

Prince George Seed Library 2023



Please Take no more than 5 packages of Seeds and only 1 of each Variety!

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Northern BC Vegetable Planting Guide



West Coast Seeds

Vegetable Planting Guide NORTHERN BC

Vegetables	WINTER			SPRING			SUMMER			FALL		
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Amaranth												
Artichoke		•••••				**						
Arugula												
Asparagus			••••••••••			**						
Asparagus Bean			••••••••••			**						
Broad beans												
Beans, bush & pole												
Soya beans												
Beets												
Broccoli				•••••		**						
Broccoli, sprouting							•••	**				
Brussels sprouts					•••			**				
Cabbage				•••••	**							
Cabbage, overwinter												
Carrots												
Cauliflower				•••••••		**						
Cauliflower, overwinter							•••	**				
Celery/Celeriac			••••••••••		**							
Chickpeas			•••••	**								
Corn												
Corn salad												
Cress												
Cucumbers					•••		**					
Eggplant				•••••		**						
Endive/Radicchio												
Fennel				•••••		**						
Garlic												
Kale & Collards				•••••••	**							
Kohlrabi				•••••••	**							
Leeks			•••••	**		**						
Lettuce				•••••••	**				**			
Melons					••	**						
Mustard												
Okra					•••	**						
Onions			••••••••••	**								
Onions, overwinter							•••	**				
Onions scallions					•••							
Pac choi & choi sum					•••	**						
Parsnips												
Peas												
Peppers			•••••			**						
Quinoa												
Radish												
Rhubarb			•••••	**								
Rutabaga												
Spinach												
Squash/pumpkin						•••	**					
Strawberries	••••••••••				**	**						
Swiss chard												
Tomatoes				•••••	**							
Turnips												

Prince Rupert May 3 - Oct. 12 (161 days) Kitimat Apr 23 - Oct. 16 (175 days) Dawson Creek June 5 - Aug. 31 (89 days)
 Terrace Apr 30 - Oct. 10 (162 days) Smithers May 31 - Sept. 16 (108 days) Prince George May 26 - Sept. 5 (101 days)

Flowers



Zinna - California Giants Mix

Zinnia elegans 'California Giants Mix'

SLF2

Annual - Open-pollinated

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Forms bushy plants. Brilliant hues of red, yellow, orange, lavender, maroon, violet, and white. Grows 102cm (40") in height. Deadhead spent flowers as needed to keep the bloom period longer. Fairly tough plants, drought tolerant.

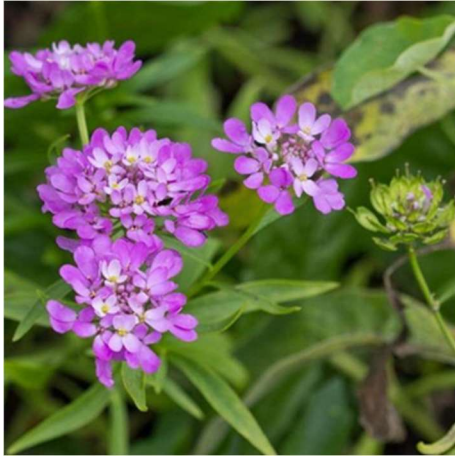
Starting: Just cover Zinnia seeds. Aim for a final spacing of 25-30cm (10-12") between plants.

Timing: Direct sow after last frost. Zinnias don't transplant well. Can be started indoors 6-8 weeks before planting out. Maintain soil temperature of 21-26°C (70-80°F). Seeds should germinate in 5-24 days.

Growing Information: Full Sun. Take about two months after sowing for the first flowers to appear.

Take regular cuttings of Zinnia stems to enjoy indoors, starting mid-summer right into the fall. Cutting encourages the production of new flowers. Watch for signs of powdery mildew on the leaves, usually in late summer. Try to avoid overhead watering to prevent mildew.

Resources: <https://www.westcoastseeds.com/products/california-giants-mix>



Iberis umbellate

SLF3

Annual - Open pollinated

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Fragrant flowers in pink to off-white on annual plants that grow 20-30cm (10-12") tall with a spreading habit. Prefers well drained soil in full sun and has a remarkable characteristic of blooming just weeks after sowing. Direct sow Candytuff Iberis seeds from last frost date to mid-July for continuous blooms. May self sow in the right conditions but will not become invasive. Try planting some Iberis seeds for use in xeriscaping, as the plants are quite drought tolerant. Looks good in containers and is highly attractive to beneficial insects.

Starting: If starting indoors, use peat or coir pots and bottom heat. Only cover seed by a couple of milli- metres (1/8") of soil. Transplant out after last frost at 15-30cm (6-12") apart.

Timing: Start indoors 6-8 weeks before last frost date. Or direct sow outdoors after the last frost date, every two weeks into July for a continuous bloom period. Seeds should germinate in 10-20 days. Ideal soil temperature for germination: 21-30°C (70-85°F).

Growing Information: Full sun with some afternoon shade is appreciated where summers are hot. Does not respond well to transplanting or being moved. Direct sowing is probably simplest. Choose any well- drained garden soil with a neutral pH range of 6.0-7.0. Trim plants lightly after flowering to encourage a second bloom. May self sow.



Rocky Mountain Bee Plant

Cleome serrulata

SLF4

Annual - Open pollinated

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Sow around the edge of your organic vegetable garden for dramatically improved pollination. This native of BC is highly attractive to bees and has been used by First Nations people as a food, medicine, and dye plant. Seeds can be eaten raw or cooked. Large flower clusters from purple to pink to white. Grows to a height of 150cm (60"). Blooms from July to August and will die back at first frost.

Starting: Sow on the surface of the soil. If starting indoors, seeds benefit from vernalization: Place seeds on the surface of moistened, sterilized seed starting mix in pots, and place pots in zip-top plastic bags inside the refrigerator for 2 weeks. Then move pots to bottom heat and maintain soil temperature at 21-25°C (70-75°F) until germination. Provide bright light.

Timing: Start indoors from 6-8 weeks prior to the last frost date for transplanting (or simply direct sow) 3-4 weeks after last frost. If direct sowing, consider repeating every two weeks into early summer for a longer bloom period. Seeds will sprout in 10-14 days.

Growing Information: Full sun or very light shade. Cleome is quite an undemanding annual. The stems are usually very strong and upright, but might benefit from support in very windy, exposed gardens.



Sweet Alyssum

Lobularia maritima

SLF5

Annual - Open pollinated

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Smells great. Makes an excellent cover crop for weed suppression and for attracting beneficial insects. Predatory wasp species are attracted to its tiny flowers, and will feed on caterpillars, aphids, and other pest insects. Sow Alyssum liberally between rows of lettuce, carrots, or Brassicas to smother potential weeds and generally improve the garden ecosystem. Once it is tilled under it will release useful carbon and organic matter.

Starting: Sow seeds on the surface of the soil. They should sprout in 5 to 14 days, depending on conditions.

Timing: Direct sow when a slight risk of frost still exists.

Growing Information: Full sun to partial shade. Alyssum can be tilled under or cut and composted at the end of the season. Avoid following this cover crop with other Brassicas. Excess moisture in the soil causes Alyssum to grow very vigorously.

Resources: <https://www.westcoastseeds.com/products/sweet-alyssum>



Purple Tansy

Phacelia tanacetifolia

SLF6

Annual - Open pollinated

Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Pale, mauve-blue, fragrant flowers unfold like ferns at the top of long leafy stems and attracts bees from miles around. The delicate, lacy foliage bears a resemblance to yarrow. It fits in the vegetable garden as a cover crop or in a garden bed for quirky purple flowers. Direct sow Purple Tansy seeds at three-week intervals from April to June. Phacelia grows to 60cm (24") in full sun or part shade. Plant Phacelia any place where pollination has not been sufficient, as it is such a lure for pollinators. It's a good companion plant for any of the Cucurbits - cucumbers, melons, and squashes.

Starting: Sow 5mm (1/4") deep, and space or thin to 10-20cm (4-8") apart.

Timing: There is no real need to start Phacelia indoors. Direct sow every couple of weeks from last frost to mid-June. This will produce a summer full of flowers and flowers full of pollinators. Seeds will germinate in 12-30 days.

Growing Information: Full Sun.



Bishop's Flower

Ammi majus

SLF7

Annual - Open pollinated

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

This open pollinated variety is the natural species version of False Queen Anne's Lace. It looks good in almost any setting, adding a touch of naturalistic beauty. The stiff, upright stems bear giant, 15cm (6") wide umbels of tiny white flowers, and these act as a magnet for beneficial insects. Not only do the flowers attract and feed pollinators, but they also attract a host of predatory insects that will scour the garden looking for pests to eat. Lacewings, ladybirds, hover flies, and parasitoid wasps all take up residence where Bishop's Flower is planted, and they do a terrific job of minimizing damage from aphids and caterpillars. It's useful as a cut flower.

Timing: Start seeds indoors 6-8 weeks before last frost. Transplants can go out 3-4 weeks after last frost, or once the daytime temperatures are steadily above 10°C (50°F). Or direct sow outdoors in early spring when the soil is still cool, and a light frost is still a possibility. Ammi can also be direct sown in late autumn. Seeds should germinate in 7-25 days.

Starting: Just cover the small seeds. If starting indoors, wrap planted seedling trays or pots in plastic and place in the refrigerator for 1-2 weeks. Then grow in a bright, cool place at 12°-18°C (55°-65°F).

Growing Information: Full sun to light shade. Thin or transplant seedlings to 30cm (12") apart in richly fertile soil. Ammi prefers cool, moist soil. Water regularly until plants are established, and then only during hot, dry weather.

Resources: <https://www.westcoastseeds.com/products/bishops-flower>



Poppy - Giganthemum
Papaver somniferum
SL9
Annual - Open pollinated
Harvested: 20022
Source: West Coast Seeds
Ease of Growing: Easy
Ease of Seed Saving: Easy
Pollinator Plant

The very largest poppy flowers appear in early summer followed by the very largest seed heads. The seed head of Giganthemum poppy can grow to the size of a tennis ball and they are chock full of edible poppy seeds for baking. This is an easy plant to grow, but you'll want to give it some room in full sun, in soil that is well drained and not too fertile. Direct sow the tiny seeds on the surface of the soil and keep the area moist until germination. They need light to germinate. The massive flower stems grow 90-120cm (36-48") tall, topped by flowers around 10cm (4") across. Bees love the dark blue pollen.

Timing: Start annual varieties outdoors when chance of frost is gone in Zones 3-7. Poppies are famously difficult to transplant, so starting them indoors is not recommended. If absolutely necessary, use peat or coir pots, and maintain a soil temperature of 12°C (55°F). Seeds will sprout in 20-30 days.

Starting: Sow on the surface of the soil, or barely cover seeds. Thin to a minimum of 15cm (6") apart.

Growing: Poppies are easy to grow and they self-sow with abandon, without becoming weedy. Simply pull up unwanted plants (an easy task) before they bloom, or better yet, let them tell you where they want to grow. They will thrive for years at a time in surprising spots, like a crack in the driveway. Other times, they simply won't take, no matter how much you try. Keep them moderately well watered in hot, dry weather, and do not fertilize.

Resources: <https://www.westcoastseeds.com/products/giganthemum>



Sunflower - Unknown Variety

Helianthus annuus

SLF12

Annual - Open pollinated

Harvested: 2022

Source: Donated, locally grown

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Timing: Direct sow repeatedly after the last frost date. Starting indoors is possible but does not gain much time. If sunflowers are allowed to get root-bound, they will lack stability at transplant time, and will require staking. Optimal soil temperature for germination: 21-30°C (70-85°F). Seeds should sprout in 10-14 days.

Starting: Sow seeds 5mm-1cm (1/4-1/2") deep. Space dwarf varieties 15cm (6") apart but give the giants lots of room at 1m (3') between plants.

Growing Information: Full sun. To grow really big plants with really big flowers, enrich the soil with organic matter and incorporate 2 cups of balanced organic fertilizer per 3m (10') of row, and irrigate regularly. When the plants are 30cm (12") tall, dissolve 5ml (1 tsp) of borax (for boron) in 350 ml (12 fl oz) of water and spread the solution over 5m (15') of row. Be careful not to over-apply this solution. This application of boron will produce bigger seeds and flower heads. Do not apply boron to other garden plants. When the back of the flower head turns yellow, it is ready to be cut from the plant.

Companion Planting: Sunflowers planted near rows of corn are said to increase yields. Sunflowers can be used to draw heavy metals, toxins, and even radiation from soil, but should be burned at the end of the season if grown for this purpose. Plant sunflowers amid squash plantings to improve pollination and overall production.



Sunflower -Peredovik Organic

Helianthus annuus – Peredovik Organic

SLF13

Annual - Open pollinated

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

This heirloom cultivar produces the black oil seed used for making sunflower oil and is the very top choice for feeding birds. Plants average one big head with few side branches. The birds will tell you when the small, oil-rich seeds are ripe! Black oil sunflower seeds for organic growing. Plant this Russian heirloom organic sunflower seed in and around your squash and pumpkin plants to lure pollinators to the area and you will get increased fruit set and larger harvests. Peredovik grows to a height of 1.5-2m (5-6').

Timing: Direct sow repeatedly after the last frost date. Starting indoors is possible but does not gain much time. If sunflowers are allowed to get root-bound, they will lack stability at transplant time, and will require staking. Optimal soil temperature for germination: 21-30°C (70-85°F). Seeds should sprout in 10-14 days.

Starting: Sow seeds 5mm-1cm (1/4-1/2") deep. Space dwarf varieties 15cm (6") apart but give the giants lots of room at 1m (3') between plants.

Growing Information: Full sun. Enrich the soil with organic matter and incorporate 2 cups of balanced organic fertilizer per 3m (10') of row and irrigate regularly. When the plants are 30cm (12) tall, dissolve 5ml (1 tsp) of borax (for boron) in 350 ml (12 fl oz) of water and spread the solution over 5m (15') of row. Be careful not to over-apply this solution. This application of boron will produce bigger seeds and flower heads. Do not apply boron to other garden plants. When the back of the flower head turns yellow, it is ready to be cut from the plant.



Sweet William

Dianthus barbatus

SLF14

Annual - Open pollinated

Harvested: 2018

Source: Donated, locally grown

Germination: 86%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Sweet William is a biennial or short-lived perennial prized for its densely packed, flattened clusters of small flowers from late spring to the first frosts. Flowers may be single or double and come in a wide array of colors from white to dark red, often in bicolor combinations, sometimes with a contrasting eye and fringed petals. The vivid blossoms rise on stiff, erect stems above prostrate rosettes of wide, lance-shaped, pale to dark green leaves. No cottage garden would be without this old favorite, but it has a place in every garden.

Timing: For spring blooms, start seeds indoors 6-8 weeks before last frost. Transplants can go out after last frost. Or direct sow outdoors after the last frost. Seeds should germinate in 10-15 days.

Starting: Just cover the seeds very lightly with soil. Water thoroughly once. Then grow in a bright, cool place at 12°-18°C (55°-65°F).

Growing Information: Full sun. Thin or transplant seedlings to 15cm (6") apart in richly fertile soil. Water regularly until plants are established, and then only during hot, dry weather. It is important to avoid wet soils. The plants will flower in the second year. Then, watch the butterflies flying over to the blooms. Deadhead the spent flowers, to promote continuous blooms all summer and into early fall. Remove the flower and entire flower stem. Established plants can also be propagated by cuttings or plant division of the rootball. Separate and replant in spring or late fall.



Hollyhock - Mix

Alcea rosea

SLF15

Biennial - Open pollinated

Harvested: 2017

Source: Donated, locally grown

Germination: 90%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Plant en masse to create a beautiful cottage garden. Tall spires grow to 2m (6') or more, with single, double, and ruffled flowers that fill in empty garden spaces with blooms in various colours. They look sensational from late spring to frost. Hollyhocks are both tall and drought tolerant, so they are a nice choice for xeriscaping. Avoid overhead watering with hollyhocks in order to delay foliar diseases, including rust and powdery mildew. These are not uncommon problems for hollyhocks, but rarely make much impact. And drought tolerant, so they are a nice choice for xeriscaping. Avoid overhead watering with hollyhocks in order to delay foliar diseases, including rust and powdery mildew.

Timing: Start hollyhocks 6-8 weeks before planting out after the last frost date. In mild winter areas, start seeds indoors in late February to early March, and transplant out in April or May. An early start usually results in flowering the first year. Seeds germinate in 10-14 days. Ideal soil temperature for germination: 15-21°C (60-70°F).

Starting: Sow seeds on the surface of the soil and provide bright light. Use peat or coir pots to minimize root disturbance. Transplant at 45-60cm (18-36") apart.

Growing Information: Full sun to light shade. Thin or transplant seedlings to 30cm (12") apart in richly fertile soil. Water regularly until plants are established, and then only during hot, dry weather. It is important to avoid wet soils. The plants will flower in the second year. Then, watch the butterflies flying over to the blooms. Deadhead the spent flowers, to promote continuous blooms all summer and into early fall. Remove the flower and entire flower stem.



Marigold - Mix

Tagetes

SLF16

Hardy Annual

Harvested: 2022

Source: Donated, locally grown

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Enjoy mounds of tawny oranges to yellows from mid-summer to first frost (and sometimes beyond). As a companion plant, marigolds are the variety that will suppress 'bad' nematodes in your soil. Be sure to plant around the vegetable garden! They can also be used as a cover crop for weed suppression. Plant these marigold seeds in full sun, and deadhead (remove spent flowers) to prolong the bloom period.

These marigolds work well in containers, and they are surprisingly drought resistant, so can be incorporated in xeriscaping schemes.

Timing: Sow indoors 6-8 weeks before last frost, or direct sow 2 weeks before last frost. If starting indoors, just cover the seeds with vermiculite and provide a soil temperature of 21-25°C (70-75°F). Seeds should sprout in 4-14 days at that temperature.

Starting: Marigolds are somewhat prone to damping off. As a precaution, just cover the small seeds with vermiculite, water from below, and provide ventilation in the room. Space plants in the garden 30-45cm (12-18") apart. Dwarf varieties can be spaced 15cm (6") apart.

Growing Information: Full sun to light shade. Pinch the growing tips to encourage branching. This prevents tall, spindly plants. Dead head regularly throughout the growing season.



Mexican Torch

Tithonia rotundifolia

SLF17

Hardy Annual

Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Mexican Torch seeds produce exceedingly bright orange flowers atop massive plants that grow to 1.8m (6') in just a few months. Tithonia does not produce edible flowers and is not a true sunflower. Grown in large containers (3-5 gallons minimum), plants will stay more compact, growing only to 60cm (24") tall. Tithonia is highly attractive to pollinators, including hummingbirds, and looks great when planted in big clumps or rows. The seeds are easy to collect and dry for future planting, and the massive stalks from the plants can be used for trellising peas or pole beans the following year. Mexican Torch won an AAS Award in 1951.

Timing: Start seeds indoors 6-8 weeks before last frost. Transplants can go out 3-4 weeks after last frost, or once the daytime temperatures are steadily above 10°C (50°F). Seeds germinate in 5-14 days.

Starting: Sow seeds on the surface of the soil under bright lights and maintain a soil temperature of 21° C (70°F). Seeds can be direct sown outdoors in spring, but well after last frost, and only where winters are mild.

Growing Information: Full sun. Stake plants, particularly in windy areas, and water only during pro- longed dry weather. Plant in full sun, allowing 60cm (24") between plants. Any light soil will work.

Resources: <https://www.westcoastseeds.com/products/mexican-torch>



Zinnia - Sanguinea Cupcake

Zinnia elegans 'Sanguinea Cupcake'

SLF18

Annual - Open-pollinated

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Scores of 5cm (2") wide, blood-red flowers appear high atop medium-green plants that grow to 75cm (30") tall. The stems are strong and upright, and ideal as cut flowers. Each time they are cut, the stem divides to produce even more flowers. As they open, the flowers are instantly recognizable as Zinnias, but then they unfold and ruffle from the centre outward to take on the distinctive cupcake look of the 'Scabiosaflora' series. Direct sow Sanguinea Cupcake Zinnia seeds in loamy soil in full sun and enjoy the seemingly endless cut flowers from early summer into September.

Starting: Just cover Zinnia seeds. Aim for a final spacing of 25-30cm (10-12") between plants.

Timing: Direct sow after last frost. Zinnias don't transplant well. Can be started indoors 6-8 weeks before planting out. Maintain soil temperature of 21-26°C (70-80°F). Seeds should germinate in 5-24 days.

Growing Information: Full Sun. Take about two months after sowing for the first flowers to appear.

Take regular cuttings of Zinnia stems to enjoy indoors, starting mid-summer right into the fall. Cutting encourages the production of new flowers. Watch for signs of powdery mildew on the leaves, usually in late summer. Try to avoid overhead watering to prevent mildew.

Resources: <https://www.westcoastseeds.com/products/sanguinea-cupcake>



Zinnia - Mix

Zinnia elegans

SLF19

Annual - Open-pollinated

Harvested: 2022

Germination rate: 100%

Source: Donated, locally grown

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Zinnias are a gift for gardeners in hot climates, where they thrive and grow easily. They are fast-growing, warm-season annual flowers that bloom with abandon, requiring only minimal care.

Starting: Just cover Zinnia seeds. Aim for a final spacing of 25-30cm (10-12") between plants.

Timing: Direct sow after last frost. Zinnias don't transplant well. Can be started indoors 6-8 weeks before planting out. Maintain soil temperature of 21-26°C (70-80°F). Seeds should germinate in 5-24 days.

Growing Information: Full Sun. Take about two months after sowing for the first flowers to appear.

Take regular cuttings of Zinnia stems to enjoy indoors, starting mid-summer right into the fall. Cutting encourages the production of new flowers. Watch for signs of powdery mildew on the leaves, usually in late summer. Try to avoid overhead watering to prevent mildew.



Calendula - Unknown Variety

Calendula officinalis

SLF20

Annual - Open-pollinated

Harvested: 2022

Source: Donated, locally grown

Germination rate: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Most *Calendula* varieties require little care once established, so they are a good candidate for xeriscaping. While they may self sow, they are easy to control, so will not become weedy. Deadhead spent flowers for the tidiest look.

Starting: Sow seeds 5mm (1/4") deep and aim for a spacing of 15-45cm (6-18") between plants.

Growing: *Calendula* grows easily in any regular garden soil and thrives in a pH range of 5.5-7.0. Pinch back young plants to encourage bushy growth. Occasional feeding is rewarded, but unnecessary. Keep plants watered but try to avoid overhead watering as plants are susceptible to mildew. Deadhead regularly to prevent self-sowing.

Timing: Direct sow in early spring when light frost is still a possibility and continue to sow every two to three weeks until early summer for fall flowers. *Calendula* is easiest from direct sowing but can also be started indoors late winter for transplanting once daytime temperatures are steadily above 10°C (50°F). If starting indoors, maintain darkness and a soil temperature of 21°C (70°F) until germination occurs in 6-14 days, and then supply bright light to keep seedlings compact. Or direct sow in early autumn in Zones 8-10.

Fruit



Tomato - Purple Bumble Bee

Solanum lycopersicum 'Purple Bumble Bee'

SLT1

Certified Organic, Open-pollinated.

Harvested: 2021

Source: West Coast Seeds

Germination: 75%

Ease of Growing: Moderate

Ease of Seed Saving: Easy

Seed life: 3 years

Indeterminate growth, requires staking

Super cute cherry tomatoes with red skins and purple stripes. The sweet round fruits have excellent flavour and grow to a uniform 4cm (1.5") across. They hang in long trusses from tall indeterminate vines. Try growing in a 5-gallon (or larger) container but be sure to provide the support of a trellis or string, as the vines are vigorous. Days to Maturity 70.

Starting: Sow seeds 5mm-1cm (1/4-1/2") deep. Keep seedlings under very bright light to prevent legginess. You may have to pot on seedlings more than once before they go out to allow for root growth. Space transplants 50-75cm (20-30") apart in rows 1m (3') apart.

Timing: Start indoors in early spring over bottom heat. When seedlings germinate, remove from the heat and grow under bright lights. Grow seedlings on for 6-8 weeks at around 10°C (50°F). Can be transplanted out when nighttime lows are 10°C (50°F) or warmer - or later. Optimal soil temperature for germination: 25-35°C (68-95°F). With bottom heat seeds should germinate in 7-14 days. Harden the plants before planting in the garden.

Growing Information: Full Sun. Growth is better at temperatures of 21 to 24°C or higher. Ideal pH: 6.0-6.8. Tomatoes like fertile, well drained soil that is rich in organic matter. Dig in finished compost and manure, glacial rock dust and add 1 cup balanced organic fertilizer beneath each transplant. Regular watering is vital. Plants will require some kind of support such as a wire to grow up, or a trellis to be tied to as the plant grows. At the time of final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth, helping with both nutrient uptake and the plants' ability to stand up to dry conditions. Stop watering around the end of July to encourage the fruit to ripen. Tomatoes do not rely on insects for pollination. If tomato plants are grown under cover, you can encourage pollination and fruit set by tapping the stem from time to time shakes pollen loose within the flowers, which then self-pollinate. Indeterminate tomatoes continue to grow and produce fruit until they are killed by frost. Remove any suckers (stems growing from the crotch of leaves) to keep the foliage under control, and they will set a later crop of larger fruit



Tomato - Lisa King

Solanum lycopersicum 'Lisa King'

SLT2

Open-pollinated Harvested: 2022

Source: Donated, locally grown

Ease of Growing: Moderate

Ease of Seed Saving: Easy

Seed life: 3 years

Determinate growth

Medium to large, red tomatoes on short vines. Resistant to cracking and blossom end rot. Fruit is firm, smooth and full of flavour. Great tomato for canning as well as eating fresh.

Starting: Sow seeds 5mm-1cm (1/4-1/2") deep. Keep seedlings under very bright light to prevent legginess. You may have to pot on seedlings more than once before they go out to allow for root growth. Space bush (determinate) transplants 45-60cm (18-24") apart.

Timing: Start indoors in early spring over bottom heat. When seedlings germinate, remove from the heat and grow under bright lights. Grow seedlings on for 6-8 weeks at around 10°C (50°F). Can be transplanted out when nighttime lows are 10°C (50°F) or warmer - or later. Optimal soil temperature for germination: 25-35°C (68-95°F). With bottom heat seeds should germinate in 7-14 days. Harden the plants before planting in the garden.

Growing Information: Full Sun. Growth is better at temperatures of 21 to 24°C or higher. Ideal pH: 6.0-6.8. Tomatoes like fertile, well drained soil that is rich in organic matter. Dig in finished compost and manure, glacial rock dust and add 1 cup balanced organic fertilizer beneath each transplant. Regular watering is vital. Tomatoes benefit from the support of a tomato cage in order to prevent sprawling. At the time of final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth, helping with both nutrient uptake and the plants' ability to stand up to dry conditions. Stop watering around the end of July to encourage the fruit to ripen. Tomatoes do not rely on insects for pollination. If tomato plants are grown under cover, you can encourage pollination and fruit set by tapping the stem from time to time shakes pollen loose within the flowers, which then self-pollinate. Determinate varieties normally set fruit in a concentrated time period. Their suckers are not normally removed, though some trimming helps with ventilation.



Tomato - Principe Borghese

Solanum lycopersicum 'Principe Borghese'

SLT03

Open-pollinated

Harvested: 2018

Source: Donated, locally grown

Germination: 100%

Ease of Growing: Moderate

Ease of Seed Saving: Easy

Seed life: 3 years

Determinate growth

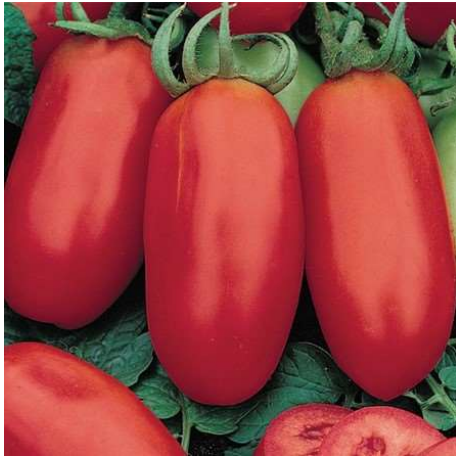
Red plum 2.5 – 5cm fruit. Determinate 2.3m high. Meaty and prolific. Great for sun-dried tomatoes.

Starting: Sow seeds 5mm-1cm (1/4-1/2") deep. Keep seedlings under very bright light to prevent legginess. You may have to pot on seedlings more than once before they go out to allow for root growth. Space bush (determinate)transplants 45-60cm (18-24") apart.

Timing: Start indoors in early spring over bottom heat. When seedlings germinate, remove from the heat and grow under bright lights. Grow seedlings on for 6-8 weeks at around 10°C (50°F). Can be transplanted out when nighttime lows are 10°C (50°F) or warmer - or later. Optimal soil temperature for germination: 25-35°C (68-95°F). With bottom heat seeds should germinate in 7-14 days. Harden the plants before planting in the garden.

Growing Information: Full Sun. Growth is better at temperatures of 21 to 24°C or higher. Ideal pH: 6.0-6.8. Tomatoes like fertile, well drained soil that is rich in organic matter. Dig in finished compost and manure, glacial rock dust and add 1 cup balanced organic fertilizer beneath each transplant. Regular watering is vital. Tomatoes benefit from the support of a tomato cage in order to prevent sprawling. At the time of final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth, helping with both nutrient uptake and the plants' ability to stand up to dry conditions. Stop watering around the end of July to encourage the fruit to ripen. Tomatoes do not rely on insects for pollination. If tomato plants are grown under cover, you can encourage pollination and fruit set by tapping the stem from time to time shakes pollen loose within the flowers, which then self-pollinate. Determinate varieties normally set fruit in a concentrated time period. Their suckers are not normally removed, though some trimming helps with ventilation.

Resources: [Principe Borghese Tomato Seeds – West Coast Seeds](#)



Tomato - San Marzano

Solanum lycopersicum 'San Marzano'

SLT04

Open-pollinated Harvested: 2018

Source: Donated, locally grown

Germination: 95%

Ease of Growing: Moderate

Ease of Seed Saving: Easy

Seed life: 3 years

Indeterminate growth, requires staking

Deep red large plum elongated, flat-sided, blunt-ended 8cm long and 4cm thick. Indeterminate 1.3m high. This has real tomato flavor and is good to eat fresh, make sauce, can or dry.

Starting: Sow seeds 5mm-1cm (1/4-1/2") deep. Keep seedlings under very bright light to prevent legginess. You may have to pot on seedlings more than once before they go out to allow for root growth. Space transplants 50-75cm (20-30") apart in rows 1m (3') apart.

Timing: Start indoors in early spring over bottom heat. When seedlings germinate, remove from the heat and grow under bright lights. Grow seedlings on for 6-8 weeks at around 10°C (50°F). Can be transplanted out when nighttime lows are 10°C (50°F) or warmer - or later. Optimal soil temperature for germination: 25-35°C (68-95°F). With bottom heat seeds should germinate in 7-14 days. Harden the plants before planting in the garden.

Growing Information: Full Sun. Growth is better at temperatures of 21 to 24°C or higher. Ideal pH: 6.0-6.8. Tomatoes like fertile, well drained soil that is rich in organic matter. Dig in finished compost and manure, glacial rock dust and add 1 cup balanced organic fertilizer beneath each transplant. Regular watering is vital. Plants will require some kind of support such as a wire to grow up, or a trellis to be tied to as the plant grows. At the time of final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth, helping with both nutrient uptake and the plants' ability to stand up to dry conditions. Stop watering around the end of July to encourage the fruit to ripen. Tomatoes do not rely on insects for pollination. If tomato plants are grown under cover, you can encourage pollination and fruit set by tapping the stem from time to time shakes pollen loose within the flowers, which then self-pollinate. Indeterminate tomatoes continue to grow and produce fruit until they are killed by frost. Remove any suckers (stems growing from the crotch of leaves) to keep the foliage under control, and they will set a later crop of larger fruit.



Tomato - Red Robin

Solanum lycopersicum 'Red Robin'

SLT05

Open-pollinated

Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Moderate

Ease of Seed Saving: Easy Seed life: 3 years

Determinate growth, dwarf

Red Robin tomato seeds produce hardy, compact dwarf plants that deliver high yields of delicious cherry tomatoes. Red Robin tomato plants are easy to grow, and best suited for containers whether located indoors or outdoors. While Red Robin tomato plants will deliver the highest yields in outside containers, plants will set fruit in lower light indoor conditions and still deliver moderate yields of sweet cherry tomatoes. Typically, 20-30 cm (8-12") tall, Red Robin tomato plants make an attractive, ornamental addition to any garden patio, window or balcony. Round scarlet cherry tomatoes 2.5 -4 cm (1-1 1/2") in diameter set in tight clusters create a striking contrast with dark green potato leaves. Compact determinate (bush) Days to Maturity 50-55.

Starting: Sow seeds 5mm-1 cm (1/4-1/2") deep. Keep seedlings under very bright light to prevent legginess. You may have to pot on seedlings more than once before they go out to allow for root growth. Space bush (determinate) transplants 45-60cm (18-24") apart.

Timing: Start indoors in early spring over bottom heat. When seedlings germinate, remove from the heat and grow under bright lights. Grow seedlings on for 6-8 weeks at around 10°C (50°F). Can be transplanted out when nighttime lows are 10°C (50°F) or warmer - or later. Optimal soil temperature for germination: 25-35°C (68-95°F). With bottom heat seeds should germinate in 7-14 days. Harden the plants before planting in the garden.

Growing Information: Full Sun. Growth is better at temperatures of 21 to 24°C or higher. Ideal pH: 6.0-6.8. Tomatoes like fertile, well drained soil that is rich in organic matter. Dig in finished compost and manure, glacial rock dust and add 1 cup balanced organic fertilizer beneath each transplant. Regular watering is vital. Tomatoes benefit from the support of a tomato cage in order to prevent sprawling. At the time of final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth, helping with both nutrients uptake and the plants' ability to stand up to dry conditions. Stop watering around the end of July to encourage the fruit to ripen. Tomatoes do not rely on insects for pollination. If tomato plants are grown under cover, you can encourage pollination and fruit set by tapping the stem from time to time shakes pollen loose within the flowers, which then self-pollinate. Determinate varieties normally set fruit in a concentrated time period. Their suckers are not normally removed, though some trimming helps with ventilation.

Resources: <https://www.westcoastseeds.com/products/red-robin-tomato-seeds>



Tomato - Heinz

Solanum lycopersicum 'Heinz'

SLT06

Open-pollinated

Harvested: 2022

Source: Donated, locally grown

Germination: 95%

Ease of Growing: Moderate

Ease of Seed Saving: Easy

Seed life: 3 years

Determinate growth

A mid-season, whose regular leaf plants produce heavy crops and are resistant to both fusarium and verticillium disease. Its fruit are bright red in color, globe to flattened globe shaped, crack resistant, weighing three to twelve ounces, averaging about eight ounces each, and with a classic, red tomato flavor. Since it is a determinate variety, the fruit all tend to ripen within a relatively short period of time making it a good processing type tomato. Days to Maturity 75 days.

Starting: Sow seeds 5mm-1cm (1/4-1/2") deep. Keep seedlings under very bright light to prevent legginess. You may have to pot on seedlings more than once before they go out to allow for root growth. Space bush (determinate) transplants 45-60cm (18-24") apart.

Timing: Start indoors in early spring over bottom heat. When seedlings germinate, remove from the heat and grow under bright lights. Grow seedlings on for 6-8 weeks at around 10°C (50°F). Can be transplanted out when nighttime lows are 10°C (50°F) or warmer - or later. Optimal soil temperature for germination: 25-35°C (68-95°F). With bottom heat seeds should germinate in 7-14 days. Harden the plants before planting in the garden.

Growing Information: Full Sun. Growth is better at temperatures of 21 to 24°C or higher. Ideal pH: 6.0-6.8. Tomatoes like fertile, well drained soil that is rich in organic matter. Dig in finished compost and manure, glacial rock dust and add 1 cup balanced organic fertilizer beneath each transplant. Regular watering is vital. Tomatoes benefit from the support of a tomato cage in order to prevent sprawling. At the time of final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth, helping with both nutrient uptake and the plants' ability to stand up to dry conditions. Stop watering around the end of July to encourage the fruit to ripen. Tomatoes do not rely on insects for pollination. If tomato plants are grown under cover, you can encourage pollination and fruit set by tapping the stem from time to time shakes pollen loose within the flowers, which then self-pollinate. Determinate varieties normally set fruit in a concentrated time period. Their suckers are not normally removed, though some trimming helps with ventilation.

Herbs



Parsley - Dark Green Italian

Petroselinum crispum

SLH01

Open pollinated Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Flat, dark green leaves are deeply cut, with a rich parsley flavour ideal for cooking or salads. Easy to grow, sturdy plants with stiff upright stems. Holds flavour better than the curly kind when dried. Parsley is a biennial plant that forms a long (edible) tap root. Choose deep pots for container growing.

Starting: If starting indoors, sow seeds 1cm ($\frac{1}{2}$ ") deep, in sterilized seed starting mix, in peat pots or plug trays. Like its cousin's dill and cilantro, parsley develops a taproot that does better if left undisturbed. Seeds sprout in 10-15 days. Sow outdoors in drills 3cm ($1\frac{1}{4}$ ") deep, spaced 8cm (3") apart. Thin final plants to 15cm (6") apart. Usual seed life: 3 years.

Growing: Full sun to partial shade. Grow parsley in a deeply dug bed. Add a generous amount of rotted manure or finished compost to the bed several weeks in advance, or the previous fall. For summer crops, aim to grow plants in a place where they will receive some shade during the day – either on the east or west side of a structure or fence works well.

Companion Planting: Parsley likes asparagus, carrots, chives, corn, onions, and tomatoes. The leaves can be sprinkled on asparagus to repel asparagus beetles, and around roses, to improve their scent. Let some of your parsley go to bloom to attract hoverflies and predatory wasps. Avoid planting it near mint.

Resources: <https://www.westcoastseeds.com/products/dark-green-italian>



Summer Savory

Satureja hortensis

SH02

Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

This delicate, aromatic little plant grows quickly in rich soil. Used in bean, pea and lentil recipes, summer savory has a more delicate flavour than winter savory. Sow Summer Savory seeds in the spring. After flowering, pull it up and hang to dry. Let a few plants go to seed, and it should come back the following year. This herb grows to 25cm (10") tall. It's nice with poultry stuffing and stews, and it is a key ingredient in herbes de Provence.

Timing: Sow the very tiny seeds indoors about 4-6 weeks before the last frost. They should sprout in 10- 15 days.

Starting: Sow seeds on the surface of prepared starting mix. Do not bury them as they need light to germinate. Don't bother using bottom heat, as the seeds will sprout well without it. When seedlings are

large enough to handle, delicately pot them on or transplant out to the herb garden once all risk of frost is past. Both varieties benefit from careful hardening off to reduce transplant shock. Full sun.

Companion Planting: This herb attracts honeybees and repels cabbage moths. Planting it near beans and onions will improve the flavour of both

Resources: <https://www.westcoastseeds.com/products/summer-savory>



Basil – Dolly

Ocimum basilicum 'Dolly'

SLH03

Certified Organic

Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Dolly is a fast growing and particularly nice Genovese type basil with large, highly aromatic leaves just waiting to be torn fresh over pasta and salads. Leaves grow up to 10cm (4") with minimally serrated margins. Dolly Organic basil is well suited to container growing and resistant to cool night temperatures, so it's a better choice than many for coastal gardens. Pinching the growing tip will keep the plants very bushy, producing more leaves, and delaying the flowering stage. Once flowers appear, the plants flavour will be at its peak, so harvest all at once, or just keep picking as needed.

Timing: Basil grows well in containers indoors at any time of year provided you can supply enough light. For outdoor growing, sow basil seeds throughout late spring for transplanting to the garden after the summer solstice. Or direct sow in early summer, once the soil has warmed up. Basil requires warm soil and full sun. Optimal temperature for germination: 21°C (70°F). Seeds should sprout in 5-10 days.

Starting: Sow seeds 1 cm (½") deep in sterilized seed starting mix. Basil is prone to damping off, so once seeds sprout, make sure they are adequately ventilated, and kept under very bright light. Thin to 20-

25cm (8-10") apart. Using bottom heat speeds germination.

Growing: Full sun. Use any rich, loose, well drained soil. Once plants are 15cm (6") tall, pinch out the growing tips to encourage really bushy growth prior to harvest. Watch for signs of flower buds forming in mid-summer, and pinch these off to promote more foliage.

Resources: <https://www.westcoastseeds.com/products/dolly-organic>



Basil – Emily

Ocimum basilicum 'Emily'

SLH04

Certified Organic

Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Emily is a fantastic new dwarf basil, a compact Genovese variety that works particularly well in containers. This basil was bred to have shorter stem lengths between nodes, and only reaches a maximum height of 30cm (12"). Emily has a longer shelf life after harvest than most basil varieties, and keeps longer in refrigeration, maintaining its fresh aroma. Emily Organic is a superb choice for farms, market growers, or the home gardener. Try some of this petite but potent gourmet basil in your home patio herb

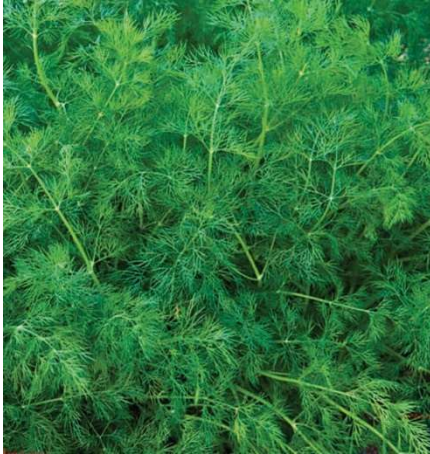
garden. Pinching out the growing tips from time to time keeps this unique basil very bushy and compact.

Timing: Basil grows well in containers indoors at any time of year provided you can supply enough light. For outdoor growing, sow basil seeds throughout late spring for transplanting to the garden after the summer solstice. Or direct sow in early summer, once the soil has warmed up. Basil requires warm soil and full sun. Optimal temperature for germination: 21°C (70°F). Seeds should sprout in 5-10 days.

Starting: Sow seeds 1 cm (1/2") deep in sterilized seed starting mix. Basil is prone to damping off, so once seeds sprout, make sure they are adequately ventilated, and kept under very bright light. Thin to 20-25cm (8-10") apart. Using bottom heat speeds germination.

Growing: Full sun. Use any rich, loose, well drained soil. Once plants are 15cm (6") tall, pinch out the growing tips to encourage really bushy growth prior to harvest. Watch for signs of flower buds forming in mid-summer, and pinch these off to promote more foliage.

Resources: <https://www.westcoastseeds.com/products/emily-organic>



Dill - Ella Organic

Anethum graveolens

SLH05

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

A variety for the patio herb garden! Ella is a dwarf dill bred for container and hydroponic growing. She has short leaf internodes, so she stays compact and bushy at 25-36cm (10-14"), but with all the great fragrance and flavour of a giant garden dill. The structure of dill's flowers is known as an umbel, so dill is considered an umbelliferous plant. Other umbellifers include carrots, cilantro, fennel, parsnips, and Ammi. All of these plants are attractive to predatory insects such as lady beetles, Syrphid flies (hoverflies), lacewings, and tiny parasitoid wasps. Organic gardeners take advantage of this natural food chain by growing dill precisely to attract these beneficial insects, for they will control pest insects like aphids, thrips, whitefly, and the caterpillar of the Small White Butterfly (cabbage moth).

Timing: Dill seeds need some light to germinate. Sow seeds no more than 5mm (1/4") deep in rows 45cm (18") apart. Thin the plants to stand at least 15cm (6") apart.

Starting: Sow seeds on the surface of prepared starting mix. Do not bury them as they need light to germinate. Don't bother using bottom heat, as the seeds will sprout well without it. When seedlings are large enough to handle, delicately pot them on or transplant out to the herb garden once all risk of frost is past. Both varieties benefit from careful hardening off to reduce transplant shock. Full sun.

Growing: Ideal pH: 5.0-7.0. Grow in moderately rich soil in full sun. Water and feed regularly and stop any overhead watering once plants are 60cm (24") tall to prevent issues with mildew forming on the leaves. Begin harvesting the tasty leaves once plants reach 15cm (6") tall. About 12 weeks after sprouting the seed heads begin to form. When the first seeds have turned brown, cut the whole head and hang it upside down for the drying seeds to fall out into trays or paper bags. Dill leaf loses most of its flavour when dried, so freeze it in ice cube trays filled with water for use all winter.

Companion Planting: Dill improves the health of cabbages and other Brassicas, and is a very good companion for corn, cucumbers, lettuce, and onions. Dill attracts ladybugs, lacewings, and the parasitoid wasps that feed on garden caterpillars. At the same time, it repels aphids and spider mites. Avoid planting near carrots and tomatoes.



Parsley – Forest Green

Petroselinum crispum 'Forest Green'

SLH06

Open-pollinated

Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Plant Forest Green parsley seeds in your organic herb garden. The plants have short, strong stems that support big clusters of highly curled, dark-green leaves. The flavour is distinctly savoury without being bitter. Parsley adds a subtle, but key flavour to a host of Mediterranean dishes. Parsley likes asparagus,

carrots, chives, corn, onions, and tomatoes. The leaves can be sprinkled on asparagus to repel asparagus beetles, and around roses, to improve their scent. Let some of your parsley go to bloom to attract hoverflies and predatory wasps. Parsley is a biennial plant that forms a long (edible) tap root. Choose deep pots for container growing. Days to Maturity 80.

Starting: If starting indoors, sow seeds 1 cm (½") deep, in sterilized seed starting mix, in peat pots or plug trays. Like its cousin's dill and cilantro, parsley develops a taproot that does better if left undisturbed. Seeds sprout in 10-15 days. Sow outdoors in drills 3cm (1¼") deep, spaced 8cm (3") apart. Thin final plants to 15cm (6") apart. Usual seed life: 3 years.

Growing: Full sun to partial shade. Grow parsley in a deeply dug bed. Add a generous amount of rotted manure or finished compost to the bed several weeks in advance, or the previous fall. For summer crops, aim to grow plants in a place where they will receive some shade during the day – either on the east or west side of a structure or fence works well.

Companion Planting: Parsley likes asparagus, carrots, chives, corn, onions, and tomatoes. The leaves can be sprinkled on asparagus to repel asparagus beetles, and around roses, to improve their scent. Let some of your parsley go to bloom to attract hoverflies and predatory wasps. Avoid planting it near mint.

Resources: <https://www.westcoastseeds.com/products/forest-green>



Coriandrum sativum

SLH07

Harvested: 2019

Source: Donated, locally grown

Germination: 84%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Cilantro is a fast-growing, aromatic, annual herb that grows best in the cooler weather of spring and fall. Cilantro usually refers to the leaves of the plant, which are used as an herb. The mature seeds, better known as coriander, are easy to harvest, and used in many dishes - notably curry powder blends. Keep an eye on your cilantro crop because the flowering process (bolting) is famously quick in this plant. As soon as a central stem appears and the uppermost leaves become frilly, it's time to harvest the whole plant, roots and all.

Timing: Direct sow from just after the last frost date to late spring. Direct sow in the fall under cover for a winter crop. Optimal soil temperature for germination: 15°C (60°F). Seeds should sprout in 5-10 days.

Starting: Sow 2cm (1") deep in short rows. Thin seedlings to stand 5-10cm (2-4") apart if harvesting leaves. If growing for seed, allow 23cm (9") between plants.

Growing: Cilantro is tricky because several factors can cause it to bolt. Avoid transplanting for this reason and avoid hot conditions as well as too much moisture. It does best in light, well-drained soil in partial shade, in relatively dry conditions. Once it blooms, the seeds ripen suddenly, in only a couple of days, so care should be taken to prevent self sowing or simply losing those useful seeds. Pick young leaves once they have reached about 10cm (4") in height. The flavour, though intense when fresh, diminishes quickly when dried or cooked, so always add cilantro just before serving. Try freezing it in ice cube trays with water. The stems and roots are also full of flavour. Harvest the seeds by sticking 6 or 8 seed heads in a paper bag and hanging it up somewhere airy, away from direct sunlight. The bag will catch the seeds as they ripen and fall out.

Companion Planting: Cilantro repels aphids, potato beetles, and spider mites. It attracts hoverflies and other beneficial predatory insects.



Cilantro – Calypso

Coriandrum sativum

SLH08

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

This compact, low-growing variety comes from a British breeding program, and it's the slowest to bolt in side-by-side trials — resisting the urge to bolt by as many as three weeks. Its flavour is clean and herbal, bringing distinctive sharpness to broths, tacos, and countless other meals

Timing: Direct sow from just after the last frost date to late spring. Direct sow in the fall under cover for a winter crop. Optimal soil temperature for germination: 15°C (60°F). Seeds should sprout in 5-10 days.

Starting: Sow 2cm (1") deep in short rows. Thin seedlings to stand 5-10cm (2-4") apart if harvesting leaves. If growing for seed, allow 23cm (9") between plants.

Growing: Cilantro is tricky because several factors can cause it to bolt. Avoid transplanting for this reason and avoid hot conditions as well as too much moisture. It does best in light, well-drained soil in partial shade, in relatively dry conditions. Once it blooms, the seeds ripen suddenly, in only a couple of days, so care should be taken to prevent self sowing or simply losing those useful seeds. Pick young leaves once they have reached about 10cm (4") in height. The flavour, though intense when fresh, diminishes quickly when dried or cooked, so always add cilantro just before serving. Try freezing it in ice cube trays with water. The stems and roots are also full of flavour. Harvest the seeds by sticking 6 or 8 seed heads in a paper bag and hanging it up somewhere airy, away from direct sunlight. The bag will catch the seeds as they ripen and fall out.

Companion Planting: Cilantro repels aphids, potato beetles, and spider mites. It attracts hoverflies and other beneficial predatory insects.



Dill – Unknown Variety

Anethum graveolens

SLH09

Harvested: 2018

Source: Donated, locally grown

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

The structure of dill's flowers is known as an umbel, so dill is considered an umbelliferous plant. Other umbellifers include carrots, cilantro, fennel, parsnips, and Ammi. All of these plants are attractive to predatory insects such as lady beetles, Syrphid flies (hoverflies), lacewings, and tiny parasitoid wasps. Organic gardeners take advantage of this natural food chain by growing dill precisely to attract these beneficial insects, for they will control pest insects like aphids, thrips, whitefly, and the caterpillar of the Small White Butterfly (cabbage moth).

Timing: Dill seeds need some light to germinate. Sow seeds no more than 5mm (¼") deep in rows 45cm (18") apart. Thin the plants to stand at least 15cm (6") apart.

Starting: Sow seeds on the surface of prepared starting mix. Do not bury them as they need light to germinate. Don't bother using bottom heat, as the seeds will sprout well without it. When seedlings are large enough to handle, delicately pot them on or transplant out to the herb garden once all risk of frost is past. Both varieties benefit from careful hardening off to reduce transplant shock. Full sun.

Growing: Ideal pH: 5.0-7.0. Grow in moderately rich soil in full sun. Water and feed regularly and stop any overhead watering once plants are 60cm (24") tall to prevent issues with mildew forming on the leaves. Begin harvesting the tasty leaves once plants reach 15cm (6") tall. About 12 weeks after sprouting the seed heads begin to form. When the first seeds have turned brown, cut the whole head and hang it upside down for the drying seeds to fall out into trays or paper bags. Dill leaf loses most of its flavour when dried, so freeze it in ice cube trays filled with water for use all winter.

Companion Planting: Dill improves the health of cabbages and other Brassicas, and is a very good companion for corn, cucumbers, lettuce, and onions. Dill attracts ladybugs, lacewings, and the parasitoid wasps that feed on garden caterpillars. At the same time, it repels aphids and spider mites. Avoid planting near carrots and tomatoes.



Spilanthes – Bulls Eye “Toothache Plant”

Spilanthes oleracea

SLH10

Harvested: 2022

Source: Donated, locally grown

Germination: 90%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Spilanthes is a tropical perennial in its native Brazil and Africa but is grown as an annual ornamental flower and herb in cooler areas. It grows in a compact mound and produces lots of yellow button flowers with deep red-brown eyes. Eating the leaves and flowers especially produces a short-lived tingly and then numbing effect. Also known as Buzz Buttons, Electric Buttons, Szechuan Buttons and Para Cress. The plant contains alkylamides – natural bioactive compounds that fight inflammation and microbes. It also makes your mouth tingle and has a sialagogic effect, which means it encourages salivary flow. Go ahead, pick a fresh flower and try it out! Pop it in your mouth and chew it- within seconds, your mouth will start buzzing and tingling, you'll produce extra saliva, and then it will numb! This is one of the reasons it makes a great treatment for toothaches (hence its nickname Toothache Plant) – dulling the pain while it fights the microbes causing the pain in the first place.

Days To Germination: 5-7 days at 72-76°F (22-24°C).

Sowing: Transplant (recommended): Start seeds in flats about 6 weeks before the last frost. Sow 1/4" deep, and transplant to individual containers when the seedlings are large enough to handle. Transplant outside in the spring after the last frost. Direct seed: In the spring, direct seed 1/4" deep as soon as the soil can be worked and after the last frost. Place 4-6 seeds together every 6" or sow about one seed per inch. Thin to one plant (or a clump of 2-3 seedlings) every 6-12" when seedlings are a couple of inches tall.

Light Preference: Sun.

Soil Requirements: Well-drained soil.

Plant Spacing: 12 -18".

Hardiness Zones: Annual.

Harvest: Fresh: The leaves can be picked at any time, but it is best to wait until after the plant has reached several inches in height. Continue picking leaves during and after blooming. Use fresh leaves for best flavor.

Uses: Bedding plants, containers, and window boxes. Use leaves in salads.

Squash



Zucchini - Romanesco

Cucurbita pepo var. 'Romanesco'

SLS01

Heirloom, open-pollinated

Harvested: 2021

Source: West Coast Seeds

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 2 years

The large, open, bushy heirloom plant produces distinctively ribbed Italian heirloom zucchini 30-40cm (12-16"). Fruit are long with pale green flecks and ribs on dark, grayish green skin. Romanesco zucchini seeds produce fruits that have a very pleasant nutty taste and a presence that transcends the world of ordinary zucchini. Technically, Romanesco is a type of cocozelle squash, as it develops a bulbous end - zucchinis are traditionally evenly thick along their length. In Italy it is picked early at 15cm (6") long, with the flower still attached. The vines of this variety are a little longer than other summer squash. Days to Maturity 60.

Starting: Sow seeds 2cm (1") deep. Sow 3 seeds in each spot you want a plant to grow and thin to the strongest one. Aim to space zucchinis no less than 45-60cm (18-24") apart in rows 90-120cm (36-48") apart.

Timing: Direct sow or transplant in late May or early June when soil is warm. For transplants, start seeds indoors in late April or early May. Optimal soil temperature for germination: 25-35°C (68-95°F). Seeds should sprout in 7- 14 days.

Growing Information: Full Sun. Ideal pH: 6.0-6.8. These big, fast-growing plants need plenty of moisture and lots of food. Grow them in rich, well-drained soil in full sun. Dig finished compost or well-rotted manure into the beds and dig in 1 cup of complete organic fertilizer beneath each transplant. Water the soil around them when you irrigate, and always avoid overhead watering, as wet leaves will attract diseases like mildew. Keep weeded. Misshapen or withered fruits can result from incomplete pollination. Make sure to remove these from the plants as you see them, before they begin to rot, and put them in the compost. In the home garden it can be tempting to over-plant zucchinis. One well-grown plant will provide enough fruits for the average family. Instead of planting several zucchinis, use that space for other vegetables.

Resources: <https://www.westcoastseeds.com/products/romanesco>



Zucchini - Ronde De Nice

Cucurbita pepo var. 'Ronde de Nice'

SLS02

Heirloom, Open-pollinated

Harvested: 2021

Source: West Coast Seeds

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 2 years

A round French heirloom zucchini from Provence, grown for generations. The succulent, tender flesh is at its peak while the fruits are still less than 7.5cm (3") in diameter or grow the fruits on to be hollowed out and stuffed for an interesting summer side dish. The flesh of this zucchini has such delicate skins that the fruits are prone to bruising, which is why it doesn't turn up in grocery stores. Ronde De Nice zucchini seeds, however, are perfect for the home vegetable garden. Try them steamed at just 2cm (1") diameter or stuffed at 10cm (4").

Starting: Sow seeds 2cm (1") deep. Sow 3 seeds in each spot you want a plant to grow and thin to the strongest one. Aim to space zucchinis no less than 45-60cm (18-24") apart in rows 90-120cm (36-48") apart.

Timing: Direct sow or transplant in late May or early June when soil is warm. For transplants, start seeds indoors in late April or early May. Optimal soil temperature for germination: 25-35°C (68-95°F). Seeds should sprout in 7-14 days.

Growing Information: Full Sun. Ideal pH: 6.0-6.8. These big, fast-growing plants need plenty of moisture and lots of food. Grow them in rich, well-drained soil in full sun. Dig finished compost or well-rotted manure into the beds and dig in 1 cup of complete organic fertilizer beneath each transplant. Water the soil around them when you irrigate, and always avoid overhead watering, as wet leaves will attract diseases like mildew. Keep weeded. Misshapen or withered fruits can result from incomplete pollination. Make sure to remove these from the plants as you see them, before they begin to rot, and put them in the compost. In the home garden it can be tempting to over-plant zucchinis. One well-grown plant will provide enough fruits for the average family. Instead of planting several zucchinis, use that space for other vegetables.

Resources: <https://www.westcoastseeds.com/products/ronde-de-nice>



Pumpkin – Neon

Cucurbita pepo var. 'Neon'

SLS03

Harvested: 2021

Source: West Coast Seeds

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 2 years

These beautifully shaped, bright orange pumpkins have strong, dark green handles and make perfect Jack-O-Lanterns. Plant Neon pumpkin seeds for productive, semi-bush plants that take up less space in the garden or field and produces higher yields per acre if grown commercially. The uniform fruits average 3kg (7-8 lbs). If grown in a cool summer, fruit may be faintly bi-coloured when immature. By harvest time they become the normal golden colour as shown. Days to Maturity 70.

Starting: Sow seeds 2cm (1") deep. Sow 3 seeds in each spot you want a plant to grow and thin to the strongest plant. Space plants at a minimum of 90-120cm (36-48") apart in rows 120-180cm (48-72") apart. If starting transplants indoors, 4-6 weeks before last frost date. Useful seed life: 2 years.

Timing: Direct sow or transplant in late spring when soil warms up. For transplants, start seeds indoors 4-6 weeks after the last frost date. Try to get the plants into the ground no later than the summer solstice. Optimal soil temperature for germination: 25-35°C (68-95°F). Seeds should sprout in 7-14 days.

Growing Information: Full sun. Ideal pH: 6.0-6.8. These big plants need lots of food. Choose a sunny spot with fertile, well-draining soil. Dig in a generous quantity of finished compost and/or composted manure. Dig in 250ml (1 cup) of complete organic fertilizer under each plant. Incomplete pollination is common at the beginning of the season, and results in small fruits that are misshapen at the flower end. Discard these damaged fruits before they rot. For the largest pumpkins, feed weekly throughout the growing season with fish or kelp-based fertilizer. Keep the huge plants well watered, particularly in hot weather. Always water the soil and avoid any form of overhead watering other than rain. Fruit will grow larger if you keep only one fruit per vine. As the fruit develops, try to gently encourage it to grow at a 90° angle to the vine itself. The largest pumpkin varieties will grow on their sides. These are big plants that require a lot of room.

Resources: <https://www.westcoastseeds.com/products/neon>



Zucchini – Black Beauty

Cucurbita pepo var. 'Black Beauty'

SLS04

Open-pollinated

Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 2 years

Standard open-pollinated variety. Also known as Dark Green. Dark green, cylindrical fruits on large bush plants. Pick when fruit is 15-20cm long for optimum quality. Not as productive or as early as hybrid varieties. Summer squash. Days to Maturity 55.

Starting: Sow seeds 2cm (1") deep. Sow 3 seeds in each spot you want a plant to grow and thin to the strongest one. Aim to space zucchinis no less than 45-60cm (18-24") apart in rows 90-120cm (36-48") apart.

Timing: Direct sow or transplant in late May or early June when soil is warm. For transplants, start seeds indoors in late April or early May. Optimal soil temperature for germination: 25-35°C (68-95°F). Seeds should sprout in 7-14 days.

Growing Information: Full Sun. Ideal pH: 6.0-6.8. These big, fast-growing plants need plenty of moisture and lots of food. Grow them in rich, well-drained soil in full sun. Dig finished compost or well-rotted manure into the beds and dig in 1 cup of complete organic fertilizer beneath each transplant. Water the soil around them when you irrigate, and always avoid overhead watering, as wet leaves will attract diseases like mildew. Keep weeded. Misshapen or withered fruits can result from incomplete pollination. Make sure to remove these from the plants as you see them, before they begin to rot, and put them in the compost. In the home garden it can be tempting to over-plant zucchinis. One well-grown plant will provide enough fruits for the average family. Instead of planting several zucchinis, use that space for other vegetables.

Resources: <https://www.damseeds.com/products/black-beauty>



Pumpkin – Unknown Variety

Cucurbita pepo

SLS07

Harvested: 2019

Source: Donated, locally grown

Germination: 90%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 2 years

This is the ideal size and shape for carving, but also taste great. Fruit exteriors have a light suture and the traditional golden red-orange color. The plants are prolific and fast growing. Days to Maturity 90.

Starting: Sow seeds 2cm (1") deep. Sow 3 seeds in each spot you want a plant to grow and thin to the strongest plant. Space plants at a minimum of 90-120cm (36-48") apart in rows 120-180cm (48-72") apart. If starting transplants indoors, 4-6 weeks before last frost date.

Timing: Direct sow or transplant in late spring when soil warms up. For transplants, start seeds indoors 4-6 weeks after the last frost date. Try to get the plants into the ground no later than the summer solstice. Optimal soil temperature for germination: 25-35°C (68-95°F). Seeds should sprout in 7-14 days.

Growing Information: Full sun. Ideal pH: 6.0-6.8. These big plants need lots of food. Choose a sunny spot with fertile, well-draining soil. Dig in a generous quantity of finished compost and/or composted manure. Dig in 1 cup of complete organic fertilizer under each plant. Incomplete pollination is common at the beginning of the season, and results in small fruits that are misshapen at the flower end. Discard these damaged fruits before they rot. For the largest pumpkins, feed weekly throughout the growing season with fish or kelp-based fertilizer. Keep the huge plants well watered, particularly in hot weather. Always water the soil and avoid any form of overhead watering other than rain. Fruit will grow larger if you keep only one fruit per vine. As the fruit develops, try to gently encourage it to grow at a 90° angle to the vine itself. The largest pumpkin varieties will grow on their sides. These are big plants that require a lot of room.

Vegetables



Lettuce – Tom Thumb

Lactuca sativa var. 'Tom Thumb'

SLV01

Heirloom, Open-pollinated

Harvested: 2021

Source: West Coast Seeds

Germination: 70%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Dating back to 1830, this heirloom is the oldest American lettuce still in cultivation, which speaks to its charms. Plant Tom Thumb lettuce seeds for the smallest lettuce of all - a tennis ball-sized Bibb that will fit in the palm of your hand. The small heads have creamy yellow centers with medium green, slightly crumpled wrapper leaves. This variety works well in containers - even window boxes! It's a good candidate for indoor growing under lights and does not need a large container to grow well. Try growing some Tom Thumb lettuce seeds in a cold frame or unheated greenhouse in the winter. Days to Maturity 50-70.

Starting: Direct sow or start indoors and transplant. Sow seeds 5mm (1/4") deep, or on the surface of the soil where the soil can be kept evenly moist. Space or thin heading lettuce to 30cm (12") apart. Space or thin loose-leaf varieties to 20-25cm (8-10") apart. Space rows for all types 45-90cm (18-36") apart. Baby leaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing baby leaf lettuce seeds closely together in narrow rows makes harvesting simpler.

Timing: Lettuce grows best in cool weather in the spring and fall, but it can be grown in the summer, and all winter long in milder regions. Sow short rows every 2-3 weeks following the last average frost date for a continual harvest. Using a cloche, cold frame, or greenhouse over mid-late summer plantings can extend the harvest period right into winter. Optimal soil temperature for germination: 10-22°C (50-72°F). Seeds should sprout in 7-15 days, depending on conditions. Lettuce seeds don't sprout easily when the soil temperature is over 22°C (72°F) in summer. Get around this by sprouting them indoors in a cool area, or pre-sprout by sprinkling seeds on a damp paper towel and placing it in a plastic bag in the fridge for a few days. In hot weather most lettuce goes to seed rapidly, so have new plantings ready to go, and watch for "good resistance to bolting" in the product description.

Growing Information: Full sun to partial shade. Ideal pH: 6.0-6.5. Aim for a soil with ample drainage and lots of organic matter. Add compost and lime at least 3 weeks prior to planting. One cup of balanced organic fertilizer per 3m (10') of row will give adequate nutrition. Seedlings should be hardened off by reducing water and putting the plants outdoors 2 or 3 days before transplanting. This will help to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

Resources: <https://www.westcoastseeds.com/products/tom-thumb>



Lettuce – Red Deer Tongue

Lactuca sativa var. 'Red Deer Tongue'

SLV02

Heirloom, Open-pollinated

Harvested: 2021

Source: West Coast Seeds

Germination: 70%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

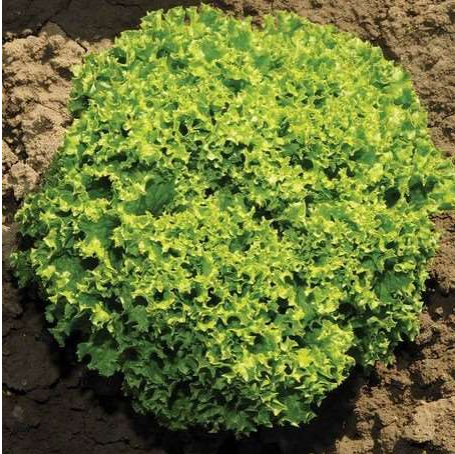
AKA Amish Red. The long, pointed, triangular leaves produced by Red Deer Tongue lettuce seeds are solid red. It makes a wonderful addition to salads because of the rich, nutty flavour and robust texture of the leaves. It is easy to pick individual leaves or harvest the whole plant. Red Deer Tongue is an old heirloom lettuce that is slow to bolt and requires little care. It is much loved for its ruggedness — it was popular among pioneer families. If there is one lettuce we think of as being in our regular rotation, it's this one. Days to Maturity 75.

Starting: Direct sow or start indoors and transplant. Sow seeds 5mm (1/4") deep, or on the surface of the soil where the soil can be kept evenly moist. Space or thin heading lettuce to 30cm (12") apart. Space or thin loose-leaf varieties to 20-25cm (8-10") apart. Space rows for all types 45-90cm (18-36") apart. Baby leaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing baby leaf lettuce seeds closely together in narrow rows makes harvesting simpler.

Timing: Lettuce grows best in cool weather in the spring and fall, but it can be grown in the summer, and all winter long in milder regions. Sow short rows every 2-3 weeks following the last average frost date for a continual harvest. Using a cloche, cold frame, or greenhouse over mid-late summer plantings can extend the harvest period right into winter. Optimal soil temperature for germination: 10-22°C (50-72°F). Seeds should sprout in 7-15 days, depending on conditions. Lettuce seeds don't sprout easily when the soil temperature is over 22°C (72°F) in summer. Get around this by sprouting them indoors in a cool area, or pre-sprout by sprinkling seeds on a damp paper towel and placing it in a plastic bag in the fridge for a few days. In hot weather most lettuce goes to seed rapidly, so have new plantings ready to go, and watch for "good resistance to bolting" in the product description.

Growing Information: Full sun to partial shade. Ideal pH: 6.0-6.5. Aim for a soil with ample drainage and lots of organic matter. Add compost and lime at least 3 weeks prior to planting. One cup of balanced organic fertilizer per 3m (10') of row will give adequate nutrition. Seedlings should be hardened off by reducing water and putting the plants outdoors 2 or 3 days before transplanting. This will help to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

Resources: <https://www.westcoastseeds.com/products/red-deer-tongue>



Lettuce – Ilema

Lactuca sativa var 'Ilema'

SLV03

Certified Organic, Heirloom, Open- pollinated

Harvested: 2021

Source: West Coast Seeds

Germination: 70%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Ilema's curly leaves qualify it as a "lollo bionda" type lettuce. It's impressively voluminous with substantial weight and fast growth. Ilema Organic lettuce seeds produce heads with a refined flavour that pairs beautifully with Fossey Organic. The leaves will add loft and volume to salad mixes, but they are quite nice on their own as well. It can be harvested from the baby leaf stage to full sized mature heads. Recommended for hydroponic and aquaponic growing. This lettuce is part of the Eazyleaf® series of lettuces bred for ease of harvest. Cut the head from the ground and make a single cut around the short stem, and the leaves fall perfectly away for an instant salad. This will speed up market production for salad mixes. Days to Maturity 45-50.

Starting: Direct sow or start indoors and transplant. Sow seeds 5mm (1/4") deep, or on the surface of the soil where the soil can be kept evenly moist. Space or thin heading lettuce to 30cm (12") apart. Space or thin loose- leaf varieties to 20-25cm (8-10") apart. Space rows for all types 45-90cm (18-36") apart. Baby leaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing baby leaf lettuce seeds closely together in narrow rows makes harvesting simpler.

Timing: Lettuce grows best in cool weather in the spring and fall, but it can be grown in the summer, and all winter long in milder regions. Sow short rows every 2-3 weeks following the last average frost date for a continual harvest. Using a cloche, cold frame, or greenhouse over mid-late summer plantings can extend the harvest period right into winter. Optimal soil temperature for germination: 10-22°C (50-72°F). Seeds should sprout in 7-15 days, depending on conditions. Lettuce seeds don't sprout easily when the soil temperature is over 22°C (72°F) in summer. Get around this by sprouting them indoors in a cool area, or pre-sprout by sprinkling seeds on a damp paper towel and placing it in a plastic bag in the fridge for a few days. In hot weather most lettuce goes to seed rapidly, so have new plantings ready to go, and watch for "good resistance to bolting" in the product description.

Growing Information: Full sun to partial shade. Ideal pH: 6.0-6.5. Aim for a soil with ample drainage and lots of organic matter. Add compost and lime at least 3 weeks prior to planting. One cup of balanced organic fertilizer per 3m (10') of row will give adequate nutrition. Seedlings should be hardened off by reducing water and putting the plants outdoors 2 or 3 days before transplanting. This will help to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

Resources: <https://www.westcoastseeds.com/products/ilema-organic>



Lettuce – Freckles

Lactuca sativa var. *longifolia* 'Freckles'

SLV04

Heirloom, Open-pollinated

Harvested: 2021

Source: West Coast Seeds Germination: 70%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

This red-spotted, open romaine lettuce is sure to turn some heads. The mid-sized plant is open with glossy, green leaves flecked with maroon, making it a delightful and colourful addition to salad mixes. As the leaves get larger, the markings become even more prominent. The leaves of Freckles lettuce are speckled, not blotchy, so they have quite an elegant look. And the flavour is excellent. Freckles lettuce seeds, also known as Forellenschluss are an heirloom variety of Austrian lineage. Be sure to plant some Freckles lettuce seeds in your organic vegetable garden this spring. Days to Maturity 55-70.

Starting: Direct sow or start indoors and transplant. Sow seeds 5mm (1/4") deep, or on the surface of the soil where the soil can be kept evenly moist. Space or thin heading lettuce to 30cm (12") apart. Space or thin loose-leaf varieties to 20-25cm (8-10") apart. Space rows for all types 45-90cm (18-36") apart. Baby leaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing baby leaf lettuce seeds closely together in narrow rows makes harvesting simpler.

Timing: Lettuce grows best in cool weather in the spring and fall, but it can be grown in the summer, and all winter long in milder regions. Sow short rows every 2-3 weeks following the last average frost date for a continual harvest. Using a cloche, cold frame, or greenhouse over mid-late summer plantings can extend the harvest period right into winter. Optimal soil temperature for germination: 10-22°C (50-72°F). Seeds should sprout in 7-15 days, depending on conditions. Lettuce seeds don't sprout easily when the soil temperature is over 22°C (72°F) in summer. Get around this by sprouting them indoors in a cool area, or pre-sprout by sprinkling seeds on a damp paper towel and placing it in a plastic bag in the fridge for a few days. In hot weather most lettuce goes to seed rapidly, so have new plantings ready to go, and watch for "good resistance to bolting" in the product description.

Growing Information: Full sun to partial shade. Ideal pH: 6.0-6.5. Aim for a soil with ample drainage and lots of organic matter. Add compost and lime at least 3 weeks prior to planting. One cup of balanced organic fertilizer per 3m (10') of row will give adequate nutrition. Seedlings should be hardened off by reducing water and putting the plants outdoors 2 or 3 days before transplanting. This will help to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

Resources: <https://www.westcoastseeds.com/products/freckles>



Beet – Winterkeeper Lutz

Beta vulgaris 'Winterkeeper Lutz'

SLV05

Open-pollinated Harvested: 2021

Source: West Coast Seeds

Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Winterkeeper Lutz beets are also known as Lutz Green Leaf. The unusually large, round roots remain sweet and tender up to 15cm (6") in diameter. The vigorous green tops are useful for bunching in the summer. For winter storage, sow mid-July in rich soil. In fall, cover the bed to prevent freezing. This variety makes particularly tasty micro-greens and baby leaf greens that work well in salad mixes. Its best feature, though, is the cold tolerance and suitability as winter storage beets. Days to Maturity 60.

Starting: Direct sow 1cm (1/2") deep, 5-10 cm (2-4") apart in rows 30-45 cm (12-18") apart.

Timing: Direct sow 4 weeks after last frost to mid-summer. Beets will not produce roots if planted when the soil is too cold. Seeds will germinate in 5-12 days, depending on soil temperature. Optimal soil temperature: 10-26°C (50-80°F).

Growing Information: Full sun. pH: 6-6.8 For uniformly sized beets, thin carefully to 7-15cm (3-6") apart when seedlings are 5cm (2") tall. Eat any thinned plants, roots and all. Root size is controlled by spacing and variety. If beets have black cankers in the roots, soil may need more boron. Dissolve 1 tablespoon of borax to 4L of water and spread evenly over 9m² (100 sq ft) of soil. Do not over apply at a heavier rate.

Companion Planting: Beets add minerals to the soil. The greens are very good for the compost. Plant with bush beans, Brassicas, corn, garlic, kohlrabi, leeks, lettuce, and mint. Add cut mint leaves as a mulch for beets. Avoid planting beets near pole beans, as the nitrogen fixed by the beans may encourage leafy beet growth and diminished root development.

Resources: <https://www.westcoastseeds.com/products/winterkeeper-lutz-2>



Beet – Chioggia Guardsmark

Beta vulgaris 'Chioggia Guardsmark'

SLV06

Certified Organic, Heirloom, Open- pollinated

Harvested: 2021

Source: West Coast Seeds

Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

"Kee-OH-gee-ah" Italian heirloom dating prior to the 1840's and named after an Italian village. Light red, smooth round roots with bright pink and white alternating rings inside. Best tasting at 6 cm (2-1/2") diameter. Days to Maturity 65.

Starting: Direct sow 1cm (1/2") deep, 5-10 cm (2-4") apart in rows 30-45 cm (12-18") apart.

Timing: Direct sow 4 weeks after last frost to mid-summer. Beets will not produce roots if planted when the soil is too cold. Seeds will germinate in 5-12 days, depending on soil temperature. Optimal soil temperature: 10-26°C (50-80°F).

Growing Information: Full sun. pH: 6-6.8 For uniformly sized beets, thin carefully to 7-15cm (3-6") apart when seedlings are 5cm (2") tall. Eat any thinned plants, roots and all. Root size is controlled by spacing and variety. If beets have black cankers in the roots, soil may need more boron. Dissolve 1 tablespoon of borax to 4L of water and spread evenly over 9m² (100 sq ft) of soil. Do not over apply at a heavier rate.

Companion Planting: Beets add minerals to the soil. The greens are very good for the compost. Plant with bush beans, Brassicas, corn, garlic, kohlrabi, leeks, lettuce, and mint. Add cut mint leaves as a mulch for beets. Avoid planting beets near pole beans, as the nitrogen fixed by the beans may encourage leafy beet growth and diminished root development.

Resources: <https://www.westcoastseeds.com/products/chioggia-guardsmark-improved-organic>



Beet – Cylindra

Beta vulgaris 'Cylindra'

SLV07

Heirloom, Open-pollinated Harvested: 2021

Source: West Coast Seeds

Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Very sweet heirloom introduced to US from Europe in 1892. Perfect for pickling or slicing. The leaves are a little sweeter than most beets and make excellent salad greens and micro greens. Roots grow to 20 cm (8") long with dark red flesh. Days to Maturity 50-70.

Starting: Direct sow 1cm (1/2") deep, 5-10 cm (2-4") apart in rows 30-45 cm (12-18") apart.

Timing: Direct sow 4 weeks after last frost to mid-summer. Beets will not produce roots if planted when the soil is too cold. Seeds will germinate in 5-12 days, depending on soil temperature. Optimal soil temperature: 10-26°C (50-80°F).

Growing Information: Full sun. pH: 6-6.8 For uniformly sized beets, thin carefully to 7-15cm (3-6") apart when seedlings are 5cm (2") tall. Eat any thinned plants, roots and all. Root size is controlled by spacing and variety. If beets have black cankers in the roots, soil may need more boron. Dissolve 1 tablespoon of borax to 4L of water and spread evenly over 9m² (100 sq ft) of soil. Do not over apply at a heavier rate.

Companion Planting: Beets add minerals to the soil. The greens are very good for the compost. Plant with bush beans, Brassicas, corn, garlic, kohlrabi, leeks, lettuce, and mint. Add cut mint leaves as a mulch for beets. Avoid planting beets near pole beans, as the nitrogen fixed by the beans may encourage leafy beet growth and diminished root development.

Resources: <https://www.westcoastseeds.com/products/cylindra-2>



Kohlrabi – Superschmeltz

Brassica oleracea var. gongylodes

'Superschmeltz'

SLV08

Open-pollinated

Harvested: 2021

Source: West Coast Seeds Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

This giant Swiss kohlrabi remains tender up to its largest size but must be spaced 30 cm (12") apart. Start harvesting at 8 cm (3") Left to grow and mature it can reach the size of a volleyball! Days to Maturity 70.

Starting: Sow indoors 3-4 seeds per pot under bright light. Thin to strongest plant. Transplant 10-15 cm (4-6") apart in rows 30-45cm (12-18") apart.

Timing: Direct sow several times during the four to six weeks after the last frost date for a crop to mature starting in about 8 weeks. Sow again after mid-July to early August for fall and winter crops.

Planting between mid-May and mid-July causes kohlrabi to mature in hot weather, resulting in inferior bulbs. In short season areas, start kohlrabi indoors in cell trays about 4 weeks before the last frost date and transplant out once daytime temperatures are steadily above 10°C (50°F). Optimal soil temperature for germination: 10-30°C (50-85°F). Seeds should germinate in 7-10 days.

Growing Information: Full sun. pH: 6.5-7 Prefer humus-rich, fertile soil amended with lots of composted manure. Keep crops irrigated evenly for fast, strong growth. Yearly crop rotation is essential to prevent disease such as club root. Use row cover to protect crops from cabbage moth.

Companion Planting: A worthy companion for beets, Brassicas, cucumbers, and onions. Avoid planting near peppers, pole beans, strawberries, and tomatoes.

Resources: <https://www.westcoastseeds.com/products/superschmeltz>



Cabbage – Early Jersey Wakefield

Brassica oleracea var. capitata 'Early Jersey Wakefield'

SLV09

Heirloom, open-pollinated

Harvested: 2021

Source: West Coast Seeds Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

This heirloom variety dates back to 1840 and has pointed medium size heads up to 1-1.5 kg (2-3 lbs). The leaves are loose tender dark green and fine tasting. Early maturing. Days to Maturity 63.

Starting: Sow indoors 3-4 seeds per pot under bright light. Thin to strongest plant. Transplant 10-15cm (4-6") apart in rows 30-45cm (12-18") apart.

Timing: Start indoors 5-6 weeks before transplant date.

Growing Information: Full sun. pH: 6.5-7 Prefer humus-rich, fertile soil amended with lots of composted manure. Keep crops irrigated evenly for fast, strong growth. Yearly crop rotation is essential to prevent disease such as club root. Use row cover to protect crops from cabbage moth.

Companion planting: All Brassicas benefit from chamomile, dill, mint, rosemary, and sage. Avoid planting near eggplants, peppers, potatoes, or tomatoes.

Resources: <https://www.westcoastseeds.com/products/early-jersey-wakefield>



Cabbage – Kalibos

Brassica oleracea var. capitata

'Kalibos'

SLV10

Heirloom, open-pollinated

Harvested: 2021

Source: West Coast Seeds Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Fall harvest. Kalibos Cabbage seeds produce a spectacular, fresh tasting, pointed cabbage with intense reddish-purple leaves and high sugar content. The summer and fall harvest plants are large, with big wrapper leaves that are held well off the ground. The interior is dense with a small, tender core. Start Kalibos cabbage seeds indoors and transplant them outside under some lightweight row cover. This will completely and organically prevent damage from caterpillars of the Small White butterfly that is commonly known as the cabbage moth. Days to Maturity 105-110.

Starting: Sow 3 or 4 seeds per pot, 5mm (1/4") deep, under very bright light. Thin to the strongest plant.

Space transplants 45-60cm (18-24") apart in rows 60-90cm (24-36") apart. Useful seed life: 3 years.

Timing: Sow indoors beginning in late winter and transplant outdoors from 2 weeks after the last frost date to early summer. Overwintering cabbage is sown outdoors during July where winters are mild. Optimal soil temperature: 10-30°C (50-85°F). Seeds should germinate in 7-10 days.

Growing Information: Full sun. Ideal pH: 6.5-7.0. Cabbage does best in humus-rich soil amended with composted manure. Mix 1/2 cup complete organic fertilizer into the soil beneath each transplant. If growth slows, side dress with a little more balanced organic fertilizer. Heads of early varieties can split from over-maturity, rapid growth after heavy rain, or irrigation after dry spells. Splits can be delayed by twisting the plant or cultivating deeply next to plants in order to break roots and slow growth.

Companion planting: All Brassicas benefit from chamomile, dill, mint, rosemary, and sage. Avoid planting near eggplants, peppers, potatoes, or tomatoes.

Resources: <https://www.westcoastseeds.com/products/kalibos>



Cabbage – Danish Ball Head

Brassica oleracea var. capitata

'Danish Ballhead'

SLV11

Heirloom, open-pollinated

Harvested: 2021

Source: West Coast Seeds Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Winter harvest. Danish Ballhead cabbage seeds produce heirloom cabbages that are mild and tender. This is a great, general-purpose cabbage that is good for sauerkraut, coleslaw, or general cooking. Big 8- 25cm (7-10"), light-green, well-protected heads stand happily in the garden well into the winter. Days to Maturity 120.

Starting: Sow 3 or 4 seeds per pot, 5mm (¼") deep, under very bright light. Thin to the strongest plant. Space transplants 45-60cm (18-24") apart in rows 60-90cm (24-36") apart. Useful seed life: 3 years.

Timing: Sow indoors beginning in late winter and transplant outdoors from 2 weeks after the last frost date to early summer. Overwintering cabbage is sown outdoors during July where winters are mild. Optimal soil temperature: 10-30°C (50-85°F). Seeds should germinate in 7-10 days.

Growing Information: Full sun. Ideal pH: 6.5-7.0. Cabbage does best in humus-rich soil amended with composted manure. Mix ½ cup complete organic fertilizer into the soil beneath each transplant. If growth slows, side dress with a little more balanced organic fertilizer. Heads of early varieties can split from over-maturity, rapid growth after heavy rain, or irrigation after dry spells. Splits can be delayed by twisting the plant or cultivating deeply next to plants in order to break roots and slow growth.

Companion planting: All Brassicas benefit from chamomile, dill, mint, rosemary, and sage. Avoid planting near eggplants, peppers, potatoes, or tomatoes.

Resources: <https://www.westcoastseeds.com/products/danish-ballhead>



Cucumber – Marketmore 76

Cucumis sativus 'Marketmore 76'

SLV12

Open-pollinated Harvested: 2021

Source: West Coast Seeds Germination: 60%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Marketmore 76 cucumber seeds yield a smooth, refined, dark-green slicer with a crisp crunch and sweet flavour (makes great pickles). This is an early maturing cucumber that grows to 20-23cm (8-9") long with slightly shorter vines than other varieties so you can space them more densely and get a higher yield in a small garden. Days to Maturity 68.

Starting: Sow 3-4 seeds 2cm (1") deep in each spot you want a plant to grow. Thin to the strongest seedling. Space plants 23cm (9") apart in rows 90cm (36") apart. Useful seed life: 3 years.

Timing: Cucumbers need very warm soil to germinate. If direct sowing, wait until mid-June. If weather turns cool and wet after that, re-sow. Or start transplants indoors in individual peat or coir pots 3-4 weeks before transplanting out into warm soil. If starting indoors, use bottom heat. Transplant when the plants develop their third true leaf. If the plants are too big, they may experience transplant shock. Optimal soil temperature for germination (and transplanting): 15-30°C (60-85°F).

Growing Information: Full sun. Ideal pH: 6.0-6.8. Choose a warm, well-drained soil. Raised beds work well. Add diatomite lime and compost or well-rotted manure to the bed and ½-1 cup of complete organic fertilizer mixed into the soil beneath each transplant. Use plastic mulch, plant under floating row cover or cloches – anything to warm things up. Once the weather warms up, keep soil evenly moist. When plants begin to flower, remove covers so bees can access the flowers to pollinate. Fruit that is not fully pollinated will be very small and shrivelled and should be removed from the plant. Most varieties should produce fruits until the weather begins to cool down. Keep plants well picked for better production. Try to water the soil only, keeping the leaves as dry as possible. Almost all cucumbers benefit from being trained onto a trellis of some kind.

Companion planting: Plant cucumbers beside asparagus, beans, Brassicas, celery, corn, dill, kohlrabi, lettuce, onion, peas, radish, and tomatoes. Avoid planting near potatoes and sage. Both corn and sunflowers can act as a trellis for cucumbers to good effect. Dill will help cucumbers by attracting predatory insects, and nasturtiums is said to improve the flavour and growth of cucumbers.

Resources: <https://www.westcoastseeds.com/products/slicing-marketmore>



Cucamelon

Melothria scabra

SLV13

Open-pollinated Harvested: 2021

Source: West Coast Seeds

Germination: 60%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Also known as the Mexican Sour Gherkin, cucamelon seeds produce vines that could be mistaken for regular cucumber plants. The plants are not quite as productive as cucumbers, but the fruits are amazingly cute and novel. They look like tiny watermelons but have a very appealing cucumber flavour with slight citrus notes. Eat them fresh or pickle them for a crunchy treat. Harvest them at the 2cm (1") size, before the seeds develop. This is a heat loving tropical plant that is most productive in hot weather or a greenhouse setting. Days to Maturity 67.

Starting: Sow 3-4 seeds 2cm (1") deep in each spot you want a plant to grow. Thin to the strongest seedling. Space plants 23cm (9") apart in rows 90cm (36") apart.

Timing: Cucumbers need very warm soil to germinate. If direct sowing, wait until mid-June. If weather turns cool and wet after that, re-sow. Or start transplants indoors in individual peat or coir pots 3-4 weeks before transplanting out into warm soil. If starting indoors, use bottom heat. Transplant when the plants develop their third true leaf. If the plants are too big, they may experience transplant shock. Optimal soil temperature for germination (and transplanting): 15-30°C (60-85°F).

Growing Information: Full sun. Ideal pH: 6.0-6.8. Choose a warm, well-drained soil. Raised beds work well. Add dolomite lime and compost or well-rotted manure to the bed and ½-1 cup of complete organic fertilizer mixed into the soil beneath each transplant. Use plastic mulch, plant under floating row cover or cloches – anything to warm things up. Once the weather warms up, keep soil evenly moist. When plants begin to flower, remove covers so bees can access the flowers to pollinate. Fruit that is not fully pollinated will be very small and shriveled and should be removed from the plant. Most varieties should produce fruits until the weather begins to cool down. Keep plants well picked for better production. Try to water the soil only, keeping the leaves as dry as possible. Almost all cucumbers benefit from being trained onto a trellis of some kind.

Companion planting: Plant cucumbers beside asparagus, beans, Brassicas, celery, corn, dill, kohlrabi, lettuce, onion, peas, radish, and tomatoes. Avoid planting near potatoes and sage. Both corn and sunflowers can act as a trellis for cucumbers to good effect. Dill will help cucumbers by attracting predatory insects, and nasturtiums is said to improve the flavour and growth of cucumbers.

Resources: <https://www.westcoastseeds.com/products/cucamelon>



Beans – Borlotti

Phaseolus vulgaris 'Borlotti'

SLV14

Heirloom, Open-pollinated. Harvested: 2021

Source: West Coast Seeds and Donated, locally grown

Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Easy Seed life: 3-4 years

The long vines of this Italian will grow 20 feet tall if provided support. These produce masses of 15cm (6") pods by late summer, each filled with good, firm cream-coloured beans streaked with red. It's amazing how productive this vigorous climber can be. The beans are easy to shuck and dry, and once reconstituted for winter soups, they are creamy in texture, with a wonderful nutty flavour. Borlotti beans are sometimes referred to as Romano beans.

Starting: Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later. Seeds will sprout in 8-16 days, depending on conditions.

Timing: Sow as early as possible for dry beans, in late spring, once the soil warms up a bit so plants can mature before wet weather sets in. Optimal soil temperature: 21-32°C (70-90°F).

Growing Information: Full sun. Ideal pH: 6.0-6.5. Well drained, warm soil in full sun is best. Use 1 cup of balanced organic fertilizer for every 3m (10') of row. Raised beds help with both drainage and warmth. Too much nitrogen in fertilizer or manure may cause poor pod to set and delayed maturity. If beans flower but do not set pods, the cause can be zinc deficiency. Try spraying the plants with kelp-based fertilizer. Stop all watering when the first pods start drying out. Harvest when the seedpods are straw coloured.

Pull the plants up by the roots and hang to dry.

Companion Planting: Beans fix nitrogen in the soil. Plant with Brassicas, carrots, celery, chard, corn, cu- cumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions. Pole beans and beets stunt each other's growth.

Resources: <https://www.westcoastseeds.com/products/borlotti>



Bean – Jacob's Cattle

NOT AVAILABLE IN 2023

Phaseolus vulgaris 'Jacob's Cattle'

SLV 15

Certified Organic, Heirloom, Open-pollinated.

Harvested: 2021

Source: West Coast Seeds Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3-4 years

The plump, oblong beans are creamy white, and speckled with deep burgundy. The markings darken to almost coffee brown as the seeds age. During the summer, Jacob's Cattle Bean makes quite a nice snap bean, before the seeds mature. By the end of the season, the prolific bush plants produce masses of pods that are easy and fun to harvest for winter storage. The tasty beans cook in about half the time as other dry beans. Days to Maturity 90.

Starting: Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later. Seeds will sprout in 8-16 days, depending on conditions.

Timing: Sow as early as possible for dry beans, in late spring, once the soil warms up a bit so plants can mature before wet weather sets in. Optimal soil temperature: 21-32°C (70-90°F).

Growing Information: Full sun. Ideal pH: 6.0-6.5. Well drained, warm soil in full sun is best. Use 1 cup of balanced organic fertilizer for every 3m (10') of row. Raised beds help with both drainage and warmth. Too much nitrogen in fertilizer or manure may cause poor pod set and delayed maturity. If beans flower but do not set pods, the cause can be zinc deficiency. Try spraying the plants with kelp-based fertilizer. Stop all watering when the first pods start drying out. Harvest when the seedpods are straw coloured. Pull the plants up by the roots and hang to dry.

Companion Planting: Beans fix nitrogen in the soil. Plant with Brassicas, carrots, celery, chard, corn, cucumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions. Pole beans and beets stunt each other's growth.

Resources: <https://www.westcoastseeds.com/products/jacobs-cattle-bean-organic>



Bean – Calypso

NOT AVAILABLE IN 2023

Phaseolus vulgaris 'Calypso'

SLV16

Heirloom, Open-pollinated. Harvested: 2021

Source: West Coast Seeds

Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3-4 years

Mexican Torch seeds produce exceedingly bright orange flowers atop massive plants that grow to 1.8m. Also known as Orca drying bean. This unusual bi-coloured Mexican heirloom has a creamy texture when cooked, and it looks great on the plate. The plants are relatively compact bushes, growing to only 45cm (18") tall. The beans are easy to grow and fun to harvest. Plant some Calypso bean seeds in the organic vegetable garden and enjoy the dried beans in soups and stews all winter long. The open pollinated seeds are easy to harvest and dry for planting the following year. Days to Maturity 80.

Starting: Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later. Seeds will sprout in 8-16 days, depending on conditions.

Timing: Sow as early as possible for dry beans, in late spring, once the soil warms up a bit so plants can mature before wet weather sets in. Optimal soil temperature: 21-32°C (70-90°F).

Growing Information: Full sun. Ideal pH: 6.0-6.5. Well drained, warm soil in full sun is best. Use 1 cup of balanced organic fertilizer for every 3m (10') of row. Raised beds help with both drainage and warmth. Too much nitrogen in fertilizer or manure may cause poor pod set and delayed maturity. If beans flower but do not set pods, the cause can be zinc deficiency. Try spraying the plants with kelp-based fertilizer. Stop all watering when the first pods start drying out. Harvest when the seedpods are straw coloured. Pull the plants up by the roots and hang to dry.

Companion Planting: Beans fix nitrogen in the soil. Plant with Brassicas, carrots, celery, chard, corn, cucumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions. Pole beans and beets stunt each other's growth.

Resources: <https://www.westcoastseeds.com/products/calypso-bean>



Bean – Royal Burgundy

Phaseolus vulgaris 'Royal Burgundy'

SLV17

Open-pollinated. Harvested: 2021

Source: West Coast Seeds

Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3-4 years

Round, stringless, dark purple pods grow 15cm (6") long and are held off the ground by strong, upright plants. This high yielding variety is well suited to cooler soils. The richly flavoured pods turn green after cooking, which is helpful when blanching for freezing. Royal Burgundy bush bean seeds are buff coloured. The bushes are vigorous with erect growth and reach 38-52cm (15-20") in height. It grows extremely well in areas that cool down at night. Days to Maturity 60.

Starting: Sow bush bean seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later. For a longer harvest, plant at 3-week intervals.

Timing: Direct sow mid-to late spring. Try to plant during a warm, dry spell. Soil must be warm—if it is not warm enough, seeds may rot, especially since our seeds are not treated with fungicide. Sow drying beans as early as possible, so they can mature before rainy/cold weather sets in. Optimal soil temperature: 21-2°C (70-90°F). Seeds will sprout in 8-16 days, depending on conditions.

Growing Information: Full sun. Prefers well-drained warm soil. Ideal soil pH 6-6.5. Use 1 cup of complete organic fertilizer for every 3m (10') of row. Raised beds help with both drainage and warmth. Too much nitro-gen fertilizer is often the cause of poor pod set and delayed maturity. If the plants flower but do not set pods, the cause may be zinc deficiency. Try spraying the plants with kelp-based fertilizer. Pick beans regularly to keep the plant producing (if pods get fat with seed, the plant will stop flowering). The smaller the bean, the more tender they are.

Companion Planting: Beans fix nitrogen in the soil. Plant with beets, Brassicas, carrots, celery, chard, corn, cucumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions

Resources: <https://www.westcoastseeds.com/products/royal-burgundy>



Bean – Catskill

Brassica oleracea var. *gemmifera* 'Catskill'

SLV18

Heirloom, Open-pollinated

Harvested: 2021

Source: William Dam Seeds

Germination: 80%

Ease of Growing: Moderate

Ease of Seed Saving: Biennial

Seed life: 3 years

Old open-pollinated variety. Cabbage-like flavor abounds from numerous tenders, small heads 2.5-5 cm (1-2") across which mature in succession on strong 60cm/2' stalks. Easy to pick. Low in calories. Days to Maturity 120.

Starting: Sow 3-4 seeds per pot, 1cm (1/2") deep, under very bright light. Thin to the strongest plant. Transplants should be set out when they have 6-8 true leaves. Space transplants 45-60cm (18-24") apart in rows 75-90cm (30- 36") apart. In optimum conditions at least 80% of seeds will sprout. Usual seed life: 3 years.

Timing: The goal is to harvest mature sprouts after they have been kissed by frost. Seeds can be directly sown any time once the daytime temperature is steadily above 10°C (50°F). Otherwise, start the seeds in small pots or transplant beds and transplant into the garden so the plants are in the ground for 45-60 days before the first hard frost. Optimal soil temperature for germination: 10-30°C (50-85°F). Seeds should germinate in 7-10 days.

Growing Information: Full sun. Ideal pH: 6.0-7.5. Plant in humus-rich soil amended with composted manure. Mix ¼ cup complete organic fertilizer into the soil under each transplant. High nitrogen levels result in loose sprouts with internal browning, so do not fertilize after midsummer. Cool temperatures during sprout development are important for compact, quality sprouts. Sprouts are sweeter after moderate freezes. Pick when sprouts are firm and well-formed, beginning with the ones at the bottom. The upper sprouts continue to form and enlarge as the bottom ones are harvested. For a once-over harvest, to ensure you have enough for your holiday meal, pinch out the growing point at the top of the stem when the lower sprouts are 1-2 cm (½-¾") in diameter. A full stem of evenly sized sprouts will develop in about 2 weeks. After harvesting the sprouts, there may be another harvest in early spring where winters are mild. The plant sends up long, edible flower stalks which are tender and sweet when steamed or served raw with a dip.

Companion planting: All Brassicas benefit from chamomile, dill, mint, rosemary, and sage. Avoid planting near eggplants, peppers, potatoes, or tomatoes.

Resources: <https://www.damseeds.com/products/catskill>



Peas – Strike

Pisum sativum 'Strike'

SLV19

Harvested: 2021

Source: William Dam Seeds

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

The earliest garden pea. Developed for first seedings. Produces a concentrated set of peas earlier than any other variety we know of. Blunt-ended, 7cm (3") pods hold 7-8 medium large dark green peas. 55- 60cm (22-24") dark green vines do not require trellising. Best in cool conditions. Days to Maturity 55.

Starting: Soaking seeds is not advised for damp soils. Sow seed 2cm (1") deep. After April 15th, sow seed 5cm (2") deep. Space seeds 2-7cm (1-3") apart in the row. Do not thin. If the seeds fail to sprout, try to dig some up and check for rot or insect damage. The challenge with untreated pea seeds is to give them an early start but to avoid rot.

Timing: Peas prefer cool weather. Plant as early in spring as the soil can be worked. If planting on the west coast after April 1, sow varieties that are listed as being enation resistant if you live in an area where aphids carry the enation virus. Sow again through the summer for a fall crop. The success of a fall crop will depend on the weather. Optimal soil temperature: 10-20°C (50-70°F). Seeds should sprout in 7- 14 days.

Growing Information: Use well-drained soil amended with finished compost. Add 2 cups of rock phosphate or bonemeal for 3m (10') of row. Plant most varieties along a trellis or fence for support as they climb. Dwarf varieties do not need a trellis but may benefit from the support of some twigs poked into the soil in the row. Make multiple sowings or grow several varieties to extend the harvest season.

Companion Planting: Superb companions for beans, carrots, celery, corn, cucumber, eggplant, parsley, peppers, potatoes, radish, spinach, strawberries and turnips. Avoid planting peas near onions.

Resources: <https://www.damseeds.com/products/strike>



Peas – Grundy-Perfect Arrow

Pisum sativum 'Grundy-Perfect Arrow'

SLV20

Harvested: 2021

Source: William Dam Seeds

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Tasty and sweet. Tolerates cool and warm conditions when older varieties go bitter. Consistently produces high yields of large 4" pods averaging 9-10 medium sized, dark green peas. Double podded concentrated set on medium-sized strong plants. Cool season vigour and heat tolerance. Excellent fresh market and freezing variety. Days to Maturity 63.

Starting: Soaking seeds is not advised for damp soils. Sow seed 2cm (1") deep. After last frost, sow seed 5cm (2") deep. Space seeds 2-7cm (1-3") apart in the row. Do not thin. If the seeds fail to sprout, try to dig some up and check for rot or insect damage. The challenge with untreated pea seeds is to give them an early start but to avoid rot.

Timing: Peas prefer cool weather. Plant as early in spring as the soil can be worked. Sow again through the summer for a fall crop. The success of a fall crop will depend on the weather. Optimal soil temperature: 10-20°C (50-70°F). Seeds should sprout in 7-14 days.

Growing Information: Use well-drained soil amended with finished compost. Add 2 cups of rock phosphate or bonemeal for 3m (10') of row. Plant most varieties along a trellis or fence for support as they climb. Dwarf varieties do not need a trellis but may benefit from the support of some twigs poked into the soil in the row. Make multiple sowings or grow several varieties to extend the harvest season.

Companion Planting: Superb companions for beans, carrots, celery, corn, cucumber, eggplant, parsley, peppers, potatoes, radish, spinach, strawberries and turnips. Avoid planting peas near onions.

Resources: <https://www.damseeds.com/products/grundy-perfect-arrow>



Cauliflower – Amazing

Brassica oleracea var. botrytis 'Amazing'

SLV22

Open-pollinated

Harvested: 2022

Source: William Dam Seeds or West Coast Seeds

Germination: 80%

Ease of Growing: Moderate

Ease of Seed Saving: Biennial

Seed life: 3 years

Uniform, main season, non-hybrid variety. Amazing is as close to hybrid quality as we can find. Strong plants with thick leaf jackets withstand summer heat, producing quality, tight white curds in the fall. Provide extra nitrogen when growing. Recommended for fall. Days to maturity 75: From transplant date.

Starting: Sow 3-4 seeds 5mm (¼") deep in each spot you want a plant to grow. Thin to the strongest plant. Space transplants 45-60cm (18-24") apart in rows 60-90cm (24-36") apart.

Timing: Start indoors four weeks before the last frost to late spring. Transplant in 5-6 weeks. Direct seed when temperatures are reliably above 10°C (50°F). Overwintering types are started in July where winters are mild and transplanted by mid-August. Optimal soil temperature: 10-30°C (50-85°F). Seeds should germinate in 7-10 days. In optimal conditions, at least 80% of seeds should germinate.

Growing Information: Full sun. Ideal pH: 6.0-6.8. Humus-rich soil amended with composted manure is best. Mix ½ cup of complete organic fertilizer into the soil beneath each transplant. From seedling to harvest, cauliflower must grow steadily to make a large plant and curd. If growth slows, scratch additional fertilizer into the surface of the soil around each plant. Maintain even soil moisture with regular watering. Shade the developing curds from sun by tying up leaves or using newspaper. This is known as "blanching," and will keep them white. Add 20-25 days to the maturity dates if direct sowing.

Companion planting: All Brassicas benefit from chamomile, dill, mint, rosemary, and sage. Avoid planting near eggplants, peppers, potatoes, or tomatoes.

Resources: <https://www.damseeds.com/products/amazing>



Spinach – Bloomsdale Dark Green

Spinacia oleracea 'Bloomsdale Dark Green'

SLV23

Heirloom, Open-pollinated.

Harvested: 2021

Source: William Dam Seeds Germination: 65%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Old standard home garden variety from the early 19th century. Heavy yields of glossy, dark green, blistered leaves. Prostrate growth habit. Plant in spring or fall. Days to Maturity 50.

Starting: Sow seeds 1cm (1/2") deep, 10 seeds per 30cm (12"), in rows 30-45cm (12-18") apart. Thin to at least 5-8cm (2-3") between plants, or further if you want larger leaves. In optimal conditions at least 65% of seeds will germinate. Usual seed life: 3 years.

Timing: Spinach does best in cool weather. Direct sow in the period four weeks before, and three weeks after the last frost date. Spinach will bolt once days get long and hot. Some varieties grow enough to harvest before they bolt. For continuous supply, plant every 3 weeks. Shade summer-sown seed beds, keep very well watered, and sow more seeds than you need, as warm soil will reduce germination rates marginally. Thin seedlings and use cloche protection as cold weather approaches. Optimal soil temperature: 5-20°C (45-70°F). Seeds should sprout in 7-14 days.

Growing Information: Full sun to partial shade. Ideal pH: 6.0-6.5. This heavy feeder requires rich soil. Dig in 1/4-1/2 cup balanced organic fertilizer beneath every 1m (3') of row. For baby greens, pick when the leaves are 7-10cm (3-4") long. Individual leaves can be picked at anytime, until the plant has started to bolt. Cut the whole spinach plant just above soil level.

Resources: <https://www.damseeds.com/products/bloomsdale-dark-green>



Radish – Cherry Belle

Raphanus sativus 'Cherry Belle'

SLV24

Open-pollinated. Harvested: 2021

Source: William Dam Seeds

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 4 years

One of the most popular radish varieties. Excels in early spring and fall culture. Good for coldframe growing. Days to Maturity 26.

Starting: Sow seeds 5mm (1/4") deep, 25 seeds per 30cm (12") in rows spaced 30-45cm (12-18") apart, and thin to 6-12 plants per 30cm (12").

Timing: Radishes can be grown all season but they're easiest when sown just after the last frost date and again at the end of summer and into the fall. Optimal soil temperature: 18-24°C (65-75°F). Seeds should sprout in 5-7 days. In optimal conditions at least 80% of seeds will germinate. Usual seed life: 4 years.

Growing Information: Radishes are moderate to heavy feeders. Best in rich, loamy soil amended with composted manure. Add 1 cup of complete organic fertilizer for every 3m (10') of row for background fertility. Lime beds the previous fall. The real secret to growing this little vegetable is speed. Sow a short row frequently, thin them quickly, keep them watered, eat them quickly, and sow some more. Harvest promptly when radishes are the size of large marbles. The leaves and developing seedpods are also tasty.

Companion Planting: Plant radishes near beans, beets, celeriac, chervil, cucumber, lettuce, mint, parsnip, peas, spinach, squash, and tomatoes. Avoid planting near potatoes. Resources: <https://www.damseeds.com/products/cherry-belle>



Pepper – California Wonder Yarden Organic

Capsicum annuum 'California Wonder Yarden'

SLV25

Certified organic, Open-pollinated

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 2 years

The standard open-pollinated pepper. Medium 10cm fruits with thick, fleshy walls and mild flavour. In a green-house, open field, or in your backyard vegetable garden, this is the variety to grow if you love big, blocky sweet peppers that mature from green to bright fire engine red. Give this excellent variety very fertile soil and even moisture throughout the growing season, and it will reward you with abundant, perfect fruits with exactly the flavour and moisture content you would expect from the best greengrocer. Days to Maturity 76.

Starting: Sow indoors 5mm-1cm ($\frac{1}{4}$ - $\frac{1}{2}$ ") deep. Keep soil as warm as possible. Seedling heating mats speed germination. Try to keep seedlings at 18-24°C (64-75°F) in the day, and 16-18°C (61-64°F) at night. Before they become root-bound, transplant them into 8cm (3") pots. For greatest possible flower set, try to keep them for 4 weeks at night, about 12°C (55°F). Then transplant them into 15cm (6") pots, bringing them into a warm room at night, about 21°C (70°F).

Timing: Peppers need plenty of time to mature before they will bloom and set fruit. Start indoors six to eight weeks before the last frost date and grow under bright lights. Transplant only when weather has really warmed up. Nighttime low temperatures should be consistently above 12°C (55°F) before hardening off pepper plants and transplanting outdoors. Soil temperature for germination: 25-29°C (78-85°F). Seeds should sprout in 10 – 21 days. Days to maturity 76: From transplant date.

Growing Information: Soil should have abundant phosphorus and calcium, so add lime and compost to the bed at least three weeks prior to transplanting. Mix $\frac{1}{2}$ cup of balanced organic fertilizer beneath each plant. Though pep- pers will tolerate dry soil, they will only put on good growth if kept moist. Harden off before planting out 30-60cm (12-24") apart. Five-gallon containers also work well but require good drainage and regular irrigation. Using plastic mulch with a cloche can increase the temperature by a few degrees. Pinch back growing tips to encourage leaf production. This helps shade the developing fruits and prevents sunscald in hot summers.

Companion Planting: Pepper plants make good neighbours for asparagus, basil, carrots, cucumbers, eggplant, en- dive, oregano, parsley, rosemary, squash, Swiss chard, and tomatoes. Avoid planting them next to beans, Brassicas, or fennel.

Resources: <https://www.damseeds.com/products/cal-wonder-yarden-organic>



Kale – Red Russian

Brassica oleracea var. *viridis* 'Red Russian'

SLV26

Heirloom, Open-pollinated.

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Specialty green for salad mixes and bunching. Red stems and grey green, deeply lobed, flat leaves. Its young leaves are very tender when braised. Turns red as temperatures decrease. Very winter hardy. It may be richer in vitamins and minerals than other greens and is very disease resistant. This old-time heirloom kale eventually goes to seed, producing tall towers of yellow flowers followed by edible seed pods. Seed saving is easy with kale, but don't let the plant drop its seed in your garden, or there will be kale in your future for years to come. Days to Maturity 50.

Starting: Sow 3-4 seeds 5mm (1/4") deep in each spot you where a plant is to grow. Thin to the strongest plant. Space 45-60cm (18-24") apart in rows 75-90cm (30-36") apart.

Timing: Direct sow in early spring to mid-summer for summer to winter harvests. Or start indoors 4-6 weeks before the last frost, and transplant out as soon as the soil warms up. Optimal soil temperature: 10-30°C (50-85°F). Seeds should germinate in 7-10 days. Days to maturity 50: From transplant date.

Growing Information: Ideal pH: 6.0-6.8. Add lime to the bed 3 weeks prior to sowing. Kale likes well- drained, fertile soil high in organic matter. This plant prefers plentiful, consistent moisture. Drought is tolerable, but quality and flavor of leaves can suffer. Mix 1/4 cup of complete organic fertilizer into the soil beneath each transplant or use 1 cup beneath every 3m (10') of seed furrow. Avoid planting Brassicas in the same spot more than once every four years.

Companion Planting: All Brassicas benefit from chamomile, dill, mint, rosemary, and sage. Avoid planting near eggplants, peppers, potatoes, or tomatoes.

Resources: <https://www.damseeds.com/products/red-russian>



Celery – Golden Blanching

Apium graveolens 'Golden Self Blanching'

SLV28

Heirloom, Open-pollinated

Harvested: 2021

Source: William Dam Seeds

Germination: 55%

Ease of Growing: Moderate

Ease of Seed Saving: Moderate

Seed life: 3 years

Heirloom variety from Europe. Light green, yellow in colour. Heavy and easily blanched. Stalk up to 45cm and heart are tender and crisp. Days to Maturity 90.

Starting: Sow seeds no more than 5mm (¼") deep, 3 seeds per pot, and thin to the strongest plant.

Timing: Start indoors in late winter to mid-spring. Optimal soil temperature: 15-24°C (60-75°F). Seeds take up to 20-30 days for germination. Days to maturity 90: From transplant date. In optimal conditions at least 55% of seeds should germinate. Usual seed life: 3 years.

Growing Information: Celery is a heavy feeder and needs rich, moist soil. Add compost to soil and apply ¼-½ cup of complete organic fertilizer per 1.5m (5') of row. Transplant when seedlings are 10-12cm (4- 5") tall. Avoid transplanting until nighttime temperatures are reliably at 10°C (50°F) or warmer. Space transplants 30cm (12") apart in rows at least 45cm (18") apart. Water frequently. Premature bolting may result from young plants being exposed to temperatures below 13°C (55°F) for several days.

Companion Planting: Celery is a good partner for beans, the Brassicas, cucumber, garlic, leek, lettuce, onion, and tomatoes.

Resources: <https://www.damseeds.com/products/golden-self-blanching>



Carrots - Berlicummer II

Daucus carota 'Berlicummer II'

SLV29

Open-pollinated Harvested: 2021

Source: William Dam Seeds

Germination: 60%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Excellent keeper and juicer. One of the best late, open-pollinated varieties, growing up to 10" in length with blunt ends. Coreless, orange colour, with exceptional flavour. Improved strain. Days to Maturity 70.

Starting: Because carrot seeds are tiny, they need to be sown shallowly. The trick is to keep the top-most layer of soil damp during the relatively long germination period. Water deeply prior to planting. Direct sow the tiny seeds 5mm (¼") deep, 4 seeds per 2cm (1"), and firm soil lightly after seeding. Make sure the seeds are only just buried. Water the area with the gentlest stream possible and keep it constantly moist until the seeds sprout.

Timing: Direct sow from just after the last frost date to late summer for harvests from summer through early winter. Sow at 3-week intervals for a continuous harvest. Direct sow winter-harvest carrots (where winters are mild) in the first two weeks of August. Optimal soil temperature: 7-30°C (45-85°F). Seeds may take as long as 14-21 days to germinate.

Growing Information: Full sun. The softer and more humus-based the soil, the better. When soil is dry enough in spring, work it to a fine texture. Broadcast and dig in ½ cup complete organic fertilizer for every 3m (10') of row. Avoid fresh manure. Carrots will become misshapen, but still edible if they hit anything hard as they grow down into the soil. Keep weeded and watered.

Thinning is the process of removing some seedlings, if necessary, so each has enough space to grow in the row. It is very important to thin carrots, so they don't compete for available nutrients, moisture, and light. Thin to 4-10cm (1½-4") apart when the young plants are 2cm (1") tall. Use wider spacing to get larger roots. As they grow, carrots may push up, out of the soil, so hill soil up to prevent getting a green shoulder.

Companion Planting: Plant with bean seeds, Brassicas, chives, leeks, lettuce, onions, peas, peppers, pole beans, radish, rosemary, sage, and tomatoes. Avoid planting with dill, parsnips, and potatoes. Carrots planted near tomatoes may have stunted roots but will have exceptional flavour. Chives also benefit carrots.

Resources: <https://www.damseeds.com/products/berlicummer-ii>



Carrots – Touchon Selection

Daucus carota 'Touchon Selection'

SLV30

Open-pollinated Harvested: 2021

Source: William Dam Seeds

Germination: 60%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Improved open-pollinated Nantes selection from Europe. Deep orange, 20cm/8" roots are good for fresh eating and storage. More uniform than other Open-pollinated types. Days to Maturity 69.

Starting: Because carrot seeds are tiny, they need to be sown shallowly. The trick is to keep the top-most layer of soil damp during the relatively long germination period. Water deeply prior to planting. Direct sow the tiny seeds 5mm (¼") deep, 4 seeds per 2cm (1"), and firm soil lightly after seeding. Make sure the seeds are only just buried. Water the area with the gentlest stream possible and keep it constantly moist until the seeds sprout.

Timing: Direct sow from just after the last frost date to late summer for harvests from summer through early winter. Sow at 3-week intervals for a continuous harvest. Direct sow winter-harvest carrots (where winters are mild) in the first two weeks of August. Optimal soil temperature: 10-20°C (50-75°F). Seeds may take as long as 12-18 days to germinate.

Growing Information: Full sun. The softer and more humus-based the soil, the better. When soil is dry enough in spring, work it to a fine texture. Broadcast and dig in ½ cup complete organic fertilizer for every 3m (10') of row. Avoid fresh manure. Carrots will become misshapen, but still edible if they hit anything hard as they grow down into the soil. Keep weeded and watered. Thinning is the process of removing some seedlings, if necessary, so each has enough space to grow in the row. It is very important to thin carrots, so they don't compete for available nutrients, moisture, and light. Thin to 4-10cm (1½-4") apart when the young plants are 2cm (1") tall. Use wider spacing to get larger roots. As they grow, carrots may push up, out of the soil, so hill soil up to prevent getting a green shoulder.

Companion Planting: Plant with bean seeds, Brassicas, chives, leeks, lettuce, onions, peas, peppers, pole beans, radish, rosemary, sage, and tomatoes. Avoid planting with dill, parsnips, and potatoes. Carrots planted near tomatoes may have stunted roots but will have exceptional flavour. Chives also benefit carrots.

Resources: <https://www.damseeds.com/products/touchon-selection>



Bean – Stringless Green

Phaseolus vulgaris

SLV32

Open-pollinated Harvested: 2022

Source: Donated, locally grown

Germination: 95%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Starting: Seeds can be started indoors or sowed directly. Set seeds 7-10cm (3-4") apart and 3.5cm (1½") deep at the base of a support. Plants will climb by twining around almost anything. Try rough poles, lumber, re-bar, or build a strong trellis 2-2.5m (6-8') tall. Seeds will sprout in 8-16 days, depending on soil conditions.

Timing: Direct sow from late spring to early summer. Try to plant during a warm, dry spell. Soil must be warm – if it is not warm enough, seeds may rot, especially our untreated seeds. Optimal soil temperature: 21-32°C (70-90°F).

Growing Information: Ideal pH: 6.0-6.5. Well drained, warm soil in full sun is best. Use 1 cup of balanced organic fertilizer for every 3m (10') of row. Too much nitrogen in fertilizer or manure is often the cause of poor pod set and delayed maturity. If beans flower but do not set pods, the cause can be zinc deficiency. Try spraying the plants with kelp-based fertilizer. Wet leaves on crowded plants are subject to diseases. Thin plants to increase air circulation and avoid touching the leaves while they are wet.

Companion Planting: Beans fix nitrogen in the soil. Plant with Brassicas, carrots, celery, chard, corn, cucumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions. Pole beans and beets stunt each other's growth.



Beans – Tender Green Bush

Phaseolus vulgaris

SLV33

Open-pollinated Harvested: 2022

Source: Donated, locally grown

Germination: 90%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Starting: Seeds can be started indoors or sowed directly. Set seeds 7-10cm (3-4") apart and 3.5cm (1½") deep at the base of a support. Plants will climb by twining around almost anything. Try rough poles, lumber, re-bar, or build a strong trellis 2-2.5m (6-8') tall. Seeds will sprout in 8-16 days, depending on soil conditions.

Timing: Direct sow from late spring to early summer. Try to plant during a warm, dry spell. Soil must be warm – if it is not warm enough, seeds may rot, especially our untreated seeds. Optimal soil temperature: 21-32°C (70-90°F).

Growing Information: Ideal pH: 6.0-6.5. Well drained, warm soil in full sun is best. Use 1 cup of balanced organic fertilizer for every 3m (10') of row. Too much nitrogen in fertilizer or manure is often the cause of poor pod set and delayed maturity. If beans flower but do not set pods, the cause can be zinc deficiency. Try spraying the plants with kelp-based fertilizer. Wet leaves on crowded plants are subject to diseases. Thin plants to increase air circulation and avoid touching the leaves while they are wet.

Companion Planting: Beans fix nitrogen in the soil. Plant with Brassicas, carrots, celery, chard, corn, cu- cumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions. Pole beans and beets stunt each other's growth.



Bean – Kentucky Wonder Brown

Phaseolus vulgaris 'Kentucky Wonder Brown'

SLV34

Heirloom, Open-pollinated.

Harvested: 2022

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3-4 years

Kentucky Wonder Brown is an heirloom developed in Kentucky before 1864. This is the brown-seeded strain of a very popular pole bean and is well-loved for its vigor and fine bean flavour. Expect large clusters of rounds, curved, 18-25cm (7-10") long silvery-green, fleshy pods. These are virtually stringless with a distinctive flavour. The vines are particularly tall, so provide adequate support for climbing. Kentucky Wonder Brown bean seeds sprout better in cool soils, so they can be planted a little earlier than other pole bean seeds. These beans are well loved for fresh eating, but also because they freeze nicely for storage and winter use. Matures in 70 days.

Starting: Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later. Seeds will sprout in 8-16 days, depending on conditions.

Timing: Sow as early as possible for dry beans, in late spring, once the soil warms up a bit so plants can mature before wet weather sets in. Optimal soil temperature: 21-32°C (70-90°F).

Growing Information: Full sun. Ideal pH: 6.0-6.5. Well drained, warm soil in full sun is best. Use 1 cup of balanced organic fertilizer for every 3m (10') of row. Raised beds help with both drainage and warmth. Too much nitrogen in fertilizer or manure may cause poor pod set and delayed maturity. If beans flower but do not set pods, the cause can be zinc deficiency. Try spraying the plants with kelp-based fertilizer. Stop all watering when the first pods start drying out. Harvest when the seedpods are straw coloured. Pull the plants up by the roots and hang to dry.

Companion Planting: Beans fix nitrogen in the soil. Plant with Brassicas, carrots, celery, chard, corn, cu- cumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions. Pole beans and beets stunt each other's growth.



Corn – Golden Bantam

Zea mays 'Golden Bantam'

SLV36

Heirloom, Open-pollinated

Source: West Coast Seeds

Harvest Date: 2022

Seed Life: 2 years

Ease of growing: Easy

Difficulty of seed to save: Easy

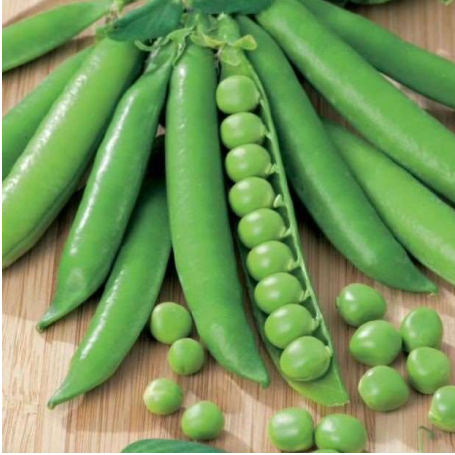
Golden Bantam's sweet flavour is fantastic for fresh eating or freezing on the day it is picked. Golden Bantam corn seeds are unusual because they are open pollinated and one of the few corn varieties that produce well in our climate but are also suitable for seed saving. Days to maturity 85-95

Timing: Direct sow into the richest soil available 1-2 weeks before last spring frost. Succession planting prolongs harvest. If spring weather is cold, consider planting in flats or individual pots, indoors, for transplanting. Seeds should germinate in 7-10 days. If it rains after planting and corn does not emerge, just re-plant the area.

Starting: Do not soak corn seeds prior to planting. Plant 2-5cm (1-2") deep (shallower in cool soil). Sow seeds around 7.5cm (3") apart, in rows 60-90cm (24-36") apart. Because corn is wind pollinated, plant in a dense block of at least 4 rows, rather than in single rows. This increases the chance of corn pollen, which emerges from male flowers at the growing tip, to fall down onto the receptive female silks that extend from each corn cob.

Growing: Full sun. Ideal pH: 5.8-6.8. Corn is a heavy feeder, so add manure or compost, and use 500g (1 lb) of complete organic fertilizer per 18m (60') of row, mixing it thoroughly into the soil beneath each seed furrow. Thin to at least 20-25cm (8-10") apart in the row. Large eared and double-eared varieties need to be 30cm (24") apart. Keep free of weeds until knee-high, and then leave it alone.

Companion Planting: Corn is a good companion to beans, beets, cucumber, dill, melons, parsley, peas, potato, soya beans, squash, and sunflower. Avoid planting next to celery or tomatoes. Amaranth makes a great mulch between rows by competing with weeds and conserving ground moisture.



Peas – Green Arrow

Pisum sativum 'Green Arrow'

SLV38 & SLV38-1

Harvested: 2022

Source: Donated, locally grown & West Coast Seeds

Germination: 90%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

These are excellent for fresh eating, freezing, canning, or cooking. Born in pairs at the top of the short bush are heavy yields of dark green pods to 11cm (4.5") containing 9 to 11 peas each. The peas themselves are tender and sweet grow on 70cm (28") plants. Days to Maturity 63.

Starting: Soaking seeds is not advised for damp soils. Sow seed 2cm (1") deep. After April 15th, sow seed 5cm (2") deep. Space seeds 2-7cm (1-3") apart in the row. Do not thin. If the seeds fail to sprout, try to dig some up and check for rot or insect damage. The challenge with untreated pea seeds is to give them an early start but to avoid rot.

Timing: Peas prefer cool weather. Plant as early in spring as the soil can be worked. If planting on the west coast after April 1, sow varieties that are listed as being enation resistant if you live in an area where aphids carry the enation virus. Sow again through the summer for a fall crop. The success of a fall crop will depend on the weather. Optimal soil temperature: 10-20°C (50-70°F). Seeds should sprout in 7- 14 days.

Growing Information: Use well-drained soil amended with finished compost. Add 2 cups of rock phosphate or bonemeal for 3m (10') of row. Plant most varieties along a trellis or fence for support as they climb. Dwarf varieties do not need a trellis but may benefit from the support of some twigs poked into the soil in the row. Make multiple sowings or grow several varieties to extend the harvest season.

Companion Planting: Superb companions for beans, carrots, celery, corn, cucumber, eggplant, parsley, peppers, potatoes, radish, spinach, strawberries and turnips. Avoid planting peas near onions.

Resources: <https://www.westcoastseeds.com/products/green-arrow>



Peas – Little Marvel

Pisum sativum 'Little Marvel'

SLV39

Heirloom, Open-pollinated Harvested: 2022

Source: West Coast Seeds

Germination: 100%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Stocky, semi-dwarf bushes are well suited to container growing for balcony gardens or in the vegetable bed. Days to maturity 62.

Starting: Soaking seeds is not advised for damp soils. Sow seed 2cm (1") deep. After April 15th, sow seed 5cm (2") deep. Space seeds 2-7cm (1-3") apart in the row. Do not thin. If the seeds fail to sprout, try to dig some up and check for rot or insect damage. The challenge with untreated pea seeds is to give them an early start but to avoid rot.

Timing: Peas prefer cool weather. Plant as early in spring as the soil can be worked. If planting on the west coast after April 1, sow varieties that are listed as being enation resistant if you live in an area where aphids carry the enation virus. Sow again through the summer for a fall crop. The success of a fall crop will depend on the weather. Optimal soil temperature: 10-20°C (50-70°F). Seeds should sprout in 7- 14 days.

Growing Information: Use well-drained soil amended with finished compost. Add 2 cups of rock phosphate or bonemeal for 3m (10') of row. Plant most varieties along a trellis or fence for support as they climb. Make multiple sowings or grow several varieties to extend the harvest season.

Companion Planting: Superb companions for beans, carrots, celery, corn, cucumber, eggplant, parsley, peppers, potatoes, radish, spinach, strawberries and turnips. Avoid planting peas near onions.



Lettuce – Coastal Star

Lactuca sativa var. 'Coastal Star'

SLV42

Certified Organic, Open-pollinated

Harvested: 2022

Source: West Coast Seeds

Germination: 70%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

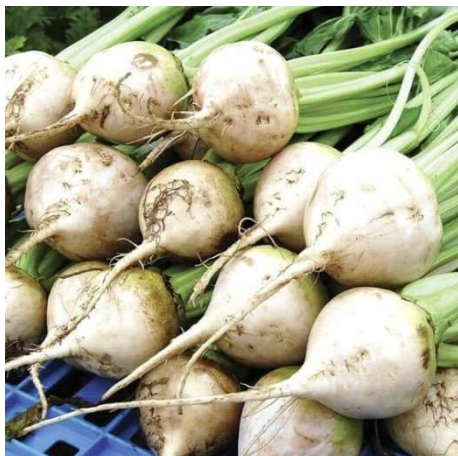
Our tallest, darkest romaine, Coastal Star Organic performs brilliantly in spring and fall, and even in winter with some protection from hard frost. This romaine is early maturing with a high resistance to corky root. Heads are tightly packed around blanched tender hearts and have an overall pleasant lettuce flavour. Growth is very up- right on plants that average around 30cm (12") tall. Even the outer wrapper leaves are held off the ground, so there no bottom rot issues. The dark colour of Coastal Star is thought to represent a more nutritious lettuce than the paler romaines like Plato II. Days to Maturity 65.

Starting: Direct sow or start indoors and transplant. Sow seeds 5mm (1/4") deep, or on the surface of the soil where the soil can be kept evenly moist. Space or thin heading lettuce to 30cm (12") apart. Space or thin loose- leaf varieties to 20-25cm (8-10") apart. Space rows for all types 45-90cm (18-36") apart. Baby leaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing baby leaf lettuce seeds closely together in narrow rows makes harvesting simpler.

Timing: Lettuce grows best in cool weather in the spring and fall, but it can be grown in the summer, and all winter long in milder regions. Sow short rows every 2-3 weeks following the last average frost date for a continual harvest. Using a cloche, cold frame, or greenhouse over mid-late summer plantings can extend the harvest period right into winter. Optimal soil temperature for germination: 10-22°C (50-72°F). Seeds should sprout in 7-15 days, depending on conditions. Lettuce seeds don't sprout easily when the soil temperature is over 22°C (72°F) in summer. Get around this by sprouting them indoors in a cool area, or pre-sprout by sprinkling seeds on a damp paper towel and placing it in a plastic bag in the fridge for a few days. In hot weather most lettuce goes to seed rapidly, so have new plantings ready to go, and watch for "good resistance to bolting" in the product description.

Growing Information: Full sun to partial shade. Ideal pH: 6.0-6.5. Aim for a soil with ample drainage and lots of organic matter. Add compost and lime at least 3 weeks prior to planting. One cup of balanced organic fertilizer per 3m (10') of row will give adequate nutrition. Seedlings should be hardened off by reducing water and putting the plants outdoors 2 or 3 days before transplanting. This will help to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

Resources: <https://www.westcoastseeds.com/products/coastal-star-organic-2>



Beet – Avalanche

Beta vulgaris 'Avalanche'

SLV43

Open-pollinated Harvested: 2022

Source: West Coast Seeds

Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

This 2015 All America Selections Award Winner is a pure white beet with very mild flavour. Plant Avalanche beet seeds for beets that are still very sweet but lack the earthy beet flavour. They also have no bitter aftertaste, and they are delicious raw or cooked. Early maturing and very uniform for an open pollinated variety. Avalanche beets have good tolerance to Cercospora. Harvest the beets at 8cm (3") in diameter for the best crunchy texture. Use these white beets in order to add novelty to farm stands and CSA boxes. They also work really well in the home garden, of course. Days to Maturity 50.

Starting: Sow 1cm (½") deep, 5-10cm (2-4") apart in rows 30-45cm (12-18") apart.

Timing: Direct sow 4 weeks after last frost to mid-summer. Beets will not produce roots if planted when the soil is too cold. Seeds will germinate in 5-12 days, depending on soil temperature. Optimal soil temperature: 10-26°C (50-80°F).

Growing Information: Full-sun or partial-shade. Use well-drained soil amended with finished compost. Add 2 cups of rock phosphate or bone meal for 3m (10') of row. Plant most varieties along a trellis or fence for support as they climb. Dwarf varieties do not need a trellis but may benefit from the support of some twigs poked into the soil in the row. Make multiple sowings or grow several varieties to extend the harvest season.

Companion Planting: Beets add minerals to the soil. The greens are very good for the compost. Plant with bush beans, Brassicas, corn, garlic, kohlrabi, leeks, lettuce, and mint. Add cut mint leaves as a mulch for beets. Avoid planting beets near pole beans, as the nitrogen fixed by the beans may encourage leafy beet growth and diminished root development.

Resources: <https://www.westcoastseeds.com/products/avalanche-2>



Romanesco Broccoli - Natalino

Brassica oleraceae var. italica 'Natalino'

SLV44

Heirloom, Open-pollinated

Harvested: 2022

Source: West Coast Seeds Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Natalino, a Romanesco broccoli, is very similar to Minaret but is a larger plant that matures later. The chartreuse coloured pointed buds spiral around 10-13cm (4-5") heads. Natalino broccoli seeds broccoli is best planted to mature in September to October. Cut promptly while it is still pale green. Natalino makes a wonderful addition to a vegetable dip tray with its curious look and fantastic flavour. Start indoors and transplant out under lightweight row cover to avoid the caterpillars of the Cabbage White butterfly. Broccoli is a fantastic source of vitamins A and D, dietary fibre, and potassium. Days to Maturity 90.

Starting: Sow 3 or 4 seeds per pot, 5mm (1/4") deep, under very bright light. Thin to the strongest plant. Space transplants 45-60cm (18-24") apart in rows 75-90cm (30-36") apart. Useful seed life: 3 years.

Timing: Sow indoors beginning in late winter and transplant outdoors from 2 weeks after the last frost date to early summer. Overwintering cabbage is sown outdoors during July where winters are mild. Optimal soil temperature: 10-30°C (50-85°F). Seeds should germinate in 7-10 days.

Growing Information: Full sun. Ideal pH: 6.5-7.0. Broccoli is a moderate to heavy feeder that does best in humus-rich soil amended with composted manure. Mix 1/4-1/2 cup complete organic fertilizer into the soil under each transplant. Transplants should be set out by the time they have 6-8 true leaves. When plants are 20-25cm (8-10") tall, push soil around the stems up to the first big leaf to encourage side shoots. Broccoli does best in cool weather.

Companion planting: All Brassicas benefit from chamomile, dill, mint, rosemary, and sage. Avoid planting near eggplants, peppers, potatoes, or tomatoes.

Resources: <https://www.westcoastseeds.com/products/natalino-2>



Cucumber – Spacemaster

Cucumis sativus 'Spacemaster'

SLV45

Open-pollinated Harvested: 2022

Source: West Coast Seeds

Germination: 60%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Spacemaster cucumber was developed at Cornell University for its highly productive, but very compact vines. Dark green, smooth skinned fruits grow to 15-20cm (6-8") long on individual stems that rarely exceed 90cm (36"). This compact growth makes them a superb choice for container growing or production in smaller gardens. Pick at a smaller size for crunchy pickles or let them reach full size for slicing. Days to Maturity 58.

Starting: Sow 3-4 seeds 2cm (1") deep in each spot you want a plant to grow. Thin to the strongest seedling. Space plants 23cm (9") apart in rows 90cm (36") apart. Useful seed life: 3 years.

Timing: Cucumbers need very warm soil to germinate. If direct sowing, wait until mid-June. If weather turns cool and wet after that, re-sow. Or start transplants indoors in individual peat or coir pots 3-4 weeks before transplanting out into warm soil. If starting indoors, use bottom heat. Transplant when the plants develop their third true leaf. If the plants are too big, they may experience transplant shock. Optimal soil temperature for germination (and transplanting): 15-30°C (60-85°F).

Growing Information: Full sun. Ideal pH: 6.0-6.8. Choose a warm, well-drained soil. Raised beds work well. Add diatomite lime and compost or well-rotted manure to the bed and ½-1 cup of complete organic fertilizer mixed into the soil beneath each transplant. Cucumbers are vigorous and need lots of nutrition and water. Use plastic mulch, plant under floating row cover or cloches – anything to warm things up. Once the weather warms up, keep soil evenly moist. When plants begin to flower, remove covers so bees can access the flowers to pollinate. Fruit that is not fully pollinated will be very small and shriveled and should be removed from the plant. Most varieties should produce fruits until the weather begins to cool down. Keep plants well picked for better production. Try to water the soil only, keeping the leaves as dry as possible. Almost all cucumbers benefit from being trained onto a trellis of some kind. Some vines can reach 2.8m in length, so growing them upward onto a trellis makes good use of garden space. Fruits that grow hanging into space tend to be straighter than those that form on the ground.

Companion planting: Plant cucumbers beside asparagus, beans, Brassicas, celery, corn, dill, kohlrabi, lettuce, onion, peas, radish, and tomatoes. Avoid planting near potatoes and sage. Both corn and sunflowers can act as a trellis for cucumbers to good effect. Dill will help cucumbers by attracting predatory insects, and nasturtiums is said to improve the flavour and growth of cucumbers.

Resources: <https://www.westcoastseeds.com/products/spacemaster>



Peas – Sugar Ann

Pisum sativum 'Sugar Ann'

SLV46

Open-pollinated Harvested: 2021

Source: West Coast Seeds

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Extra early, incredibly sweet snap peas on short, 60cm (2') vines that don't require trellising. Sugar Ann snap pea seeds are an excellent choice for smaller garden spaces. The bushy plants produce crisp, tasty, 6cm (2") pods, and have excellent resistance to pea enation virus and powdery mildew. Sugar Ann was the 1984 AAS Winner, and also received the Award of Garden Merit from the Royal Horticultural Society. It has been a stand-by snap pea for West Coast Seeds for decades. If you're short on space, this is the pea for you - they can even be grown in larger containers. Days to Maturity 56.

Starting: Soaking seeds is not advised for damp soils. Sow seed 2cm (1") deep. After April 15th, sow seed 5cm (2") deep. Space seeds 2-7cm (1-3") apart in the row. Do not thin. If the seeds fail to sprout, try to dig some up and check for rot or insect damage. The challenge with untreated pea seeds is to give them an early start but to avoid rot.

Timing: Peas prefer cool weather. Plant as early in spring as the soil can be worked. If planting on the west coast after April 1, sow varieties that are listed as being enation resistant if you live in an area where aphids carry the enation virus. Sow again through the summer for a fall crop. The success of a fall crop will depend on the weather. Optimal soil temperature: 10-20°C (50-70°F). Seeds should sprout in 7-14 days.

Growing Information: Use well-drained soil amended with finished compost. Add 2 cups of rock phosphate or bonemeal for 3m (10') of row. Plant most varieties along a trellis or fence for support as they climb. Dwarf varieties do not need a trellis but may benefit from the support of some twigs poked into the soil in the row. Make multiple sowings or grow several varieties to extend the harvest season.

Companion Planting: Superb companions for beans, carrots, celery, corn, cucumber, eggplant, parsley, pep- pers. potatoes, radish, spinach, strawberries and turnips. Avoid planting peas near onions.

Resources: <https://www.westcoastseeds.com/products/sugar-ann>



Carrots – Nantes Coreless

Dacus carota 'Nantes Coreless'

SLV47

Open-pollinated Harvested: 2022

Source: West Coast Seeds

Germination: 80%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

This delicious carrot shrugs aside heavy soil and forms beautiful 15-20cm (6-8") long, fine-grained roots that are bright orange throughout and as coreless as the name suggests. Nantes Coreless carrot seeds develop cylindrical and sweet roots, with relatively small tops. They have excellent flavour and are very tender. Sow these lovely carrots in raised beds or in deeply cultivated garden soil and be sure to thin the seedlings to 4-10cm (1.5 - 4") apart in the row so that each has room to develop on its own. In the home garden, sow short rows of carrot seeds at two-to-three-week intervals, and enjoy a much longer harvest window. Days to Maturity 75.

Starting: Because carrot seeds are tiny, they need to be sown shallowly. The trick is to keep the top-most layer of soil damp during the relatively long germination period. Water deeply prior to planting. Direct sow the tiny seeds 5mm (¼") deep, 4 seeds per 2cm (1"), and firm soil lightly after seeding. Make sure the seeds are only just buried. Water the area with the gentlest stream possible and keep it constantly moist until the seeds sprout.

Timing: Direct sow from just after the last frost date to late summer for harvests from summer through early winter. Sow at 3-week intervals for a continuous harvest. Optimal soil temperature: 10-20°C (50-75°F). Seeds may take as long as 12-18 days to germinate.

Growing Information: Full sun. The softer and more humus-based the soil, the better. When soil is dry enough in spring, work it to a fine texture. Broadcast and dig in ½ cup complete organic fertilizer for every 3m (10') of row. Avoid fresh manure. Carrots will become misshapen, but still edible if they hit anything hard as they grow down into the soil. Keep weeded and watered.

Thinning is the process of removing some seedlings, if necessary, so each has enough space to grow in the row. It is very important to thin carrots, so they don't compete for available nutrients, moisture, and light. Thin to 4-10cm (1½-4") apart when the young plants are 2cm (1") tall. Use wider spacing to get larger roots. As they grow, carrots may push up, out of the soil, so hill soil up to prevent getting a green shoulder.

Companion Planting: Plant with bean seeds, Brassicas, chives, leeks, lettuce, onions, peas, peppers, pole beans, radish, rosemary, sage, and tomatoes. Avoid planting with dill, parsnips, and potatoes. Carrots planted near tomatoes may have stunted roots but will have exceptional flavour. Chives also benefit carrots.

Resources: <https://www.westcoastseeds.com/products/nantes-coreless>



Pepper – Sweet Banana

Capsicum annuum

SLV48

Heirloom, Open-pollinated Harvested: 2021

Source: William Dam Seeds

Germination: 88%

Ease of Growing: Moderately difficult

Ease of Seed Saving: Easy

Seed life: 2 years

Heirloom, an All-America Selections Bronze Medal winner for 1941 and still extremely popular. Productive open-pollinated strain, firm and sweet. 6"x1½" wide, tapered fruits mature green to waxy yellow to crimson red. Days to Maturity 75.

Starting: Sow indoors 5mm-1cm (¼-½") deep. Keep soil as warm as possible. Seedling heating mats speed germination. Try to keep seedlings at 18-24°C (64-75°F) in the day, and 16-18°C (61-64°F) at night. Before they become root-bound, transplant them into 8cm (3") pots. For greatest possible flower set, try to keep them for 4 weeks at night, about 12°C (55°F). Then transplant them into 15cm (6") pots, bringing them into a warm room at night, about 21°C (70°F).

Timing: Peppers need plenty of time to mature before they will bloom and set fruit. Start indoors six to eight weeks before the last frost date and grow under bright lights. Transplant only when weather has really warmed up. Nighttime low temperatures should be consistently above 12°C (55°F) before hardening off pepper plants and transplanting outdoors. Soil temperature for germination: 25-29°C (78-85°F). Seeds should sprout in 10 – 21 days.

Growing Information: Full sun. Soil should have abundant phosphorus and calcium, so add lime and compost to the bed at least three weeks prior to transplanting. Mix ½ cup of balanced organic fertilizer beneath each plant. Though peppers will tolerate dry soil, they will only put on good growth if kept moist. Harden off before planting out 30-60cm (12-24") apart. Five-gallon containers also work well but require good drainage and regular irrigation. Using plastic mulch with a cloche can increase the temperature by a few degrees. Pinch back growing tips to encourage leaf production. This helps shade the developing fruits and prevents sunscald in hot summers.

Companion Planting: Pepper plants make good neighbours for asparagus, basil, carrots, cucumbers, eggplant, en- dive, oregano, parsley, rosemary, squash, Swiss chard, and tomatoes. Avoid planting them next to beans, Brassicas, or fennel.

Resources: <https://www.damseeds.com/collections/vpeppers/products/sweet-banana>



Lettuce – Darkness

Lactuca sativa var. 'Darkness'

SLV49

Certified Organic, Open-pollinated

Harvested: 2022

Source: West Coast Seeds

Germination: 70%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

The incredibly dense, frilly leaves are green with deep, deep red edges. The stiff frills help to separate other leaves in salads as well as adding a lovely red colour. Days to Maturity 30.

Starting: Direct sow or start indoors and transplant. Sow seeds 5mm (1/4") deep, or on the surface of the soil where the soil can be kept evenly moist. Space or thin heading lettuce to 30cm (12") apart. Space or thin loose- leaf varieties to 20-25cm (8-10") apart. Space rows for all types 45-90cm (18-36") apart. Baby leaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing baby leaf lettuce seeds closely together in narrow rows makes harvesting simpler.

Timing: Lettuce grows best in cool weather in the spring and fall, but it can be grown in the summer, and all winter long in milder regions. Sow short rows every 2-3 weeks following the last average frost date for a continual harvest. Using a cloche, cold frame, or greenhouse over mid-late summer plantings can extend the harvest period right into winter. Optimal soil temperature for germination: 10-22°C (50-72°F). Seeds should sprout in 7-15 days, depending on conditions. Lettuce seeds don't sprout easily when the soil temperature is over 22°C (72°F) in summer. Get around this by sprouting them indoors in a cool area, or pre-sprout by sprinkling seeds on a damp paper towel and placing it in a plastic bag in the fridge for a few days. In hot weather most lettuce goes to seed rapidly, so have new plantings ready to go, and watch for "good resistance to bolting" in the product description.

Growing Information: Full sun to partial shade. Ideal pH: 6.0-6.5. Aim for a soil with ample drainage and lots of organic matter. Add compost and lime at least 3 weeks prior to planting. One cup of balanced organic fertilizer per 3m (10') of row will give adequate nutrition. Seedlings should be hardened off by reducing water and putting the plants outdoors 2 or 3 days before transplanting. This will help to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

Resources: <https://www.westcoastseeds.com/products/darkness>



Bean – Taylor Horticultural

NOT AVAILABLE IN 2023

Phaseolus vulgaris 'Taylor Horticultural'

SLV50

Heirloom, Open-pollinated. Harvested: 2022

Source: West Coast Seeds

Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3-4 years

Thick, flat, oval, cream and red pods average around 15cm (6") in length, and house seeds that are buff splashed with dark red. Days to Maturity 80.

Starting: Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later. Seeds will sprout in 8-16 days, depending on conditions.

Timing: Sow as early as possible for dry beans, in late spring, once the soil warms up a bit so plants can mature before wet weather sets in. Optimal soil temperature: 21-32°C (70-90°F).

Growing Information: Full sun. Ideal pH: 6.0-6.5. Well drained, warm soil in full sun is best. Use 1 cup of balanced organic fertilizer for every 3m (10') of row. Raised beds help with both drainage and warmth. Too much nitrogen in fertilizer or manure may cause poor pod set and delayed maturity. If beans flower but do not set pods, the cause can be zinc deficiency. Try spraying the plants with kelp-based fertilizer. Stop all watering when the first pods start drying out. Harvest when the seedpods are straw coloured. Pull the plants up by the roots and hang to dry.

Companion Planting: Beans fix nitrogen in the soil. Plant with Brassicas, carrots, celery, chard, corn, cu- cumber, eggplant, peas, potatoes, radish, and strawberries. Avoid planting near chives, garlic, leeks, and onions. Pole beans and beets stunt each other's growth.

Resources: <https://www.westcoastseeds.com/products/taylorhort-cranberry>



Eggplant – Ping Tung Long

Solanum melongena var 'Ping Tung Long'

SLV51

Heirloom, Open-pollinated.

Harvested: 2022

Source: West Coast Seeds

Germination: 65%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Named for Ping Tung, Taiwan, the town of its origin. The fruits are light purple, from 30-45cm (12-18") long, and only 3cm (1¼") in diameter. Hardy, disease resistant plants bear heavy yields of sweet and tender fruits — as many as twenty per plant. Matures in 65-90 days.

Starting: Sow seeds 5mm-1cm (¼-½") deep. Use individual peat or coir pots to reduce root disturbance when transplanting. Transplant after nighttime temperatures are steadily 10°C (50°F) or warmer. Space with 45-60cm (18-24") between plants. Medium size (3-5 gallon) containers for individual plants also work well.

Timing: Sow indoors in the four weeks following the last frost date. Use bottom heat and keep seedlings warm. Optimal soil temperature: 24-32°C (75-90°F). Seeds should sprout in 7-12 days.

Harvest: Pinch off blossoms 2 to 4 weeks before first expected frost so that plants focus on ripening any existing fruit, not producing new ones. Harvest the fruit anytime after the fruit reaches half of their size. Harvesting early prevents fruit from becoming too seedy and will encourage more production from the plants.

Do not pull the fruit off the plant, but cut it with scissors or secateurs, being careful to avoid any sharp spurs at the stem end.

Resources: <https://www.westcoastseeds.com/products/ping-tung-long>



Lettuce – Amish Deer Tongue

Lactuca sativa var. 'Amish Deer Tongue'

SLV52

Certified Organic, Open-pollinated

Harvested: 2022

Source: West Coast Seeds

Germination: 70%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Dark green triangular leaves have thin midribs, a lovely texture, a nutty flavour, and cover a crunchy inner heart. Try planting some Amish Deer Tongue lettuce seeds in a patio container. Days to Maturity 31.

Starting: Direct sow or start indoors and transplant. Sow seeds 5mm (1/4") deep, or on the surface of the soil where the soil can be kept evenly moist. Space or thin heading lettuce to 30cm (12") apart. Space or thin loose-leaf varieties to 20-25cm (8-10") apart. Space rows for all types 45-90cm (18-36") apart. Baby leaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing baby leaf lettuce seeds closely together in narrow rows makes harvesting simpler.

Timing: Lettuce grows best in cool weather in the spring and fall, but it can be grown in the summer, and all winter long in milder regions. Sow short rows every 2-3 weeks following the last average frost date for a continual harvest. Using a cloche, cold frame, or greenhouse over mid-late summer plantings can extend the harvest period right into winter. Optimal soil temperature for germination: 10-22°C (50-72°F). Seeds should sprout in 7-15 days, depending on conditions. Lettuce seeds don't sprout easily when the soil temperature is over 22°C (72°F) in summer. Get around this by sprouting them indoors in a cool area, or pre-sprout by sprinkling seeds on a damp paper towel and placing it in a plastic bag in the fridge for a few days. In hot weather most lettuce goes to seed rapidly, so have new plantings ready to go, and watch for "good resistance to bolting" in the product description.

Growing Information: Full sun to partial shade. Ideal pH: 6.0-6.5. Aim for a soil with ample drainage and lots of organic matter. Add compost and lime at least 3 weeks prior to planting. One cup of balanced organic fertilizer per 3m (10') of row will give adequate nutrition. Seedlings should be hardened off by reducing water and putting the plants outdoors 2 or 3 days before transplanting. This will help to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

Resources: <https://www.westcoastseeds.com/products/amish-deer-tongue>