mushrooms over 3 month indoor life. **SMU-9391** -- \$27.00

Plug Spawn All plug packets cost \$15.95

Approximately 100 plugs of spawn from Fungi Perfecti for several species. **All plug packets cost \$15.95**

Insert dowels into the appropriate wood (3-4' log needs 50+, or a stump for 30-50 dowels) and mushroom mycelium can colonize the wood. Once fully colonized, (typically 9-12 months) mushrooms will start to appear. The more plugs you use per log, the faster the wood will be colonized with mushroom mycelium. Complete with their user-friendly, fully illustrated 14-page instruction booklet. Inoculate in the Spring after your last hard frost, or up to 30-45 days before consistent freezing temperatures in Winter.

The Lion's Mane *** *Hericium erinaceus* - Fruiting Temperature: 60–75°F • Ideal Wood Types: maple, elm, oak, chestnut. See description in kits. **SMP-9385**

HUG, Shitake, Pearl oyster, and Lion's Mane Photos © Fungi Perfecti. Chicken of Woods picture © Jean-Pol GRANDMONT, King Stropharia picture © 2011 Ann F. Berger

Plug Spawn (ctd.)

Pearl Oyster* *Pleurotus ostreatus* - Fruiting Temperature: 55–75°F • Ideal Wood Types: alder, maple, oak, aspen, poplar, beech, birch, elm. See description in kits. **SMP-9383**

Shiitake * *Lentinula edodes* - Fruiting Temperature: 50–80°F • Ideal Wood: oak, sweet gum, alder, ash, chestnut, eucalyptus, beech, hickory. See description in kits. **SMP-9384**

Blue Oyster* *Pleurotus ostreatus var. columbinus* - Fruiting Temperature: 45–65° F • Ideal Wood Types: alder, maple, oak, beech, birch, ash, sweetgum. Closely related to Pearl Oyster, and looks like it, only blue. Ideal for mushroom growers who live in cooler climates- fruits well in early spring and fall, producing beautiful steel-blue to blue-gray mushrooms. Extremely aggressive and grows on a wide range of deciduous hardwoods. Freezing does not harm it. See Pearl Oyster for pic. **SMP-9386**

Reishi*** *Ganoderma lucidum* - Fruiting Temperature: 70–80° F. Ideal Wood Types: oak, sweet gum, plums, elms, maple. The Chinese “mushroom of immortality” is a major immune tonic, it is antibacterial, antiviral, anti-tumor and with many other benefits. Not edible (like wood), rather you brew a tea. **SMP-9387**



Turkey Tail* *Trametes versicolor* -- Fruiting Temperature: 50–75° F. Ideal Wood Types: everything except cedar, redwood, cypress. Perhaps the oldest, and one of the most well-studied medicinal mushrooms in the world. Many health benefits. Recently cleared by the FDA for cancer tests. Easily grown on nearly any hardwood, and occasionally conifers. **SMP-9388**



Chicken of the Woods*** *Laetiporus conerificola* - Fruiting Temperature: 60–80° F. Ideal Wood Types: hemlocks, douglas fir, true firs, spruce. Tastes like and cooks like chicken – it's really tasty! Can also be frozen. The mushroom grows to 100 pounds. Chicken of the Woods (*Laetiporus conerificola*) grows on softwoods including hemlocks, Douglas Fir, true firs, and spruce. Stumps, rather than cut logs, or tree wounds are best. You can get mushrooms in as little as 6 - 12 months, and for several years thereafter. **SMP-9381**



Outdoor Bed Starter

You can make a mushroom patch right in your vegetable beds that is incredibly beneficial for your garden. Choosing the right site and medium for a particular fungus is critical – follow directions. After “planting” it only needs minimal maintenance and watering. Can use chlorinated water.

Garden Giant*** An aggressive, giant, burgundy-colored gourmet treat you can slice and cook like steaks. It unlocks nutrients from organic debris and feeds the roots of your plants. Grows well in beds of hardwood chips or on straw, especially between rows of corn and amongst leafy vegetables. Low-maintenance and fruit in temperatures as low as 40° F. and as high as 90° F and take 4-12 months to fruit. See King Stropharia for pic. **SMU-9374** – \$27.00

The HUG** *Hypsizygus ulmarius* -- A great ally for most garden vegetables, this aggressive Garden Oyster mushroom unlocks nutrients from straw, sawdust, and organic debris, feeding the roots of underlying plants. Ideal for overwintering and mulching, or early Spring planting where straw is overlaid. This kit is a natural way to recycle nutrients and grow gourmet mushrooms at the same time. **SMU-9377** -- \$27.00



DVDs and Videos

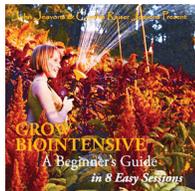
Seeing is sometimes believing! Some people learn a lot faster from a picture/video that visually shows how it is done. These videos are packed with useful information on their subjects. Here at Bountiful Gardens we like all these DVDs, and think that each one provides expert training on its subject.

Grow Biointensive:

A Beginner's Guide in 8 Easy Sessions

John and Cynthia Raiser Jeavons, 2010, 92 minutes DVD

This self-teaching video proves that a picture is truly worth a thousand words when it comes to a hands-on skill like gardening. Filmed at the Ecology Action research garden, it covers the eight main principles used in biointensive gardening. This is all you need to get started. It gives you an up-close look at what to do, when to do it, and how to do it best. **BEA-1036** -- \$20.00



Dig It! John Jeavons Double-Digging Video

John Jeavons, 1997, 30 minutes

Double digging is the most arduous part of bio-gardening. In this video John Jeavons demonstrates the whole process done right, discussing the details as he goes. Little improvements in technique reach back, and every time we watch this, we learn something new. Also in Spanish. DVD **BEA-1035** -- \$19.99

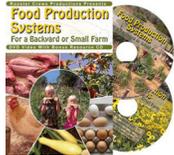


VHS **BEA-1030** -- \$19.99

Food Production Systems

Rooster Crows Productions, 2010, 110 minutes, DVD plus bonus CD

Nearly two hours of video packed with information, and another CD just for information and resources. Good production qualities and uplifting music - well-filmed and well-edited. Growing food in central Texas is not easy - that is where this DVD and success story comes from - if they can do it there, you can where you are. We like that they are fully biointensive in their approach. They achieve a rare feat - every on-line review is excellent, and a surprising number say they have bought copies for their friends and families. DVD plus bonus CD **BGE-1301** -- \$59.95

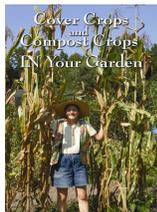


Cover Crops and Compost Crops IN Your Garden

Cindy Conner, 2008, 66 minutes

Cindy takes you through the whole growing year. She makes quite clear the whole process of preparing the beds and the developmental stages the beds go through, including crop rotation. She takes you through the whole mulching process. Watching the whole season is very educational and an essential part of learning GrowBio-intensive gardening. Cindy Conner is a certified Grow Biointensive Sustainable Mini-Farming Teacher. Everyone at BG who has watched this DVD had at least one "aha" moment.

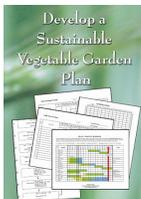
BCO-1180 DVD - \$35.00



Develop a Sustainable Vegetable Garden Plan

Cindy Conner, 2009, 66 minutes

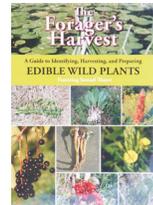
An intense video course in garden planning packed with information. Cindy takes you through the steps of putting together a notebook with your complete plan. A companion CD contains worksheets to help you figure how many seeds and plants you need, when to plant and where, and when to expect a harvest. Cindy's friends in their gardens explain how garden planning has helped them. **BGE-1222** DVD - \$40.00



The Forager's Harvest DVD Set

Samuel Thayer, 3 hours, 2 DVDs

These 2 DVDs contain all 32 plants in Thayer's highly-acclaimed first book. It is both informative and fun. Narrated by Thayer it contains real-life footage of gathering and eating from the wild, frequently stopping to give the basics of each plant: identification, where to find it, what stage to harvest it in, what parts to collect, how to get them, and how to use them. Access information for individual plants or watch the whole show. **BGE-1353** -- \$22.95



Ruth Stout's Garden Video

23 minutes

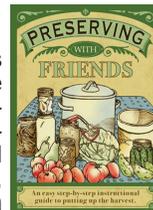
This has been one of our favorite garden vid-many years. Ruth Stout was a proponent of the "no work" method of gardening. We don't feel her work in every soil, and we still double-dig to get but it's a wonderful video of a sassy and determined Ruth expounds on both her gardening methods (silly year-round) and her philosophy of life. She was 92 when this film was made, and it is absolutely delightful. **BGE-1615** DVD -- \$19.95



Preserving With Friends DVD

Harriet Fasenfest et al, 2011, 3 hrs 10 min

Have a canning party or fundraiser! This film is inspirational - it puts you in the mood to do some canning and pickling. Loaded with useful information in a fun format that is especially good for visual learners. A good refresher for experienced canners. Topics include open-water canning, pressure canning, dehydration, lacto-fermentation and even root cellaring. Added bonus - the author of Wild Fermentations does a segment! **BFO-1761** -- \$34.95



Natural Beekeeping with Ross Conrad

Ross Conrad, 2012, DVD, 3 hrs, 13 min.

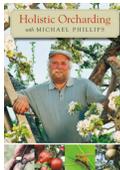
See a better description and the book on page 70. A comprehensive survey of natural beekeeping methods and challenges, including segments filmed in the field. It offers practical information that every aspiring beekeeper needs to know—everything from basic hive equipment to working with your bees to harvesting and processing honey. **BSE-1852** -- \$24.95



Holistic Orcharding with Michael Phillips DVD

Michael Phillips, 2013, 5 hours DVD, \$ 49.95

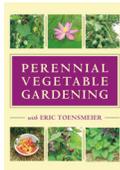
The master of organic orcharding blends ideas from soil science, holistic health, permaculture, biodynamics and traditional fruit growing into a powerful new approach to orchard care. In this incredibly long 5 hour DVD, Michael leads you through a year in his own orchard, demonstrating basic horticultural skills like grafting and pruning, but also revealing groundbreaking and field-tested strategies for growing fruits, not just organically, but holistically. **BTR-1655** -- \$49.95



Perennial Vegetable Gardening with Eric Toensmeier DVD

Eric Toensmeier, 2012, 143 minutes, \$29.95

Make any garden a perpetual, low-maintenance source of food. A culmination of workshops recorded in Mexico, Florida, and Massachusetts, this matches his best-selling Perennial Vegetables book. Eric visits gardens with a range of climates: his own garden in Massachusetts, the Mexican cloud forest, and ECHO in subtropical Florida. He introduces 100 species of little-known, underappreciated plants, as well as practical techniques and gardening ideas. **BTR-1683**--\$29.95



Ecology Action GROW BIOINTENSIVE® Publications

These are the basic books for learning the BIOINTENSIVE method; the results of our forty years of research and experience. All you need to know to raise your own food and care for your soil sustainably is in these books written by John Jeavons, staff, and apprentices. Other compelling E A booklets are in the books section by topic. All our booklets are printed on recycled paper.

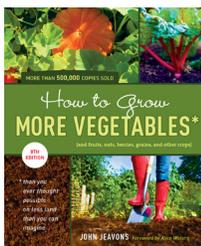
How to Grow More Vegetables*

(and fruit, nuts, berries, grains and other crops) *than you ever thought possible on less land than you can imagine

John Jeavons, 8th edition, 2012, 256 pp

Foreword by Alice Waters

This is the book that helped revolutionize food production around the world. It is every gardener's guidebook to healthier and more productive backyard gardens. This edition is a fully revised, updated and expanded edition of the book. Yes, it is possible to grow fresh vegetables for a family of four on the front lawn! This is the classic book on biointensive and GROW BIOINTENSIVE® gardening for beginners to advanced gardeners. The most complete and practical book of its kind, proven effective in all types of garden conditions.



This major revision updates everything, with the most current information, techniques and data, as well as important current topics like soil sustainability and the future of farming. All charts and plans are updated; the bibliography is expanded by 25%. We have given you more help in working toward sustainable soil fertility. Best of all, an index has been added to make the book easier to use! Everyone who has used and enjoyed previous editions will want this book—the best thing any gardener can do for their garden!

"...possibly the most detailed explanation of the Intensive gardening method available." –The New York Times

"John's methods are nothing short of miraculous."

–Alice Waters - from the foreword

Perfect Bound **BEA-0301** – \$19.99

Spiral Bound **BEA-0301** – \$21.99

Holds up better to heavy use, opens flat to keep your place

Cultivo Biointensivo de Alimentos

Spanish, 6th edition, 2004, 261 pp. **BEA-0400** – \$14.95

Comment Faire Pousser Plus des Legumes

French, 2nd edition, 115 pp. **BEA-0420** – \$7.95

Other editions in **German, Arabic, Dari, Hindi, and Braille.** See them on our website or contact us for more information.

Ecology Action's Revised Reading Guide

Some of John Jeavons favorite readings

John Jeavons, 2012, revised edition, 75 pp.

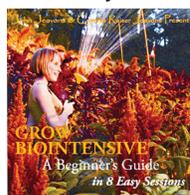
A huge reading list of John Jeavons's favorite books, listed in 55 categories, such as biointensive, compost crops, Fukuoka Culture/Native Americans, and terracing. This curriculum, when combined with field work, will allow a more thorough, in-depth introduction to the sustainable gardening process. Note: many of these books are out-of-print and must be purchased used.

BEA-0020 -- \$15.00

Grow Biointensive:

A Beginner's Guide in 8 Easy Sessions

John & Cynthia Raiser Jeavons, 2010, 92 min.



First of all, this video emphasizes how easy biointensive is to implement, and proves that a picture (or video) is truly worth a thousand words when it comes to a hands-on skill like gardening. This self-teaching video provides you with an excellent introduction to our Grow Biointensive method in 8 easy sessions. Filmed at the Ecology Action research garden just last year, it gives you an up-close look at

what to do, when to do it, and how to do it best. DVD

BEA-1036 -- \$20.00

DVD Plus the Seeds discussed in it (mostly grains and compost pkts seed and one DVD). **LDV-6672** -- \$41.00

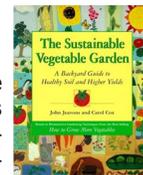
The Sustainable Vegetable Garden

The Backyard Guide To Higher Yields and

Healthy Soil

John Jeavons & Carol Cox, revised 1999, 118 pp.

This is a more basic version of How to Grow More Vegetables, based on a simple garden plan. This book has been revised to include the latest information on GROW BIOINTENSIVE techniques, including a new chapter on seed saving. Especially for teachers planning a school garden, or suited for anyone who prefers a shorter, simpler introduction to GROW BIOINTENSIVE. It gives specific recommendations on the best crops for beginning gardeners, and how much to grow for a family's needs. **BEA-0310** – \$12.99



Sustainable Garden Starter Kit - The above book & seeds for the garden plan included in the book. **LSU-6770** – \$38.75

One Circle

How to Grow a Complete Diet in Less Than 1000 Square Feet

Dave Duhon & Cindy Gebhard, 1984, 200 pp.

Based on techniques described in *How to Grow More Vegetables...*, this book will help you explore your nutritional needs and then design and produce a complete vegetarian diet in as little as 700 square feet! Loaded with charts, annotated bibliographies, step-by-step instructions, and even cut-out slide rules for the calculations. You're invited to participate in this cutting-edge of Biointensive development and research. You'll need to read *How To Grow* first. Spiral-bound **BEA-0370** -- \$26.95



The Basic Biointensive Library

The basic books are: *How to Grow More Vegetables*, *Backyard Homestead*, *The Sustainable Vegetable Garden*, *One Circle*, Booklets: 0, 1, 12, 13, 14, 17, 18, 19, 21, 22, 24, 26, 32, and 33., plus the Grow Biointensive DVD. **BEA-0350** \$182.00

Dig It!

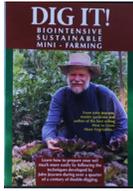
John Jeavons Double-Digging Video

John Jeavons, 1997 DVD, 30 minutes

Double digging is the most arduous part of bio-intensive gardening. Learn directly from the master. In this video John Jeavons demonstrates the whole process done right, discussing the details and subtleties as he goes. Little improvements in technique really spare the back, and every time we watch this, we learn something new. These techniques will also improve your garden, and its soil, wherever you live. Also in Spanish.

BEA-1035 -- English DVD \$19.99

BEA-0740 -- Spanish DVD \$19.99



An Experimental 33-Bed Grow Biointensive Mini-Farm: Growing Complete Fertility, Nutrition and Income

EA Booklet 36, John Jeavons, 2011, 34 pp.

This booklet is our newest plan, based upon 40 years of solid research, for growing all your food, compost and a modest income on as little as 3,300 sq ft. of growing beds. This is based on conservative intermediate-level GROW BIOINTENSIVE® yields. It has been designed for longer growing season areas with warmer nights, as opposed to Booklet 14, and similarly uses a 3-bed plan as its basis, which can then be scaled up to a full mini-farm. Contains delicious recipes based on the crops grown. BEA-0036 - \$14.00



The Backyard Homestead Mini-Farm & Garden Log Book

Jeavons, Griffin, and Leler, 1983 - spiral bound, 234 pp.

For those who want to develop more self-reliance, earn an income from mini-farming, or just to learn how to become more effective food growers. This companion book to *How to Grow More Vegetables* is the result of ten years of practical garden research and covers such subjects as food from your backyard homestead, beginning to mini-farm, tools you can make (including the U-Bar), plans to build portable greenhouses, crop profiles and tests, calendars, essential bookkeeping, and much more. Spiral Bound only. "...in his mini-green revolution John Jeavons is demonstrating that small is beautiful." - The Manchester Guardian BEA-0380 -- \$20.50



Energy Use in Biointensive Food Production

EA Booklet 37, Steve Moore. 2013, 28 pp.

Steve Moore, director of the Agroecology Program at Elon University in North Carolina, has been investigating energy use in the Biointensive system. The result is this booklet which evaluates the different forms of energy that contribute to food production. They include the calories of labor, the calories embedded in the tools we use, and the calories used in getting the food to our plates—processing and preserving. Two crops, onions and flour corn, serve to illustrate how the use of energy is calculated with as little as 6% the energy being used in biologically intensive practices compared with conventional ones. Be sure to check out the energy efficiencies of fermentation food preservation, including Sauerkraut! BEA-0037 -- \$12.50

The Complete 21-Bed Biointensive Mini-Farm

EA Booklet 14, Jeavons and Ungemach, 2010 (updated), 24 pp

Currently it takes a minimum of 7,000 square feet to feed one person in the U.S. and often 16,000 square feet to feed one person in the Third World. This booklet gives a step-by-step approach on how to start sustainably growing all your food (a 2400 calorie/day diet), a small income, and compost crops in as little as 4,000 square feet. This assumes you've read *How to Grow More Vegetables*, *One Circle*, and *Backyard Homestead*, have reasonably improved soil and skills, and are able to get intermediate yields. Updated edition, after 25 years of experience. BEA-0014 -- \$6.50



Other Ecology Action Pamphlets:

Food for the Future, Now:

A Survival Garden Plan

EA Booklet 34 - D P Miller II, C Cox, R Mankey, 2010, 48 pp

Listed in *Resiliency*, page 70. BEA-0034 -- \$11.75

Growing More Food With Less Water

EA Booklet 35, EA Staff, 2011, 25 pp.

Listed in *Water*, page 72. BEA - 0035 -- \$8.00

Grow Your Own Grains:

Raising, Harvesting and Uses

EA Booklet 33, Carol Cox, 2008, 28 pp.

Listed in *Grains*, page 71. BEA-0033 -- \$7.50

Growing Medicinal Herbs in as Little as Fifty Square Feet - Uses and Recipes

EA Booklet 27, Louisa Lenz-Porter, 1995, 40 pp.

Listed in *Herbs*, page 71. BEA-0027 -- \$8.95

Test Your Soil with Plants

John Beeby, 2nd ed, 2013, 168 pp.

Listed in *Composting*, page 69. BEA-0029 -- \$21.00

GROW BIOINTENSIVE® Composting and Growing Compost Materials

EA Booklet 32, Carol Cox, 2008, 28 pp.

Listed in *Composting*, page 69. BEA-0032 -- \$9.00

Growing and Gathering Your Own Fertilizer

EA Booklet 12, EA staff, 1984, 140 pp.

Listed in *Composting*, page 69. BEA-0012 -- \$12.50

Growing To Seed

EA Booklet 13, Peter Donelan, rev. 1999, 45 pp.

Listed in *Seed & Seed Saving*, page 73. BEA-0013 -- \$12.50

Dried, Cut, and Edible Flowers for Pleasure, Food and Income

EA Booklet 18, Louisa Lenz, 1990, 60 pp.

Listed in *Self Sufficiency*, page 70. BEA-0018 -- \$12.50

Learning to Grow All Your Own Food:

Booklet 26, Carol Cox & Staff, 1991, 25 pp.

One-Bed Model for Compost, Diet and Income Crops

Based on Booklet 14. This complete course was developed through our workshops on the one-bed learning & teaching model. Gives detailed cultural instructions for many crops that we have found successful in our research garden. Good materials for planning and record keeping.

BEA-0026 -- \$6.25



Designing a GROW BIOINTENSIVE® Sustainable Mini-Farm

EA Booklet 31, Ecology Action Staff, 2003, 45 pp.

This is a working paper. The concepts behind the design of a sustainable mini-farm that provides compost material for soil fertility, food for a balanced diet, and crops for income in the smallest possible area. This process is used in our workshops. BEA-0031 -- \$15.00



Other Ecology Action Publications

We have many other publications and information sheets not in this catalog. Please see our website, or contact us for a listing of these. We also have a number of publications in other languages, especially Spanish.

Books We Like, by Topic

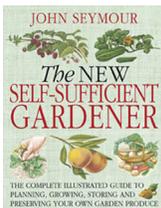
We carry a careful selection of what we think are the best books for healthy natural living, including some that large online retailers do not carry. While our orientation is towards sustainable organic gardening, we also carry fine books on food storage and processing, self-sufficiency, solar, and food security.

Garden Methods & Techniques

The New Self-Sufficient Gardener

John Seymour, 2008, 256 pp.

The first edition was prized by many, but this edition is better! Well written, well illustrated and with a dash of humor - a wonderful book for the new and experienced gardener alike. Practical, inexpensive, and useful suggestions for small-scale growers, a container gardener all the way up to a 25-acre farmer. This covers everything even remotely gardening related, e.g.: basic greenhouse gardening, how to raise rabbits or chickens, how to make wines, etc. **BGE-1305** – 19.95



The Vegetable Gardeners Guide Poster

Bill and Betsy Bruneau, 1992, 24" H x 36" W

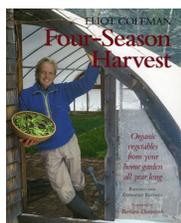
Basic gardening information at a glance right on your wall. An easy-to-read wall chart that tells where, when, and how to start nearly all garden vegetables. Included topics are site selection, various spacings, water needs, seed preparation, specific cultivation information, companions, when to harvest, and much more. Fully laminated in plastic for long life in the potting shed. Poster runs horizontally so it's actually easy to read. Illustrations of classic vegetables. Good compact listing of the basic relationships of companion plants. **BGE-1220** – \$10.95



Four-Season Harvest

Eliot Coleman, rev. ed. 1999, 242 pp.

Eliot Coleman has fresh green vegetables from his garden all winter, in Maine! This is how he does it without expensive heating, but with many ingenious homemade solutions and careful selection of crops and planting methods. On a trip to southern France, he realized that Maine is at the same latitude. This sent him on a search for ways to grow plants year round, and European crops bred for that purpose. Full of ideas, plans and great color pictures so you can do it too. **BGE-1230** – \$24.95



Farms with a Future:

Creating and Growing a Sustainable Farm Business

Rebecca Thistlethwaite, 2012, 283 pp.

A major growth industry for future generations will be small to medium farming. Don't farm? In your future you will be supporting one who does, and most farmers need help to be successful. What is a farm with a future? What will make it sustainable and resilient? And what key qualities and skills does a farmer need in today's climate to be successful? It's all about building a sustainable triple-bottom-line farming business into your future. **BGE-1309** - \$29.95



More Gardening Methods: Resilience and Change Page 70;

Biodynamics Page 78; **Companion Plants** Page 73;

Lentils for the Organic Garden and Mini-Farm

Lenz Schaller, 2011, 131 pp.

A Guide to Lentil History and Culture.

Lentils are an important food crop and survival food. Known as "The Poor Man's Meat" because of their outstanding protein content. Lentils are a rich source of iron and other minerals, fix nitrogen in the soil, and grow in soil too poor for other crops. This excellent book also covers its history, culture, and status as a "sacred grain". **BGE-1326** – \$9.95



Golden Rule Farm's

Guide to Growing Early Tomatoes

Craig Schiff, 2011, 28 pp.

John Jeavons came back from a Mid-West teaching trip raving about this book. Want to have ripe tomatoes really early? Craig successfully grows red tomatoes and harvests them as early as April 24. He does this in a region where temperatures regularly drop to as low as 2 degrees Fahrenheit after tomato seedlings are planted! Craig Schaff's booklet describes how with detailed text and clear color photos. **BGE-1241** -- \$11.95



The Bountiful Container

R M N McGee and M Stuckey, 2002, 431 pp.

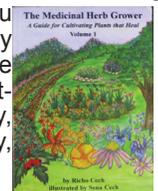
With a few exceptions, everything edible that's grown in the ground can be successfully raised in a container. This book is for folks without garden space, or whose physical challenges make container gardening the best option; for those who can't have a traditional garden but dream of home-grown food! Covers vegetables, herbs, fruit, and edible flowers. Explains what kinds of containers to use, soil mixes, plant combinations, & recipes. **BGE-1280** – \$17.95



The Medicinal Herb Grower, Volume 1

Richard A (Richo) Cech, 2009, 160 pp.

This book could be titled "How to Have a Green Thumb." We recommend it highly for any gardener who wants to grow perennials, trees, wild plants, or herbs. Don't be fooled by the funky drawings and funny stories—this is a man who figured out how to grow endangered herbs like goldenseal and bloodroot that were considered impossible to domesticate. Plants used as herbs occupy most every niche in the plant kingdom, from tropical trees to cactus or arctic wildflowers. Rather than covering them all individually, he does better, he gives you understanding. The chapter on "why didn't my seeds come up?" alone is worth the price of the book. Others include making potting soil, creating plant habitat, rules of green thumb, diversity, growth cycles of plants, windows of opportunity, and seed production. **BGE-1582** - \$19.95

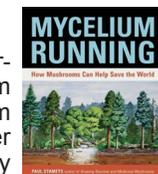


Mycelium Running:

How Mushrooms Can Help Save the World

Paul Stamets, 2005, 352 pp.

A gold mine for any gardener or forester; an embarrassment of riches in its 350 plus pages. Mycelium are often an overlooked key ingredient in any form of permaculture. Do you know that trees and other green plants could not grow and reach maturity without symbiotic associations with mushrooms and/or mycelium? Paul Stamets has pioneered mycorestoration. Fungi, especially from old growth forests, show impressive potential against many of our most troubling diseases. For example, inoculation of seeds with mycorrhizal fungi helps plants gather nutrients and prevent parasitization. **BTR-1685** – \$35.00



Vertical Vegetables & Fruit: Creative Gardening Techniques for Growing Up in Small Spaces

Rhonda Hart, 2013, 167 pp, \$16.95

Vertical Vegetables & Fruit shows how easy and fun small-footprint food gardening can be. Low maintenance and big harvests are just two of the benefits. Whether your soon-to-be garden is an alley, a balcony, a rooftop, or just a windowsill there are simple growing guidelines here to fit every gardener's favorite tastes and site. **BGE-1309** - \$16.95



Small Green Roofs

Low-Tech Options for Greener Living

Dunnett, Gedge, Little, and Snodgrass, 2011, 256 pp, \$24.95

If you have any interest in green roofs, buy this book first! For the average homeowner - there is a project here that matches your need. Lots of examples of successful small roofs, for each they discuss how it was planned and designed, and then talk you through the installation. Very empowering book. **BTR-1655** - \$24.95



Pests

Good Bug, Bad Bug

Jessica Walliser, 2008, 90 pp.

Great pictures and easily understood information about each pest, including what their damage looks like, what plants they attack, how to prevent attacks, and how to control attacks organically. It has an equally awesome section for beneficial insects, with pictures, detailed information, and tips on how to attract them and keep them in your garden. Spiral bound to lie flat for easy reading. Laminated, water resistant paper in field book size. **BPL-1815** - \$17.95



What's Wrong With My Plant? (And How Do I Fix It?): A Visual Guide to Easy Diagnosis and Organic Remedies

David Deardorff, 2009, 452 pp.

John Jeavons really likes this book with its straightforward diagnostic *system.* There's a step-by-step flowchart method for figuring out what's wrong. The method is brilliant and what's even better, it's explained well, in easy to understand language. The rest of the book is the typical encyclopedia of photos and descriptions. Clear illustrative photos with descriptions in simple, plain English. Organic solutions are offered. **BPL-1833** - \$24.95



What's Wrong With My Vegetable Garden?

David Deardorff and Kathryn Wadsworth, 2011, 249 pp, \$24.95

The authors first book, "What's Wrong with my Plant?..." received a big "thumbs up" from John Jeavons and the EA garden staff. They also like this book ("worth carrying"). Each vegetable has its own pages on cultivation, since good cultivation minimizes problems. If problems do arise there is a problem-solving guide for each family of veggies that gives you the available organic solutions, which are summarized in a third section. All three sections can stand alone and are a good read. **BPL-1832** -- \$24.95



Weeds and What They Tell

Ehrenfried Pfeiffer, 1970, 96 pp.

The presence of certain weeds can tell the gardener what the soil is like where they grow. This little book goes through each weed family and also includes many uses of weeds, both medicinal and agricultural. An introduction to a topic covered more fully in our Test Your Soil with Plants. **BCO-1200** - \$13.95



Composting and Soil Fertility

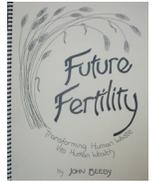
Soil is where it all begins. Compost crops slow erosion, improve soil, smother weeds, enhance nutrient and moisture availability, help control many pests and bring a host of other benefits to your garden. They will save you money and give you a better harvest. There is a compost crop for almost every gardening situation.

Future Fertility:

Transforming Human Waste Into Human Wealth

John Beeby, 1995, 164 pp.

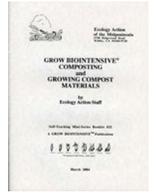
We are beginning to realize what most farmers in history have known well – returning the nutrients in human waste back to the soil from which they came is essential for the sustainability of agriculture worldwide. This detailed and practical manual describes both established and innovative low-technology methods of safely and effectively recycling the nutrients in human waste. More importantly, it describes the principles behind the methods, and criteria that any method must meet for safety and sustainability. A must for a serious sustainable gardeners and those interested in transforming their waste into wealth in the future. **BEA-0340** – \$24.50



GROW BIOINTENSIVE® Composting and Growing Compost Materials

EA Booklet 32, Carol Cox, 2008, 28 pp.

A detailed, but step-by-step, guide to making superior compost from your garden by-products is an essential element of our GrowBiointensive® method, and maximizing the quality and quantity of your compost is essential to achieving sustainability. This book details our research into producing the highest-quality compost from crops grown in your own garden. All that we have learned in the past 14 years has been included. **BEA-0032** – \$9.00



Growing and Gathering Your Own Fertilizer

Booklet 12, EA staff, 1984, 140 pp.

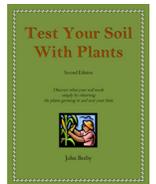
This book came out of countless requests for a book on how to grow your own fertilizer from common materials. A "how to" book with over 90 pages of tables tell you the fertilizer potential of common home, garden and farm materials. Many places in the world (US also) simply cannot easily get commercial or prepared fertilizers. Get independence for your garden. With Booklet 29 you can both analyze your soil and provide inputs without depending on any commercial source. **BEA-0012** – \$12.50



Test Your Soil with Plants

John Beeby, 2nd ed, 2013, 168 pp.

Find out what fertilizers and amendments optimize your garden's health and productivity, simply by observing the plants growing in your garden. Cultivated and uncultivated soil can be analyzed by observing weeds and garden plants. **BEA-0029** – \$21.00



Professional Soil Tests

Balancing out your soil's nutrients will increase the health of your plants, improve yields and insure that you are not adding unnecessary fertilizers. Ecology Action uses the soil test services of Timberleaf Soil Testing, 39648 Old Spring Rd, Murrieta, CA 92563 - www.timberleafsoiltesting.com (951-677-7510). As part of this service you will receive a detailed report in easy-to-understand terms.

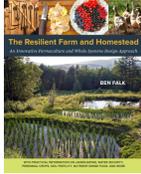
Resilience and Change

Food For The Future, Now is about garden planning and how to lay out a successful garden. **The Resilient Gardener** is focused on a home gardener with a small amount of land. It shows how an individual or family can thrive within a city or town. It is focused entirely on food. **The Resilient Farm** shows how a family or like-minded community that owns land can transform it into a total integrated, self-sustaining, and continuously-improving system encompassing food, water, energy, shelter, and "waste" management.

The Resilient Farm and Homestead: An Innovative Permaculture and Whole Systems Design Approach

Ben Falk, 2013, 320 pp.

We think this is the book of the year, and probably the decade. Open it to almost any page and you'll find some stimulating and exciting way of making a homestead more productive, more healthful, more energy-efficient, and more like a natural, self-sustaining system. After decades of gardening and homesteading ourselves, it is not often we run into so many ideas that trigger that "aha!" Many of us hands-on types will want to dip into the exciting projects and experiments going on at the author's farm. Not only gardening and permaculture, but building, fuel, grazing animals medicinal foods, preserving—he has rethought it all, leading to some surprising conclusions. Who would have thought that the best grain to grow in Vermont would be rice? **BTR-1684** -- \$40.00

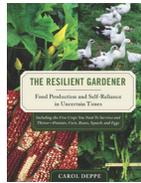


The Resilient Gardener:

Food Production and Self-Reliance in Uncertain Times

Carol Deppe, 2010, 384 pp.

Gardening in an era of wild weather and climate change should be the subtitle. Carol Deppe has spent the last couple of decades solving the problems other folks just worry about: What if the electricity stops? What if I get sick or infirm? What if there is no water for gardening? How does climate change affect our gardening plans? Carol does in fact grow almost everything she eats, yet she lives in the suburbs. She concentrates on four key crops (corn, squash, beans, and duck eggs) that are dependable in her area, the Pacific Northwest. Her words on planning, seed saving, water use, choosing tools, gardening with a bad back, and using the harvest are different from what you'll hear elsewhere--but they have the ring of true experience. **BGE-1307** - \$29.95



The Weather-Resilient Garden:

A defensive approach to planning & landscaping

Charles W.G. Smith, 2004, 412 pp.



It is important as farmers and gardeners to be better prepared for more extreme weather affecting our crops and livelihood. Charles Smith gives you practical solutions for: cold, ice and snow, salt, flood, drought, fire, hail, heat, humidity, lightning, and wind. You will learn everything there is to know about how to prepare for, (somewhat) prevent, or recover from such a disaster. Bacteria make frost worse? **BGE-1238** - \$19.95

Gardening Projects for Kids:

101 ways to get kids outside, dirty, and having fun

Whitney Cohen & John Fisher, 2012, 264 pp.

There are so many books out there trying to promote kids being in the schoolyard garden but this local publication goes beyond that and gets kids involved in the garden at home, no matter the scope or scale. Gardening Project with Kids understands that raising kids and maintaining a garden can be a juggling act, but recognizes that the youth can be great gardening companions and that their involvement will present endless benefits for everyone. **BGE-1366** - \$19.95



Self-Sufficiency

Food for the Future, Now:

A Survival Garden Plan

DP Miller II, Carol Cox, Robin Mankey, 2010, 48 pp

If you need a plan for an uncertain future, that is do-able and real, this is it! There is a difference between responding with panic and planning for the future! This booklet gives you a realistic plan for developing a real, functional "survival garden" that is nutritionally adequate and sustainable, based on our GROW BIOINTENSIVE method. It assumes beginning-level yields, fair soil, are a gardener with moderate skills, and you have read *How To Grow More Vegetables* or *The Sustainable Vegetable Garden*. It outlines what you need to know and why, and provides positive real survival concepts. Then it assesses what you need to know, based upon where you are, your experience, and what soil you are starting with.



The plan is for a dozen vegetables plus winter grains, adaptable to your specific situation. Growing compost to keep your soil sustainable is also covered. The plans in this booklet are for USDA Zones 8 and above - in colder areas you will have to make some hard choices, which we outline. The complete plan uses 4,730 feet of growing beds, and can produce a special complete 1600 calorie/day diet. Also described are smaller plans so that one can develop skills with each crop. As yields increase, the area you need can decrease.

BEA-0034-- \$11.75

Dried, Cut, and Edible Flowers

for Pleasure, Food and Income

EA Booklet 18, Louisa Lenz, 1990, 60 pp.

Flowers enrich our lives, help our gardens as food sources for pollinating insects, and many are good to eat! How to cultivate dried and cut flowers, and detailed information on edible flowers. Flower can be a good early income source while establishing a new mini-farm; detailed economic data on mini-farming flowers. Illustrated. **BEA-0018** - \$12.50

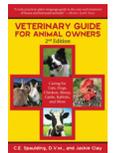


Veterinary Guide for Animal Owners:

Caring for Cats, Dogs, Chicken, Sheep, Cattle... and More

Spaulding DVM & Clay, 2nd Ed, 2010, 432pp.

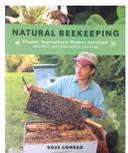
Great general knowledge for anyone interested in raising and caring for dogs and cats, as well as livestock such as cows, sheep, pigs, chickens, etc. Very informative for someone who is thinking about taking on a new animal project. Pre-reading this book before acquiring animals will surely help prevent any unforeseen calamities. **BGE-1471** - \$14.95



Natural Beekeeping

Ross Conrad, 2012 rev. ed., 304 pp.

Anyone interested in keeping bees should read this book. With our precious bees in trouble right now, we experiencing a revolution of backyard beekeepers saving the honey bee. Backyard honey is an outstanding food and medicinal. Includes a complete discussion of all the pests and diseases that affect bees and natural ways to work with them. **BSE-1851** - \$34.95



Natural Beekeeping DVD - see DVDs page 65.

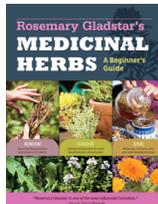
Herbs

Herbs are an essential part of any organic garden. Herbs supply food, medicine, seasoning, and beauty. Herbs are powerful companions in your garden. Here's a guide to choosing the right herb book for your needs: If you are a beginner **Rosemary Gladstar** is for you. 33 tried-and true herbs described in detail. She teaches you basic herbal preparations and recipes for how to use them. Color pictures and wonderful recipes. **Richo's Making Plant Medicine** is the next step: a simple but complete reference to making and using homemade medicines. It explains the how and why of making tinctures, teas, salves, creams, and lotions. He then gives you 100 herbs you can grow at home with full "how to." Our own **Growing Medicinal Herbs in as Little as Fifty Square Feet** is a garden plan for a sample herb garden and "medicine chest" of easily grown herbs. **Herbal Antibiotics** addresses the rise of antibiotic-resistant organisms, then offers the most powerful and well-researched herbal antibiotics known. **Herbal Antivirals** addresses the rise of whole new classes of viruses, then offers the most powerful and well-researched herbal antivirals known.

Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, & Use

Rosemary Gladstar, 2012, 224 oo.

This is the best, most welcoming herb book we have seen for the beginner. There is no way to go wrong with the 33 tried-and true herbs she describes in detail. A large section on making simple herbal remedies. Great color pictures and wonderful recipes make everything described in this book easy. **BGE-1453 -- \$14,95**



Making Plant Medicine

Richo Cech, 2000, 277 pp.

Richo introduces big topics by means of wonderful stories and personal anecdotes. But don't be fooled - this is a precise guide to healing with plants. Part 1 tells why and how to make tinctures, teas, decoctions, glycerites, succi, oils, salves, etc. Both precision and seat-of-the-pants methods are discussed, with suggestions about when each is appropriate.



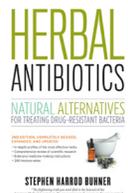
Part 2 is a formulary listing 116 plants: when to use them, in what form, exactly how to make the medicine, and suggested dosage. If you have ever tried to use a book that suggested using an herb, and then weaseled out of giving specifics for fear of liability, you will love this book. **BGE-1583 - \$19.95**

The Medicinal Herb Grower, Volume 1 See Garden Methods and Techniques

Herbal Antibiotics, Second Edition

Stephen Harrod Buhner, 2012, 467 pp.

This is a very scary, and very empowering book. It begins with a complete critique of current antibiotics and why they are quickly becoming useless. Next, it presents a detailed, up-to-the-minute listing of herbs that actually act as antibiotics, not just topical antiseptics. Then, it discusses immune system stimulants and their role in preventing disease. Finally a rather modest section on making and using herbal medicines has grown into a 65 page Handbook of Herbal Medicine Making and An Herbal Formulary. This section alone is worth the price of this book. **BGE-1371 -- \$24.95**



"I've included the herbs you'll find here for either one of two reasons: 1) I, or practitioners I respect, have found them to be highly effective in practice in the treatment of antibiotic-resistant diseases, or 2) in-depth research and use in other countries has found them to be highly effective." - Steven Buhner

Herbal Antivirals:

Natural Remedies for Emerging & Resistant Viral Infections

Stephen Harrod Buhner, 2013, 416 pp.

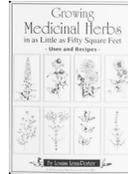
Protect Yourself with Natural Treatments for Viral Infections. Viruses are smart, mutating and becoming resistant to antiviral pharmaceuticals. Build your immunity and protect yourself with broad-spectrum herbal treatments. Stephen Harrod Buhner profiles the plants that have proven most effective in fighting viral infections and provides in-depth instructions for preparing and using formulations to address the most common infections and to strengthen your immunity, safely and naturally. **BGE-1372 - \$24.95**



Growing Medicinal Herbs in as Little as Fifty Square Feet - Uses and Recipes

EA Booklet 27, Louisa Lenz-Porter, 1995, 40 pp.

Grow most of your medicinal herbs in as little as 50 square feet. An herbal "medicine cabinet." of 24 common, easily grown herbs is described in depth. Instructions, recipes, and bibliography take an easy approach to an enjoyable activity. Sample 50-sq-foot bed with ideas for personal modifications. **BEA-0027 - \$8.95**

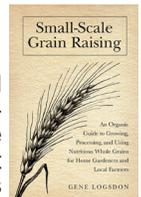


Grains See our grains seed section - Page 40

Small-Scale Grain Raising

Gene Logsdon, 2nd Ed., 2009, 308 pp.

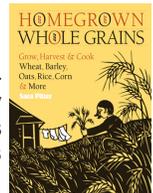
"An Organic Guide to Growing, Processing, and Using Nutritious Whole Grains for Home Gardeners and Local Farmers." Still the most complete guide available to the gardener who wants to plant what the author calls a "pancake patch." Gene is a very experienced friend beside explaining when to plant, how to plan rotations, pests, storage, and how to hand-harvest, thresh, hull, and even cook a wide variety of grains. Chapters on corn, wheat, sorghum, oats, dry beans, rye, barley, buckwheat, millet, rice, triticale, spelt, wild rice & cover crops. **BGE-1323 — \$29.95**



Homegrown Whole Grains

Sara Pitzer, 2009, 168 pp.

Growing whole grains is simpler and more rewarding than most people imagine. With only 1000 square feet of land, you can grow 50 pounds of wheat, which can then be baked into 50 loaves of fresh bread. Complete growing, harvesting, threshing, grinding, and storing instructions. Recipes for most whole grains: wheat, corn, barley, millet, oats, rice, rye, spelt, and quinoa. **BGE-1324 - \$14.95**



Grow Your Own Grains:

Raising, Harvesting and Uses

EA Booklet 33, Carol Cox, 2008, 28 pp.

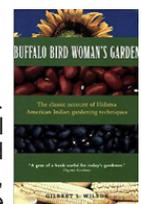
A working paper. Basic grain raising, harvesting and using. How to grow and use barley, oats, cereal rye, triticale, wheat, amaranth, corn, millet, quinoa, rice, sorghum, and teff. Contains more types of grains than books we've seen. Also gives basic cooking information, like cooking time and yield. Resources, useful varieties, and detailed crop charts. **BEA-0033 - \$7.50**



Buffalo Bird Woman's Garden

As told to Gilbert Wilson, 1917, 129 pp.

Buffalo Bird Woman, a Hidatsa, was born in 1839. An expert gardener, she shared her traditional Native American ways in this book, first published in 1917. Includes planting and harvest traditions, ceremonies, songs, and recipes, focusing on the traditional crops; corn, squash, beans, sunflowers, and tobacco. **BGE-1550 - \$14.95**



Permaculture

Permaculture design emphasizes patterns of landscape, function, and species assemblies where the whole is greater than the sum of its parts. Permaculture design therefore seeks to minimize waste, human labor, and energy input by building systems with maximal benefits between design elements to achieve a high level of synergy. Permaculture designs evolve over time and can become extremely complex systems that produce a high density of food and materials with minimal input. See also Biodynamic.

Gaia's Garden

A Guide to Home-Scale Permaculture

Toby Hemenway, 2001, 260 pp.

This is the book to have to start your permaculture garden. It is the best step-by-step explanation of what to do and why, with practical ways to incorporate food gardens, flower gardens, and wildlife habitat into a backyard ecosystem. Chapters cover soil building, water management, choice of plants, interplanting, guilds, forest gardening and garden evolution. **BTR-1680** – \$29.95



Creating a Forest Garden:

Working with Nature to Grow Edible Crops

Martin Crawford, 2010, 384 pp.

A brilliant, well-organized book that walks you through the whole process of creating a sustainable forest garden that produces on multiple vertical levels, and largely defends and fertilizes itself. Crawford has something like 500 plants on two acres and regularly picks 20 varieties for his salads which changes even for a small garden. A comprehensive directory of over 450 trees, shrubs, herbaceous perennials, herbs, annuals, root crops and climbers is impressive. Nearly all are edible, but also medicinal, nitrogen-fixing, fiber, even wax producing! **BTR-1672** – \$49.95



Sepp Holzer's Permaculture:

A Practical Guide to Small-Scale, Integrative Farming and Gardening.

Sepp Holzer, 2011, 256 pp.

A 110+ acre commercial permaculture farm featuring 14,000 fruit trees with diverse understory plants, complete integration of rotationally grazed livestock, terraces and rainwater harvesting on a cold steep mountainside in Austria. "Sepp Holzer is a Superstar Farmer (who) turns out an absolutely remarkable volume and variety of food products, all without one smidgen of chemical fertilizer (on originally poor land)"-Gene Logsdon **BTR-1682** – \$29.95

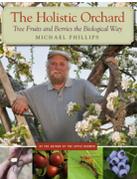


The Holistic Orchard:

Tree Fruits and Berries the Biological Way

Micheal Phillips, 2012, 400 pages

This master of organic orcharding blends ideas from soil science, holistic health, permaculture, biodynamics, and traditional fruit growing into a powerful new approach to orchard care – including a whole section on orchard dynamics. The pruning section is awesome. The second half of the book looks at each major fruit tree and shrub in the same holistic detail. It is a good companion to Creating a Forest Garden. **BTR-1652** – \$39.95



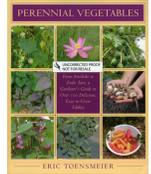
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We are happy to send gift certificates for any amount. If ordering only a gift certificate, add the minimum shipping and handling. Say that it is a gift, and give us the address of the recipient, with the exact name and message that should be on the gift card.

Perennial Vegetables

Eric Toensmeier, 2007, 256 pp.

Perennial food crops can form the "bones" of the garden, to be filled in with annuals as needed. The first part is filled with information about growing perennial vegetables; site preparation, the best varieties for your location, planning the best design, and propagating plants. The second part is around 100 different perennial food crops, organized by plant family: Some familiar and some very exotic. Each with complete growing information: general overview, history and ecology, description, preferred climate, pest problems, how to grow, harvest and store. A great resource for anyone interested in sustainable gardening or permaculture. **BWO-1840** – \$35.00

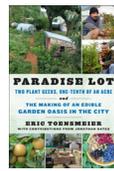


Paradise Lot

Eric Toensmeier, 2013, 234 pp.

Can two lonely guys with big dreams but hardly any money build a semi-tropical paradise (and find romance) in a duplex in industrial Massachusetts? We know that they wouldn't have written a book about it if they didn't succeed, but the question is: How?

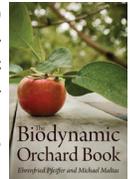
This is a permaculture book for the rest of us; not too much theory, not too much detail, but a really good glimpse into the process of starting with next to nothing, trying stuff, failing, thinking it through, learning—and finding success, romance, and a really great garden. **BTR-1681** -- \$19.95



The Biodynamic Orchard Book

Ehrenfried Pfeiffer and Michael Malts, 2013, 104 pp.

The Biodynamic Association has combined two essential biodynamic classics in one book: A thoroughly revised and updated edition of 'Biodynamic Treatment of Fruit Trees, Berries and Shrubs' by Ehrenfried Pfeiffer and 'Orchard Pest Management and Spray Schedule' by Michael Malts. This book gives the best advice for cultivating fruit trees, berries and shrubs using biodynamic methods, with the aim of harvesting healthy fruit free of pesticides. **BTR-1711** -- \$16.95

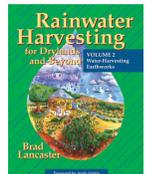


Water

Rainwater Harvesting for Drylands

Volume 2: Water Harvesting Earthworks

Brad Lancaster, 2008, 419 pp. - This book has the most detailed and comprehensive plans for water retaining earthworks. **BSE-1846** – \$32.95



Growing More Food With Less Water

EA Staff, 2011, 25 pp.

Booklet 35: This booklet is for gardeners who have limited water for the growing of their food, either those in naturally dry areas, or in areas of extended drought. This booklet helps you to find new ways to maximize the efficiency of the water you use in your garden. It explains how water acts in the soil, quantifies the water savings of growing food biointensively, and describes ways to minimize the water you need. It offers a number of ingenious ways to harvest rainfall, and how to add and store water effectively in your soil. **BEA-0035** -- \$8.00

Alternative Crops For Drylands:

Proactively Adapting to Climate Change & Water Shortages

Scott O'Bar, 2013, 304 pp., \$32.95

This book is essentially a listing of about 70 plants that at least produce nutritious food, but often do much more than that. Scott does not include any familiar grains (teff, amaranth) or well-known dry crops like lentils. Some like carob, aloe vera, or ice plant are familiar, but generally this book is a delightful treat and surprise of some tantalizing, previously unknown possibilities.

BTR-1625 -- \$32.95

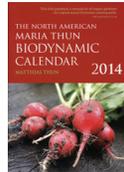
Biodynamics

Biodynamic gardening is a method of gardening that aims to treat the garden as a living system that interacts with the environment to build healthy, living soil and to produce food that nourishes and vitalizes and helps to develop mankind. It emphasizes the use of manures and composts, and excludes the use of artificial chemicals on soil and plants. Biodynamics emphasizes: integrating farm animals, caring for the land, using fermented herbal and mineral preparations as compost additives and field sprays, using an astronomical sowing and planting calendar, and local production and distribution systems using local breeds and varieties. Community supported agriculture (CSA), for example, was pioneered by biodynamic farmers.

2014 North American Biodynamic Sowing & Planting Calendar 2014

Maria and Mattias K. Thun, 2014, 64 pp.

This useful guide shows the optimum days for sowing, pruning, and harvesting various plant-crops, as well as working with bees. It is presented in color with clear symbols and explanations. This is the original biodynamic sowing and planting calendar, now in its 52nd year, and is published in 18 languages. **BGE-1253** - \$13.95



Grasp The Nettle:

Making Biodynamic Farming and Gardening Work

Peter Proctor, rev. ed. 2004, 192 pp.

We have been looking for years for an easily understood but practical book on biodynamic gardening. Rudolf Steiner's lectures are fascinating but a bit theoretical. Subsequent books have been hard to read or pretty esoteric in describing the preparations. We finally had to go to New Zealand to find this book. Peter Proctor has over 60 years experience as a biodynamic farmer, but goes way beyond that. He draws from the experience of biodynamic farmers all over the world. Very clear writing. **BGE-1254** -- \$32.95



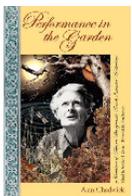
Alan Chadwick

Alan Chadwick was a legendary master gardener who studied at the great horticultural centers in England and France. There is a huge amount of horticultural knowledge in Chadwick's lectures. You cannot just read through, or listen to this once, you could productively re-read these many times and still be learning something new. The books have differing content

Alan Chadwick: Performance in the Garden

Stephen J Crimini ed, 2007, 341 pp.

A transcription of 16 lectures, most of them are from Carmel-in-the-Valley, Virginia, in September 1979. Alan was a great actor as well as a master horticulturist. All incorporate his inimical, idiosyncratic style of speaking, using only fables and myths and cultural wit and quirky language, including a broad range of horticultural information and techniques. There is much material here that is not covered by the CDs. **BGE-1303** -- \$19.00



Alan Chadwick: Reverence, Obedience and the Invisible in the Garden

Stephen J Crimini, ed, 2013, 270 pp, \$25.00

A transcription of 15 lectures from Covelo, California, in the early seventies. Topics: Nature's Medicine Chest; Everything is Governed by an Invisible Law; Bloom and Area of Discontinuity; Intellect, Reason and Idee; Seed; Composting; Energies and Elements; The King of the Golden River; Ley Crops; Irrigation: Raised Beds: Fertility/Merchant and Seer; Art; The Garden as the Mirror of Man; History of Herbs: Energy, Color, Herbs. **BGE-1299** - \$25.00

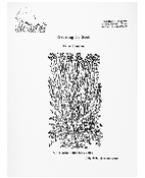


Seeds and Seed Saving

Growing To Seed

EA Booklet 13, Peter Donelan, rev. 1999, 45 pp.

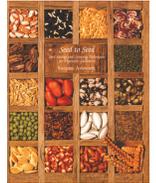
How to grow all your own seed in the smallest possible area in your own backyard, while maintaining optimum health and genetic diversity in your seed stock! Includes information on vegetables, grains, cover crops, seed exchanges, and seed co-operatives, plus a bibliography. Essential tables on crops & their seed-saving characteristics. **BEA-0013** – \$12.50



Seed To Seed

Suzanne Ashworth, 2nd edition, 2002, 228 pp.

One of the most dog-eared references on our office shelf. Complete state-of-the-art information on vegetables: she assumed nothing and included only proven techniques. Very detailed coverage of each plant family, including just about any vegetable you would ever want to grow, plus some grains. Intro to seed saving, botanical classification, pollination, crossing and isolation, seed production, harvesting, and processing are all covered thoroughly. **BSA-1070** – \$24.95

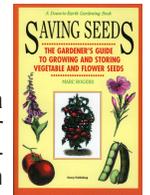


Saving Seeds

The Gardener's Guide to Growing and Storing Vegetable and Flower Seeds

Marc Rogers, 1990, 185 pp.

A basic primer on producing your own seed; a good way to develop varieties specifically for your own garden conditions. Covers growing, harvesting, drying, storing, and testing. Separate sections on each major vegetable. Used in our workshops because of its user friendly language, and it also covers flower seed saving. **BSA-1090** – \$14.95



Companion Plants

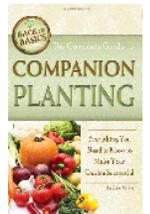
Just like humans, some plants like each other and others don't, and this can have a significant effect on how well they grow. The science/art of this is "companion planting". Companion planting is an essential element of biointensive gardening, biodynamic gardening, and permaculture, but few books have been written that are seriously comprehensive. I really wish someone would produce a definitive "companion plants" book, but the topic is so broad, so slippery that I can see the huge challenge. These two books come closest. I really like the Complete Guide, but Jamie, our plant person, much prefers Bob Flowerdew's book

The Complete Guide to Companion Planting:

Everything You Need to Know to Make Your Garden Successful

Dale Mayer, 2011, 288 pp.

This book looks at categories of plants, and within that, what the companions are. Rose companion information, for example, appears under shrubs. I like that it covers a lot of kinds of plants and bugs - this shows that companions are everywhere. Categories are: herbs, vegetables; annuals; perennials; wildflowers/weeds; bulbs, tubers, and rhizomes; Shrubs, bushes, and vines; fruits, and bugs. Dale includes a lot of new research - she cites companions/enemies that I was not aware of. **BGE-1221** -- \$24.95



Companion Planting: Bob's Basics

Bob Flowerdew, Hardbound, 2012, 112 pp., \$14.95

Bob is perhaps the most respected plant man in England, and has several tv shows. Although there is an appendix that lists companions, this book is dedicated to concepts and function - short one to two page discussions of the many companion functions. For example, "Plants used to repel animal pests", "How companion planting works in subtle ways", "Specific companionships well worth employing or avoiding". **BGE-1223** - \$14.95

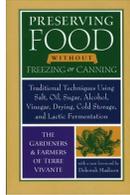


Food

Preserving Food Without Freezing or Canning

Centre Terre Vivante, 2007, 197 pp.

Formerly titled "Keeping Food Fresh" Compiled in France by 150 organic gardeners and recently translated into English, this is a collection of recipes for storing produce without canning, freezing, or other mechanical techniques. Included are drying, fermentation, root cellaring, pickling, preserving in wine, and other techniques used for generations to preserve food as close to fresh as possible. No electricity required. **BFO-1770** – \$25.00



Wild Fermentation: The Flavor, Nutrition, & Craft of Live-Culture Foods

Sandor Ellix Katz, 2003, 200 pp.

For thousands of years humans have enjoyed the distinctive flavor, nutrition, and transformative power of bacteria and fungi. This is the most approachable fermentation book available. Nearly 100 easy to make and delicious recipes including: sauerkraut, kimchi, sour pickles, miso, tempeh, dosas, yogurt, kefir plus basic cheese, bread, beer, and wine. **BFO-1773** – \$25.00

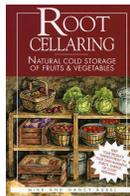


Root Cellaring

Natural Cold Storage of Fruits & Vegetables

Mike & Nancy Bubel, 1991, 304 pp.

This is a classic on natural cold storage of fruits and vegetables... the no-cost, no-processing way to store your produce! This book went out of print a while ago and it's back and timely. If you don't have a place for a traditional root cellar, a cold storage area can be created in a closet. **BFO-1740** – \$14.95



Cooking With Sunshine

Lorraine Anderson, 2nd ed., 2006, 224 pp.

Our pick of the solar cookbooks. Explains how solar cooking works and its benefits over traditional methods. Instructions for building your own solar cooker using inexpensive, easy-to-find materials, or where to buy a ready-made solar cooker. A wide variety of recipes for main dishes, accompaniments, and desserts for both vegetarian and omnivorous diets. Creative menu ideas for special needs, and more! **BFO-1795** – \$17.95



Secrets of Salsa

The Mexican Women of Anderson Valley, 2011, 7th ed., 80 pp.

This cookbook emerged 10 years ago from an adult school English class lesson on kitchen measurements. Students took turns bringing their favorite salsas to class which were unique family salsa treasures, usually regional favorites in Mexico, and which had never been written down. In doing so they created this compendium of 31 salsas recipes. The salsa recipes include everything from a tomato and pepper to seafood and tropical fruit. More than 27,000 copies have been sold to date. **BFO-1771** - \$14.95



Microgreens:

How to grow nature's own superfood

Fionna Hill, 2010, 107 pp.

Microgreens are today's hottest superfood and Fionna Hill's book has the style to match the popularity of these tiny greens that pack a powerful nutritional punch! Microgreens covers every aspect of cultivation, preparation, and consumption with thorough instructions and troubleshooting tips. There are chapters that cater to learning about nutritional values, the individual crop species, and how to involve kids with microgreens. **BFO-1772** - \$17.95

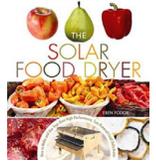


The Solar Food Dryer:

How to Make and Use Your Own Low-Cost, High Performance, Sun-Powered Food Dehydrator.

Eben V. Fodor, 2006, 144 pp.

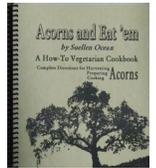
Use solar energy to dry your food instead of costly electricity. With a solar-powered food dryer, quickly and efficiently dry all your extra food to preserve their goodness all year long. Applicable to a wide geography-wherever gardens grow. Includes step-by-step plans to build a high-performance, low-cost solar food dryer from readily available materials. **BFO-1785** – \$15.95



Acorns and Eat 'em

Suellen Ocean, 1993, 86 pp.

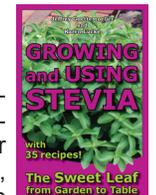
Acorns were the major food staple of the original residents in our area, the Pomo. Suellen makes collecting and eating acorns easy. She gives you a lot of acorn lore, especially how and where to harvest acorns, with 34 original delicious recipes. Acorn pancakes, peanut butter acorn cookies, yum! **BFO-1720** – \$16.00



Growing and Using Stevia

Jeffrey Goettemoeller and Karen Lucke, 2nd ed., 2008, 49 pp.

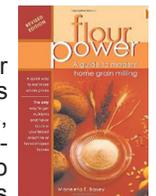
The Sweet Leaf from Garden to Table. Complete instructions for growing, harvesting, and storing stevia plus twenty recipes using green stevia powder or whole leaf. Green stevia has a distinctive taste, so it will not work in just any recipe...the authors have not only grown stevia successfully, but also have spent years perfecting these recipes for drinks, desserts, pies, rolls, custard, etc. Stevia seeds are in Herbs. **BFO-1755** – \$10.00



Flour Power

Marleeta Basey, 2004, 288 pp.

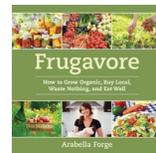
The only complete guide to home milling. Flour Power explains why virtually all commercial flours (even "whole wheat") have lost fiber, vitamins, mineral, enzymes and phytochemicals during processing and storage. Fresh whole grains lead to vastly improved health. Today bread making is as easy as grinding beans and brewing breakfast coffee. Let Flour Power help find the right flour mill and bread machine for you. We offer our best choice on page 53. **BFO-1765** – \$24.95



Frugavore

Arabella Forge, 2011, 336 pp.

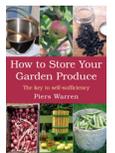
More and more people are interested in eating well and in understanding where their food comes from. But where do you start? Organic, free-range, local, or sustainable: the choices can be overwhelming—not to mention expensive. "Many people would like to eat differently," writes Forge, "but aren't sure where to start or don't think they can afford it." The author takes her readers by the hand and shows them step by step how it's done. She explains that living frugally does not mean purchasing cheap food, but rather buying the best quality food possible and making the most of it. **BFO-1776** -- \$16.95



How To Store Your Garden Produce

Piers Warren, rev. 2008, 143 pp.

The focus of this book is supporting yourself on your own produce. It begins with general directions for a dozen methods of storage, then gives detailed information in alphabetical order on how to store over 60 fruits and vegetables, often through tasty "recipes" that can be quite original. For example, directions on how to freeze or dry peas, but then a recipe for pea pod wine! "I've always been obsessed with the idea of self-sufficiency... To some extent it is a lost art... there are some methods that may render food safe to eat for many years." **BFO-1768** -- \$14.95



Shipping and Handling Charges

Value of order	Seeds/Inoculants only	Mixed Orders
Up to \$10.00	\$2.50	\$2.95
\$10.01 – \$20.00	\$2.95	\$4.95
\$20.01 – \$35.00	\$4.95	\$6.95
\$35.01 – \$50.00	\$5.95	\$8.95
\$50.01 – \$80.00	\$6.95	\$10.95
\$80.01 – \$125.00	\$7.95	\$12.95
\$125.01 and up	\$8.95	\$14.95

AK, HI, PR – Often we must charge actual postage, if ordering by check please include your telephone #.

California residents pay sales tax of 7.5%. Vegetable seeds are not taxable.

Foreign customers – (do not have a US zip code) – Send us your order (preferably by email or web) and we will contact you with shipping charges.

APO/FPO orders – Heavy orders may incur slightly more postage, because we cannot ship UPS to APO/FPO addresses.

Rush Delivery – For UPS Second Day Air, add an additional \$20.00 for each package shipped. Rush orders placed online will be processed the next business day. For heavier orders, we will need to charge actual shipping cost. Please include your phone so we can check with you about actual charges before we ship.

We are happy to take credit card orders by phone, fax, or via our website. Please do not e-mail us your credit card number. Your card will be charged when we ship your order.

Shipping and Addressing

We charge you shipping based on the dollar amount of your order, according to the chart above and on the order blank. We ship orders as soon as we can, generally within the week.

We ship lighter orders by the Postal Service and heavier orders often go by UPS. UPS does not deliver to P.O. boxes, so for UPS delivery we need your complete home address. Please include your phone number or email address - we will use this only to resolve a problem with your order.

If you prefer delivery to your workplace, list that address under “UPS Delivery Address”, and note “for US Mail also.”

We ship by Priority Mail to AK, HI, and PR; heavy orders to these areas may require extra shipping charges.

Gift Certificates for any amount

We are happy to send gift certificates for any amount. If ordering only a gift certificate, add only the minimum shipping and handling. Let us know if this is a gift, give us the address of the recipient, and the exact name and message that should be on the gift card.

Satisfaction Guaranteed

Our seeds have been germination tested and meet or exceed Federal Minimum Germination Standards. We warrant to the full amount of purchase that our seeds are of good vitality at the time of shipping, and true to name as described in our catalog. However, every gardener knows that results depend on weather, soil, and cultivation; so in common with all seed merchants, we can not be in any way responsible for the crop. We guarantee books and supplies for your full purchase price. This warranty is in lieu of all other warranties expressed or implied. Please make returns to our Customer Service Department with a brief explanation. Placement of an order constitutes acceptance of these terms.

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How To Reach Us:

website: www.bountifulgardens.org

Address: 1712-D S. Main St, Willits CA 95490

Hours: 9 am to 4 pm, Pacific Time, Monday-Friday

Phone: 707-459-6410

FAX: 707-459-1925

e-mail: bountiful@sonic.net

Bountiful Gardens has signed the Safe Seed Pledge

We will never knowingly buy or sell seeds that are GMO. We also do not buy anything at all from the companies that produce GMOs.

“Agriculture and seeds provide the basis upon which our lives depend. We must protect this foundation as a safe and genetically stable source for future generations. For the benefit of all farmers, gardeners and consumers who want an alternative, we pledge that we do not knowingly buy or sell genetically engineered seeds or plants. The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families, or kingdoms, poses great biological risks as well as economic, political, and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public release. More research and testing is necessary to further assess the potential risks of genetically engineered seeds. Further, we wish to support agricultural progress that leads to healthier soils, genetically diverse agricultural ecosystems and ultimately healthier people and communities.”

For a current complete list of all companies who have signed the above Safe Seed Pledge, contact:

The Safe Seed Initiative, c/o Council for Responsible Genetics, 5 Upland Road, #3, Cambridge, Massachusetts, 02140 Phone: 617-868-0870 Email: crg@gene-watch.org

Where is Willits?

The small town of Willits is 160 miles north of San Francisco, at 1400 ft elevation in the Coast Range. Summer temperatures are high in the day (80-110 degrees) but cold at night (45-55 degrees). We get no rain at all in the summer. In winter, we get 40 to 70 inches of rain, some snow, and nighttime lows down to 20 degrees. Our last frost date is May 15, and first frost date is October 15. Pine, Oak, Douglas Fir, and Madrone trees are interspersed with grassy areas. The Jeavons Center Mini-Farm is on a steep southwest-facing hillside surrounded by woods at about 2400 feet elevation. Willits is traditionally timber and cattle ranching country, not a good soil or climate for farming.

Photo Credits

On the front cover: Kathryn Rutti, three-year apprentice at Ecology Action's Common Ground Garden in Palo Alto, CA, joyfully harvesting Lacinato Kale for dinner.

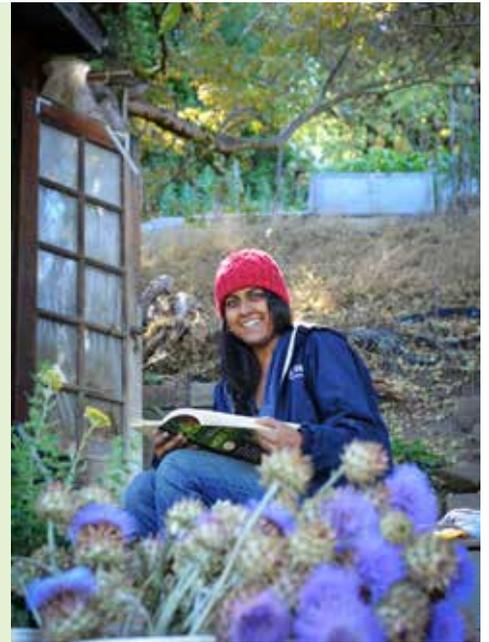
In the top row: Sanjana Silva from Sri Lanka harvesting barley, Sara Meekins and Aquillon Hetrick admiring grains, Tanushree Bhushan weeding, Rick Anderson with zucchini, and Julie Castillo holding root crops.

On page 78: Kim Hargrave from California, David Gathuka from Kenya, and Tanushree Bhushan from India

On page 8: Ellen, Luke, and Rachel at Golden Rule Garden

On the back cover: Our newest Bountiful Gardens staff member, Christina McCoy holding hand tools, and Kelly Hilding's picture of “my five-year-old in Brandywine Heaven.”

Our thanks to all the people who sent in their photos comments, seeds, and encouragement, especially those whose pictures are in this catalog: Karen Parker, Lee Walter, Susie Beiler, Patty Freeman-Lynde, Gretchen Wall, Magha Garcia, Rick and Marcia Anderson, and Kelly Hilding.



Our projects around the world

Ecology Action, through The Jeavons Center for Biointensive Research and Education, is teaching the GROW BIO-INTENSIVE method to people around the world. This work began in 1972, and currently we are supporting projects and programs in Africa, including Kenya, Rwanda, Senegal, Malawi, Tanzania, and South Sudan. We have recently trained interns from India, Nepal and Sri Lanka who will be establishing training centers in those countries. We also have projects throughout Latin America. Please contact us if you have an interest in supporting these projects, or would like to know where we are headed next.

www.growbiointensive.org

Tours and Workshops

We typically have Three Day Workshops twice a year, and several tours of either 2 or 6 hours in duration at our Willits mini-farm throughout the season. The schedule is printed opposite. Check our website for updates. We are also in the planning stage for an International Project Tour, which will be open to students as well as donors and educators. We will be announcing trip details in early 2014.

How you can support us

We cannot do this important work without your help. Whether you become a supporting member, purchase items from this catalog, contribute financially to our projects or volunteer at one of our sites, events or at our Common Ground Center, your assistance is very much appreciated! Please visit our website to make a contribution, or write to Ecology Action, 5798 Ridge-wood Rd, Willits, CA 95490.

How to get Involved

We have **internships** of two, six and twelve months in length. The two-month internship is designed to accommodate the summer break for college students from mid-June to mid-August, but is open to people of all ages. The six-month internship is primarily international participants, but Americans are also welcome. The twelve-month internship is an extension of the six-month version to understand an entire cropping year in a GROW BIOINTENSIVE mini-farm.

In 2014, we will be adding a Two-Month International internship opportunity in Kenya. In we will be adding two more countries in 2015.

We also offer Apprenticeships for 1, 2 and 3 year terms, in which you will work side-by-side with staff running our GB mini-farms in Mendocino County. Some Apprentices are given the opportunity to apply for open staff positions as they become available.

TOURS & WORKSHOPS 2014

Willits Tour dates are in **Blue**. Willits Workshop dates are in **Purple**. Listings in **BLACK** are other places or events.

- Feb 28- Mar 2** 3-Day Ecology Action GROW BIOINTENSIVESM Sustainable Mini-Farming Workshop, Willits
- Mar 3** 2-Month Summer Intern Application Due
- April 1** 2-Month Summer Intern decisions made
- April 15** 5-Day GROW BIOINTENSIVESM Basic-Level Teacher Certification Workshop application deadline.*
- May 17** 2-Hour Short Tour, Willits Mini-Farm
- June 7** Ecology Action Mini-Farm Tour, Willits, CA
- June 14** 2-Hour Short Tour, Willits Mini-Farm
- June 22** Ecology Action Mini-Farm Tour, Willits, CA
- July 19** 2-Hour Short Tour, Willits Mini-Farm
- August 2** Ecology Action Mini-Farm Tour, Willits, CA
- August 11-15** 5-Day Ecology Action GROW BIOINTENSIVESM Basic-Level Teacher Certification Workshop, Willits, CA.* (tentative)
- August 16** 2-Hour Short Tour, Willits Mini-Farm
- Sept 15** Apprentice and Intern Applications due for 2015 season
- Sept 20** 2-Hour Short Tour, Willits Mini-Farm
- Nov 7-9** 3-Day Ecology Action GROW BIOINTENSIVESM Mini-Farming Workshop, Willits, CA
- Nov 15** Apprentice and Intern decisions made for 2015 season

*Prerequisites for teachers workshops are completion of an introductory 3-Day Workshop and an active practice of GROW BIOINTENSIVE techniques. The application deadline is April 15. Please write for further details.

International Courses

Several events are in the the planning stage. Please check our website, where we will post information as it develops. www.growbiointensive.org

- Nov 17-22** 6-day International Conference and Workshops in the Dominican Republic on Small-Scale Biointensive Agriculture

Courses below will all be in Veracruz State, Mexico.

Contact: Ricardo Romero at bosquedeniebla@infosel.net.mx

- Feb 3-8** 6-Day Workshop in Agroecology and the GROW BIOINTENSIVESM method
- May 12-16** 5-Day Workshop in Seed Production and Plant Propagation
- July 7-12** 6-Day Workshop in Agroecology and the GROW BIOINTENSIVESM method
- Nov 3-7** 6-Day Workshop in Agroecology and the GROW BIOINTENSIVESM method
- Dec 4-6** 3-Day Basic-Level Biointensive Workshop



MORE ABOUT TOURS

Our Willits site is a working Research Mini-Farm, and our busy staff is not able to accommodate drop-in visitors. The site is open to the public only on scheduled dates.

To give more people the opportunity for a brief visit to the Ecology Action Mini-Farm Garden, short tours will be given on May 17, June 14, July 19, August 16 and September 20. Tours will last up to 2 hours beginning at 10 a.m. and will include an introduction to GROW BIOINTENSIVE, a garden tour focussing on several crops, and as time permits, some questions and answers. Eric Buteyn, Garden Manager, will be the guide; international apprentices and interns may participate as well. Preregistration and prepayment of \$10 is required at least one week in advance online at www.growbiointensive.org. We look forward to seeing you!

There will be three 6-hour Ecology Action Research Mini-Farm/Garden Tours on June 7, June 22, and August 2. Tours include a discussion of the overall world challenges that humankind faces in the areas of soil, food, and nutrition; a tour of the garden and discussion of several crops in particular; and 30-minute mini-classes on double-digging, composting, seed propagation, sustainable home garden crops, and cooking with solar ovens given by staff, apprentices and interns.

The registration fee is \$25 per person. (\$15 for members or those who join at registration.) Tour fees are not tax-deductible. Space is limited. **Children not involved in the tour often find the event difficult, so please check if you want to bring them, and please leave your pets at home.**

Special tours may sometimes be arranged for groups of 20 or more. Write or email for details

MORE ABOUT WORKSHOPS

Two 3-Day GROW BIOINTENSIVESM Sustainable Mini-Farming Workshops will be held in Willits, California in 2014, on **Feb 28-March 2** and **November 7-9** They will be given by John Jeavons and Ecology Action staff, apprentices and interns with an afternoon of demonstrations.

Cost for these 3-Day Workshops: \$375 – \$425 per person depending on the time of registration, plus approximately \$75 for publications. Lunches and a networking dinner are included, but lodging and other meals are not. Download registration form from www.growbiointensive.org or send a large self-addressed envelope with 61 cents postage for complete details and registration form.

Ecology Action Website:
www.growbiointensive.org

John Jeavons website: www.johnjeavons.info
Info on tours and workshops: 707-459-0150
Info about your seed order: 707-459-6410

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[www.growbiointensive.org/
publications_main.html](http://www.growbiointensive.org/publications_main.html)



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- 6 New Herb Seeds.....p 43**
- 6 New Grain Seeds.....p 37**
- 6 New Seed Collections.....p 34**
- 12 New Books and DVDs.....p 65**

**All of our Seeds are Untreated,
Non-Hybrid, and Non-GMO**

**Japanese Hand Tools
English Forks and Spades
Time-Tested Designs
Comfortable to Use
Tools are on page 60**

