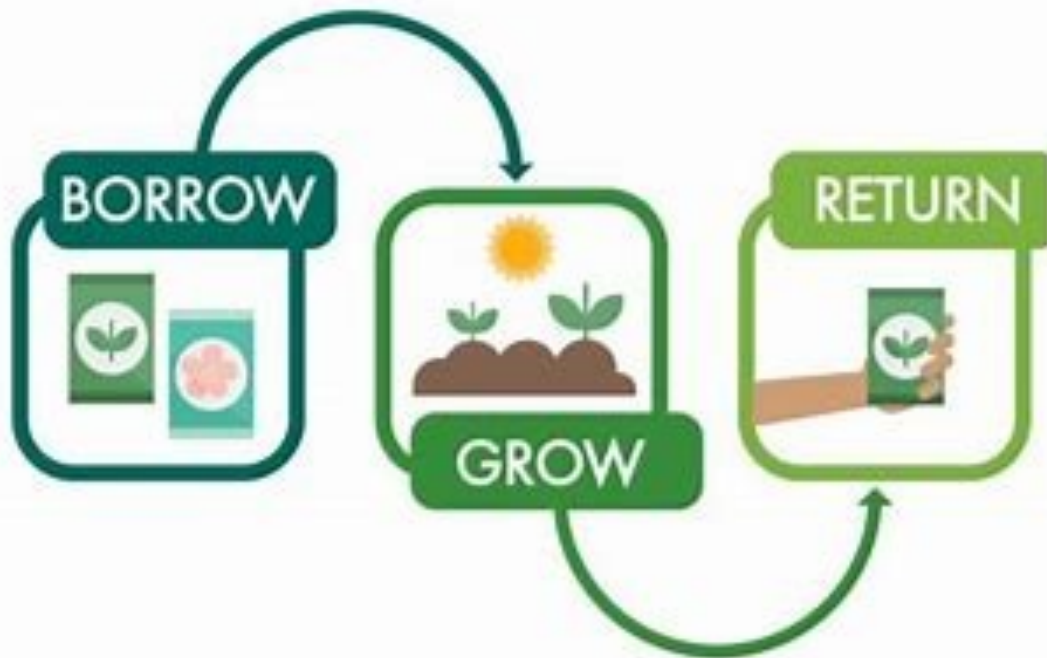


# PRINCE GEORGE SEED LIBRARY

## FLOWERS



# Dr. Bonnie Henry Pollinator Blend

SLF1



*Cosmos bipinnatus*

Annual - Open pollinated

Harvested: 2021

Source: West Coast Seeds

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

An attention-grabbing and pollinator-friendly cosmos flower seed blend that's best suited for spring planting. This mix was selected in honour of Dr. Henry's bright and cheerful style and includes vivid pink, yellow, orange, and snow-white blooms. Plant this pollinator blend to attract bees, beetles, and other beneficial insects to the garden. Plants will love the biodiversity that cosmos flowers encourage. Cosmos are easy to grow, drought-tolerant, and suitable for xeriscaping, which reduces or eliminates the need for supplemental water from irrigation. Cosmos will flower more in poor soil, rather than rich, so avoid manures and fertilizers. Pinch out the growing point when plants are around 45cm (18") tall to encourage bushier growth and more flowering points. Cosmos seeds are easy to harvest and save.

Timing: Direct sow after the last frost date. Several sowings will result in a very long bloom period. Cosmos can also be started indoors in late winter for transplanting after last frost, once daytime temperatures are above 10°C (50°F). Seeds will sprout in 3-10 days. Optimal temperature for germination: 21-25°C (70-75°F).

Starting: Sow seeds very shallowly only a few millimetres (1/8") deep. Thin or transplant to 20-25cm (8-10") apart.

Growing Information: Full sun. Most varieties can get quite tall, and in exposed or windy gardens can benefit from staking or trellis netting laid horizontally over the bed for the stems to grow through before blooming. Deadhead and cut for bouquets regularly to extend the bloom period.

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

## Zinnia 'California Giants Mix'

SLF2



*Zinnia elegans* 'California Giants Mix'

Annual - Open-pollinated

Harvested: 2021

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 ~ Candytuft

SLF3



*Iberis umbellata*

Annual - Open pollinated

Harvested: 2021

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 Candytuft 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 millimetres (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.

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

# Rocky Mountain Bee Plant

SLF4



*Cleome serrulata*

Annual - Open pollinated

Harvested: 2021

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.

Resources: <https://www.westcoastseeds.com/products/rocky-mountain-bee-plant>

# Sweet Alyssum

SLF5



*Lobularia maritima*

Annual - Open pollinated

Harvested: 2021

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>

## Phacelia - Purple Tansy

SLF6



*Phacelia tanacetifolia*

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 (¼") 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.

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

# Ammi - Bishop's Flower

SLF7



*Ammi majus*

Annual - Open pollinated

Harvested: 2021

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>



# Maltese Cross

SLF8



*Lychnis chalconica*

Annual - Open pollinated

Harvested: 2019

Source: Donated, Locally grown

Germination: 91%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Maltese Cross, also called Jerusalem Cross, is a sharp looking, attractive red flower. They are drought tolerant and easy to grow. Maltese Cross are perfect to brighten up your flower garden. The flowers will attract butterflies in the summer months. Maltese Cross plants grow 60-90cm (2-3') tall. It has dark green leaves, located opposite each other on the stem. Stem and leaves are "hairy". Florets have four petals in a cross shape. A rounded flower head has many florets. Maltese Cross is native to Russia and Siberia. Historians believe the Maltese Cross flower was brought to Europe during the Crusades of the Middle Ages by the Knights of Malta. Plant Maltese Cross in the back of the flower garden. They are also used as border edgings. Try them in naturalized landscape settings, too.

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 after the last frost. Seeds should germinate in 10-15 days.

Starting: Just cover the seeds with 1cm of soil. If starting indoors use a heat mat for germination. 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. 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 plant division of the rootball. Separate and replant in spring or late fall.

# Maltese Cross

SLF8-1



*Lychnis chalconica*

Annual - Open pollinated

Harvested: 2017

Source: Donated, Locally grown

Germination: 73%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Maltese Cross, also called Jerusalem Cross, is a sharp looking, attractive red flower. They are drought tolerant and easy to grow. Maltese Cross are perfect to brighten up your flower garden. The flowers will attract butterflies in the summer months. Maltese Cross plants grow 60-90cm (2-3') tall. It has dark green leaves, located opposite each other on the stem. Stem and leaves are "hairy". Florets have four petals in a cross shape. A rounded flower head has many florets. Maltese Cross is native to Russia and Siberia. Historians believe the Maltese Cross flower was brought to Europe during the Crusades of the Middle Ages by the Knights of Malta. Plant Maltese Cross in the back of the flower garden. They are also used as border edgings. Try them in naturalized landscape settings, too.

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 after the last frost. Seeds should germinate in 10-15 days.

Starting: Just cover the seeds with 1cm of soil. If starting indoors use a heat mat for germination. 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. 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 plant division of the rootball. Separate and replant in spring or late fall.

## Poppy 'Pink Ruffles'

SLF9



*Papaver orientalis* 'Pink Ruffles'

Annual - Open pollinated

Harvested: 2017

Source: Donated, Locally grown

Germination: 100%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Pink Ruffles displays scrumptious 15cm (6") pink blossoms with deeply fringed, ruffled petals. Pink Ruffles is an early to mid season bloomer, the stunning pink petals have a crepe paper like texture that surrounds an elegant velvet black eye. Standing 60cm (24") tall and wide, Pink Ruffles makes a great border or specimen plant. Poppies prefer to be grown in full sun and you may even see a few butterflies enjoying them. Due to a slight prickly texture, you will find that deer and rabbits will stay away. After the flowers are finished for the season, poppies will go dormant, we recommend planting later blooming perennials in the area.

**Timing:** Start perennial poppies outdoors in early spring, when some chance of frost is still a possibility. 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 Information:** Full sun to light shade. Poppies are easy to grow and the 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.

# Poppy Mix

SLF10



*Papaver somniferum*

Annual - Open pollinated

Harvested: 2017

Source: Donated, Locally grown

Germination: 95%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Poppies attracts bees, butterflies, and birds. The huge showy blooms make them an excellent cut flower, and their unique looking seed pods are splendid in dried arrangements or for crafts.

Timing: Start annual poppies outdoors in early spring, when some chance of frost is still a possibility. 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 Information: Full sun to light shade. Poppies are easy to grow and the 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.

## Poppy Purple Single

SLF11



*Papaver somniferum*

Annual - Open pollinated

Harvested: 2017

Source: Donated, Locally grown

Germination: 100%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

This fast-growing heirloom poppy attracts bees, butterflies, and birds. The huge showy 5-10cm (2 - 4") blooms make them an excellent cut flower, and their unique looking seed pods are splendid in dried arrangements or for crafts.

Timing: Start annual poppies outdoors in early spring, when some chance of frost is still a possibility. 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 Information: Full sun to light shade. Poppies are easy to grow and the 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.

# Sunflower 'Black Mammoth'

SLF12



*Helianthus annuus* 'Black Mammoth'

Annual - Open pollinated

Harvested: 2018

Source: Donated, Locally grown

Germination: 85%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

Black Mammoth is a fast and easy growing sunflower that is sure to be a favorite. Prized for its bright yellow flowers, it produces an abundance of delicious seeds to be enjoyed. Its giant flowers are a marvelous sight as they grow up to 30 cm (12") across on plants that reach up to 2.5-3 m (8-10') in height!

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 (¼-½") 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 - Dwarf Mix

SLF13



*Helianthus annuus*

Annual - Open pollinated

Harvested: 2019

Source: Donated, Locally grown

Germination: 90%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Pollinator Plant

If you're looking for the perfect, cheerful flower to grow, we found the one for you. Dwarf sunflowers are simply miniature versions of their larger counterparts. They might be small, but they don't lack in vibrant yellow blooms. One thing that makes these little guys unique is that often times they'll have multiple blooms per plant, which makes them the perfect addition to any garden. Since their habit of growth is bushier than other sunflower varieties, they are ideal for pots and containers. It's important to ensure that the container is large enough for the plant to spread. Of course, these sunflowers can also be planted directly into flower beds.

**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 ( $\frac{1}{4}$ - $\frac{1}{2}$ " ) 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.

**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.

# Sweet William Mix

SLF14



*Dianthus barbatus*

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

SLF15



*Alcea rosea*

Biennial - Open pollinated

Harvested: 2017

Source: Donated, Locally grown

Germination: 74%

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 in an effort 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. Established plants can also be propagated by plant division of the rootball. Separate and replant in spring or late fall.

# Marigold Mix

SLF16



*Tagetes*

Hardy Annual

Harvested: 2019

Source: Donated, Locally grown

Germination: 73%

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

SLF17



*Tithonia rotundifolia*

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 prolonged dry weather. Plant in full sun, allowing 60cm (24") between plants. Any light soil will work.

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

# PRINCE GEORGE SEED LIBRARY

## FRUIT



# Tomato 'Purple Bumble Bee' Organic

SLT1



*Solanum lycopersicum* 'Purple Bumble Bee'

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 (¼-½") 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.

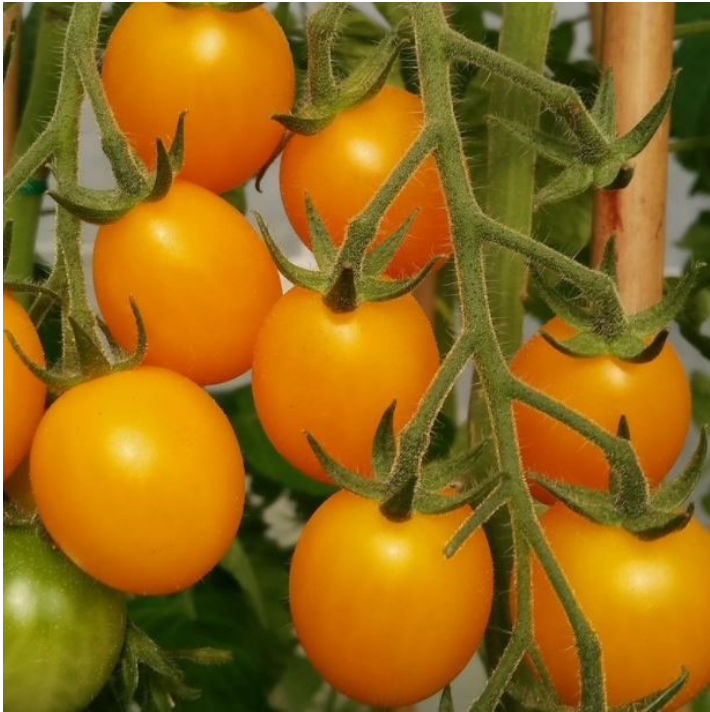
Timing: Start indoors in early spring over bottom heat. When seedlings germinate, remove from the heat and grow under bright lights. Grow seedlings on for 6-8 weeks at around 10°C (50°F). Can be transplanted out when night time lows are 10°C (50°F) or warmer - or later. Optimal soil temperature for germination: 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.

Resources: <https://www.westcoastseeds.com/products/purple-bumble-bee-organic>

# Tomato 'Gold Nugget'

SLT2



*Solanum lycopersicum* 'Gold Nugget'

Open-pollinated

Harvested: 2021

Source: West Coast Seeds

Germination: 75%

Ease of Growing: Moderate

Ease of Seed Saving: Easy

Seed life: 3 years

Determinate growth

Gold Nugget cherry tomato are compact determinate plants 61 cm (24") tall. Gold Nugget's compact size makes it an ideal choice for containers and small garden spaces. This variety sets easily in cool weather and are usually the first of any tomato variety to ripen. Winner of the prestigious Royal Horticultural Society (RHS) Award of Garden Merit. Enjoy prolific early yields of lovely golden yellow globes the size of ping pong balls. The majority of Gold Nugget cherry tomatoes are seedless until the end of the season. Fruits have a sweet, flavourful and balanced taste. This variety was developed specifically for cool climates, the plants are dependable producers. Provided fruits are harvested regularly, the plants will out perform most other cherry varieties. Days to Maturity 56.

Starting: Sow seeds 5mm-1cm (¼-½") 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 night time 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: <https://www.westcoastseeds.com/products/gold-nugget>

# Tomato 'Principe Borghese'

SLT3



*Solanum lycopersicum* 'Principe Borghese'

Open-pollinated

Harvested: 2018

Source: Donated, Locally grown

Germination: 95%

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 (¼-½”) 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 night time 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 'San Marzano'

SLT4



*Solanum lycopersicum* 'San Marzano'

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 (¼-½") 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 night time 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'

SLT5



*Solanum lycopersicum* 'Red Robin'

Open-pollinated

Harvested: 2021

Source: West Coast Seeds

Germination: 75%

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-1cm (¼-½") 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.

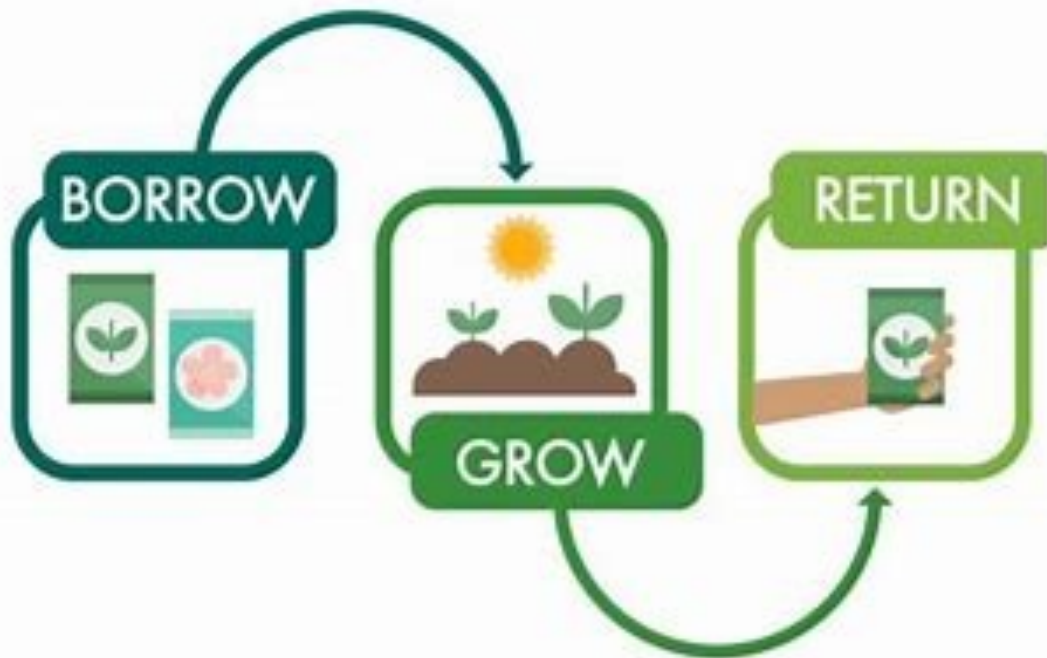
Timing: Start indoors in early spring over bottom heat. When seedlings germinate, remove from the heat and grow under bright lights. Grow seedlings on for 6-8 weeks at around 10°C (50°F). Can be transplanted out when night time lows are 10°C (50°F) or warmer - or later. Optimal soil temperature for germination: 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: <https://www.westcoastseeds.com/products/red-robin-tomato-seeds>

# PRINCE GEORGE SEED LIBRARY

## HERBS



# Parsley - Dark Green Italian

SLH1



*Petroselinum crispum*

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 (½") deep, in sterilized seed starting mix, in peat pots or plug trays. Like its cousins 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 hover-flies and predatory wasps. Avoid planting it near mint.

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

# Summer Savory

SLH2



*Satureja hortensis*

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' Organic

SLH3



*Ocimum basilicum* 'Dolly'

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 1cm (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' Organic

SLH4



*Ocimum basilicum* 'Emily'

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 1cm (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/emily-organic>

# Dill

SLH5



*Anethum graveolens*

Harvested: 2018

Source: Donated, Locally grown

Germination: 94%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

Dill has fragrant, lacy foliage, large yellow flower heads, and large seeds. Dill grows well in containers or herb gardens. The structure of dill's flowers is known as an umbel. Thus dill is considered an umbelliferous plant. Dill is best known as an ingredient for dill pickles and potato salad today, but it has had a place for centuries in cuisines throughout Europe and Asia. Dill leaves are known as the dill weed herb, while dill seed is used as a spice.

**Timing:** Dill seeds need some light to germinate. Sow seeds no more than 5mm ( $\frac{1}{4}$ " ) 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'

SLH6



*Petroselinum crispum* 'Forest Green'

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 hover-flies 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 1cm (½") deep, in sterilized seed starting mix, in peat pots or plug trays. Like its cousins 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.

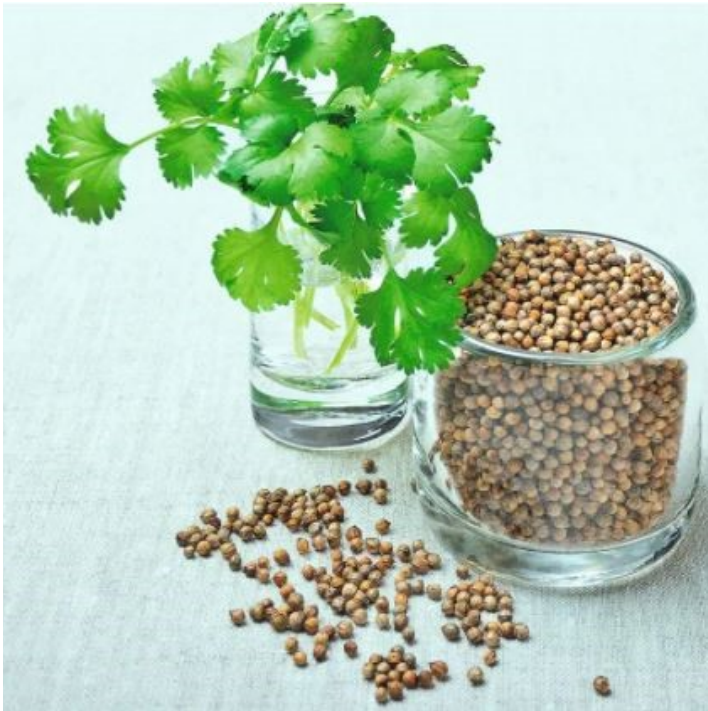
Companion Planting: Parsley likes asparagus, carrots, chives, corn, onions, and tomatoes. The leaves can be sprinkled on asparagus to repel asparagus beetles, and around roses, to improve their scent. Let some of your parsley go to bloom to attract hover-flies and predatory wasps. Avoid planting it near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

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



# Cilantro

SLH7



*Coriandrum sativum*

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.

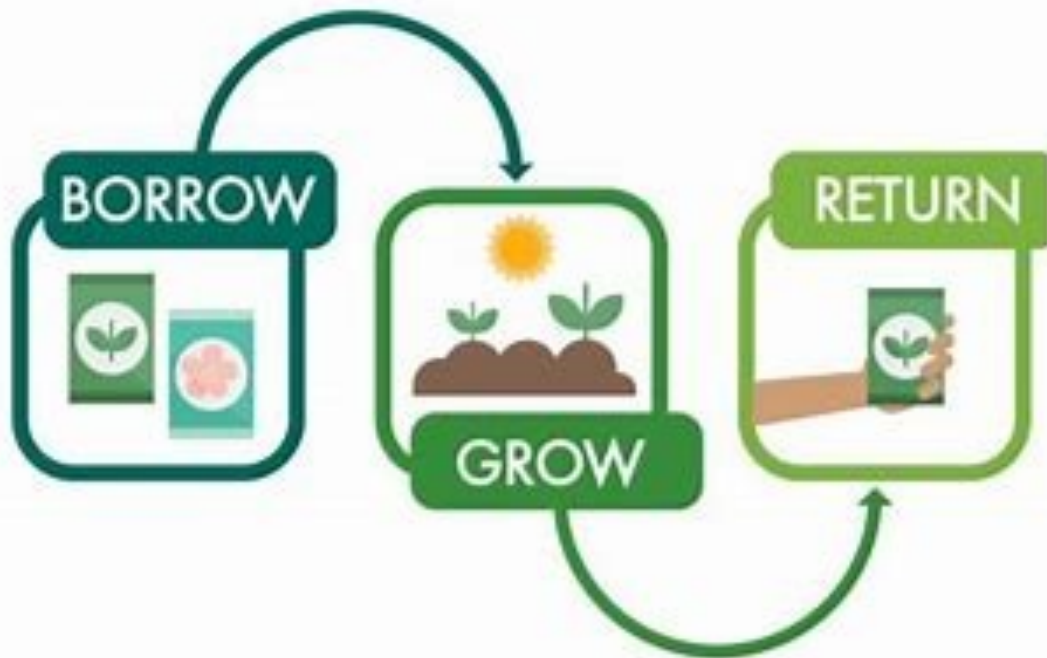
Starting: Sow 2cm (1") deep in short rows. Thin seedlings to stand 5-10cm (2-4") apart if harvesting leaves. If growing for seed, allow 23cm (9") between plants.

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.

# PRINCE GEORGE SEED LIBRARY

## SQUASH



# Zucchini 'Romanesco'

SLS1



*Cucurbita pepo* var. 'Romanesco'

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. Some sources list this old variety as *Costata Romanesca*, or "ribbed Roman." 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'

SLS2



*Cucurbita pepo* var. 'Ronde de Nice'

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'

SLS3



Cucurbita pepo 'Neon'

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'

SLS4



*Cucurbita pepo* var. 'Black Beauty'

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>

## Zucchini 'Black Beauty'

SLS4-1



*Cucurbita pepo* var. 'Black Beauty'

Open-pollinated

Harvested: 2021

Source: William Dam 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>

# Melon 'Noir Des Carmes'

SLS5



*Cucumis melo* 'Noir Des Carmes'

Harvested: 2019

Source: Donated, Locally grown

Germination: 91%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 2 years

Noir Des Carmes is one of France's oldest cantaloupe varieties. It was developed by Carmelite monks in France who grew them in monastery gardens. It has been around at least since the 1800s, possibly longer. This melon is one of the few varieties adapted to grow in northern gardens. It is easy to grow and has sweet, aromatic, orange flesh that is best eaten when ripe. Melons produce both male and female flowers. Male flowers start blooming before female flowers, so it takes some time for fruit to set. Bees pollinate the flowers by moving pollen from the male flower to the female flower. Days to Maturity 75-90.

Starting: Sow seeds 1cm (.5") 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: 6.0-7.5. 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. Always water the soil, and avoid any form of overhead watering other than rain.



# Pumpkin 'Styrian'

SLS6



*Cucurbita pepo* 'Styrian'

Harvested: 2017

Source: Donated, Locally grown

Germination: 100%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 2 years

This hullless variety is grown primarily for its protein-rich seeds, though the flesh is also smooth and tasty. The seeds also known as “pepitas”, which are encased in only a thin membrane, may be eaten toasted or raw, or even pressed for oil. 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.

## Pumpkin Mid-size

SLS7



*Cucurbita pepo*

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.

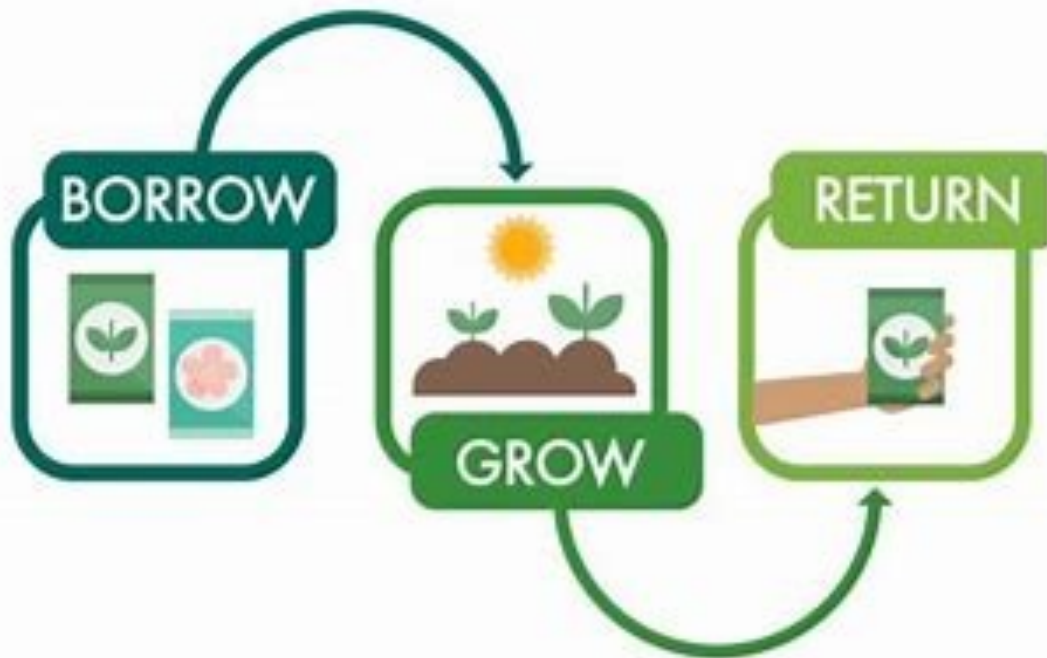
Starting: Sow seeds 2cm (1") deep. Sow 3 seeds in each spot you want a plant to grow and thin to the strongest plant. Space plants at a minimum of 90-120cm (36-48") apart in rows 120-180cm (48-72") apart. If starting transplants indoors, 4-6 weeks before last frost date.

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.

# PRINCE GEORGE SEED LIBRARY

## VEGETABLES



# Lettuce 'Tom Thumb'

SLV1



*Lactuca sativa* var. 'Tom Thumb'

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 (¼") 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. Babyleaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing babyleaf 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'

SLV2



*Lactuca sativa* var. 'Red Deer Tongue'

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 (¼") 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. Babyleaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing babyleaf lettuce seeds closely together in narrow rows makes harvesting simpler.

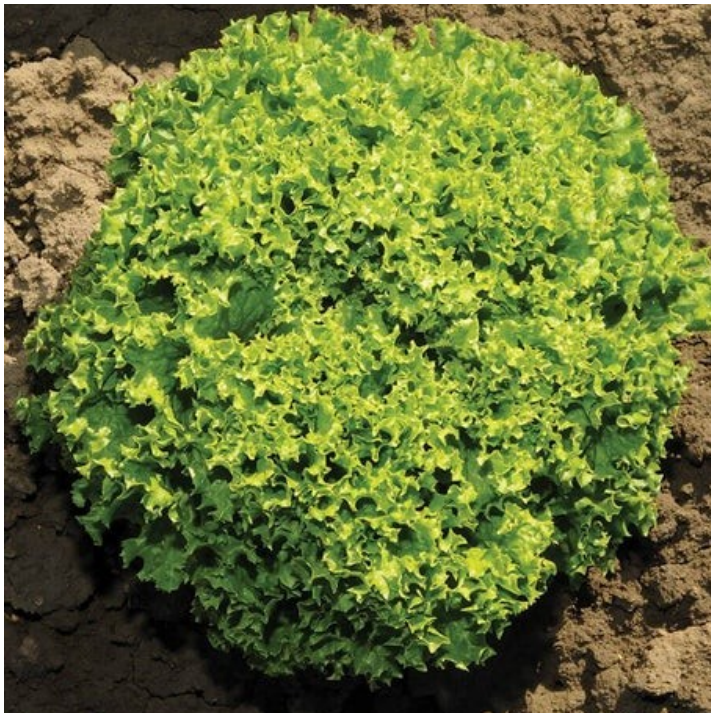
Timing: Lettuce grows best in cool weather in the spring and fall, but it can be grown in the summer, and all winter long in milder regions. Sow short rows every 2-3 weeks following the last average frost date for a continual harvest. Using a cloche, cold frame, or greenhouse over mid-late summer plantings 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' Organic

SLV3



*Lactuca sativa* var 'Ilema'

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 Fosse 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 (¼") 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. Babyleaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing babyleaf 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'

SLV4



*Lactuca sativa var. longifolia*  
'Freckles'

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 (¼") 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. Babyleaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing babyleaf 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>

# Lettuce 'Freckles'

SLV4-1



*Lactuca sativa var. longifolia*  
'Freckles'

Heirloom, Open-pollinated

Harvested: 2019

Source: Donated, Locally grown

Germination: 95%

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 (¼") 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. Babyleaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing babyleaf 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.



# Beet 'Winterkeeper Lutz'

SLV5



*Beta vulgaris* 'Winterkeeper Lutz'

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 9m<sup>2</sup> (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' Organic

SLV6



*Beta vulgaris* 'Chioggia Guardsmark'

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 9m<sup>2</sup> (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'

SLV7



*Beta vulgaris* 'Cylindra'

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 9m<sup>2</sup> (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'

SLV8



*Brassica oleracea* var. *gongylodes*  
'Superschmeltz'

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 day time 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'

SLV9



*Brassica oleracea* var. *capitata* 'Early Jersey Wakefield'

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'

SLV10



*Brassica oleracea var. capitata*  
'Kalibos'

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 (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/kalibos>

# Cabbage 'Danish Ballhead'

SLV11



*Brassica oleracea var. capitata*  
'Danish Ballhead'

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 ( $\frac{1}{4}$ " ) 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  $\frac{1}{2}$  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/danish-ballhead>

# Cucumber 'Marketmore 76'

SLV12



*Cucumis sativus* 'Marketmore 76'

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 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/slicing-marketmore>



# Cucumber 'Cucamelon'

SLV13



*Melothria scabra*

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 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 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>

# Drying Bean 'Borlotti'

SLV14



*Phaseolus vulgaris* 'Borlotti'

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

# Drying Bean 'Jacob's Cattle Bean' Organic

SLV15



*Phaseolus vulgaris* 'Jacob's Cattle Bean'

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>

## Drying Bean 'Calypso'

SLV16



*Phaseolus vulgaris* 'Calypso'

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'

SLV17



*Phaseolus vulgaris* 'Royal Burgundy'

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 nitrogen 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>

# Brussels Sprouts 'Catskill'

SLV18



*Brassica oleracea* var. *gemmifera*  
'Catskill'

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 tender, 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'

SLV19



*Pisum sativum* 'Strike'

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'

SLV20



*Pisum sativum* 'Grundy-Perfect Arrow'

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>



# Swiss Chard 'Lucullus'

SLV21



*Beta vulgaris* 'Lucullus'

Heirloom, Open-pollinated

Harvested: 2021

Source: William Dam Seeds

Germination: 75%

Ease of Growing: Easy

Ease of Seed Saving: Biennial

Seed life: 3 years

Old Dutch variety noted as the chard with the best taste. Light green, slightly savoyed leaves with pale-green, rounded stalk. Tall, vigorous 18-22" plants. Keep cut regularly and this chard will bear and remain in prime condition over a long period. Makes good baby leaves. The midrib and leaf can be cooked as separate vegetables; the midrib (stem) is compared to asparagus, while the savored leaf is a substitute for spinach. It grows best in full sun but it will tolerate light shade. Days to Maturity 59.

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

Timing: Direct sow any time from early spring to mid-summer. Chard is moderately winter hardy and may perform into the following spring where winters are mild. Optimal soil temperature: 10-30°C (50-85°F). Seeds should sprout in 7-14 days.

Growing Information: Ideal pH: 6.0-6.5. Swiss chard prefers loose, deep, and fertile soil that is rich in organic matter. Plenty of consistent moisture is required, especially as plants grow larger. It grows best in full sun, but will tolerate light shade in summer. A liquid fertilizer or compost tea applied twice during summer will keep chard growing well. For salad mix, seed more densely and cut as baby leaves. Cut individual mature stalks using the large outer ones first.

Companion Planting: Beans, Brassicas, and onions make the best companions for chard.

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

# Cauliflower 'Amazing'

SLV22



*Brassica oleracea* var. *botrytis*  
'Amazing'

Open-pollinated

Harvested: 2021

Source: William Dam 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 ( $\frac{1}{4}$ " ) 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  $\frac{1}{2}$  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'

SLV23



*Spinacia oleracea* 'Bloomsdale Dark Green'

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 ¼-½ 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'

SLV24



*Raphanus sativus* 'Cherry Belle'

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 ( $\frac{1}{4}$ " ) 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

SLV25



*Capsicum annuum* 'California Wonder Yarden'

Certified organic, Open-pollinated

Harvested: 2021

Source: William Dam Seeds

Germination: 65%

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 greenhouse, 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 green grocer. 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. Night time 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 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 sun-scald in hot summers.

Companion Planting: Pepper plants make good neighbours for asparagus, basil, carrots, cucumbers, eggplant, endive, 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'

SLV26



*Brassica oleracea* var. *viridis* 'Red Russian'

Heirloom, Open-pollinated.

Harvested: 2021

Source: William Dam Seeds

Germination: 65%

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 ( $\frac{1}{4}$ " ) 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  $\frac{1}{4}$  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>

# Kale 'Nero Di Toscana'

SLV27



*Brassica oleracea var. sabellica* 'Nero Di Toscana'

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 fashioned heirloom variety from Italy. Long, dark green, blistered leaves grow from the centre of each plant. Tolerant to hot and cold weather. Popular in the bunching and baby leaf market. Excellent in kale soups. Also known as dinosaur kale, strap kale, and black kale.

Starting: Sow 3-4 seeds 5mm ( $\frac{1}{4}$ " ) 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 60: 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  $\frac{1}{4}$  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/nero-di-toscana>

# Celery 'Golden Self Blanching'

SLV28



*Apium graveolens* 'Golden Self Blanching'

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 night time 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'

SLV29



*Daucus carota* 'Berlicummer II'

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'

SLV30



*Daucus carota* 'Touchon Selection'

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>

# Drying Bean 'Flagg Pole'

SLV31



*Phaseolus vulgaris* 'Flagg Pole'

Heirloom, Open-pollinated.

Harvested: 2017

Source: Donated, Locally grown

Germination: 90%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3-4 years

Also known as Chester, or Skunk Bean, this sturdy 2.4m (8ft) high pole bean is reported to have come from the Iroquois people. A strong climber with large pods and seeds shaped like small lima beans. Colouring is either a white background with gray speckles and streaking or the reverse. 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.

## Beans - Italian Green Tall

SLV32



*Phaseolus vulgaris*

Open-pollinated

Harvested: 2019

Source: Donated, Locally grown

Germination: 95%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

The tall green Italian variety of bean.

**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. Screen reader support enabled.

**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 - Italian Green Tall

SLV33



*Phaseolus vulgaris*

Open-pollinated

Harvested: 2019

Source: Donated, Locally grown

Germination: 100%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

The tall green Italian variety of bean.

**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. Screen reader support enabled.

**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.

## Drying Bean 'Flagg Pole'

SLV34



*Phaseolus vulgaris* 'Flagg Pole'

Heirloom, Open-pollinated.

Harvested: 2017

Source: Donated, Locally grown

Germination: 85%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3-4 years

Also known as Chester, or Skunk Bean, this sturdy 2.4m (8ft) high pole bean is reported to have come from the Iroquois people. A strong climber with large pods and seeds shaped like small lima beans. Colouring is either a white background with gray speckles and streaking or the reverse. 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.

# Corn 'Painted Mountain'

SLV36



*Zea mays* 'Painted Mountain'

Heirloom, Open-pollinated

Source: Donated, Locally Grown

Harvest Date: 2017

Seed Life: 2 years

Germination: 100%

Ease of growing: Easy

Difficulty of seed to save: Easy

This corn is the very definition of rugged beauty! These incredibly tough plants were bred in the bitter cold mountains of Montana. They boast impressive cold hardiness, earliness, drought tolerance, and they thrive at high altitudes. The bright color of the kernels indicate a high nutrient content, making it an excellent corn for decoration or eating! Painted Mountain Corn can be eaten fresh, ground, or roasted, and it makes a highly nutritious flour. Days to maturity 65.

**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.

**Germination:** From direct sowing. In optimal conditions at least 85% of seeds will germinate.

**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.

## Corn 'Orchard Baby Sweet'

SLV37



*Zea mays* 'Orchard Baby Sweet'

Heirloom, Open-pollinated

Source: Donated, Locally grown

Harvest Date: 2018

Seed Life: 3 years

Germination: 100%

Ease of growing: Easy

Difficulty of seed to save: Easy

A supremely early maturing sweet corn with delicious flavor. This compact variety was bred in Canada farmer with the last name of Orchard and offered by the North Dakota seed company Oscar H. Will and Company in the 1940s. A perfect choice for limited garden space or growing in containers, the stalks stand just 1–1.6m (3-5') tall bearing 2 ears each. Kernels are sweet and yellow with classic sweet corn flavor. Days to maturity: 65.

**Timing:** Direct sow in late spring. If the soil is not warm enough, seeds often rot before sprouting – especially when not treated with fungicide. Untreated corn seeds should be planted only when the soil has warmed up above 18°C (65°F) – warmer for super-sweet types, and even warmer for a good stand. Use a soil thermometer. If spring weather is cold, consider planting in flats or individual pots, indoors with bottom heat, 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. Keep free of weeds until knee-high, and then leave it alone.

**Germination:** From direct sowing. In optimal conditions at least 85% of seeds will germinate.

**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'

SLV38



*Pisum sativum* 'Green Arrow'

Harvested: 2019

Source: Donated, Locally grown

Germination: 100%

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.

# Peas 'Green Arrow'

SLV38-1



*Pisum sativum* 'Green Arrow'

Harvested: 2021

Source: West Coast Seeds

Germination: 100%

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 'Green Arrow'

SLV38-2



*Pisum sativum* 'Green Arrow'

Harvested: 2019

Source: Donated, Locally grown

Germination: 100%

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.

## Peas 'Little Marvel'

SLV39



*Pisum sativum* 'Little Marvel'

Heirloom, Open-pollinated

Harvested: 2019

Source: Donated, Locally grown

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.

## Peas - Italian Green Tall

SLV40



*Pisum sativum*

Open-pollinated

Harvested: 2019

Source: Donated, Locally grown

Germination: 100%

Ease of Growing: Easy

Ease of Seed Saving: Easy

Seed life: 3 years

The tall green garden pea. Best grown in cool conditions.

**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.

# Romaine Lettuce 'Coastal Star' Organic

SLV42



*Lactuca sativa* var. 'Coastal Star'

Certified Organic, Open-pollinated

Harvested: 2021

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 upright 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 (¼") 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. Babyleaf lettuce can be planted quite densely, as it is harvested at an immature size. Sowing babyleaf 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'

SLV43



*Beta vulgaris* 'Avalanche'

Open-pollinated

Harvested: 2021

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'

SLV44



*Brassica oleraceae* var. italica  
'Natalino'

Heirloom, Open-pollinated

Harvested: 2021

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 ( $\frac{1}{4}$ ") 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  $\frac{1}{4}$ - $\frac{1}{2}$  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'

SLV45



*Cucumis sativus* 'Spacemaster'

Open-pollinated

Harvested: 2021

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'

SLV46



*Pisum sativum* 'Sugar Ann'

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, peppers, potatoes, radish, spinach, strawberries and turnips. Avoid planting peas near onions.

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

# Carrots 'Nantes Coreless'

SLV47



*Dacus carota* 'Nantes Coreless'

Open-pollinated

Harvested: 2021

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

SLV48



*Capsicum annuum*

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" x 1½" 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. Night time 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 sun-scald in hot summers.

Companion Planting: Pepper plants make good neighbours for asparagus, basil, carrots, cucumbers, eggplant, endive, 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>