



2010 CATALOG

Bountiful Gardens

Heirloom, Untreated, Open-Pollinated Seeds for Sustainable Growing

A Project of Ecology Action



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www.bountifulgardens.org

Thank you dear gardeners for continuing to support our efforts. We sincerely believe that we have the best customers in the world. We are excited about the many new seeds we are offering this year, as well as our "tried and true" varieties. High quality and high germination seed remain our focus and commitment. We are one of the very few catalogs where every single variety we carry is suitable for seedsaving. For those of you with email, our periodic newsletters have been very popular – if you are not yet on the list, you can sign up on our website or give us a call.

Costs for everyone have skyrocketed, and last year we did not raise our seed prices. This year our costs have forced some increases, but we have kept them small and few as possible, and only where necessary.

Agricultural sustainability means creating a system in which the soil will live at optimum health and will produce crops at a rate which can be maintained indefinitely, without degrading the environment. The UN-FAO found that in the US we lose 6 pounds of soil for every pound of produce grown. We have already lost a large portion of our soil base. Ecology Action has for nearly 40 years been developing and documenting truly sustainable growing techniques that have been proven to work all over the world.



Bountiful Gardens Staff: Bill Bruneau, Betsy Bruneau, Carrie Perkins, Jamie Chevalier, Ian Conlan, Will Chevalier, Anne Vander Horck, Julie Castillo

The Safe Seed Pledge

Agriculture and seeds provide the basis upon which our lives depend. We must protect this foundation as a safe and genetically stable source for future generations. For the benefit of all farmers, gardeners and consumers who want an alternative, we pledge that we do not knowingly buy or sell genetically engineered seeds or plants. The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families, or kingdoms, poses great biological risks as well as economic, political, and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public release. More research and testing is necessary to further assess the potential risks of genetically engineered seeds. Further, we wish to support agricultural progress that leads to healthier soils, genetically diverse agricultural ecosystems and ultimately healthier people and communities.

For a current complete list of all companies who have signed the above Safe Seed Pledge, contact:

The Safe Seed Initiative, c/o Council for Responsible Genetics, 5 Upland Road, #3, Cambridge, Massachusetts, 02140

Phone: 617-868-0870 Email: crg@gene-watch.org



Bountiful Gardens is a project of Ecology Action

Ecology Action is a non-profit organization based in Willits, California, where we operate a research mini-farm and reach out through workshops and publications to gardeners in over 130 countries around the world.



NGO VIOLA's Ludmila Zhirina and Natasha Karyagina with Chernobyl radiation zone residents
Biointensive compost and double-digging can reduce the radiation in the harvest by 30%!



Juan Manuel Martinez Valdez teaching in San Juan Yapacani, Bolivia.



Drew, Patricia, Joe, Mari, Don, & River: Common Ground Garden Supply Staff in Palo Alto, California



Mark House, assistant garden manager, waters at the Research Mini-Farm in Willits, California.



Cesar Linneo Garcia, EA intern from Guatemala



Samuel Nderitu at his Grow Biointensive demonstration plot, in Thika, Kenya



Grow Biointensive project in Las Canadas, Mexico



Ellen Bartholomew, Garden Manager, at Golden Rule Garden, Willits, California



Naqibullah Salik in the Afghan Organic Agriculture Training Center, Kabul, Afghanistan.

GROW BIOINTENSIVE®

A Sustainable Solution
to Growing Food

A method of raising food crops that is simple to learn and use, based on ancient principles. It was synthesized and brought to the U.S. by the English master horticulturist, Alan Chadwick, then documented and further developed by **Ecology Action**.

IMPORTANT ASPECTS OF THE METHOD INCLUDE:

DOUBLE-DUG, RAISED BEDS 1

In this method, crops are planted in beds that are “double-dug”. The gardener digs 12 inches down and then loosens the soil to a depth of 24 inches. This loose soil enables plant roots to penetrate easily, allows more air in the soil, retains moisture, and minimizes erosion.

- Learn how:**
- **How to Grow More Vegetables** - \$19.95, p. 62
 - **The Sustainable Vegetable Garden** - \$12.95, p. 62
 - **Dig It! - Double Digging Video** - \$19.95, p. 56
- Do It:**
- **Digging Tools**, p. 57



2 COMPOSTING

The higher yields offered by intensive planting would not be sustainable without a way of maintaining the health and vigor of the soil. Kitchen waste, garden trimmings and other forms of organic matter, when properly composted, provide the elements necessary to maintain the biological cycles of life that exist in the home garden.

- Learn how:**
- **Booklet 32: GROW BIOINTENSIVE Composting & Growing Compost Materials** - \$8.00, p. 65
 - **Compost & Soil Fertility Books & Supplies**, p. 51
- Do It:**
- **Compost Crop Mix** - \$3.00, p. 32

INTENSIVE PLANTING 3

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

- Do It:**
- **Vegetable Seeds**, pp. 9-30
 - **Tools & Supplies**, p. 57
 - **Seed Saving & Planting Supplies**, p.60



4 COMPANION PLANTING

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

- Learn how:**
- **Gardener’s Reference Poster** - \$9.95, p. 49
- Do It:**
- **Herb and Flower Seeds**, pp. 41 - 48

CARBON FARMING 5

Soil fertility is facilitated by planting approximately 60% of the growing area in dual-purpose seed and grain crops. These key crops produce a large amount of carbonaceous material per unit of area, which is used to build compost for improving and maintaining the soil ecosystem's microbial life.

Learn how: • *Sustainable Soil Fertility Info Pack* - \$5.25, p. 66
Do It: • *Grain Seeds*, pp. 36 - 39



6 CALORIE FARMING

The production of sufficient calories efficiently in a small area is facilitated by planting special root crops in 30% of the growing area. These crops include potatoes, sweet potatoes, salsify, burdock, garlic and parsnips and produce a large amount of calories per unit of area.

Learn how: • *One Circle* - \$26.95, p. 63
Do It: • *Burdock Seed* - \$1.95, p. 11
• *Parsnips* - \$1.95, p. 21
• *Calorie Crop Collection* - \$4.50, p. 33

OPEN-POLLINATED SEEDS 7

With **GROW BIOINTENSIVE** techniques, Green Revolution-type yields can be obtained with normal open-pollinated seeds which have been selected over the decades and centuries because of their beneficial characteristics. Special hybrids are not needed for excellent results. In this way a wonderful variety can be grown while the world's genetic diversity is preserved.

Learn how: • *Books on Saving Seeds*, p. 51
Do It: • **ALL OUR SEEDS ARE OPEN-POLLINATED & NON-GMO**



8 A WHOLE GARDENING METHOD

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

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

But wait - there's more! Ecology Action:

- Conducts ongoing research at its demonstration mini-farm in Willits CA.
- Offers workshops, tours, and trains interns from countries around the world who bring this valuable information back to their communities. (See pp 6)
- Publishes books and research information on sustainable food production that are being used in 130 countries. (See pp 62 - 67)

TOURS & WORKSHOPS–2010

Willits Tour dates are in **GREEN**. Willits Workshop dates are in **RED**. Listings in **BLACK** are elsewhere.

- January 28 John Jeavons GROW BIOINTENSIVESM Sustainable Mini-Farming Evening resentation, New Brunswick, NJ.**
- January 29 1-Day John Jeavons Economic GROW BIOINTENSIVESM Sustainable Mini-Farming Workshop, Rutgers University, NJ.**
- January 30 John Jeavons gives Keynote Address for the 25th Annual Meeting of NOFA (New England Organic Farm Assoc.)/NJ**
- Mar 5-7 3-Day Ecology Action GROW BIOINTENSIVESM Sustainable Mini-Farming Workshop, Willits, CA
- Mar 12 John Jeavons GROW BIOINTENSIVESM Sustainable Mini-Farming Afternoon Presentation, Palo Alto, CA
- April 8-10 3-Day John Jeavons GROW BIOINTENSIVESM Sustainable Mini-Farming Workshop, Warren Wilson College, Asheville, NC (Taught by John Jeavons and Steve Moore)**
- April 15 5-Day GROW BIOINTENSIVESM Basic-Level Teacher Certification Workshop application deadline.*
- May 3-5 & 6-8 Latin America GROW BIOINTENSIVESM Workshops, Xochitla, Mexico
- May 22 Ecology Action Research Mini-Farm/Garden Tour, Willits, CA
- June 5 Ecology Action Research Mini-Farm/Garden Tour, Willits, CA
- June 19 Ecology Action Research Mini-Farm/Garden Tour, Willits, CA
- July 19-23 5-Day Ecology Action GROW BIOINTENSIVESM Sustainable Mini-Farming Basic-Level Teacher Certification Workshop, Willits, CA.*
- August 7 Ecology Action Research Mini-Farm/Garden Tour, Willits, CA
- Sept 15 Apprentice and Intern Applications due for 2011 season
- Sept 18-20 3-Day John Jeavons GROW BIOINTENSIVESM Sustainable Mini-Farming Workshop, Japan (Taught by John Jeavons and Steve Moore)**
- Oct 13-17 5-Day John Jeavons GROW BIOINTENSIVESM Sustainable Mini-Farming Workshop, Italy** (Taught by John Jeavons and Steve Moore)**
- Nov 5-7 3-Day Ecology Action GROW BIOINTENSIVESM Sustainable Mini-Farming Workshop, Willits, CA

Spanish Language Courses in Veracruz state, Mexico

Contact: Ricardo Romero at bosquedeniebla@infosel.net.mx

Feb 5-7 3-Day Basic-Level Biointensive Workshop, Veracruz State, Mexico (In Spanish)

Dec 3-5 3-Day Basic-Level Biointensive Workshop, Veracruz State, Mexico (In Spanish)

MORE ABOUT TOURS

Our Willits site is a working Research Mini-Farm, and our busy staff is not able to accommodate drop-in visitors. The site is open to the public only on scheduled dates.

There will be four 5- to 6-hour Ecology Action Research Mini-Farm/ Garden Tours on May 22, June 5, June 19, and August 7. These tours give a good introduction to GROW BIOINTENSIVE[®] sustainable mini-farming, what our practical research site is accomplishing, and how our sustainable method relates to world agriculture. Tours include participant introductions; a discussion of the overall world challenges that humankind faces in the areas of soil, food, and nutrition; an exploration of the connection between thinking globally and acting locally; a tour of the garden and discussion of several crops in particular; and 30-minute mini-classes on double-digging, composting, seed propagation, sustainable home garden crops, and cooking with solar ovens given by staff, apprentices and interns. The registration fee is \$25 per person. It is \$15 for members or those who join at registration or make a \$20 or more donation with registration. Tour fees are not tax-deductible. Please pre-register as soon as possible (2 months ahead is best); space is limited. The May 22 and June 5 tours begin at 10 AM and end at approximately 4 PM. The June 19 and August 7 tours begin at 9 AM and end at approximately 3 PM. Children not involved in the tour often find the event difficult, so please check if you want to bring them, and please leave your pets at home.

Special tours may sometimes be arranged for groups of 20 or more persons having a strong interest in GROW BIOINTENSIVE sustainable mini-farming. Write for details and describe your interests. Generally the Willits site is not open for visits from October 1 through May 15.

MORE ABOUT WORKSHOPS

Two 3-Day GROW BIOINTENSIVESM Sustainable Mini-Farming Workshops will be held in Willits, California in 2010, on **March 5-7** and **November 5-7**. They will be given by John Jeavons and Ecology Action staff, apprentices and interns with an afternoon of demonstrations.

Cost for these 3-Day Workshops: \$375–425 per person depending on the time of registration, plus approximately \$75 for publications. Lunches and a networking dinner are included, but lodging and other meals are not. These are good opportunities to be exposed to over thirty-seven years of GROW BIOINTENSIVE work in just a few days. Download registration form from www.growbiointensive.org or send a large self-addressed envelope with 61 cents postage for complete details and registration form.,

***Prerequisites for teachers workshops are completion of an introductory 3-Day Workshop and an active practice of GROW BIOINTENSIVE techniques. The application deadline is April 15. Please write for further details.**

Ecology Action Website: www.growbiointensive.org

**John Jeavons website: www.johnjeavons.info



January 1, 2010

Dear Friends,

As food prices continue to rise and the future perhaps seems less promising than it once did, more and more people are finding their way back to the garden. It can be a grounding experience, a way to get back to basics, to start to rediscover the important things in life. And, as everyone is aware, gardening has been making headlines, with the First Lady initiating an organic food garden on the White House lawn.

Growing food can be empowering, no matter what size our garden may be - a one-third acre suburban plot, the sunny corner of a backyard, or just some pots on the patio, balcony, or deck. As Mateo Gonzalez, Ecology Action intern from Mexico in 2009 stated: "When you have your own vegetables in your hand it is your health. Nothing has as much satisfaction."

This catalog has much to offer both beginning and experienced gardeners in the way of familiar and less-known seeds, reference books for guidance, useful tools and other gardening needs. A beginning gardener might choose *The Sustainable Vegetable Garden*, a simpler, more basic version of *How to Grow More Vegetables*, which emphasizes food gardening while improving the soil. The beginner might choose to grow Cherry Belle Radishes, which are ready to eat in a month, Tatsoi, a fast-growing Asian green that is ready almost as fast, or Snap peas, which produce high yields of delicious food that can be eaten right off the vine.

A person who feels more comfortable with his or her skills might want to experiment with a previously untried vegetable. Scorzonera is similar to salisify and can be ready in as little as three weeks. Early White Delicacy Kohlrabi, a brassica, produces edible swollen stems just above the soil level, stands some winter weather and provides cooked greens. Many gardeners are now discovering how easy it is to grow grains in their backyard. The catalog offers a wide variety to try out, from Early Stone Age Wheat to Flax.

Gardeners with more experience might be ready to consult *One Circle*, which helps each person explore his or her nutritional needs and then design and produce a complete vegetarian diet in as little as 700 square feet. Burdock - with roots that are sweet and are cooked like carrots - and The Turga parsnips might provide some of the calories for such a diet. *The Sustainable Vegetable Garden*, which has good materials for planning and record keeping, can help a gardener keep track of his or her garden over a number of years.

For the kids of all ages, who like surprise mixed in with their gardening experience, you will find a Seeds for Kids pack listed. This is a happy jumble of everything left over from the year before that produces a surprise garden, different with every sowing.

Although food growing can be a serious occupation, it's also fun, rewarding and nourishing for the Earth. Whatever you choose to grow this year, may your garden nurture your body and spirit and bring you great contentment!




Yes! I would like to join Ecology Action's circle of friends. By becoming a member of Ecology Action, I can help further our work and expand our global impact. Memberships and contributions support our education and training programs, as well as our continuing research in GROW BIOINTENSIVE Sustainable Mini-Farming.

All memberships and contributions are tax-deductible. A yearly membership includes a subscription to Ecology Action's quarterly newsletter and a complimentary Bountiful Gardens catalog, which are provided at a nominal value. In addition, sustaining, and up, members will receive a 10% discount on Three-Day Workshops.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Membership levels are:
____ \$40 Supporting ____ \$60 Family ____ \$100 Sustaining
____ \$250 Outreach ____ \$400 Research ____ \$1000 Program
____ \$4000 Benefactor ____ \$10,000+ Legacy ____ Other

Sign up for tours: ____ May 22 ____ June 5 ____ June 19 ____ August 7

Number of people: _____ @ \$ _____ = \$ _____

Ecology Action
5798 Ridgewood Rd
Willits CA 95490
707-459-0150

Pay with check or credit card:



Exp. Date ____ / ____ / ____

Cardholder Name* _____

Billing Addr* _____

*If different from mailing address Phone #: _____

Check here for information on a 3-Day Workshop in Willits, CA: ____ - Mar 5-7 ____ November 5-7

What The Seed Codes Mean

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

Vegetable, Grain, and Compost Crop Seed

The best **Temperature Range** for growing: CW=cold weather, WW=warm weather, HW=hot weather, ALL=likes all three.

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

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

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

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

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

Price - The price for one packet of our seed.

Herb and Flower Seed

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

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

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

Key To Seed Sources

Source code is before the price for each variety.

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

We are a CCOF Certified Organic Handler

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

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

All of our seeds are open-pollinated and untreated, never GMO.

Many people wonder what is meant by open pollination. Open-pollinated varieties make seeds that will grow into a plant of the same variety. They have been grown, selected, and preserved by farmers and gardeners since the beginnings of agriculture. Hybrid seeds, on the other hand, grow into plants which, while they are usable in themselves, will not produce seed of the same variety—they do not “breed true”. The gardener who plants hybrid varieties will have to buy seed every year, and seed production is concentrated in the hands of a few companies, often owned by petrochemical corporations. Many seeds on the market today are hybrids, bred to produce under agribusiness conditions. Often, older varieties which have exceptional flavor and flourish under home garden conditions, are facing extinction. By planting open-pollinated varieties, you help to preserve our agricultural heritage in all its diversity.



Vegetables

Amaranth

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

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

VAM-2030 Red Leaf, Tampala, Calaloo

40-50 days. Large, tender oval leaves overlaid with deep red. Heat-loving green from Asia that tastes like spinach. (I doubt I could tell the difference blindfolded.) Spectacular in containers or edible landscaping. Pinch top when about 6" to encourage bushy growth. Very tender and succulent when young—plant in succession and harvest when 10-14" tall, before it starts to flower. Wants heat and lots of moisture. 300 seeds. Area 50. C \$1.95



Artichoke

C,W/Matures 24-52/Harvest 8/Yield 20/Spacing 72"

VAR-2070 Green Globe Improved – Beautiful, big perennial. The hardiest artichoke variety, to Zone 6. Produces big flavorful 3-5" flower buds (the part you eat) the first year from seed, so it can be grown as an annual in cold regions. To get artichokes the first year, start indoors in a warm place, then harden off and transplant outside while weather is still cold so it thinks its been through the winter. One of the best ornamental edibles, with huge silver spiky leaves. Give the crown protection from cold and wet, planting on a slight mound and working in some sand or gravel near the surface. 50 seeds. Area 1000+. C \$1.95

Asparagus

C/Matures 4 yr/Harvest 8/Yield 9-38/Spacing 12"

VAS-2112 Mary Washington—Perennial even in Zone 3 and lives for decades. From seed, first harvest in third year. Full production forth year. Start seed from January on in pots or flats. Transplant to a deep, rich, limey and very well-drained permanent bed. Give compost or other rich mulch yearly. Scatter seed every few years to maintain vigor. One of the few seed-grown varieties. Mild-flavored. Will take partial shade in very hot, dry-summer climates. 35 seeds. Area 22.C \$1.75

Lima Beans

W/Matures 9-11/Harvest 12/Yield dry 11-23/Spacing bush 6", pole 8"

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

VBE-2360 Christmas Pole – 90 days. We have had many requests for "that big buttery bean that my mother used to bake" and we think this may be it. Also called Giant Butter, Florida Speckled or Giant Calico. Vines 7-9' tall bear 6" pods with 3 large red-speckled beans per pod. 50 seeds. Area 11. C \$2.25

VBE-2350 Thorogreen Early Bush – 70 days. AAS selection. 18" plant is adaptable and vigorous. Heavily productive, it sets pods of baby limas in clusters throughout the plant. Excellent flavor, great for canning and freezing. Bears until frost. Unusually dependable. 100 seeds. Area 11. C \$2.25

Fava, Broad Bean

C,W/Matures 11-26/Harvest 1-3 dry/Yield 5-18/Spacing 8"

"The Soybean of the North". Ancient Mediterranean food plant, enriches the soil (use SIN-9400, Garden Combo Inoculant). Bears 7-8" pods with 5-6 big, fat, reddish-brown beans. Upright plants need no support. Beautiful black and white flowers attract beneficial insects. Plant will grow and set pods in temps from 40 to 70, but not in hot weather, plant very early spring, or fall in southern and coastal areas. Eat like peas or edamame when young, or shell and dry. Young leafy stems and whole pods are also eaten when quite young. Ready for eating green when pods point downwards. Very disease resistant. Companions: celery, savory, strawberries. CAUTION: a few people are violently allergic to favas, especially raw.




VBE-2210 D'Aquadulce a Tres Longue Cosse – 85 days Listed in 1885 by the French seed house Vilmorin-Andrieux. Plants grow to 3 ft. Very tasty and cold tolerant. One gardener wrote, "These did a wonderful job. They were planted in ordinary soil, in full sun ...they grew tall and produced beautiful flowers and plenty of beans" 50 seeds. Area 12. C \$3.25

VBE-2220 Long Pod – 85-90 days. An old variety known prior to 1860, mentioned by Burr in 1863 and listed by Vilmorin Andrieux, in 1885. High-yielding 4-5-ft plants crop over a long season. 50 seeds. Area 12. C \$3.25

Garbanzo Bean, Ceci

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

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

 **VBE-2240 Tan** – 100 days. The familiar chickpeas; large tan roundish beans used in salads and soups or mashed to make hummus and falafel. 100 seeds. Area 7. O \$2.20

Moth Beans

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

VBE-2370 Moth – (Mat Bean, Mother Bean) Indigenous to India, and highly drought resistant. The sprawling mat-forming plants do well in very hot weather (to 100-120°F) and protect the soil. Small pods 1-2" long contain 4-8 tiny beans. In India the young pods are eaten and the dry beans are used like lentils. Very high protein (22-24%). It did better in drought-stricken north Kenya than any other crop. Smothers weeds. Can be planted where corn or squash will grow and mature in their shade. 800 seeds. Area 90. C \$2.50.

Beans

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

Green beans are grown for their tasty young pods. Inoculant will increase yields and enable the plants to fix nitrogen in the soil. Plant when soil has warmed to at least 60 degrees. Rotate location year to year. Pick the beans while young and tender. All types can be used as dry beans, but plant will stop producing if beans mature, so with green beans its best to pick all pods even if overripe and use as shelly beans.

Bush beans produce large, early yields, but only for a few weeks; for continuous harvest, make small sowings every three weeks after danger of frost is past until 2 months before first frost date.

VBE-2250 Contender—40-50 days. Extra early and productive. Tender stringless pods 5-7" long. Tolerates heat, mildew. Great for canning & freezing. For longer fresh harvest, succession-plant. 85 seeds. Area 10. C \$2.75

VBE-2270 Dragon Langerie Wax – 60 days. Dragon's Tongue, Horticultural Wax. Beautiful 8", flat, creamy yellow pods with thin purple stripes. Crisp pods stay juicy and sweet even when very large. Pods turn red for dry, shelling phase. Our garden staff's favorite for flavor. Heavy producer. 85 seeds. Area 10. C \$2.25



VBE-2275 Kentucky Wonder Bush, Commodore— 55 days. A standard for the home and market gardener. Tender stringless round fleshy 8" pods. Fine quality, excellent flavor. Heavy yields for a long time, for a bush bean. 85 seeds. Area 10. C \$2.25

☞ **VBE-2280 Royalty Purple Pod** – 50-60 days. Purple flowers and purple stringless 5-6 inch pods that turn green when cooked. Germinates unusually well in cold wet soil. Disease-resistant, and bean beetles avoid them. Easy for freezing—blanch until they turn green, then freeze. 85 seeds. Area 10. O \$2.75

VBE-2300 Tendergreen – 60 days. An early stringless variety, with round, meaty 6" pods. All purpose—recommended for fresh beans, canning, and especially for freezing. Heavy yields even in hot weather. BCMV resistant. Needs some support. All-at-once harvest, so succession-sow. 85 seeds. Area 10. C \$2.75

MBU-6250 Bush Bean Mix – A mixture of interesting and beautiful varieties, all with great eating quality. 85 seeds. Area 13. \$2.75

Pole

Pole beans save space in the garden because they grow up. Walls, fences, poles, teepees, or growing up corn (plant when corn is 24" tall) all work well. Try growing them on arched supports across the bed (the same kind used for winter covers) where they can shade a bed of lettuce, spinach, cucumbers, beets, or carrots, (preferred companions, along with dill and savory) during the summer heat. Their unsurpassed flavor, easy picking, and much longer harvest, make them ideal for home gardens. Use inoculant for best yield and most benefit to the soil.

VBE-2310 Blue Lake – 60 days. Famous Pacific Northwest heirloom. Unequaled sweet flavor, but has trouble setting pods at temps above 85. Vigorous 6' plants bear base-to-top, a multitude of 6" white-seeded pods. Great taste, stringless juicy texture, freezing, canning. 85 seeds. Area 13. C \$2.50

VBE-2325 Rattlesnake NEW! Preacher Beans—70 days. These were the standouts for quality and quantity in our trials. Wonderful flavor, and 100-degree heat didn't stop them from producing lots of beans. Round green 7" pods with purple streaks (which disappear when cooked). When others are petering out, rattlesnake keeps going. 85 seeds Area 13 C \$2.50

VBE-2330 Romano – 70 days. Beloved Italian heirloom prized for its unique creamy flavor and delicate texture. Wide, flat meaty, stringless 6" green beans on high-yielding 8' vines. Easy to grow—unfazed by heat, drought, cold nights, and most pests. 85 seeds. Area 13. C \$2.25

VBE-2340 Yard-Long – 70-80 days. *Vigna unguiculata* Vigorous vines to 10' should be trellised. From tropical Asia—thrives on heat. Thin, tender pods 12"-30" long are excellent snap beans when young. Young leaves may be cooked. 85 seeds. Area 13. C \$2.25

Dry

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

☞ **VBE-2180 Anasazi Bush** – 90-95 days. Beautiful maroon & white beans are an heirloom from the now extinct Anasazi people. A Southwest favorite. Sweet flavor, meaty texture. 85 seeds. Area 10. O \$2.50

VBE-2183 Good Mother Stallard Pole— 85 days. Family heirloom enjoyed for generations and introduced to the world by master plant breeder Glen Drowns. A great dry bean, wonderful rich, meaty flavor, great for soups. Very productive, 5-6 deep red and white speckled beans per pod. Excellent for growing with corn, climbing up the cornstalks. 85 seeds. Area 10. C \$2.50



VBE 2186 Ireland Creek Annie Bush - 70-75 days. We have searched for a really productive bean for short-season and cool-summer climates, and finally have a good one. An English heirloom variety grown since the 1930's at Ireland Creek Farm, British Columbia, Canada, Where summers are cool indeed. Superb flavor and reliable, big yields on 24" plants. 85 seeds. Area 10. C \$2.50

VBE-2190 Taylor's Dwarf Horticultural Bush – 90 days. Cranberry. We have found these to be productive and reliable both as green beans and as dry beans. But they are best known and treasured for use as shelly beans—picked when the pods are slightly yellow, shelled, and cooked for a midsummer treat. (Try them with olive oil, sauted onions/garlic, thyme or savory, and maybe diced tomatoes) 85 seeds. Area 10. C \$2.20

Black Eyed Peas – See Cowpeas page 14

Inoculants help put fertility into the soil and increase yields. See p 35

Runner Beans

Phaseolus coccineus W/Matures 9+/Harvest 12/ Spacing

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

VBE-2400 Scarlet Emperor – 70-90 days. Traditional pole runner with brilliant red edible flowers that attract hummingbirds. Beautiful climbing on a fence, trellis or gate. Delicious large beans with a unique flavor for use as green beans when young. (cook a bit longer than other types). Popular in many cuisines as a big, mild shelly bean. When mature, the large beans are mottled in beautiful shades of purple and black. Native to South America, perennial in frost-free areas. 35 seeds. Area 7 C \$3.00

Soybeans and Edamame

Matures 11/Harvest 1-2/Yield 4-14/Spacing 6"

An ancient crop in Asia, soybeans are very nutritious, used fresh, ("edamame") or prepared as tofu, miso, and tempeh. Likes full sun and a light, well-drained soil, and warm, moist growing conditions. Sow after danger of frost is past. Keep weeded. Water is critical when plant is in flower. Use inoculant for best yields.

VBE-2410 Black Jet – 90-104 days for dry beans. Easy-to-grow soybean for short season areas. Prolific 24" plants. Medium pods hold thin-skinned beans with good flavor. Cooks faster than other black soybeans. 40 seeds. Area 6. C \$1.95

VBE-2420 Envy – 72 days for edamame (cooked fresh like shelly beans). Earliest green soybean. Upright 2' plants that ripen early. Excellent quality. Ripens all at once—good for freezing or drying. Succession-sow. 40 seeds. Area 6. O \$1.95

VBE-2425 Butterbeans – 80 days for edamame. A mid-season, soybean, prized for its very high yield and excellent, sweet, nutty flavor. Long harvest, starting at the bottom of the plant, makes it perfect for home gardeners. 40 seeds. Area 6. C \$1.95

Beets

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

A real self-sufficiency crop, beets provide baby greens for salad mix, mature leaves for cooking, and sweet roots for cooking, canning, and winter storage. Sow in spring after the soil is starting to warm—after peas and lettuce, before beans. Medicinal: antioxidant, immune stimulant.

🐞 **VBE-2450 Chioggia, candystripe** –55 days. (1840) Italian heirloom. Sweet, mild, tasty beet with rosy pink skin. Slices are spectacular, with deep-pink and white rings like a candy cane. Flesh can be grated raw in salads, cooked, or pickled. Leaves prized as raw or cooked greens. 160 seeds. Area 10. O \$2.25

🐞 **VBE-2460 Bull's Blood** – Tops 35, Roots 58 days. Very old French variety known for its very dark red-purple leaves with mild flavor for salad use. A staple in salad mixes. Dark red roots are also tasty, sweet, and somewhat irregular in shape. For salad, direct sow very thickly and cut in about 28-38 days—should regrow for another cutting if kept moist and well fed. A customer writes: "These were by far my favorite. They were easy to grow, even with chilly evenings and poor soil, and the greens were great in salads!" 160 seeds. Area 10. O \$2.25

🐞 **VBE-2472 Cylindra** – 58 days. Unique cylindrical shape makes peeling easy, gives uniform slices for canning, and allows closer planting. Very smooth, deep red, no zones. One of the best varieties in cultivation. The quality, germination, and, flavor are superior. Eat it when young and tender—not a keeper. 160 seeds. Area 10. O \$2.25

🐞 **VBE-2465 Early Wonder Tall Top** – 45 days. We've had requests for a classic round red beet and here it is. Ultra easy to grow, early, great flavor, and lots of greens for cooking—Early Wonder has been a favorite in home gardens and farmer's markets for many years. 160 seeds. Area 10. O \$2.50

VBE-2480 Golden – 55 days. Round, quick-growing orange roots turn gold-yellow when cooked. Non-bleeding color, and sweet taste even when large. Good bolt resistance and stores well. Excellent pickles. 160 seeds. Area 10. C \$2.75

VBE-2490 White – 55 days. Large, round roots that are white throughout. Light green leaves are succulent, crunchy and mild for salads or cooking. White beets are extra sweet and delicious—related to sugar beets. 160 seeds. Area 10. C \$2.25

MBE-6230 Beet Mix – A mixture of varieties and colors, including some not in the catalog. 160 seeds. Area 10. \$2.50

Mangel

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

A very sweet, nutritious, and long-keeping type of beet that stores well for winter food. Originally a high output fodder crop, a few varieties were bred for flavor. Easy to harvest.

🐞 **VBE-2500 Early Yellow Intermediate Mangels** – Quite famous variety, first developed by the great Vilmorin in the 1800's. These produce a lot of food value in a small space, for those who want to grow a major part of their own diet. Large elongated roots, gray-green shoulder, orange base. Solid white to golden flesh. 12-18" tops. short supply: 50 seeds. Area 8. GB \$2.50

Brussels Sprouts

Br. oleracea v. gemmifera C/Matures 11-13/Harvest 12/Yield 70-140/Spacing 18"

Produces many walnut-sized buds like tiny cabbages, best harvested when 1" across. Needs fertility, cool, moist weather, and staking in windy sites. When a bud starts to bulge from stem, remove the leaf below it. When harvest slacks off, pinch out top to redirect energy to sprouts. Requires long growing season and taste best when matured in cool weather. Frost sweetens flavor, adds vitamins.



VBR-2640 Rubine – 80-100 days. A beautiful garden plant - red foliage and red sprouts. Large, late variety. Distinct, excellent flavor popular in farmers' markets. Fall harvest. Hardy to low 20's. 40 seeds. Area 75. C \$1.95

VBR-2650 Seven Hills – 100-120 days. Hardy late Brussels Sprout gives a bountiful crop of fine sprouts through mid-Winter. Less-crowded stalks have fewer problems with rot in rainy climates, but

may need staking to prevent damage from wind or snow. 75 seeds. Area 140. C \$1.95

VBR-2630 Early Half Tall – 80-90 days. Popular early variety giving a heavy crop of sprouts from top to bottom of the stalk. Ready by mid-Autumn, stands to early winter. 75 seeds. Area 140. C \$1.95

Burdock (Gobo)

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

VBU-2690 Takinogawa Long – 120 days. Important vegetable and medicinal food in Japan and China. Long tender roots grow quickly. Best in deep soils. Roots cooked like carrots with sweet rich flavor. Plant in spring, harvest in the fall or overwinter and use in early spring. (Do not allow it to stay in the ground after that, as it will make prickly burs that spread and reseed.) Medicinal: detoxifier. 60 seeds. Area 4. C \$1.95

Broccoli

Brassica oleracea var. italica

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

Popular vegetable with home gardeners. Easy to grow and has a long harvest. All broccolis like moist, fertile soil and cool weather. Very high in anti-oxidants.

VBR-2560 Early Purple Sprouting – 120-220 days. RHS Award of Merit. The most ancient type of broccoli, renowned for excellent flavor. These need to go through a winter to produce their heads and are generally planted around the first of August. In early spring, before other types are ready, many small, sweet purple heads form all over the plant. They will survive nighttime temps to 15 degrees in the open and will need protection if weather is colder or the cold lasts all day. Large plant is very productive, handsome, and dependable. Ours is the only early variety available. 110 seeds. Area 135. C \$1.95

🌿 **VBR-2540 Di Cicco** – 48-85 days. (1890) A rich-tasting old Italian heirloom. Compact 2-3' light-green plants. Harvesting the 3-4" central head stimulates production of numerous smaller side shoots. Quality and long harvest period make it the best broccoli for home gardens. Freezes well. 110 seeds. Area 135. O \$1.95

VBR-2550 Romanesco – 75-100 days. A unique type. Large stocky plant bears beautiful spiraling apple-green heads up to 6". Tender with nutty mild flavor. Does well in North. Like cauliflower, it's a heavy feeder, and must have plenty of compost and moisture to perform well. 110 seeds. Area 135. C \$1.95



VBR-2575 Piricicaba NEW! – 56 days. Named after the city in Brazil (pronounced peer-a-SEE-ca-ba) where there are beautiful waterfalls—and the university that developed this heat-tolerant broccoli. Halfway between a standard grocery store broccoli and a broccoli raab, with large plants that produce lots of succulent small green heads. Heads, stalks, and leaves are all sweet and tender. Good frost tolerance for fall sowing, but the thing that got our attention was its hot-weather performance. In trials in California, it produced heads when temperatures were in the 90's. 110 seeds. Area 135. C \$1.95

🌿 **VBR-2555 Purple Peacock** – 75-100 days. A different unique type. Gorgeous ornamental edible with purple broccoli head, surrounded by leaves that look and taste much like Russian Red Kale, scalloped and cut with pink veination. After the main head is cut, treat it like raab or kale, cutting the shoots, leaves and stems to cook together. Can be a big plant up to 2 1/2ft. Very winter hardy, related to kale. 110 seeds. Area 135. O \$1.95

🌿 **VBR-2580 Spring Raab** – 40-45 days. Also called Rapini. Planted in early spring, producing a quick crop of tender shoots like small broccoli. Braise or steam the whole leafy stems, or stir-fry. Good for fall crops as well. 110 seeds. Area 135. O \$1.95

Cabbage

Brassica oleracea var. capitata

Time planting so that heads form either before or after hot summer weather, using floating row covers or cold frames and quick-growing varieties for spring crops. For fall and winter harvest, the slower-growing varieties are hardiest and hold longest without splitting. Cabbage likes cool, moist weather but heavy mulch (and shade cloth or taller crops) can help during midsummer. For best flavor and solid head, insure plenty of food, lime, water, and space—don't let the plants overlap. It's better to grow radish, lettuce, arugula, or chervil in between and harvest as the cabbages expand. NOTE: Days are from transplant; add 14 days from seed.

Early & Main Season

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

VCA-2740 Greyhound —63-73 days Back in the catalog after 2 years' absence. Heirloom English variety with, fast-growing, pointed heads. Earlier than Early Jersey Wakefield, with excellent flavor. Small plants don't take much room, or time, in the garden..85 seeds. Area 100. C \$1.95

VCA-2750 Primo – 60-70 days. An old favorite. Very early, you can sow in succession from earliest spring until mid-July. Compact, ball-headed, sweet. Less fussy about soil and spacing than many others. Highly recommended. 85 seeds. Area 100. C \$1.75

🌿 **VCA-2730 All Seasons** – 85-95 days. Fine flavor, a strong grower and sure header. Heat resistant. Heads 8" X 10". 85 seeds. Area 100. O \$1.85

VCA-2760 Red Drumhead – 85-100 days. A very special red cabbage, hard to find in the US, with excellent flavor and a good keeper. Heirloom from the 1860's. Deep purple color is not lost in cooking or pickling. Slightly flattened heads 7" wide are very firm and dense. Plant early spring for early fall harvest or later for winter use. Handles heat well. Waxy heads repel rain and hold well in cold wet weather. Beautiful with flowers or contrasting vegetables. 85 seeds. Area 100. C \$1.75

VCA-2770 Winningstadt – 80-95 days. Heirloom from 1866. Upright, compact plants form firm pointed heads to 9" with mild flavor and good keeping qualities. Thick, firm leaves are blue-green and waxy. Sheds rain and weather well. Good choice for kraut or cooking, and produces a lot of food in a small space. 85 seeds. Area 100. C \$1.95

Late Harvest

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

VCA-2800 January King – 100-160 days. (1885) Famous winter cabbage and one of the hardiest—survives all winter in zone 7. Solid, flat light green heads weigh 3-5 lbs. Heart is more tender than most other cabbages and has a milder flavor. Thin blistered leaves with purple flush. Frost improves flavor. Fine for shaded gardens anytime. 85 seeds. Area 100. C \$1.75



VCA-2810 Vertus Savoy – 95-120 days. Savoy cabbages are the most cold-hardy of all, and many consider their very thin, ruffled and blistered leaves to be more delicate in flavor than ordinary cabbage. Large, medium green heads average 4-6 lbs, and are perfect for stuffing, braising and soups as well as winter salad and slaw. Takes lots of frost and snow; not as tolerant of extreme wet as other winter varieties. 55 seeds. Area 100. C \$1.75

MCA-6260 Cabbage Mix – 65+ days. Several different types, short, mid, and late-season varieties. Their varying maturity dates will ensure a long harvest. 85 seeds. Area 100. \$1.95

Chinese Cabbage

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

VGR-2820 – Market Pride 70-85 days. Cylindrical tight 12 in. heads. Mild flavor, crunchy texture, like an “iceberg” cabbage. Best as a fall crop— likes decreasing temperatures and day lengths, and tends to bolt if temp or light increases. Delicious fall salad green, very juicy, as well as for soups, steaming, stir-fry, and making kim-chee. 80 seeds. Area 40. GB \$1.95

Carrots

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

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

VCA-2880 Amarillo Yellow – 75 days. Tapered carrots with large shoulders and a sweet distinctive taste different from orange carrots. Looks pretty in salads or cooked in a mix with other carrots. 500 seeds. Area 20. C \$1.95

VCA-2890 Autumn King – 85 days. Large uniform roots of exceptional color, crisp flesh, and high yields; fine variety for winter storage and for storing in the ground under snow. Good type for serious food production. 800 seeds. Area 30. C \$1.95

⌘ **VCA-2900 Belgian White** – 80 days. (1885) Grows pure white - very striking! Mild delicious flavor unlike other carrots. Very productive and can get large. Also for those who can't tolerate carotene. 300 seeds. Area 12. N \$2.25

VCA-2910 Chantenay – 70 days. French heirloom from the late 1800's. Wide, deep-orange, shorter roots cope well with problem soils. Yields heavily, keeps well, good eating, freezing, all purpose. Dependable. 800 seeds. Area 30. C \$1.95

VCA-2980 Shin Kuroda –NEW! 68 days. Very early, short wide 6" carrot extra easy to grow, with the sweetness that has made Japanese carrot breeders famous. Good for spring or summer crops, all kinds of soils, Excellent flavor for eating, freezing, canning, pickling. 800 seeds. Area 30. C \$1.95

VCA-2930 Scarlet Nantes– 68 days. Sweet, brittle, aromatic flesh—a spring treat. Blunt, finger-shaped roots 7"long. Outstanding raw flavor. 800 seeds. Area 30. C \$1.95

⌘VCA-2950 Juwarot– 70 days Back! Our most popular carrot ever, it became unavailable 3 years ago and we had to drop it. We now have seed grown by Ellen Bartholomew at Golden Rule Garden from hand-selected roots. Juwarot was bred especially for juicing and raw eating—crisp, juicy, and sweet, Highest carrot in vitamin A. 800 seeds. Area 30. GB \$1.95

VCA-2960 Dragon Purple – 75 days. Purple on the outside and orange/yellow on the inside. Grow a bouquet of colored carrots for veggie platters! Has a spicy flavor.. Shown right 150 seeds. Area 6. C \$2.25

VCA-2970 Saint Valery – 80 days. (1885). A legendary carrot. Very smooth, uniform root with bright red-orange skin. Large: 10-12" with 2-3" shoulder. Flesh is fine-grained, sweet, tender with very little core. High in carotene. Keeps well in the ground. Highly productive, top quality. 800 seeds. Area 30. C \$2.00

MCA-6270 Carrot Mix – Carrots of many sizes and colors for your entertainment and delectation. 800 seeds. Area 30. \$2.50



Savoy Cabbage at Golden Rule

Cauliflower

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

There is a trade-off between the size and compactness of the head and the plant's resistance to frost or drought. Warm weather varieties are the true cauliflowers with large heads. Cold weather varieties (cauliflower-headed broccolis) are not as large or compact and can stand temperatures down to about 10 degrees. Ensure adequate feeding and water — cauliflower is probably the greediest feeder of all.

VCA-3010 All The Year Round – 70 days. Hardy for a summer variety. Large, tight, white head surrounded by leaves. Well-known in Europe for adaptability. 45 seeds. Area 50. C \$1.95

VCA-3020 Purple Cape – 200 days. (1808) S Africa. Produces rich, purple heads of excellent flavor. A winter hardy type (Zone 6) ready from late Winter on. Best planted in cold frame in Fall. 25 seeds. Area 30. C \$2.50

⌘ **VCA-3030 Snowball** – 52-70 days. 6"-7" solid pure white heads protected by outer leaves. Sure header, long harvest. 90 seeds. Area 100. O \$1.95

Celery

C/Matures 15-19/Harvest 2-6/Yield 240-950/Spacing 6"

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

⌘ **VCE-3080 EA Special Strain** – 85 days. From our research garden, developed from the Ventura variety. Tall Utah type with upright glossy bright-green stalks over a foot long. Well-developed hearts on high-yielding plants. Good disease resistance, slow to bolt, amazingly tolerant of tough conditions, has overwintered in Zone 8. 280 seeds. Area 40. GB \$1.95

VCE-3090 Golden Self-Blanching – 80 days. Easy to grow early variety. Dwarf, with yellow foliage, cream-colored stalks of fine flavor with thick heavy stringless 9" ribs. Extra-large nutty-tasting base. Disease resistant. No blanching, trenching needed. 280 seeds. Area 40. C \$1.75

VCE-3095 Celeriac – 110 days. This type of celery is grown for its root – 3 to 5" across, round, white, with a mild nutty flavor. Try it in potato salad, hot dishes or soup. Culture like other celery, but plant these 10" apart. 200 seeds. Area 100. C \$2.00

VCE-3100 Leaf, or Cutting Celery – 80 days. Celery flavor for salads and soups, with no elaborate culture necessary. Snip leaves and stalks as needed. Do not let stalks elongate for flowering, as plants will get strong-tasting and stop making leaves if allowed to flower. Nice in a handy, well-watered pot. 280 seeds. Area 40. C \$1.75

Chard

please see Swiss Chard, page 27

Cardoon

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

🌿 **VCA-2840 Cardoon** – 100-150 days. Striking 6-8 foot perennial (zone 7 and above) with long toothed silver-gray leaves. Excellent carbon crop—we grow this for compost. Similar to Artichoke in looks and taste, but grown for its fleshy young leaf ribs, blanched for food use by tying paper around the bottom 12" of the plants during the growing season. Beautiful blue thistle flowers—use them in bouquets to prevent reseeding. 20 seeds. Area 100. GB \$2.25

Chicory

Cichorium intybus C, W/Matures 12-14/Harvest 2-4/Yield 60-100/Spacing 12"

Similar to Endive, of the same family and as hardy. Can be sown in Spring for Autumn use, or over-wintered for Spring harvest. Can also be "forced" by pulling it up in late Autumn and replanting in a box of sand indoors for fresh Winter greens.

VCH-3180 Belgian Endive, Witloof – 160 days. These white or pale yellow, torpedo-shaped "chicons" are a winter treat. Plant and grow like carrots, six inches apart. In the fall, cut the tops off, dig the roots and store in a cool, dark, airy place like a cellar, shed, or refrigerator. The chicons are grown by planting the roots (a few at a time throughout the winter) in a box or pot of moist sand or peat in the dark. Temperatures should be 50-60°. A romaine-like head of tender blanched leaves will sprout. When it is 6" tall, it is ready to eat as a luscious winter salad, braised, or steamed. In mild-climate areas, it may be possible to leave the plants in place, cut the tops, and put a box over. 50 seeds. For complete instructions and recipes, see "Serving Up the Harvest" in our book section. Area 30. C \$2.00

VCH-3190 Catalogna a Foglia Liscia, Italian Dandelion – 52-83 days. Fast growing plant traditionally used for early greens. Deep-cut long broad leaves resembling dandelion from spring sowings. Great braised with meat or lentils. 200 seeds. Area 120. C \$2.25



VCH-3195 Early Treviso – 60-85 days. Easiest radicchio to grow, and beautiful. A Romaine-type head of salad-sized leaves in shades of crimson and pink with bold white midrib and veins. Heads up from sowing in late summer to fall. To assist heading and blanch more leaves, you can tie the outer leaves up around the head after it reaches full size 200 seeds. Area 120. O \$1.95

Collards

W, H/Matures 12/Harvest 24/Yield 96-383/Spacing 12"

VCO-3240 Georgia – 60-80 days. (1880) This 36" Non-heading cabbage is easily cultivated & tolerates poor soil. Huge blue-green slightly crumpled juicy leaves can stand summer heat (slow to bolt) and winter cold. Esteemed for its mild flavor, enhanced by a mild freeze. We have received many comments from customers who really appreciate the flavor of this particular strain. 200 seeds. Area 125. C \$1.50

Cowpeas, Blackeye Peas

W, H/Matures 9-12/Harvest 8/Yield 2-9/Spacing 24
Home garden favorite for fresh, frozen or canned.

VBE-2160 California Black-eyed Peas – 85 days. Customers say these are "unbelievably easy to grow". Erect, high-yielding plants bear creamy-textured beans with distinct, delicious flavor. 130 seeds. Area 375. C \$2.00

Tree Collards

We have tree collard cuttings seasonally. (they can't grow from seed) Check web site or by phone for availability.

Corn

W, H/Matures as marked/Harvest 1-2/Yield fresh 17-68, dry 11-23/Spacing 15"

We offer only open-pollinated varieties that do well in most climates. Sweet if you pick when ears are young (check often) and cook immediately. Corn does better if inter-planted with a nitrogen-fixing legume, like beans or a compost crop. Plant in blocks of at least 5 square feet in order to ensure pollination.

Sweet Corn

🌿 **VCO-3315 Anasazi** – 90 days. Ancient variety, propagated from seeds found in Anasazi ruins. This Southwestern landrace heirloom is drought-resistant and doesn't require the extreme fertility and weed-free conditions needed by many modern corns. Likes warmth 7-8 ft plants with 2 multicolored ears, 7" long. 150 seeds. Area 180. O \$3.50

VCO-3330 Country Gentleman (Shoe-peg) – 95 days. (1890) Heirloom white corn—many folks' favorite. Deep narrow kernels are sweet, tender and milky. 7-8" tapered ears on 7-8 foot stalks that can produce 2 ears. Resistant to Stewart's wilt. Great fresh, as cream style corn, or for canning. 150 seeds. Area 180. C \$2.75

VCO-3340 Golden Bantam – 70 days. (1902) Old time favorite. Plump broad yellow kernels on 8-row 5-7" ears. Short, 5'-6' vigorous, high yielding plants. Excellent flavor for eating or freezing. Can be ready by mid-Summer. 150 seeds. Area 180. C \$2.75

🌿 **VCO-3325 Festivity** – 75 days. We are so excited to offer this new corn, a stable, open-pollinated sweet corn with the amazing cold-hardiness and cool-weather performance of Painted Mountain (one of its parents) with some of the characteristics that make modern corns so sweet. Grows 5-6 ft tall, often with multiple stalks, and 3 or 4 multicolored ears 5-6" long. A testament to the talents and persistence of small farmer/breeders who have proved that a hardy, tasty, new sweet corn doesn't need to be hybrid or come from a lab. Our seed comes from stock that survived frost as seedlings and went on to produce well. 150 seeds, Area 180. O \$3.50

Popcorn and Flour Corns

VCO-3280 Dent Corn, Hickory King White – 115 days. (1850) Huge kernels—voluptuous deep, wide, creamy-white on a small 7-8" cob. Plants, are robust, 8'-9', and grow on any soil. Good as sweet corn. Excellent for hominy, corn nuts or cornmeal. Freezes well. Large plants make lots of compost material. Southern heirloom. 150 seeds. Area 180. C \$2.50

VCO-3295 Flour Corn, Hopi Blue – 75-110 days. Ancient flint corn, traditional staple of the Hopi pueblo people. Bushy 5' plants bear 8-10" ears filled with smooth blue kernels. Drought-tolerant 150 seeds. Area 180. C \$3.50

🌿 **VCO-3290 Flour corn, Painted Mountain BACK!** – 75-100 days. Short 4-5' plants bear 7" ears and can produce a



crop in spite of difficult conditions. Tolerates less than optimum fertility, cold, drought. Very early. Kernels look like jewelry, in bright, glowing colors, high in anti-oxidants. Can be eaten as sweet corn, makes great flour or hominy. Bred by Dave Christensen in Montana. 100 seeds. Area 110. O \$3.50

VCO-3300 Popcorn, Japanese Hulless – 110 days. Use for "baby corn" (in Chinese dishes or pickling) if picked 5 days after silks appear, or grow to dry maturity for popcorn. Grows 5-6' tall, producing 3 to 6 ears that are 4" and stubby, with long, white, irregular kernels. Almost hullless - when popped there is no hard center. The finest eating of all open-pollinated varieties. 150 seeds. Area 180. C \$2.50

Cucumbers

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

Cucumbers are only slightly more hardy than melons, so plant in warm soil in warm weather. Heavy feeders. Keep well watered. If cucumber beetles are a problem cover with floating row cover which promotes early growth and protects from pests.

VCU-3430 Beit Alpha MR – 56 days. A very sweet, crisp Mid-Eastern type cucumber good for both salad and pickling. Essentially spineless, its black spines brush right off. Straight, green, medium-sized 6" fruits. CMV resistant. Medium-sized vines. Crisp sweet flesh. 40 seeds. Area 25. C \$1.75

🌿 **VCU-3440 Lemon** – 58-70 days (1894) Thin, tender skins. Size and shape of a lemon. Crunchy white flesh on the inside is mild & surprisingly sweet. Very easy to digest. Excellent pickles. Rust & drought resistant. 40 seeds. Area 25. O \$1.85

🌿 **VCU-3445 Snow's Fancy Pickling** – 50-60 days. Heirloom from 1905. Selected for pickles, good canning size, up to 6"x2". 40 seeds. Area 25. O \$1.95

VCU-3450 Straight Eight – 52-75 days. Dark green 8"x2" cylinder with blunt ends. Prolific and vigorous plant that is tolerant to mosaic. Good for home use. 40 seeds. Area 25. C \$1.50

VCU-3460 Striped Armenian, Serpent Melon – 63 days. *Cucumis melo*. Fruits are long, ridged with dark and light green stripes. Digestible for people who can't eat other cukes. Retains quality a long time. Fairly late. 40 seeds. Area 25. C \$1.95

MCU-6310 Cucumber Mix – Assorted Cucumbers for fresh eating—no pickling types. 40 seeds. Area 25. \$2.25

Eggplant

H/Matures 10-11/Harvest 13/Yield 54-163/Spacing 18"

Not too difficult to grow, but start the seed off indoors and keep warm. Delicious when sliced and fried, steamed, or baked whole. Medicinal: lowers cholesterol, regulates high blood pressure,

VEG-3500 Casper White – 70-75 days. Early, compact plants produce shiny ivory fruits, 6" long, with snow-white, mild tasty flesh. Peeling not necessary when young. Plants bear until killed by frost. 40 seeds. Area 80. C \$1.75

VEG-3510 Long Purple – 70-80 days. Excellent flavor. 22-38" plants with 4 or more 8"x2 1/2" fruits per plant. This is the Asian, long slender type, quick-cooking, with slices uniform in size. 40 seeds. Area 80. C \$1.50

🌿 **VEG-3520 Rosa Bianca** – 80-90 days. Italian heirloom. Unless your summer is too short or too cold, it's hard to imagine anyone not loving this eggplant. Beautiful, plump fruits are shaded rosy pink and white, and the flavor is out-of-this world: creamy, mild, absolutely bitterfree. 40 seeds. Area 80. O \$1.75

VEG-3530 Thai Green – 70-80 days. Heirloom from Thailand, long with beautiful light-green 8" fruits. Slice it into curries and soups. Withstands light frosts. 40 seeds. Area 80. C \$1.75

MEG-6330 Eggplant Mix – A mixture of different shapes and colors, and both long and round types. 40 seeds. \$2.25



Endive

Cichorium endiva C, W/Matures 12-14/Harvest 2-4/Yield 60-100/Spacing 12"

VEN-3572 Frisee de Meaux – 60 days. An heirloom triple-cut curly endive from France, where Dominique Guillet has braved official persecution to save these traditional varieties from extinction. This is the feathery, finely-branched pale leaf you see in salad mix in winter. Grown like lettuce but grows more slowly and is more frost-hardy. Big heads with blanched hearts. 180 seeds. Area 75. O \$1.75

Escarole

Cichorium endiva C, W/Matures 12-14/Harvest 2-4/Yield 60-100/Spacing 12"

VEN-3574 Full-Heart Batavian– 60 days. Broad smooth leaves of very mild escarole in self-blanching heads 12" tall and across, dark green with creamy hearts. Sow early for spring crops, and again in late July thru August for fall and winter. Serve your own salad greens for the holidays! 180 seeds. Area 75. C \$1.75

Fennel

Annual/Spacing 12"

🌿 **VFE-3580 Perfection** – 80 days. Great new open-pollinated fennel that is as high-yielding as many hybrids, and more flavorful. Grown for the "bulb", the thick juicy base of the stems, like celery. Chop into salads or cook; mild anise flavor decreases with cooking. Tends to bolt in spring—plant mid-June or later for fall crop. Stands fall frosts to 15° F. Sow directly in garden to avoid disturbing root. Needs sun, water, fertile soil, but easier than celery. 210 seeds. Area 100. O \$1.95



Gourds

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

MLA-6360 Large Gourd Mix – 125 days. Gourds have historically been an essential part of domestic life, providing dippers, bottles, baskets and food containers. A forgiving crop that has many decorative possibilities. Great on fences, trellis, arches, etc. Get an early start with these. Includes Calabash, Dipper, Sugar Trough, and others. 15 seeds. Area 30. C \$2.25



gourd vine

Jicama

Annual Matures 20 if started early inside, otherwise 36

VJI-3870 Jicama – 280 days. Jicama is a vine up to twenty feet long. In warm winter areas it can be planted outdoors in the spring; otherwise it must be started indoors. Needs 8-9 months to produce the sweet juicy crunchy roots that are the edible part. Needs sun, and rich moist soil. Caution: the seeds and pods of jicama are poisonous! 20 seeds. C \$2.25

Ground Cherry, see page 28

Asian Greens

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

Easy and fast growing—make good growth even with cool soils and marginal fertility, though they really appreciate compost and moisture to make tender juicy leaves. culture like lettuce.



VGR-3693 Vitamin Green— 21 days baby, 45 days full-size An entirely different kind of brassica, with no mustardy flavor. White stalks and very glossy green leaves are good for salad, steamed, or stir-fry. Sometimes called "mustard spinach", this green is easy to grow, unfazed by heat, very cold-hardy, with mild, sweet flavor Good choice for winter and early spring salads. Eat stalks, leaves, flowers. 80 seeds. Area 40. C \$1.75

VGR-3670 Mizuna – 40-65 days. Mild, feathery green is a major part of almost all salad mixes. Vigorous plants grow quickly to 12"-24" and 2-4 lbs. Or cut when 3"-4" for salad mix. (28 days) Cold resistant. Bolts in heat. 80 seeds. Area 40. C \$1.75

🌿 **VGR-3680 Pak Choi** – 50 days. Bok Choy, White Stem (Chinensis Group) Essential for stir-fry. Dark green leaves & thick white stems make a tall celery-like head with mild mustard flavor. Very slow to bolt; holds well in the garden, but . 80 seeds. Area 40. O \$1.75

Shungiku see Herbs, page 45

🌿 **VGR-3690 Tatsoi** – 45 days. (Chinensis group) Flat open rosettes of spoon-shaped dark green glossy leaves, thick broad crisp but tender white stalks. 12-18". Stands some frost, bolts in heat. 80 seeds. Area 40. O \$1.75

MAS-6210 Asian Greens Mix – An larger assortment of Asian Greens, plus Cilantro and Shungiku from our Herb section. 80 seeds. Area 40. \$2.25

Specialty Greens

Greens retain the vigor and nutritional value of their wild ancestors. Many will take some shade in summer, and make good, fast-growing intercrops between slower larger plants like cabbage, broccoli, even tomatoes. Generally, new growth and young leaves are good in salad, while older leaves can be braised, steamed or added to soup, spaghetti sauce, or stir-fry. Salad possibilities elsewhere in the catalog include chicory, endive, fennel, amaranth, quinoa, kale, and spinach; also the herbs chervil, burnet, borage, lovage, and the basil.

VGR-3735 Agretti C/Matures 6-8/Spacing 6"50 days. One of the very popular greens of Italy, now available to American gardeners. Plants look like chives, but the round leaves are juicy and crunchy instead of hollow. Taste is unusual and complex blend of flavors, great for crunch in salad or braised briefly with olive oil and garlic. Regrows after cutting; snip it for salad. Perishable seed: we will not ship Agretti after April 1. 100 seeds. Area 15. C \$2.00

🌿 **VGR-3740 Arugula, Rocket** *Eruca sativa* Annual/Spacing 12"37-50 days. Fast and easy in most soils, and cold-hardy. Likes some water. Spicy, tender leaves and flowers for salads. For tender salad greens, plant every 2 weeks—bolts quickly. Be sure and leave some plants to flower and make seed—they flower for a long time, drawing important pollinators the whole time, and then scatter their own seed so that they will keep reappearing in the same spot if undisturbed. Easy in pots too. 200 seeds. Area 100+. O \$1.75

VCO-3390 Corn Salad, Mache C/Matures 6-8/Harvest to 20/Yield 130-540/Spacing 8"45-60 days. Vert de Cambrai. Small dark-green leaves have very mild flavor and delicate texture. Hardy to 0° F but doesn't like heat. Sown in Autumn to stand the Winter. Whole plants are harvested for salad greens. Very high vitamin C. 200 seeds. Area 50. C \$1.75

🌿 **VGR-3703 Chickweed** *Stellaria media* Annual/Spacing broadcast 37-50 days. Why plant a weed that exists wherever there are gardens? Well, this is a nice juicy, mild-flavored strain that endures some cold and flowers early to draw beneficial insects to the garden to eat those spring aphids. Many herbal and culinary uses. Can be clipped every few days (until flowering) and used just like sprouts or mild lettuce, in tacos, salads, garnish. Good nurse crop for spring seedlings, or permanent part of a beneficial-attracting, low maintenance hedgerow 200 seeds. Area 100+. O \$1.75

🌿 **VGR-3705 Cress: Wrinkled Crinkled Crumpled** C / Matures 2-3/Spacing 4" 21 days. Fast and easy, regrowing over and over after cutting. Popular component of mesclun and salad mixes. Fluffy, curled leaves like parsley, with a sweet/spicy flavor for salad, soups, garnish. 300 seeds. Area 20. O \$1.75

VGR-3770 Good King Henry Perennial/Spacing 12-18"

80 days. This rare plant, also known as Mercury or Lincolnshire Spinach, has juicy long-stalked, arrow-shaped leaves very mild in flavor and famously nutritious. It is perennial at least to zone 7 and probably quite a bit colder, emerging very early in spring. Needs cool temps for germination—barely cover seed, and keep moist. 75 seeds. Area 56. C \$1.95



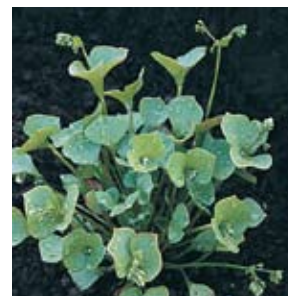
VGR-3400 Minutina, Erba Stella, *Plantago coronopus* Perennial/Matures 7-8/Spacing 4" 50 days. **Staghorn.** Crunchy, succulent

leaves make a great addition to salads. Ultra-hardy. Minutina, like miner's lettuce, corn salad, and mizuna, stands all winter, even in Maine, in an unheated greenhouse. (See Four-Season Harvest in our book section). Small plant makes a rosette of slender leaves, cut and forked like a stag's horns. Easy to grow, takes very little space, regrows after cutting. Flower buds edible, too. 500 seeds. Area 50. C \$1.95

VGR-3720 Miners Lettuce *Montia perfoliata* Annual/Spacing: Broadcast. 40 days. Wild American native popular in Europe for its tender juicy leaves and mild buttery flavor. Extremely hardy for extra-early and late sowings. Adapts well to greenhouses. Shade-tolerant. Entire plant is edible; best before flowering. 200 seeds. C \$1.95

VGR-3760 French Sorrel *Rumex acetosa* Perennial/Spacing 6"

"60 days. Broadleaf. Perennial in all zones. Likes partial shade and any soil. Leaves appear in spring from the perennial rootstocks, long before the soil is warm enough for seed to sprout. Large leaves have a lemon tang that is a great in salad, herb butter, soup and seafood sauces. Keep picked for longer production. 200 seeds. Area 50. C \$1.75



VGR-3830 Strawberry Spinach

Chenopodium capitatum Annual/Spacing 8" 55 days. Beetberry, Strawberry Blite. At least 400 years old, an ancient plant re-discovered at monastery sites. Like Lambs Quarters, but smaller. At each leaf axil there are small sweet, fruits somewhat like strawberries or mulberries. Nice fresh, in salad, cooked, or in jellies. May reseed. 90 seeds. Area 25. C \$1.95



VGR-3840 Texsel Greens *Brassicat carinata* Annual/Spacing 8" 40 days. A fast-growing, mild-flavored green from Ethiopia. Very useful catch-crop, intercrop, or early greens, used for salad when young, cooked later on. It is one of the few brassicas that can be grown in gardens afflicted with clubroot, where cabbage, broccoli, etc. cannot thrive. Different species from all those brassicas, so can save seed without crossing. Tolerant of heat and cold, but needs fertile, moisture-retentive soil—will bolt if allowed to dry out. 90 seeds. Area 25.C \$1.95

Hot-Weather Greens

VGR-3750 Egyptian Spinach *Corchorus olitorius* W,H/ Matures 10/Spacing 12" 70 days. Molokheiya. Multi-purpose vegetable that can survive both dry and wet conditions. Fresh leaves can be eaten as salad or cooked greens, and dried leaves can be used to thicken soups or for tea. Regrows for multiple cuttings. Makes a nice potted plant—grows about 2" tall and bears yellow flowers if not clipped for food use. Loves heat. 100 seeds. Area 65. C \$1.95

VGR-3790 Malabar Spinach *Bassela rubra* W,H/Matures 16-20/Harvest 14-16/Yield 180-270/Spacing 12" 90 days. A very unusual productive and delicious Asian vegetable. Thick, dark-green leaves on handsome 6' vines provide abundant tasty greens throughout the summer when spinach will no longer grow: heat tolerant and vigorous. Delicious mild taste equally good in salads and cooking. Handsome on a trellis or screen. 50 seeds. Area 30. C \$2.50

VGR-3800 New Zealand Spinach *Tetragonia expansa* W,H/ Matures 10/Harvest up to 42/Yield 180-270/Spacing 12" 50-70 days. Not actually spinach, but a good hot weather substitute. Salt tolerant and will even grow in sand. Has small arrow-shaped leaves, thicker than spinach. Very slow to germinate so give it time. Tastes a lot like spinach cooked. Regular trimming encourages lush growth. 40 seeds. Area 25. C \$1.95

VGR-3730 Purslane *Portulaca oleracea* Annual/Spacing: 12" 50 days Does well in any garden soil, and loves hot weather. Fleshy, crunchy leaves have a fresh, very slightly lemony flavor, great in summer salads. Popular in many countries as a cooking green, braised, steamed, or in soups. Pulls salts out of soil, so can be used to remove minerals or nutrients that are out of balance in the soil, from years of irrigation in drylands, or from over-fertilization, etc. Ayurvedic herb. 200seeds. Area 100+ C \$1.95



Orach, Mountain Spinach

Atriplex hortensis One of the oldest cultivated vegetables in the world. An excellent hot-weather spinach substitute, for salad greens or cooking. Grows straight up to 2-3 feet tall on sturdy stalks, so good for compact gardens. Sow in place, and keep watered. Best salad quality from first 18" of growth, so pick leaves or cut young plants whole.

VGR-3820 Oracle W,H/Matures 5-9/Spacing 12" Unusual frosted-magenta color, mild, slightly salty flavor. Leaves can be eaten fresh or steamed. This is the popular red variety we have carried for several years. 80 seeds. Area 50. C \$1.95

🌀**VGR-3825 Aurora** W,H/Matures 5-9/Spacing 12" 37-60 days. An amazing rainbow of bright and unusual colors really jazzes up summer salads and vegetable plates: red, gold, green, pink, carmine, and purple. The leaves have a shimmery radiance that you really have to see. 80 seeds. Area 50. O \$1.95

Kale

C/Matures 8-9/Harvest 17/Yield 76-153/Spacing 15"

Borecole, or "Winter Greens" stands the severest winter weather and provides cooked greens through winter and into early spring, sending up tender new growth long before other crops have sprouted. Frost improves flavor.

VKA-3910 Lacinato (Dinosaur) – 50-60 days. Italian heirloom requested by many customers. Delicious 3" dark blue-green leaves, 10-18" long. Milder and more tender than many kales. Very hardy, flavor enhanced by frost. Best eaten when small and tender. Heavily savoyed texture (like dinosaur skin). Baby leaves excellent in salads. 85 seeds. Area 100. C \$1.75

VKA-3920 Pentland Brig – 68 days. European favorite for hardiness and fine flavor. High yields of curled leaves hold all winter; juicy flowering shoots appear in spring. Gray-blue color, nice texture, sheds water well. 50 seeds. C \$1.75

🌀 **VKA-3930 Russian Red** – 50-60 days. (1885) Ragged Jack. Very hardy, for overwintering, with delicate flavor. Use for salad when young, or enjoy the frost-sweetened leaves in winter dishes.. Very beautiful purple/red oak-type leaves. Survived weeks of heat in our garden. 100 seeds. Area 125. O \$1.95

🌀 **VKA-3932 White Russian** – NEW!-50-60 days. (1885) From Frank Morton's remarkable breeding program for organic growers. The most winter-hardy kale we offer, and the most resistant to flooding and soggy soils. Has won many taste tests in spite of its tough constitution. Cut and frilled edges with white midribs, mild flavor, easy to grow. 100 seeds. Area 125. O \$1.95



🌀 **MWE-6460 Wild Garden**

Kale Mix – 50-60 days. This is a varied, tasty, and beautiful gene pool of Russian/Siberian type kales. Colors from green through purple, and leaf edges from single to triple cut and curl. Intended for mid-July-Aug sowing, fall cropping and successful overwintering in milder climates to produce copious leaves and flowering stalks in early spring. A genetic gold mine for farmers who wish to select strains adaptable to their own environment. Bred by Frank Morton. 50 seeds. Area 60. O \$1.95

Kohlrabi

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

VKO-3970 Early White Delicacy – 50-65 days. The edible portion of this vegetable is the swollen stem just above soil level. Less susceptible to root maggot, clubroot, and other plagues than most brassicas. For tender stems, assure fertility and water, harvest at tennis-ball size, peel and eat fresh. 135 seeds. Area 10. E \$1.50

Lettuce

Quick growth makes for good flavor and tenderness, so assure water and fertility. (Lime acid soils). Lettuce seeds will not sprout once temperatures reach 85 degrees. Put in a jar in the refrigerator 4-5 days before planting. In summer heat, sow in the evening, water well, and give some shade.

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

Lettuce types: Looseleaves make a head that fans out so that the center leaves are visible. They are tolerant of marginal conditions, and can be cut leaf-by-leaf or all at once. Butterheads have silky texture and small, rose-like heads. Bibbs are looser, with the same silky leaf, but a crunchy midrib. Romaine (or Cos) makes a tall head with crunchy midrib. Summercrisp types have a tall, ruffled head, with a crisp, somewhat blanched interior. Iceberg types have a firm, wrapped head, and a dense, blanched, crisp interior. Stem lettuce is a unique kind that is still good after bolting. Sword lettuce looks like a romaine, faster-growing, with a tighter head and pointed teardrop shape

Romaine (Cos)

C, W/Matures 6-13/Harvest 1-3/Yield 135-540/Spacing 10"

🌀 **VLE-4205 Crisp Mint**— spring/fall 60-70 days. Heavy heads with real romaine backbone, flavor, and juice. Mint green leaves (minty color, not flavor) surround crystal white hearts of puckered leaves. Prizewinner for crisp, sweet flavor. Top choice for Caesar salad. 300 seeds. Area 100. O \$1.95



🌀 **VLE-4200 Jericho** — summer 60-65 days. Heat-resistant Israeli variety with large, dense, green heads 12-14" tall. Golden Rule Garden coordinator Ellen Bartholomew says, "It will not bolt unless you beg it to. I love it, and it gave crispness to summer salads." Excellent flavor. 150 seeds. Area 50. O \$2.95

VLE-4210 Little Gem — spring/fall 60 days. Easy-to-grow main season lettuce, with flavor that won the Royal Horticultural Society taste competition. Small heads grow rapidly to 6" and are mostly heart—crispy and sweet. 300 seeds. Area 100. C \$1.95

🌀 **VLE-4215 Outstanding**—spring/summer/fall 68 days. Red Romaine—big upright heads, crunchy, and really red. Selected for color, big tight heads, slow bolting, and disease resistance. Best in its class. 150 seeds. Area 50. O \$2.75

VLE-4230 Winter Density —spring/fall/winter 55-65 days. Sweet-flavored lettuce with large, heavy, dark-green heads 9-10" high. Much used for Autumn sowing. Slow to bolt. A Romaine with dense crunchy hearts like an iceberg. The most frost-hardy head lettuce. 300 seeds. Area 100. C \$1.95

Sword or Longleaf

VLE-4212 Chinese Sword Lettuce — spring/summer/fall 45 days. A Bountiful Gardens exclusive, this is a separate species of lettuce from China. We are pleased to offer this variety, which was sent to us from Asia and was the earliest header in our trials. Fast-growing very narrow pointed heads take up the least space in the garden. Great for containers and squeezing into spaces between other crops.. Nice flavor, full and non-bitter. Also used in cooking add it to stir-fries or soups. Stands rain, adverse weather well. *Lactuca longifolia* 300 seeds. Area 100. C \$1.95

Bibb

C, W/Matures 6-13/Harvest 1-3/Yield 135-540/Spacing 10"

VLE-4130 Buttercrunch— spring/summer 50-75 days. AAS. Compact green heads with crisp pale heart. One of the most popular garden lettuces, crisper than other butterheads. 300 seeds. Area 100. C \$1.75



🌀 **VLE-4143 Deer tongue** — spring/fall 50-75 days. We've had several requests for this beloved heirloom from the eighteenth century. Unique and delicious. Pointed triangular leaves have buttery texture but with a crunch. Unusual and choice. 300 seeds. Area 100. O \$1.95

Butterhead

C, W/Matures 6-13/Harvest 1-3/Yield 135-540/Spacing 10"

🌀 **VLE-4110 Amish Speckled Butterhead**— spring 60-70 days. Luscious, tender and easy to grow, this butterhead is resistant to tip burn and very slow to bolt. Lime green leaves speckled with red on the outer leaves wrap pink hearts. Sweet flavor, dense large hearts, top quality .300 seeds. Area 100. GB \$1.95



🌀 **VLE-4250 Arctic King**— fall / winter 60-70 days. European heirloom, this is bred for winter growth and resistance to the rots and mildew that wet winter weather can bring. Unbelievably vigorous seed—fastest sprouting ever in our germination tests. Good choice for coldframes. 300 seeds. Area 100. GB \$1.95

🌀 **VLE-4120 Ben Shemen**—summer 60-70 days. Summer butterhead type from Israel, bred to be slow-bolting and maintain quality in intense heat. Large, dark-green, compact heads that are very sweet. 300 seeds. Area 100. GB \$2.25

🌀 **VLE-4160 Marvel of 4 Seasons**—spring/fall—45-70 days. Our own Winter Sun strain of an old French variety. Very hardy red butterhead. In cold-frames it can survive to about 15° F, and can take some frost in the open, though it grows better protected. Unlike most winter lettuces, which are for fall use only, this grows very well in cold spring soil. 300 seeds. Area 100. GB \$2.50

🌀 **VLE-4310 Winter Marvel, Merveille D'Hiver** — fall / winter 60 days. From the French market gardeners of the 1850's, a productive and hardy variety for late summer/fall planting. Large green heads have tasty, tender leaves, yet are hardy to 18° F. From our research garden. 300 seeds. Area 100. GB \$2.50

Iceberg

C, W/Matures 6-13/Harvest 1-3/Yield 75-300/Spacing 12"

VLE-4265 Ice Queen (Reine des Glaces) spring/summer – 65 days. Stays crisp in heat, slow-bolting. Crisp green head surrounded by fringed lacy outer leaves; a beautiful and regal heirloom. Makes a nice leaf lettuce after the head is cut. With crunch and refreshing pale green color. 160 seeds. Area 100. C \$2.00

VLE-4263 Anuenue – summer 68-87 days. The only lettuce we know that will sprout in temperatures above 85. *Ah-new-ee-new-ee*, means “rainbow” in Hawaiian. Does equally well for cutting when young, or as a mature head lettuce. No worries with this one; good flavor, slow to bolt, good-looking and easy, even if you’ve never been able to grow head lettuce before. Starts off slow, but when the others are bolting and wilting, it heads up. 150 seeds. Area 100. O \$2.25

Stem Lettuce

C, W/Matures 6-13/Harvest 1-3/Yield 135-540/Spacing 8"



VLE-4242 Cracoviensis – spring/summer/fall/winter 40 days. There is no other lettuce like Cracoviensis—each leaf is heavily textured, like dinosaur kale, rather than ruffled or curled on the edges. The leaves are lightly brushed with a deep purple-red, rather than the bronze-brown common in “red” lettuce. Then, when summer heat causes lettuce to bolt, the stalks (and leaves) are sweet and edible instead of getting bitter like

other lettuce! Use like celery. We like the stalks with dip on a hot day. A nice multi-season lettuce, as bolting is welcome, and the savoyed texture of the leaves gives it a lot of cold-hardiness. 200 Seeds. Area 100. O \$2.25

Looseleaf

C, W/Matures 6-13/Harvest 1-3/Yield 135-540/Spacing 8"

VLE-4260 Bronze Arrow – spring/summer/fall/winter 60 days. A rare, long-standing heirloom leaf lettuce that has it all. We feel it is one of the best lettuces in the world. Stays tasty at prime size for about three weeks even in hot weather without bolting. Takes cold equally well—we get call from folks who have bought a mix and have one lettuce left standing when the rest are frozen slime ...and it’s always Bronze Arrow. Harvest leaf by leaf or as whole heads—regrows either way. One of our gardeners took seven full cuttings from each of her plants one summer. Oak-leaf shaped, bronze-red leaves are tops for appearance and sweet flavor. 300 seeds. Area 100. GB \$2.50

VLE-4266 Cocarde – 60-65 days. spring/fall Beautiful deep red oakleaf with trumpet-shaped, more upright heads that keep the leaves up off the ground, a real plus in damp weather or where slugs and diseases are a problem. One gardener said “it gave me double the number of usable leaves in a damp summer.” Slow-bolting, and makes extremely fast growth in spring cold. 300 seeds. Area 100. O \$2.75

VLE-4267 Emerald Oak – spring/fall 60-65 days. Compact, jewel-green oakleaf that makes perfect “baby leaf” cuttings while young and a dense buttery-hearted head if grown to full maturity. This was bred for flavor, and its mild sweet taste and silky/crunchy texture are outstanding. 300 seeds. Area 100. O \$2.75

VLE-4273 Merlot – spring/summer/fall 58 (30 baby) days. Darkest red of all lettuces—can get deep purple in bright sun—and highest in anti-oxidant anthocyanins. Ellen at Golden Rule Garden says, “This was the most beautiful lettuce we had in our garden. Very slow to bolt.” Shiny curly leaves have complete resistance to downy mildew races 1-16. Quite frost-hardy. 300 seeds. Area 100. GB \$2.75



VLE-4276 Rossimo – spring/summer 45-60 days. Frilled and textured leaves are bright red on top, light green underneath. Beautiful and prolific, with large, full heads and mild sweet flavor. Slow to bolt. Seed grown by our apprentices at Golden Rule Garden. 300 seeds. Area 100. GB \$2.75



VLE-4285 Sunset spring/summer 40-66 days. AAS winner 1987. Replaces Red Sails. Ellen at Golden Rule says, “One of our new favorites ...it was so beautiful that we grew it near the entrance for guests to ooh and ahh over. And it tastes great.” Vivid red-edged leaves, slow to bolt, nice full heads. 300 seeds. Area 100. GB \$1.75

VLE-4290 Salad Bowl – spring/summer/fall/winter 45-68 days. AAS 1942. A light-green, extra-early looseleaf lettuce with great frost resistance either as a young lettuce in spring or as a fall lettuce for winter.. Long, wavy leaves stand up well to rain and wet. Fairly large, very bolt-resistant, will not get bitter in heat. Leaves are easily harvested and regrow well. 300 seeds. Area 100. C \$1.75

Mixes—one packet mixed seeds

MBO-6240 Bolt-resistant Lettuce Mix –50-65 days. A mix of heading and leaf types that show tolerance to heat and are least likely to bolt when the days get long and hot. 300 seeds. \$2.25

MHE-6340 Heirloom Lettuce Mix –50-65 days. A combination of as many of our varieties as possible. 300 seeds. Area 100. \$2.25

MNO-6400 Salad Mix (Mesclun)– 55 days (30 for baby greens) A mix of lettuces and other salad greens with various colors and shapes. Often planted very densely and cut down all at once for baby greens. 400 seeds. Area 120. \$2.25

Collections—several packets

no duplications between collections

LSP-6765 Spring Salad Garden –50-65 days. For the start of the season, a bouquet of beautiful, delicious, and fast-growing lettuces selected especially for growth in cool spring soil and sweet fresh flavor. Makes an easy way to start the season. Both red and green lettuces, of several types, along with an edible flower. Great in containers if the ground is still too wet or icy. 7 packets \$12.

LSU-6772 Summer Salad Garden– An assortment of salad greens selected for best performance in hot weather and long days. Separate packets allow you to design a beautiful salad bed, or tuck in a few plants whenever a space opens up. Includes several different lettuce types and colors, one other salad green, a salad herb, and an edible flower, for cool and beautiful summer meals. 7 packets \$12.

LFA-6687 Fall and Winter Salad Garden– Our most frost-hardy lettuces, in a variety of types and colors, plus three specialty greens that brave winter weather and taste great in salad. This collection will work for fall in the coldest zones, and will go all winter in Zone 7 or 8 and above. Includes plans for a simple cold-frame and a sturdy, inexpensive plastic cover to extend the season. A great place to start if you want to be more self-sufficient, extend your gardening season, and have the freshest, tastiest winter salads. 7 packets \$12.

BGE-1227 Salad Leaves for all Seasons Book \$22.00

Leeks

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

Leeks are extremely hardy, do not take up much space, are easily grown, and resistant to disease. A delicious addition to soups or stews. Requires well manured or composted soil and an early start. Hill-up dirt or mulch around them as they grow to make long, white stems.

VLE-4030 Musselburgh – 80-150 days. Very easy to grow. Large thick pure white stems 9" high. Broad, mild leaves. Strong cold resistance. Excellent eating, and very dependable. 150 seeds. Area 20. C \$1.95

VLE-4018-Carentan – NEW ! 135 days. Most tolerant of fluctuating temperatures and heavy soil in our trials this year. Huge leeks with long succulent white shaft. Holds a long time. 150 seeds. Area 20. C \$1.95

Lentil

W,H/Matures 12/Harvest 8/Yield 4-8/Spacing 4"

A straggling 12-18" vine that produces flat, two seeded pods. Cultivate like peas—cold hardy. Bears over a very long season if given summer shade, perhaps under taller crops. Keep vines dry as possible to prevent disease. Rich meaty taste, full of protein, fast-cooking. Nitrogen-fixer, improves soil, honey plant.

🌿 **VLE-4080 Green French** – 120-150 days. Dark green, small mottled seeds that look like semi-precious stones. Choice. 200 seeds. Area 15. O \$1.95

Melon

H/Matures 12-17/Harvest 13/Yield 50-145/Spacing 15"

A tropical plant, melons can be a challenge. Does not like cool temperatures or even prolonged cloudiness. Start indoors or under cover—needs 80 degrees for germination—one month before planting out in warm, settled weather. Or sow outdoors after weather is warm. Provide plenty of water until fruit sets, then only enough to prevent wilting. Our melon varieties are chosen for great flavor and adaptability to less-than-perfect conditions.



VME-4353 Crane – 75-85 days. This luscious, very fast-maturing crenshaw type was developed and refined by the Crane family, who have farmed in Santa Rosa, CA for 6 generations. Golden orange flesh, teardrop shape, pale green skin flecked with dark green. When the freckles turn orange, its ready to eat. 10 seeds. Area 12. C \$2.25

VME-4350 Charentais – 80 days. French melon known for its fine, sweet taste and ability to ripen even

in cool areas. Vivid orange with smooth striped skin.. Fruits about 2 lbs. Wonderful flavor. 30 seeds. Area 35. C \$1.95

VME-4360 Green Honeydew – 98 days. Round with sweet, thick, green flesh. Average 6-8 lbs. Excellent keeper. Tolerates powdery mildew, and fusarium. 30 seeds. Area 35. C \$1.95

VME-4370 Haogen – 80-85 days. Fragrant, sweet melon with a green and salmon swirled flesh. Smooth pale-yellow rind with green sutures. Vigorous vines, heavy crops of small fruits. Grows anywhere in mainland U.S. Needs some watering in dry spells. Israeli adaptation of ancient SW Indian melon. 30 seeds. Area 35. C \$1.95

VME-4380 Iroquois – 75-90 days. Muskmelon. Tough, protective rind makes this melon exceptional for roadside markets or the home garden. 5-7 pounds with an attractive oval shape and thick, deep orange, extra-sweet flesh. Heavily netted. Earliest to ripen in our garden. 30 seeds. Area 35. C \$1.95

MME-6380 Melon Mix – Heirloom quality, great flavor, a variety of types. 30 seeds. Area 35. \$2.50

Mustard

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

Mustard is found in most temperate regions of the world. Another cultivated weed that is easy to grow with only limited rainfall or occasional watering. Plant early spring, late summer, fall for winter crop in mild areas. Re-seeds easily. Leaves are rich source of vitamins A and C.

🌿 **VMU-4455-Green Wave NEW!** 35-60 days. Bigger, easier to grow, and more flavorful than Southern Curled. Large, bright-green leaves with frilled edges lose their peppery mustard hotness when cooked but still have lots of rich, complex flavor Cold hardy and also heat-resistant—200 seeds. Area 15. O \$1.50

MMU-6390 Mild Kingdom Mustard Greens Mix – 35-60 days. A tremendous mix of mild-flavored mustards from Peters Seed and Research. Diversity of leaf shapes and colors in shades of green and purple Many are selected for cold and disease resistance as well as mild sweet flavor. The grower is no longer farming, so this is the last we will get. 100 seeds. C \$3.25

VMU-4440 Red Giant – 35-50 days. Sweet zesty lime-green leaves overlaid with bright purple. Often seen in salad mix when young, and excellent cooked—sweet and mild, full of vitamins/minerals. Prime ornamental edible with flowers or contrasting foliage in containers and beds. 200 seeds. Area 15. C \$1.95



Mushroom Growing Kits

We are delighted to offer mushroom growing kits that enable you to produce delicious edible mushrooms at home. From the pioneer and leader in the field, Paul Stamets at Fungi Perfecti, these kits are produced under laboratory conditions and have been sold to satisfied customers for over 20 years. Choose the indoor kit, which is in a plastic bag that can sit on the kitchen counter (you just water occasionally), or the outdoor bed starter, where you supply wood chips or straw. Most amazing of all, you can make a mushroom patch right in your vegetable beds, and have the mushrooms protect your vegetables from diseases and add nutrients.

SMU-9376– Pearl Oyster Indoor Mushroom Patch—



Bouquets of Pearl Oyster mushrooms (*Pleurotis ostreatus*) will appear within two weeks of arrival. A 55 to 75 degrees F environment is needed. This kit produces a surprisingly large crop of tasty mushrooms, and when it has stopped producing it can be used as starter for an outdoor bed or compost pile.—\$24.

SMU-9377—Outdoor Mushroom Patch Starter—Garden Oyster Mushroom (*Hypsizygus ulmarius*) is a great ally of most garden vegetables. Mix this vigorous starter into a bed of straw, sawdust, and organic debris. The bed should start producing mushrooms in 9 to 12 months, feeding the roots of the underlying plants all the while. With appropriate care, will produce for years! Full instructions included.—\$25.00

Onions

Allium cepa W/Matures 14-17/Harvest 0-6/Yield 100-540/
Spacing 4"

Bulb

Onions need full sun, a fertile soil, and regular water. In addition, some need long summer days to bulb up. Southern gardeners (below 36° lat.) should choose day-length neutral or short-day types. (These are noted.) Harvest when the tops begin to dry up and fall over, then shade-cure for a week before storing.

VON-4573 Cipollini—NEW!105-125 days Italian heirloom boiling and pickling onions—perfect for skewers, braising, grilling, roasting ...Flattened, golden orbs almost too pretty to eat, but the flavor is delicious.150 seeds. Area 8. C \$1.95

☞**VON-4590 New York Early** – 94-100 days. Dependable, productive, and attractive with copper skin. Very hard blocky bulbs tender, sweet and mildly pungent flesh. Does well anywhere in 38-50° latitude. Good keeper. 150 seeds. Area 11. O \$2.25

VON-4595 Red Creole – 160 days. A small to medium sized flattened onion with reddish buff skin and red pungent flesh. Fair in storage. Particularly adapted to 24-28° latitude; for southern gardeners. 160 seeds. Area 11. C \$1.95

VON-4600 Red Torpedo – 95-200 days. Italian, Early Red Long. Spindle-shaped bulbs, averaging one pound. Purple skin and light-red flesh with a mild, sweet flavor. Poor keeper due to sweetness. Fresh market favorite, and a favorite at our garden. Intermediate day length. 150 seeds. Area 11. C \$2.50

VON-4620 Southport White Globe – 65-120 days. Best white keeper. Handsome medium-size globe. Flesh is fine-grained, very firm and snowy-white with pungent flavor. Excellent bunching onion and as Autumn onions. Preferred by restaurants. Needs long days. 150 seeds. Area 11. C \$1.95

VON-4610 Southport Red Globe – 65-120 days. Unusual long-keeping red onion, famous for fine flavor and keeping ability. Heavy-yielding. Good in Northern gardens. Plant in spring for autumn harvest. Best red for cooking; specified in some recipes. 150 seeds. Area 11. C \$1.95

VON-4625 Texas Early Grano – 168-179 days. A short-day Vidalia type onion for Southern growers. Large globe-shaped bulbs with straw-colored skin and soft white flesh with a sweet mild flavor. Limited keeper. 150 seeds. Area 11. C \$1.95

VON-4627 Valencia—NEW!– 105-125 days This onion has been getting raves from farmers and home gardeners because it is easy to grow, non-bolting, high quality, and a good keeper. A Spanish Sweet Yellow type, it works in long or short-day situations.150 seeds. Area 11. C \$1.95



☞**VON-4630 Walla Walla** – 100-125 days. Big, juicy, sweet onion from Washington that can grow to 3 lbs. In Walla Walla, WA. They're planted in August and overwintered. Spring-planted bulbs will be somewhat smaller. Also use for green onions. Mild sweet onions wonderful for raw eating, but won't store. Adapted latitude 35-55. Winter-hardy to 0°F.150 seeds. Area11. O \$1.95



VON-4580 Giant Zittau – 100-110 days. (1885) Excellent yellow heirloom, longest keeper in our trials. The 4-5" bulbs are beautiful—flattened with an attractive, almost silky golden-brown skin. Delicious taste. Spring or Autumn sowing. Day-length neutral. Very productive. Good for pickles. 150 seeds. Area 11. C \$1.95

Bunching (Scallions)

☞ **VON-4540 Chives** 80 days. *Allium schoenoprasum* Easy and useful perennial herb with delicate onion taste. Showy edible flowers. Survives anything: drought, standing water, poor soil, etc. Near ideal indoor herb. Good garden companion, helps repel aphids. 150 seeds. Area 6. O \$1.95

☞**VLE-4010 Garlic Chives** 70 days. *Allium tuberosum* Hiro Haba. Somewhat like chives, with broad, deep green leaves up to 14" long. Leaves, buds and stems are all edible, with a garlic-chive flavor raw or cooked. 100 seeds. Area 15. O \$1.95

VON-4550 Welsh 80 days. *Allium fistulosum* Perennial. Native of Siberia. Likes deeply-dug rich loam; keep watered and weeded until established. Grow like Chives. Flavor is a little stronger than Chives and milder than Onion. The tops are available throughout the Winter. Perennial. 150 seeds. Area 6. E \$1.95



VON-4555 Crimson Forest 70-90 days. *Allium cepa* Beautiful deep red stalks with color that extends several layers down. Decorative and mild flavored, with a sweeter taste than green onions. Very ornamental in salads. Succession sow spring through summer. 100 seeds. Area 4. C \$1.95

VON-4560 White Lisbon 60-110 days. *Allium cepa* (1865) Very popular, very quick-growing. Vigorous and prolific producer of ample green tops and clear, silvery-white shafts. Delicious, mild flavor. Does grow bulb but not a keeper. Sow in succession in vegetable bed. 150 seeds. Area 6. C \$1.95

Parsnips

C, W/Matures 12-15/Harvest to 26/Yield 119-479/Spacing 4"

Popular for its naturally sweet flavor. Reliable food during the winter months. Grown like Carrots, but parsnips are harder—the roots will take 0 degrees in the ground and flavor improves with frost. Needs deep, well-prepared, loose soil. Seed takes a long time to germinate—mulch lightly and keep moist until seeds sprout. Use seed promptly—it doesn't keep.

VPA-4740 Tender and True – 100 days. A fine quality Parsnip with roots at least 3" across at the top, long and smooth. Reputed to have the finest flavor of all. Almost core-less. Resistance to canker. A delicacy. 180 seeds. Area 12. E \$1.95

VPA-4745 Turga—New!–100 days The most vigorous germination and seedling growth of any variety we have tried. Handles heat, drought, and heavy soil well and produces heavy yields of medium-to-short, sturdy roots. Unusually dependable, Good keeper, strong grower, delicious flavor.180 seeds. Area 12. C\$1.95



VPA-4780 White Gem—100 days Productive heirloom very short and broad, so good in tough or shallow soils. Seed grown in our research garden, where it .produced heavy yields in spite of very heavy, rocky, clay soil. Resistant to canker. White skin, sweet flavor.180 seeds. Area 12. C\$1.95

Okra

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

Okra is grown much like corn, though it prefers that Southern moist heat. Disease resistant & needs little care. In short-season areas, it will need indoor start 2-4 weeks before planting out into warm, settled weather. The pods are ideal for soups, stews, and gumbos.

🌿 **VOK-4490 Burgundy** – 49-60 days. AAS 1988. A pretty plant with green leaves with burgundy ribbing, creamy yellow flowers, and deep burgundy branches and fruit. Tender 6-8" pods of finest quality. 100 seeds. Area 60. O \$1.95

🌿 **VOK-4500 Clemson Spineless** – 50-64 days. AAS 1939. Most popular okra. 3-5 foot mildly bushy stalks bearing quality, straight spineless 6-9" pods with a 2" diameter. Rich green color. Prolific producer. 100 seeds. Area 60. O \$1.75

Parsley

C, W/Matures 10-13/Harvest to 40/Yield 45-182/Spacing 5"

Parsley is one of the most health-giving of all the vegetables and herbs, good for heart, stomach and blood. A biennial, it can stand a mild Winter with some help, or may sprout again in early Spring. Likes reasonably good well-limed soil.

🌿 **VPA-4670 Broad Leafed (Plain)** – 75 days. Flat leaves and sturdy stems. Good for drying because it has a strong, aromatic flavor. Dark green prolific plants with a great deal of bulk. 140 seeds. Area 15. O \$1.75

🌿 **VPA-4680 Darki – 70-77 days.** Dark-green intensely curled heavy leaves, short inter-nodes. Excellent frost tolerance—vigorous and adaptable. Holds when cut. European award winner. 140 seeds. Area 15. GB \$1.75

Peas

C/Matures 8-11/Harvest 12/Yield 25-106(shelled)/Spacing Bush 3", Pole 4"

Plant in spring as soon as ground can be worked—seedlings will take frost—and again 2 months before fall frosts. Two or three sowings at 10-day intervals insure against weather, rot, or wildlife losses. (Chicken wire or row covers will shield seeds and sprouts from birds.) Provide good drainage (especially in cold spring soils), plenty of lime, phosphorus and potash, adequate water, and inoculant in soils that have not grown garden legumes recently. All peas are vines: "bush" peas are short vines and will still benefit from some support. Climbing varieties will need brushwood, stakes, or a trellis to climb.

Shelling

VPE-4790 Alderman Pole – 70-78 days. English heirloom, and we think the finest tall variety under cultivation. Famous for flavor and crops very well. Robust 5' vines bear pointed, easy-shelling pods. 160 seeds. Area 12. C \$2.50

VPE-4800 Laxton's Progress #9 Bush – 60 days. Vigorous vines 14 to 16 inches tall produce broad curved pods with 7-9 peas per pod. Wilt resistant and productive, a classic heirloom variety. 160 seeds. Area 6. C \$2.25

Snap

Sweetest, highest yielding type of pea Juicy, crisp sweet pods are eaten along with the peas inside. Good lightly cooked, but most popular raw. Freezes well but too delicate for canning.

VPE-4825 Cascadia –New! 62-75 days. First dwarf snap pea with Sugar Snap quality, and then some. Extra-plump, very crisp, very sweet and flavorful pods. Resistant to PM and the first pea with resistance to PEMV. Heat-resistant—went to the end of June for us. 250 seeds. Area 10. C \$2.75

VPE-4830 Sugar Snap – 62-70 days. Exceptionally sweet and crunchy - not many make it out of our garden! Fat 3" pods over a long period, even in heat. Frost-resistant. Easy to pick, 4'-7' vines. 250 seeds. Area 18. C \$2.95

Snow

Famous in Asian cooking, these are cooked whole when young, while the pods are still flat. Very cold-hardy.

VPE-4827 Dwarf Grey Sugar – NEW!—60 days. Heirloom dates to before 1773, and is still a charmer for its early yields of bite-size pods, its pink and purple flowers, and its short 30" vines. Newly popular for salad—the top 6' of new growth and/or the flowers are a delicious (and expensive, in stores) delicacy. For salad (or light cooking or garnish) its best to have a separate patch, sow in succession, and clip short tips often. 250 seeds. Area 10. C \$2.50

VPE-4810 Oregon Sugar Pod – 60 days. Productive 24" to 30" dwarf vines. Big 4½" pods of excellent quality. Pods are borne in pairs. FW, PEM and PS resistant. From Dr. Baggett at OSU. 250 seeds. Area 10. C \$2.50

Peppers

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

Peppers are tropical plants and won't take temps below 45-50 degrees. Start indoors a month before last frost date and plant out into warm soil. Keep moisture even. Self-pollinating (5-10% crossing), so you can save seed from favorites. Leaves are poisonous. This year we are rating the peppers for hotness: 0 is sweet, 5 is hotter than hot.

Hot

VPE-4870 Ancho, Poblano – 90 days. Hotness: 2 A sweet/spicy cooking pepper that is the basis for many Mexican dishes: stuffed for chiles rellenos, roasted or fried while green, or allowed to ripen to a deep brick-red for enchilada sauce, mole, and decorative pepper strings (ristras). 30 seeds. Area 20. C \$2.25

VPE-4875 Anaheim – 75-90 days. Hotness: 1 Long, mild chile with a breath of heat usually used green for stuffing, salsa, omelettes, pickling and canning. 30 seeds. Area 20. C \$2.25



🌿 **VPE-4880 Cayenne Long Slim** (Shown left)– 70-75 days. Hotness: 4. Fiery hot even when small. 24" plant bears 4"-6" thin, curvy pods. Waxy dark-green ripening to crimson. Dries beautifully. Medicinal: circulation, antiseptic 30 seeds. Area 20. O \$2.25

VPE-4885 Habanero – 90-100 days. Hotness: 5 Famous extra-hot pepper from the Yucatan. Bushy 36" plants loaded with peppers. Lantern-shaped fruit ripens to a lovely golden-orange and has a unique smoky, fruity flavor like no other pepper. Slow to germinate, and must be grown in warm moist conditions. A Caribbean favorite used in sauces. Reportedly 1,000 times hotter than

Jalapeno. 30 seeds. Area 20. C \$2.50

🌿 **VPE-4900 Jalapeno, Early** – 60-68 days. Hotness: 3 Hot cone-shaped fruits with distinctive meaty flavor for salsa, pickling, cooking, seasoning. Smoked, they become chipotles. Used green or red. 24" plants will produce in cooler conditions than most. 30 seeds. Area 20. O \$1.75

MHO-6350 Hot Pepper Mix – A broad variety of hot peppers. These will ripen at different times; all can be used green, and are red when completely ripe. 30 seeds. \$2.25

Sweet



VPE-4940 Corno di Toro Red – (Shown left) 75-90 days. Hotness: 0 Huge heirloom Italian sweet pepper, with long, curved fruits that do look like a bull's horn. May be the longest stuffing pepper at 10" long and up to 2" diameter. Red when ripe. Excellent flavor. Prized for salads, grilling or sautéing. Higher-yielding than bell types, up to 20 fruits per plant. 30 seeds. Area 20. C \$2.25

VPE-4950 Yolo Wonder Bell– 70-80 days. Heirloom bell pepper with rich flavor and sturdy, easy plants. Large, thick-walled fruits are mild and juicy green, ripening to red.

Foliage protects from sun-scauld. 30 seeds. Area 20. C \$1.75

VPE-4945 Jimmy Nardello's Sweet Italian Frying Pepper 65-75 days. Hotness: 0 Legendary sweet pepper, selected for the Slow Food Ark of Taste. Easy to grow, with big yields. (I had 41 peppers on one plant!) Tapered, 8" long fruits ripen quickly to bright red, covering the 24" plants. Thin walls have a perfect combination of sweetness and crunch, with smoky, delicate, complex flavors. Arguably the finest frying pepper—becomes perfectly creamy and soft when fried. Roasted, it caramelizes: sweet with lots of flavor. Freezes and dries well. Italian heirloom from the Nardello family. 30 seeds. Area 20. N \$2.00

MSW-6440 Sweet Bell Mix – Its fun to grow a palette of peppers: yellow, orange, red, purple, chocolate, and white fruits. We are excited to offer this as open-pollinated seed. Pretty in salads 30 seeds. Area 20. \$2.25

Pumpkins

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

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

VPU-5000 Jarrahdale – 95-100 days. A superb blue-gray eating pumpkin from Australia. Superior to Sweet Meat in adaptability vigor, and flavor. Hard skin, orange sweet dry stringless flesh, excellent for eating, or pies. 15 seeds. Area 100. C \$2.25

VPU-5010 Rouge Vif D'Etampes – 100-115 days. "Cinderella pumpkin." Grown for centuries in the heart of France. Beautiful, oblate, deeply ribbed fruits are neon orange to flame red. Fruits reach 30 lbs., with a thick, rich custard-like flesh that is sweet and moist. Excellent for eating, pies, soups, etc. Prolific yielder. Freezes well. 15 seeds. Area 100. C \$2.25

VPU-50005 Howden – 100-110 days. The classic carving pumpkin, with strong "handles," flat sides and classic orange color. Fine for eating, too. 15 seeds. Area 100. C \$2.25

Radishes

ALL/Matures 3-9/Harvest 0-2/Yield 100-540/Spacing 2" or broadcast

A hardy, quick crop that can be ready in 3 weeks. Sow in succession from early spring on. For best quality, keep evenly moist, and pick young.

Regular

🌱 **VRA-5080 Cherry Belle** – 28 days. AAS. Quick growing, probably the best of the earliest. Round, bright cherry-red roots with a crisp, firm white flesh. Can force under glass, or plant all summer. 750 seeds. Area 10. O \$1.75

🌱 **VRA-5090 French Breakfast** – 25 days. (1885) Red-rose on top and white on bottom. Flesh crisp, tender & mildly pungent. Succession-sow. 750 seeds. Area 10. O \$1.75

VRA-5100 Watermelon – 50-60 days. This 3" round Chinese radish (known as "beauty heart") is red on the inside and green/white on the outside, with a unique juicy sweet taste. For summer to fall sowing only—bolts if sown in spring. Salad, veggie platters, pickling. 400 seeds. Area 10. C \$2.25

MRA-6420 Radish Mix – A mix of colors and sizes. 750 seeds. Area 10. \$2.25

Podding

🌱 **VRA-5060 Madras** – 58 days. (1885) Munchen Bier. A unique variety that produces masses of tender juicy 2-3" seed pods along a 2-5 foot stem. Very mild flavor, like a sugar snap pea with mild radish overtone. A hit on veggie platters with dip. Sow in spring. 30 seeds. Area 10. N \$2.50

VRA-5070 Rat's Tail – 58 days.

Mongri, Snake Radish. (1860) From Java in Southeast Asia. This radish was in vogue in the U.S. around the Civil War, but has been virtually unobtainable since. While Madras Radish pods have a mild radish taste, this variety is for radish lovers, with a pungent taste like most root radishes. This variety loves heat and will bear all summer long. Again, no edible root – grown solely for its huge yield of 8-10", slender, dark-purple seed pods. It really seems like the whole plant turns into pods. Eat raw, cooked, or pickled. 60 seeds. Area 20. C \$2.50



Daikon

VRA-5050 All Seasons (Tokinashi) - 65 days. White, mildly pungent roots up to 18 inches long. Juicy, crunchy for raw eating, or cooking, also traditional for pickles. Daikon is a fall crop. (Can be grown in spring below 40 degrees latitude.) cold-hardy and very easy to grow if you plant in August or later. Excellent for opening up a heavy soil—unfazed by clay. Can share a bed with garlic or leeks. 750 seeds. Area 10. O \$1.50

Rhubarb

C/Matures 3 yrs/Harvest 4-8/Yield 70-280/Spacing 24"



VRH-5140 Victoria NEW! – 120 days. A low maintenance perennial with delicious tart stalks for pies and jams. (Try rhubarb-ginger jam, an old English combination.) Start in pots or flats then into a deep permanent bed. Get an early start and keep it growing with moisture and rich, well-drained soil. Deep-rooted, heavy feeder. Relatively low-acid. Caution: poisonous leaves—use leaf stems only. 35 seeds. Area 100. C \$1.95

Rutabaga

CW/Matures 13/Harvest 2-8/Yield 200-800/Spacing 6"

VRU-5210 Brora – 95 days. High yields of good quality roots. Attractive reddish-purple shiny skin and cream base. Specially bred to have a delicious very sweet taste. Outstanding winter hardiness and mildew resistance. Very good keeper. Great for raw munching, mashed, in soups, or grated into slaw or salad. 70 seeds. Area 10. C \$1.95

Scorzonera

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

VSC-5220 Scorzonera – “Mock Oyster.” Similar to salsify. Long, black-skinned roots with rich flavor and smooth firm texture. Eaten boiled, steamed, fried, baked, or in soups. Young leaves and flowers eaten in salads. Grown like carrots or parsnips. 50 seeds. Area 2. C \$1.95

Seakale

Crambe maritima W/Matures 2 years/Harvest 6/Yield 80-150/Spacing 30"



🌿 **VSE-5260 Lily White** – A perennial and very ornamental, with sculptural blue-green leaves and flowers that draw beneficial insects with a scent of honey. It likes good, rich, deep soil and a sunny position with plenty of compost, lime and manure. Colder than zone 6, it needs winter protection. (Can be dug and stored in damp sand indoors.) In very early spring, the young shoots are blanched under a box for first-early vegetables. Hard-to-find seed.

10 seeds. Area 65. N \$2.25

Seeds for Kids (of all ages!)

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

Spinach

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

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

VSP-5300 Giant Winter – 70 days. We have found a re-selected and improved strain of this classic winter spinach. A very cold-hardy variety with large pointed semi-savoyed medium green leaves. Excellent for late fall, winter greenhouse, or over-wintering with mulch. Not for spring planting—it will bolt. 100 seeds. Area 15. C \$1.95

🌿 **VSP-5310 Low Acid** – 60 days. Monnopa. A round-leaved variety with very little oxalic acid and hence the sweetest of all spinach. Very high in vitamins A, C and E. Low acid improves absorption of calcium and other minerals. 100 seeds. Area 15. O \$2.25

VSP-5320 Medania – 60-70 days. (Round, Summer) Large round leaves are mild and sweet. Plant in succession throughout the season. Should not be grown on light soils—must be kept moist. 100 seeds. Area 15. E \$1.95



VSP-5325 Monstrueux de Viroflay (Monster of Viroflay) – 40-50 days. French Heirloom from the 19th century. Plants up to 2 feet in diameter. One of the largest, most vigorous varieties, and early. Huge dark-green crisp savoyed leaves. Extraordinary flavor—sweet, complex, without the biting acid quality that spinach can often have. Flavorful, tender and succulent even when large. Savoyed leaves very cold-hardy for winter. 100 seeds. Area 20. C \$2.00

Squash

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

These summer squashes are bush types. Plant in warm soil, 70 degrees or more, or start indoors 1 month before last frost and plant out once weather has warmed. Likes well-composted soil and reliable water. Pick fruits small and often. Blossoms are good fried, added to soup, stuffed.



Summer, Bush

🌿 **VSQ-5370 Crookneck, Early Summer Yellow** – 42-50 days. Fruits in profusion, with sweet buttery mild flavor. Harvest when fruits are 4"-6". 25 seeds. Area 25. O \$1.50

VSQ-5380 Lebanese Light Green – 40-50+ days. Sweet, flavor—delicious raw! We just heard from a customer who says "They got off to a slow start with the cool evenings, but they produced the best tasting summer squash I've ever eaten. Bravo!" Varied shapes from long to round. Quick maturing. Withstands tough climatic conditions. 25 seeds. Area 25. C \$1.95

VSQ-5390 Patty Pan, Custard White – 54 days. A unique English variety that does well in cooler-summer climates. The fruit is flat, with scalloped edges, high-yielding. The only squash our teens would eat. 15 seeds. Area 15. C \$2.75

🌿 **VSQ-5400 Zapallo del Tronco – BACK!** 60 days. Huge bushy plants with large tropical-looking leaves, these are a different species than other summer squash (*c. maxima*). Keep the glossy round green 2-4" fruits picked for bountiful supply. Much tastier than others when raw—almost like a cucumber. Cooked, they are meatier and richer-tasting, almost as if they had been buttered. Popular for farmers markets. Drought-tolerant and quick maturing. S. America. 10 seeds. Area 10. B \$2.25

🌿 **VSQ-5410 Zucchini, Golden NEW!** – 50 days. You can grow open-pollinated golden zucchini. We are happy to have found this in response to requests. 25 seeds. Area 50. O \$1.95

🌿 **VSQ-5410 Zucchini, Black Beauty** – 50 days. A favorite with home gardeners and market growers both. Pick when fruits are 6"-8" long. Tender, firm creamy-white flesh, rich dark green skin. Excellent freezer. Very early, productive. 25 seeds. Area 50. O \$1.75

VSQ-5415 Zucchini, Cocozelle – 45 days. Italian Heirloom famous for sweet flavor. Small seed cavity, outstanding flavor and texture. In our trials, it was the best tasting zucchini, besting even the much-vaunted costata. Beautiful striped green fruits slightly ribbed. Very heat and drought-resistant. Pick when 6-8" long. Takes longer to sprout than other zucchini—be patient. Not as high-yielding as Black Beauty, but then, how many bushels of zucchini can you use? Area 50. C \$1.95



Winter

VSQ-5455 Guatemalan Blue Banana NEW!—Cucurbita maxima 90-95 days. From the homeland of squash growing, in Central America, this squash has been grown for thousands of years. Traditionally grown along with beans and corn, shading the ground to hold moisture for the corn and gaining fertility from the beans. Gorgeous slate-blue with lighter streaks. Long shape can be sliced much more easily than large round types—use a piece at a time and store the cut squash in the fridge. Great flavor for roasting, baking, boiling. 35 seeds. Area 70. C \$1.75

VSQ-5430 Acorn, Ebony Cucurbita pepo 80-100 days. (Improved Table Queen) Very early with 6-8' vines. Acorn-shaped, ribbed fruits of dark-green, 6" x 5" in and 1.5-2 pounds. Small seed cavity. Thick, deep-orange, fine-textured flesh that is tender, sweet and dry. Longtime favorite as an individual baker. Can withstand poor soil conditions. Home or market. 35 seeds. Area 70. C \$1.95

VSQ-5435 Buttercup, Burgess Cucurbita maxima 85-110 days. A vining hard-shelled squash with a dark-green rind, very sweet fine quality medium-orange stringless fiberless flesh, fine quality and a small seed cavity. Harvest when the yellow spot touching the ground turns orange. A medium keeper. Grows well in maritime areas, and is suitable for growing with beans and corn in a Three Sisters garden. Flattened turban-shaped fruits 5-8 inches in diameter, weighing 3-5 lbs. 25 seeds. Area 50. C \$1.95

🌿 **VSQ-5440 Butternut, Waltham strain Cucurbita moschata** 83-115 days. AAS 1970. A vigorous vining type with light-tan bottle shaped fruits up to 3-6 lbs. Light orange rich dry flesh with a delicious nutty flavor. A small seed cavity. One of the best keepers. In top 10 foods in vitamin A. Good on average soil. 25 seeds. Area 50. O \$1.95

🌿 **VSQ-5450 Delicata Cucurbita pepo** 95 days. (1894) We have had many requests for this! Ivory-cream skin with dark-green stripes. Fruits 3 x 8", have a rich, sweet potato-like flavor. Short prolific vines. 25 seeds. Area 50. O \$1.95

VSQ-5460 Hubbard, Improved Green Cucurbita maxima 100 days. Exceptional winter keeper. Fruits 10-12 pounds. Thick, fine-grained, sweet dry orange-yellow flesh. 25 seeds. Area 50. C \$1.95

VSQ-5470 Vegetable Spaghetti Cucurbita pepo 70-115 days. Short white fruit. Baked, microwaved, or boiled fruits divide into spaghetti-like strands with a fork. Easily grown and easily cooked. 25 seeds. Area 50. C \$2.00

VPU-4990 Japanese, Red Kuri – 90-95 days. Orange Hokkaido (Uchiki Kuri) Early heavy crop of tear-drop shaped fruit, with smooth orange-red rind & sweet, thick, yellow flesh. Great pies. Average 4-7 lbs. 15 seeds. Area 100. C \$2.50

Strawberry

fragaria alpina W/Matures 2 years, then annually/Harvest 8-12"/Yield 40-160/Spacing 12"

VST-5510 Alpine Strawberry – A European favorite. Perennial with no runners. Like a wild strawberry in size and intense, old-fashioned flavor. Popular for edging flower beds, in edible landscapes, window boxes. Bears the second spring from seed, and can crop all summer. Good in any well drained soil. 150 seeds. Area 100. C \$1.95



Tree and shrub fruits, see page 40

Swiss Chard

C, W/Matures 7-8/Harvest up to 44/Yield 200-810/Spacing 8"
Easy to grow in most soils. Deep-rooted and drought-resistant—helps aerate the subsoil. Slow to bolt. Cutting encourages new growth, and young leaves have mildest best flavor. Plant from spring on. Cold hardy once established.

VCH-3120 Erbette – 30-55 days. Heirloom from Italy makes a continuous harvest of tender young leaves for salads or cooking that look and taste much like spinach. A "baby spinach" that resprouts and takes heat. We heard from a market gardener that her customers love these baby leaves. 50 seeds. Area 15. C \$1.95

VCH-3135 Fordhook Giant – 55 days. Classic Swiss chard with huge dark green extra-glossy savoyed leaves and a broad silvery-white midrib which can be cooked separately. This one has proven most tolerant of drought and heat in our research garden. 80 seeds. Area 25. C \$1.50

VCH-3140 Perpetual Spinach – 50-60 days. (1869) Rare, fine old European strain of Swiss Chard. Smooth green leaves, small stems—can be hard to tell from true spinach in looks or taste. Frost and bolt resistant, needs water in a dry spell. We saw whole fields of it in England. Perennial in zones 7 and above. 80 seeds. Area 25. C \$1.95

🌿 **MCH-6280 Chard, Rainbow Mix** – varies days. Red, yellow, pink, purple, white; this is a mix of distinct varieties, resulting in a grand show, with unexpected color combinations if seed is saved. Beautiful in planters and flower beds, nice cut young for salads. 50 seeds. Area 15. O \$2.75



Sunflower

W, H/Matures 12/Harvest 10-40/Yield 2.5-10 (shelled)/Spacing 24" (for compost 9")

VSU-5550 Mammoth – 120 days. Tall, single, large flowered for early planting with giant heads full of large seeds. Very showy. Fairly heavy feeder-likes an alkaline soil. Plant in late spring. 52 seeds. Area 200. C \$1.75

Ornamental Sunflower Mix - see page 48

Tomatoes

H/Matures 8-13/Harvest 17+/Yield 100-418/Spacing Cherry 18", determinate 21" Indeterminate - 24"

Tomatoes are actually tropical perennials, and will keep growing as long as there's heat. Start indoors 6 weeks before last frost date and plant out into warm weather or give some protection. Tomatoes set more fruit if grown with flowers and herbs to attract pollinators. Very greedy feeders—need lots of phosphorus for good yields, plus calcium to prevent blossom end rot. Too much nitrogen or water will result in soft, rot-prone fruit. Try to keep soil evenly moist and no water on foliage. Cool climate types set fruit in cooler weather or in fluctuating weather with cold nights. Cherry types are forgiving of tough conditions, and do well in pots. The luscious heirlooms are often soft and prone to cracking but the flavor is worth it. Paste tomatoes have less juice and are excellent for drying as well as canning.

DETERMINATE tomatoes grow to a fixed size and tend to ripen in a short period and then fade away. This works well for canning or sauce. Sometimes called bush tomatoes, you should not prune or remove suckers but staking or caging is still a good idea to support and keep fruit off the ground.

INDETERMINATE Vines that keep growing and producing fruit until frost gets them. Pinch off suckers that develop in the crotch joint of two branches and stake or cage these varieties. Pinch off the tips of the main stems in early summer you will have tomatoes sooner. They can also be grown as a hanging vine.

THIS YEAR we are identifying the tomatoes as extra-early, (less than 60 days), early, (55-68 days), mid-season(69-80 days), or late (more than 80 days), so that you can compare them easily. Days are from transplant.

Cool Climate



VTO-5660 Ailsa Craig – Mid Season. (left) Originated in Scotland for short, cool seasons and greenhouses. Medium size, smooth red skin, good flavor. Very early. Indeterminate. 25 seeds. Area 100. C \$3.25

VTO-5670 Harbinger – Early. (1901) Early, good cropper, medium size, thin red skin, fine flavor. English variety does well in cooler areas or with cool nights and bears until frost. Indeterminate.

Short supply this year. 25 seeds. Area 100. C \$3.50

VTO-5730 Stupice – Extra Early Sent to the West by a Czech breeder who feared it would be lost in the upheavals surrounding the breakup of the Soviet block, this has become extremely popular due to its extra-earliness, dependability, and good flavor. Good in cool or fluctuating weather, drought-resistant, starts bearing early and bears till frost. Very juicy 1 1/2" red fruits have outstanding flavor for a cool-weather type. Amazing yields over a long season. Indeterminate potato leaf vines to 4'. Unusually adaptable. Pick when shoulders turn yellow. 30 seeds. Area 110. C \$1.75

Regular

VTO-5750 Arkansas Traveler – Mid Season. A pink heirloom slicer with good durability and crack resistance. A favorite at Moore's farm in Pennsylvania for its terrific taste, very rich and full, with creamy texture. Very adaptable to different climate conditions. Indeterminate. 25 seeds. Area 100. C \$1.95

VTO-5760 Big Rainbow – Late. Heirloom from the Southern Exposure Seed Exchange. Indeterminate 6' plants. Huge rib-shouldered juicy golden fruits with streaks of red running through the flesh. Some weigh over 2 pounds. Very disease-resistant, mildew resistant, and bears til frost.. 25 seeds. Area 100. C \$1.95

VTO-5770 Black Krim – Mid Season. Luscious Russian heirloom, very juicy with thin skin and dark green-to-brown shoulders. Ripens well off the vine. Dark brown-red when ripe. Full flavored with a slight saltiness that enhances the taste. Indeterminate, needs support. 30 seeds. Area 110. C \$1.95

VTO-5780 Brandywine – Mid Season. Heirloom pink Amish variety from 1885, sets the standard for tomato flavor. Rich, perfectly balanced taste. Potato-leaved vines need heat, consistent water and fairly long season. Large, smooth-fleshed fruits often over 1 lb. Indeterminate. 30 seeds. Area 110. C \$1.95

VTO-5790 Caro Rich – Mid Season. Large, beefsteak-type 3-4" fruits. Deep, golden-orange color, sweet, low-acid flavor. High vitamin content, including 10 times the usual beta-carotene (pro-vitamin A). High-yielding, takes difficult weather well. Determinate. 25 seeds. Area 70. C \$1.75

VTO-5800 Cherokee Purple – Mid Season Pre-1890 Tennessee heirloom has delicious 8-12 oz., deep burgundy fruits with a green shoulder and multicolored interior. On most "top ten" lists for flavor. Reliable in difficult conditions, especially heat, humidity, drought. Recommended for the South. Vines indeterminate but small. 30 seeds. Area 100. C \$1.95

VTO-5805 Costoluto Genovese – Late This is the crazy looking Italian tomato with the flavor people describe as "genuine Italian" - "the most complex we've ever tasted" - "incredibly delicious". Deeply lobed, beefsteak-type fruits make flower-shaped slices, very juicy. Use fresh, for juice, drying, or fresh pasta sauce. Likes a long, hot summer, but handles erratic weather well. Disease resistant. Indeterminate. 30 seeds. Area 100. C \$1.75

VTO-5807 –Delicious (Beefsteak Improved)—Mid Season. Huge red tomatoes; the world's record tomato is a Delicious. A further selection and refinement of Beefsteak. Relatively uniform and round for a huge tomato, with meaty flavorful flesh and small seed cavities. Indeterminate. 30 seeds. Area 110. GB \$1.95

VTO-5825 –Italian Heirloom NEW!—Mid Season. Big round slicing tomato with traditional big heirloom flavor and huge yields. Peels and slices easily, good for fresh eating or canning. Indeterminate. 30 seeds. Area 110. C \$1.95

VTO-5830 Marmande Super – Mid Season We think this European favorite is the best tomato of the 'beefsteak' type. Large red irregularly-shaped fruit is very fleshy and full of flavor. The plants are prolific and vigorous, with a bushy habit. Determinate. 30 seeds. Area 100. C \$1.50

VTO-5840 Moneymaker – Mid Season While this old English greenhouse variety is adapted to high humidity, we have found it widely adaptable. Vigorous plants set freely in any weather. Smooth 4 oz. deep red globes. Heavy yields. Mid-season. Vigorous indeterminate. 30 seeds. Area 110. C \$1.95

VTO-5842 Mortgage Lifter – Late Season. "Radiator Charlie" Byles (He owned a repair business at the foot of a steep hill where cars would overheat) bred this classic tomato in the 1930's. Each spring, gardeners would drive up to 200 miles to buy seedlings, which he sold for \$1. each in the 1940's —big



money then. It paid off his mortgage in 6 years. Pretty good for a self-taught plant breeder! Big, red, very flavorful and dependable, bears til frost. Indeterminate. 30 seeds. Area 150. C \$2.00

🍅 **VTO-5700 Orange King** – Extra Early. A large, early bright-orange slicer weighing up to ¾ pound. Main-crop variety for the north and short-season areas. Determinate plant sets well in high or low temperature conditions. The Golden Rule Garden grew this for us, and manager Ellen said "This is the one orange tomato the community really liked and will grow again. VERY prolific." 30 seeds. Area 85. GB \$1.95

VTO-5860 Pearson – Mid Season. (1910) An old-fashioned red tomato with robust flavor and large, dependable yields of large fruit. Tolerates semi-arid conditions well. We had unusually good yields from this one in our own home garden when other varieties did poorly. Determinate. 30 seeds. Area 85. C \$1.50

VTO-5870 Principe Borghese –Mid Season. The classic red Italian heirloom tomato for drying, meaty and plum-shaped with few seeds. Determinate, but you need to support the branches, which will be heavily laden with small 1-2 oz. fruit. Also good for sauce. 30 seeds. Area 85. C \$1.75

🍅 **VTO-5865 Pineapple** – Late Season. Huge meaty tomatoes popular on the West Coast for adaptability and sweet, mild, but complex flavor. Beautiful fruits are red yellow and orange swirled together like a sunset. Here in Willits, we can have weeks on end with temperatures in the 100's and nighttime temps in the 50's. Most tomatoes will not set fruit in those conditions, but Pineapple will. The most cold-hardy and drought-resistant large tomato we have seen, with fruits still ripening after a month of light frosts at night. Resistant to blossom-end rot as well. Pick when there is still a trace of green on the shoulders for best flavor. Indeterminate. 30 seeds. Area 85. O \$1.95

VTO-5900 Rutgers – Mid Season. Wilt and rust resistant. Large vigorous productive thick-stemmed determinate vines with heavy foliage. Round 8oz, bright red fruits with thick walls and small seed cells. Very firm fruit with low acidity. Widely adapted, does well under humid conditions. Free from cracks. 30 seeds. Area 110. C \$1.50

MTO-6450 Tomato Mix – varies days. We have had requests for this from folks with small gardens and have finally figured out a way to do it that makes sense. A mix of different large tomato varieties, with the seed colored with food coloring so that you know which is which and can plant only one of each kind if you wish. A key to the varieties is included. 30 seeds. Area 100. C \$2.75

Paste and Drying

VTO-5740 Amish Paste – Mid Season. Turn-of-the-century Amish heirloom from Wisconsin. Meaty 8 oz. light red teardrop-shaped fruits on vigorous vines. The one at left climbed a plum tree! Given adequate moisture and fertility, (and warm nights) these achieve Brandywine-class flavor. Indeterminate. 30 seeds. Area 100. C \$1.95



VTO-5745 Myona — Back! We are glad to have these again, grown for us by Golden Rule Garden. Size and shape of Roma, but deeper delicious heirloom tomato flavor. Said to have been from an Italian immigrant market gardener who, when asked the variety, said "Its my-own-a". Large vines full of 3-4" oblong fruits. Handle tough conditions, too. Indeterminate. 30 seeds. Area 100. C \$1.95

VTO-5880 Roma VFN – Mid Season Grown primarily for sauce. Ample vine foliage protects huge crops of bright red, plum-shaped 3" fruits in large clusters. The flesh is meaty, solid, with few seeds and easy-to-peel skin. Disease resistant, standby. Determinate. 30 seeds. Area 185. C \$1.50



Cherry

🍅 **VTO-5590 Chocolate Cherry** – Mid Season Small, oval fruits, with a beautiful deep burgundy color, and sweet, full, complex flavor. Color develops best in sun and heat Super productive, indeterminate plants produce trusses of 1 inch fruit nonstop. Will ripen with full flavor if picked a bit early, too. Beautiful mixed with other cherry tomatoes for your own plate or in pints for sale. Indeterminate. 25 seeds. Area 45. GB \$1.95

🍅 **VTO-5600 Chadwick's Cherry** – Late Season We think this is the best cherry tomato around. Bred by English garden genius Alan Chadwick. Prolific producer of red fruits with a vine-ripened burst of mature, full-rounded sweetness you will never forget. Best when deep red-ripe. Amazing cold-hardiness at the end of the season; I picked my last one on Thanksgiving. Indeterminate 5' vines. Rare. 30 seeds. Area 100. GB \$1.95

VTO-5610 Gardener's Delight, Sugar Lump – Mid Season German heirloom, with bright red cherry type fruit grows in big clusters of 6-12. Vigorous indeterminate plants are exceptional croppers and bear until frost. Outstanding, very sweet flavor. Crack resistant. Can be frozen whole. Indeterminate, but small-vined. 30 seeds. Area 100. C \$1.95

VTO-5633 Peacevine Cherry NEW! Early. Dependable, delicious cherry tomato from breeder extraordinaire Alan Kapular. Big trusses of sweet tomatoes like the "sweet 100" types, but open-pollinated. Contains compounds that are known to be calming and stress-reducing, too. Indeterminate. 30 seeds. Area 55. C \$1.95

VTO-5635 Riesentraube – Mid Season. Name means "bunch of grapes" for the huge clusters of 20 to 40 cherry tomatoes with "beefsteak" tomato flavor. Heirloom from 1856 is incredibly productive of grape-to-cherry shaped fruit with a small point on the end. Indeterminate. 30 seeds. Area 55. C \$2.00

🍅 **VTO-5640 Sweet Orange II** – Mid Season. Sweet, mild fruity flavor., in an oblong, grape tomato. Trusses of golden tomatoes on vigorous indeterminate vines. Very meaty—excellent choice for drying. Good crack resistance. Another great variety from Tim Peters. 30 seeds. Area 55. N \$1.95

🍅 **VTO-5650 Yellow Pear** – Mid Season Bright lemon-yellow pear shaped fruit about 1 1/2 inches long, a very classy addition to any meal, with a great mild sub-acid taste. Very prolific. Indeterminate. drought-resistant. 30 seeds. Area 55. GB \$1.95

MCH-6290 Cherry Tomato Mix – varies days. Several of our varieties, each dyed a different color (with food coloring) so you can know what you are planting. 30 seeds. Area 55. C \$2.75

🌿 Tomatillo (Husk Tomato)

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

VTO-5911 Verde NEW! – 70-90 days. Larger green variety most often used for salsa Also good addition to tomato sauces, and barbecue sauce. Very productive of mild, green fruits enclosed in papery husks. Tomatillos are grown like tomatoes, but tend to be easier and have fewer problems with moisture levels, diseases, pests, etc. Good hot-weather crop for odd spots, as it needs little attention. Unusual, handsome plants are fun in pots.. 30 seeds. Area 55. O \$1.95.

Ground Cherry, Husk Cherry

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

VTO-5913 Aunt Molly's NEW!

– 70-90 days. Heirloom variety of a Pennsylvania Dutch favorite. Trouble-free plant is related to tomatillo, and the fruits are also enclosed in little paper "lanterns". Ground cherries are used like berries for desserts, pies and preserves. Not as big and sweet as some tree fruits, but the only fruit you can grow from seed in your vegetable garden and have fruits the same year you plant. These are golden and about 3/4" in size. Fruit will store 3-4 weeks in the husk. 30 seeds. Area 55. O \$1.75



Turnips

C/Matures 5-10/Harvest 2-6/Yield 100-360, roots or tops/ Spacing 4" Turnips are very hardy and can be planted early in spring or late in summer. Best flavor when they grow fast, so provide adequate water. Forgiving of poor soil. They don't stand well in the ground, so pull for storage. Tasty roots and greens.

VTU-5953 Tokyo Market NEW!– 50 days. As fast and easy as a radish, with very mild sweet flavor and juicy crunch. Greens are smooth and non-hairy—great for cooking—making this a rewarding quick dual-purpose crop. 160 seeds. Area 10. E \$1.75

🌿 **VTU-5955 Scarlet Ohno** – 50 days. Easy to grow. Beautiful, bright red-skinned roots with refined flattened shape and mild salad flavor. The bonus is that unlike most turnip greens, these are not at all hairy or fuzzy. Smooth, tasty leaves often have red-to-purple coloration as well. 100 seeds. Area 8. O \$1.95

VTU-5940 Orange Jelly – 60 days. (Golden Ball) A hardy main-crop and good to store for winter use. Dependable and forgiving of poor conditions. Can be sown late in the season (August) and left in the ground to produce "Winter Greens". The 3-4" roots are deep golden yellow, with a fine flavor, good mashed or creamed. If you think you don't like turnips, try these. 160 seeds. Area 10. E \$1.95

VTU-5960 Snowball – 50 days. Popular white turnip. Quick growing. Best eaten when very young, 2"-3" diameter. 160 seeds. Area 10. E \$1.95

MTU-645S Turnip Mix – White, orange, red, purple ...good for greens as well as roots, for fresh eating, and cooking. 150 seeds. Area 10. \$

Watermelons

Citrullus lanatus

H/Matures 10-13/Harvest 13/Yield 50-320/Spacing Baby 15

A truly ancient food that has been cultivated for over 4,000 years. Plant seeds in warm (70 degree) soil, or start indoors 1 month before last frost and plant out in warm weather. Needs full sun, and moist soil until fruit sets, then water only enough to keep from wilting. Prefers light soil, but ours work well in most areas. Pick when tendril nearest fruit dies or spot where fruit rests on ground is yellow.

VWA-6000 Crimson Sweet – 85 days. Vigorous vines produce fruits up to 25 pounds. Beautiful deep red, firm flesh with a high sugar content. Keeps well. Resistant to anthracnose & fusarium wilt. 35 seeds. Area 140. C \$1.75

🌿 **VWA-6010 Moon & Stars, Red Flesh** – 100 days. A legendary variety rediscovered by Kent Whealy of the Seed Savers Exchange. Large oval fruits (20-40 lbs.) have thin, brittle skins splashed with irregular, bright yellow shapes, reminiscent of moon and stars. Bright red flesh, very sweet and rich. Leaves are also splashed with yellow. 20 seeds. Area 80. O \$2.25

🌿 **VWA-6020 Sugar Baby** – 80 days. Extremely sweet. Vigorous vines produce round fruits 8-12 lbs. Flesh is medium red, crisp, firm and solid with few, small brown seeds. Very productive, resistant to cracking, it will ripen in marginal areas. Spacing 15" 35 seeds. Area 140. O \$1.75

🌿 **VWA-6005 Blacktail Mountain** – 70 days. We still want to carry this wonderful variety, but have been unable to get a supply of seed this year. Please check our web-site to see if we can get some later on in the year.



Seed Mixes

Mixes may vary, depending on what's available. Remember that these are single packets containing a mixture of varieties. They may or may not be the varieties listed separately in the catalog.

MAM-6200 Amaranth Mix – The seeds will cross, but produce a variety of greens and seed types. A lovely display, and a sampler of our types. 300 seeds. Area 100. \$2.25

MAS-6210 Asian Greens Mix – Our Asian Greens, plus Cilantro and Shungiku from our Herb section. 80 seeds. \$2.25

MBA-6220 Basil Mix – Sweet Basil, Genovese Basil, Cinnamon Basil and Thai Basil. 400 seeds. \$2.25

MBE-6230 Beet Mix – A mixture of varieties and colors, including some not in the catalog. 160 seeds. Area 10. \$2.50

MBO-6240 Bolt-resistant Lettuce Mix – A mix of heading and leaf types that show tolerance to heat and are least likely to bolt when the days get long and hot. 300 seeds. \$2.25

MBU-6250 Bush Bean Mix – A mixture of interesting and beautiful varieties, all with great eating quality. 85 seeds. Area 13. \$2.75

MCA-6260 Cabbage Mix – Several different types. Their varying maturity dates will ensure a long harvest, which is best for home gardeners. 85 seeds. Area 100. \$1.95

MCA-6270 Carrot Mix – Carrots of many sizes and colors for your entertainment and delectation. 800 seeds. Area 30. \$2.50

🌿 **MCH-6280 Chard, Rainbow Mix** – Red, yellow, pink, purple, white; this is a mix of distinct varieties, resulting in a grand show, with unexpected color combinations if seed is saved. 50 seeds. Area 15. O \$2.75

MCU-6310 Cucumber Mix – Lemon, Beit Alpha, Armenian and Straight 8 Cucumbers. 40 seeds. \$2.25

MCU-6320 Cut Flowers Mix – A fine well-balanced assortment of easy-to-grow taller kinds of flowers to be grown for cutting. Large packet. 500 seeds. Area 100+. \$1.75

MEG-6330 Eggplant Mix – A mixture of different shapes and colors: purple, white, green, pink, with both long and round types. 40 seeds. \$2.25

🌿 **MWE-6460 Wild Garden Kale Mix** – 50-60 days. This is a varied, tasty, and beautiful gene pool of Russian/Siberian type kales. Colors from green through purple, and leaf edges from single to triple cut and curl. Intended for mid-July-Aug sowing, fall cropping and successful overwintering in milder climates to produce copious leaves and flowering stalks in early spring. A genetic gold mine for farmers who wish to select strains adaptable to their own environment. Bred by Frank Morton. 50 seeds. Area 60. O \$1.95



MHE-6340 Heirloom Lettuce Mix

– A combination of as many of our varieties as possible. 300 seeds. Area 100. \$2.25

MHO-6350 Hot Pepper Mix – A mixture of our hot peppers. These will ripen at different times; all can be used green, and are red when completely ripe. 30 seeds. \$2.25

MLA-6360 Large Gourd Mix – Includes Calabash, Dipper, Sugar Trough, and others. 15 seeds. Area 30. \$2.25

MME-6380 Melon Mix – All short-season melons. Heirloom quality, great flavor. 30 seeds. Area 35. \$2.50

MMU-6390 Mild Kingdom Mustard Greens Mix – A tremendous range of mild mustards from Peters Seed and Research. Greens of every shade, about 30 % purples, and a wide range of leaf shapes. Many were selected for winter hardiness and disease resistance. This is the last season we can carry this selection, as the grower is has retired. 100 seeds. \$3.25

MNO-6400 Salad Mix, Mesclun – A mix of lettuces and other salad greens with various colors and shapes. Often planted very densely and cut down all at once for baby greens. Or plant at wider spacing for mature plants. Most will regrow after cutting. 400 seeds. Area 120. \$2.25

MPO-6470 Poppy Mix

All colors of poppies, for a meadow of bright color in late spring. 300 seeds. Area 100. \$2.00

MRA-6420 Radish Mix – A mix of colors and sizes. 750 seeds. Area 10. \$2.25

MSE-6430 Seeds for Kids (of all ages) – A happy jumble of everything left over from the year before. (Many didn't pass their germination tests but will still produce some plants.) Grow a surprise garden ...it's different every time! No medicinal herbs or poisonous plants. One very full packet, contents vary \$0.50

MSW-6440 Sweet Bell Pepper Mix – Its fun to grow a palette of peppers: yellow, orange, red, purple, chocolate, and white fruits. We are excited to offer this as open-pollinated seed. Pretty in salads 30 seeds. Area 20. C \$2.25

MTO-6450 Tomato Mix – We have had requests for this from folks with small gardens and have finally figured out a way to do it that makes sense. A mix of different large tomato varieties, with the seed colored with food coloring so that you know which is which and can plant only one of each kind if you wish. A key to the varieties is included. 30 seeds. Area 100. C \$2.75

MCH-6290 Cherry Tomato Mix – Several of our varieties, each dyed a different color (with food coloring) so you can know what you are planting. 30 seeds. Area 55. \$2.75

MTU-6458 Turnip Mix – White, orange, red, purple ...good for greens as well as roots, for fresh eating, cooking, and storage. 150 seeds. Area 10. \$2.25



LMX-6725 Spice of Life Collection-NEW! - We've noticed that some variety-loving souls order all mixes ...so we've put together a whole garden of them. 10 packets of seed, each one a mix: carrots, beets, chard, radishes, cabbage, green beans, lettuce, melons, sweet bell peppers and tomatoes. \$24.45

Seed Collections

Several seed packets inside a big decorative envelope. Each collection is a theme garden in itself. Collections or book-and-seed sets make an ideal introduction to new kinds of gardening, homeschool project, or gift. Occasionally, we need to substitute for a seed that's become unavailable, but we will choose another that is of equal value, usefulness, and interest.

New This Year



LGC-6712-Good Companions Collection-NEW! Companion planting works for many reasons. Attracting pollinators for better fruit set is important, (especially with squashes and some tomatoes.) Attracting insects that eat the insects we don't want is another very important benefit. Most predator insects need nectar and pollen to complete their life cycle. Some plants have smell or tastes that repel pests, and some secrete chemicals from their roots to repel pests. This collection gives your garden all 4 of those defenses, so that when aphids and other pests arrive, the right predators and conditions will be there to control them, and the pollinators will make sure your harvest is abundant. 8 pkts. \$14.35

LGO-6713-Good Bug, Bad Bug Book and Good Companions Seed Collection \$31.30

LST-6778 Storage Vegetable Collection-NEW! More and more people want to grow vegetables they can depend on for winter use. One way to store those garden riches—that doesn't depend on electricity—is by root cellaring. We have gathered heirloom varieties for long-term storage. Contains one pkt each of: beet, carrot, cabbage, celery, endive, parsnip, rutabaga, and squash. 8 pkts. \$15.80

LRO-6745 Root Cellaring Book with Storage Collection \$30.75

LED-6677 Edible Landscaping Collection—NEW! You can grow food without sacrificing beauty and interest. We've gathered an assortment of striking vegetables for you to design with. (Most of the herbs are wonderful landscape plants—this set concentrates on vegetables.) Contains artichoke, rainbow chard, lemon marigold, runner beans, 2 lettuces, kale, parsley, sunflower, and strawberry. 10 pkts \$21.85

LFS-6701 Spring Flower Garden-NEW! Easy-to-grow flowers to plant at the same time as early spring vegetables. Increases diversity, and makes you smile. A whole flower garden in itself, or perfect for tucking in among vegetables. Contains bachelor's buttons, alyssum, johnny-jump-up, baby blue eyes, nasturtium, sweet pea. 6 pkts

LFM-6703 Summer Flower Garden—NEW!—When you plant your corn and beans, tuck in some of these too. Easy to plant; you can sow direct in the garden, and they love heat. Sunflowers, Cleome, Tithonia (Mexican Sunflower), Cosmos, Marigold, Zinnia. 6 pkts \$10.00

LME-6725 Medicinal Herbs Collection—People love our culinary herb collection, so we've added a collection of medicinal herbs. An assortment of basic herbs for wellness and first aid. Easy to grow, no fancy propagation required. Contains Ashwaganda, Chamomile, Calendula, Echinacea, Burdock, Mullein, Tulsi, Valerian, Yarrow. 9 pkts. \$16.80

LGR-6713 Growing 100 Herbs that Heal Book and Medicinal Herb Seed Collection \$41.75

LPE-6732 Permaculture Collection—Edible landscaping that is permanent and self-sustaining is called permaculture. It makes the garden easy to care for by designing like nature—with a mix of trees, shrubs, vines, perennials, and annuals that create good growing conditions for each other. They also create habitat for wildlife. This collection is for those who think long-term; it contains seed for trees, bushes, perennials, and annuals that are easy to grow with minimal care once established. (Germination and seedling growth will be slow at first, and trees and shrubs may need stratification; instructions included.) Contains asparagus, elderberry, currant, raspberry, wild grape, self-heal, winter savory, rhubarb. 8pkts \$15.75

LPE-Permaculture Set — Gaia's Garden Book with permaculture seed collection. \$55.70

LSF-6753 Stir-Fry Collection—NEW!—The best of the garden for quick cooking and Asian dishes. Yum. Contains Kuroda Carrot, Chinese Cabbage, Pac Choi, Broccoli, Tatsoi, Eggplant, Green Onions, Bell Peppers. 8 pkts. \$15.00

Herb Collections

LAY-6615 Ayurvedic Collection – These are herbs that have been used for centuries in India for healing and maintaining well-being. One pkt each of Eclipta, Ashwagandha, Purslane, Holy Basil, Black Cumin, Visnaga and Andrographis. 7 pkts. \$13.75

LFI-6690 Culinary Herbs Collection – The culinary basics: Thyme, Sage, Flat Parsley, Savory, Chervil, Basil, Chives. 7 pkts. \$11.75

LHE-6715 Herbs for Kids Collection – Many people have enjoyed *A Kid's Herb Book (for Children of All Ages)* and wanted to grow the herbs, so we have created this collection. It contains seeds for many of the main herbs in the book. Contains Chamomile, Calendula, Lemon Balm, Sunflower, Dandelion, Fennel and Yarrow, 7 pkts., \$12.00

LKI-6718– A Kid's Herb Book with the Herbs for Kids Collection. A perfect gift for a child to give a favorite adult, or vice-versa. Book & 7 pkts. \$ 31.00

LTA-6760 Tasty Tea Collection – A selection of the tastiest and easiest herbal beverages, good alone or in blends. Information sheet included. One pkt each of : Peppermint, Spearmint, Licorice Mint, Cinnamon Basil, Lemon Balm, White Clover, Chamomile. 7 pkts. \$12.75

LWO-6810 Women's Herb Collection – A variety of herbs used by women through the ages to maintain well-being and health. Contains one pkt each of: Motherwort, Red Clover, Black Cohosh, Sage, Evening Primrose, Licorice, Vervain. 7 pkts. \$14.00

Vegetable Collections

LAY-6610 Perennial Vegetables Collection – These heirloom crops are gaining attention once again among those interested in local self-sufficiency, folks who haven't the time or strength for annual crops, and curious gardeners looking for something new. Perennials do take longer to germinate and need good care in the seedling stages: starting them in pots is ideal, and doesn't take much space. This collection includes an information sheet, and one packet each of the following: Asparagus, Perpetual Spinach, Seakale, Good King Henry, Rhubarb, Artichoke, Welsh Onion, Sorrel. Best for gardeners in zones 6 and above, or with winter protection in colder areas. 8 pkts. \$15.75

LPE-6734 Perennial Vegetables Book and Perennial Vegetable Collection \$50.75

LTH-6790 Three Sisters Seed Collection – Many Native American gardeners planted corn, beans, and squash together so that the plants made a little ecosystem, supporting one another and creating the proper conditions for one another's growth. Our collection contains one packet each of a native-type dry corn, a climbing dry bean, and a vining winter squash. 3 pkts. \$7.75

LSH-6755 Shady Garden Collection – Most vegetable crops like sunshine, but we don't all have perfect conditions to work with. We've gathered a selection of vegetables, plus one herb, one edible flower, and one berry, that will survive some shade and still give a worthwhile result. Also useful for coastal and cool-climate gardeners. Info sheet included. Contains one packet each Asian greens, chard, runner beans, kale, spinach, lettuce, chives, radish, sorrel, peas, nasturtiums, chervil and currant. 13 pkts. \$23.50



LCO-6640 Container Garden Collection – Plants that are smaller or can be cut again and again for growing in tubs or pots ...an inspirational gift for a non-gardening friend! Includes lettuce, carrots, parsley, cherry tomato, green beans, peas, chard, orach, nasturtiums, and marigolds. 10 pkts. \$21.50

LBO-6620 Bountiful Container book & Container Garden Collection – The *Bountiful Container* book with Container Garden Collection. Book & 10 pkts. \$37.95

LEN-6680 Edible Flower Collection – A rainbow of safe and tasty flowers for salad, veggie platters, cakes, drinks and garnish. A variety of seasons and bloom times. Perfect addition to vegetable beds, containers, children's gardens. Contains eight edible and decorative flowers and an info sheet. \$15.50

LFR-6700 French Kitchen garden- French gardens include vegetables, flowers, herbs, and fruit grown for both food and beauty. That diversity makes them pest-resistant, abundant, and delightful. This collection of French heirlooms comes from that tradition. Information sheet has recipes on one side, and garden plans/ information on the other. Contains 1 pkt each of green bean, broad bean, carrot, mache, leek, lettuce, melon, tomato, an herb, a berry and a flower. 11 pkts \$20.50



LSA-6750 Salsa collection- NEW!- We've added a sheet of recipes and tomatillo seeds to the salsa collection. As ever, it is a great way to grow sprightly salsas for fresh summer eating, preserving, and summer potlucks. Contains two sorts of tomatoes, a hot pepper, a mild pepper, tomatillo and cilantro. 6 pkts.

LSR-6775 A Survival Garden – Many people have asked us about what plants to grow to meet their families' food needs in hard times. This collection contains food crops that give lots of food value in a small space and are easily grown and used by home gardeners. Note this is not a "time capsule" storage kit, but a collection of seeds to grow, eat, and become familiar with, so that you will have a harvest of food this year, and, as time goes on, you will know which ones work for you and will be proficient in growing them. Contains oats, wheat, quinoa, beans, soup peas, rutabagas, parsnips, carrot, kale, lettuce, onions, squash. 12 pkts. \$21.75

LDR-6670 Water Saver Collection – Varieties chosen for tolerance to drought and heat; these will need water to get established. Includes Amaranth, Moth Bean, Garbanzo Bean, Corn, Purslane, Mustard, New Zealand Spinach, Tomato, Chard, and Watermelon. 10 pkts. \$19.50

LWI-6895 Winter Vegetable Collection – With some planning and the right varieties, gardeners can have fresh vegetables all winter, even in challenging climates like New England. Info sheet included. Contains one packet each of carrot, corn salad, kale, arugula, miner's lettuce, minutina, spinach, mizuna, head lettuce and leaf lettuce. 10 pkts. \$19.50

LFO-6695– Four Season Harvest book and Winter vegetable Collection \$44.45

LME-6720 Medieval Garden Collection – Ancient varieties that can grow in your garden today and give you a glimpse of the past and a taste of unusual vegetables and teas. Information sheet included. Has a higher proportion of perennials, and results will not be as fast as with annuals. One pkt. each of: Welsh Onion, Meadowsweet, Roman Chamomile, Good King Henry, Elecampane, Lovage, Heartsease, Sweet Rocket, Marshmallow, Field Peas, Flanders Poppy, Alpine Strawberry, Hyssop, Flax, Mangel. 15 pkts. \$26.75

Basic Beginning Collections

MCO-6300 Compost Crop Mix – Ecology Action Special Mix – For years we have been recommending fava, vetch, wheat and rye as a particularly beneficial compost crops for your garden. We are now offering this as a pre-mixed packet of wheat, vetch, and rye, along with a separate packet of favas, which are planted separately. 1500 seeds - 2 packets. C \$2.75

LCA-6630 Calorie Crops Collection – One packet each of the following: Hard Red Spring Wheat, Taylor's Dwarf Bean, Hullless Oats. 3 pkts. \$4.50

LVE-6800 Vegetable Seed Collection – One packet each of Beans, Corn, Lettuce, Tomato, Watermelon, Carrot, Cucumber, Melon, Onion, Green Onion. 10 pkts. \$19.50

LSU-6770 Sustainable Garden Starter Kit – The Sustainable Vegetable Garden book with all three Basic Beginning Seed Collections above - 15 seed packets. \$38.75

LHO-6717 How To Grow More Vegetables Book and the above 3 basic seed collections-15 seed packets.\$45.75

Compost Crops

Compost crops are easy to grow, protect the soil from the weather over the winter, and feed your soil when you aren't using your garden. Cut and composted, they also help hold and return to the soil through compost nutrients that would otherwise be leached out from the soil during winter rains.

Traditional and organic farmers have been successfully using compost crops for centuries, and they are an essential part of crop rotation. A cover crop is a plant which produces a major amount of biomass and a significant amount of calories primarily grown to protect the soil during the rain and snow during winter and then is cut and optimally composted (or, much less optimally, turned under in place). The prime goal is to grow more soil, and to hold and protect the soil from erosion, wind, or compaction. Some compost crops also fix nitrogen in the soil and some produce a food crop at the same time. You can produce a significant amount of organic matter in six months and some organic matter an as little as six weeks, utilizing your garden beds when they would otherwise be empty! If you let the crop go to maturity, and it is a grain crop, you can also produce a significant amount of calories.

By compost cropping you increase the quantity and quality of all aspects of the soil's ecology including: your soil's microbial population, organic matter content, and soil fertility. By making compost from your crop you not only increase soil volume and quality, but feed earthworms and soil organisms, which in turn speed up the release of nutrients for the next crop. There are compost crops to suit all soil conditions and all times of the year. For advice about overwintering, planting times, and adaptation to conditions in your local area, you may want to consult your neighbors, your state university ag department, or your local university cooperative extension service (county agent).

Building up fertility is a slow process, and takes considerably more than one season. Somewhat faster results can be achieved by following the Biointensive method detailed in *How to Grow More Vegetables...* and our other books. Ecology Action has tested an extensive selection of compost crop seeds at their Research Center for 25 years. Every gardener should try at least one—your garden will thank you!

Amaranth – see page 9 and 36

Cardoon – see page 14

Compost Crop Mix

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

MCO-6300 Compost Crop Mix – Ecology Action Special Mix – For years we have been recommending a formulation of fava, vetch, wheat and rye as a particularly beneficial compost crop for your garden. We are now offering this as a pre-mixed packet of wheat, vetch, and rye, along with a separate packet for the favas, which are planted separately. 1500 seeds. Area 100. C \$3.00 per set of two packets

Agricultural Mustard

Synapis alba

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

CAG-6910 Agricultural Mustard – Excellent cover crop often used in orchards and vineyards. Suppresses weeds, nematodes and soil diseases, cycles nutrients, increases tilth. Also a high protein forage. Sow broadcast any time during the growing season. It can be harvested at any stage, but preferably just after flowering. Plant mid-Aug for winter cover. 4100 seeds. Area 100. C \$2.75

Alfalfa (Lucerne)

Medicago sativa

ALL/Matures 17+/Harvest 9+/Yield green 148-412, dry 44-123/Spacing 5"

This deep-rooted perennial is one of the most valuable of the compost crops and will restore impoverished soil. Can be cut several times and grow back. In many climates it can be sown in late summer, to survive the winter for harvesting in Spring. It is good practice to mix the seed with other compost crop seeds. A fantastic Nitrogen fixer: .35-.57 lbs. of Nitrogen per 100 square feet per year.

CAL-6901 Non-Dormant Alfalfa - Best grown as an annual or overwintered in zones 9-11. Grows quickly, can be cut several times. This is the best variety for temporary plantings where the alfalfa will be cut, composted and the bed used for another crop the next season. 5,000 seeds. area 400 C \$1.50

CAL-6902 Ladak Dormant Alfalfa-Extremely winter hardy for those who want a perennial alfalfa in cold climates—hardy to zone 4+ Also provides quality hay, is non-spreading, and can be cut 2-4 times per year. Reputed to be best for breaking up intractable caliche. 5,000 seeds. area 400 C \$1.50

Austrian Field Peas

Pisum sativum

C,W/Matures 17/Harvest 8-12/Yield 10/Spacing 5"

CAU-6920 Austrian Field Pea – Austrian Winter – Very good for cover crops and green manure crops, building tilth and adding organic matter and thus humus to the soil. Peas like well drained and fertile loam soils. Field peas are used as a winter annual in the South and as a spring annual in the North for soil improvement and for forage. Does not tolerate high water table or any substantial flooding. Grows on poorer soil than clover but makes less nitrogen. Doesn't compete well with abundant winter weed growth. Peas for split pea soup or livestock feed. Breaks down fast into soil. 900 seeds. Area 100. C \$1.95

Fava Beans

Vicia faba

C,W/Matures 11-26/Harvest 8/Yield green biomass 90-360, dry 18-72/Spacing 8"

Favas are a cool-season crop overwintering in zone 8. Their roots improve soil texture and put nitrogen into the soil (Use Garden Combo inoculant - item # SIN-9400). They can provide a trellis for other compost crops. While this is a compost crop, these beans also make good eating. See other favas under beans in the vegetable section.

CBE-6925 Bell Bean, Fava – 60-75 days. A vigorous, adaptable legume, often mixed with peas, vetch, radish, and oats for cover cropping. Grows 3-6 ft, produces much organic matter for composting, and fixes nitrogen if inoculant is used. Strong root system brings up nutrients and conditions soil. Plant in fall. Matures March to May, attracting many beneficial insects. 300 seeds. Area 78. C \$3.25

🌿 **CBE-6940 Banner, Biointensive** – 60-75 days. Biointensively Grown. Frost-resistant to 10°s F, hardier than many favas. A favorite in our Research Garden. Grows very thick stands. Good eating as well. 360 seeds. Area 78. O \$4.00

Clover

CCL-6950 Alsike *Trifolium hybridum*

ALL/Matures 17-26/Harvest one cutting/Yield dry 12-38/ Spacing 5"

Perennial. Best clover for poor land. Tolerates wet soil., flooding, acid soil, and clay soils. Enriches the soil and provides humus. Broadcast in Spring or Autumn. Fixes about .27 lbs. of Nitrogen per 100 square feet per year. 5000 seeds. Area 400. C \$1.50

CCL-6960 Berseem *Trifolium hybridum*

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

Extremely productive and a good weed suppressor, good compost crop, excellent forage, and at 200-300 pounds per acre one of the best nitrogen fixers. Tolerates a wide range of soils. Not cold-hardy. 2500 seeds. Area 200. C \$1.50

CCL-6970 Crimson *Trifolium incarnatum*

C/Matures 17-26/Harvest 2/Yield green 60-180, dry 15-45/ Spacing 5"

Annual. Beautiful large-headed deep-crimson flowers. Nitrogen source, soil builder, erosion preventor, ground cover, forage. Grows well in mixtures with small grains, grasses, and other clovers. Winter cover crop through warmer parts of USDA Zone 6 and summer crop elsewhere. Fast growing on either sand or clay. Fixes about .21 lbs. of Nitrogen per 100 square feet per year. 5000 seeds. Area 400. C \$1.50

CCL-7000 Medium Red *Trifolium pratense*

ALL/Matures 17 F/Harvest 2+/Yield green 90-270, dry 18-54/ Spacing 5"

Perennial/Biennial. Fast growing crop that can be recut, giving more total biomass than other clovers. This plant is hardy through USDA Zone 4. Sow in autumn to be harvested in the spring. Sweetens the soil. Fixes about .23-.30 lbs. of Nitrogen per 100 sq. feet per year. Good for pastures or hay. Medicinal: skin, menopause. 5000 seeds. Area 400. C \$1.50

CCL-7030 Sweet White Blossom *Melilotus alba*

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

Upright biennial often used for poor soils. Good bee plant. Drought resistant and winter hardy through USDA Zone 4. Takes a wide range of soils and climates, and will pierce through subsoil. pH 6.5 or higher. Fixes to 125 lbs of N/acre. 2500 seeds. Area 220. C \$1.50

White Clover

Useful in situations where they have to fend for themselves: pasture for the New Zealand, and lawns for the Dutch. Heat tolerant and cold tolerant through USDA Zone 4. Good for soil enrichment and to provide humus. Likes a pH of 5-6.5.

CCL-6990 Dutch – A very low growing, persistent clover whose white flowers you often see in lawns. Its relative durability under foot traffic makes it useful for paths especially in vegetable gardens, which can use the nitrogen. As a lawn, it is self-fertilizing, thick-growing, needs little or no mowing and looks lush, though it will not take as much abuse as grass. Likes moist soil. 5000 seeds. Area 400. C \$1.50

CCL-7010 New Zealand – A medium-high growing clover. Fukuoka's favorite cover crop in One-Straw Revolution. Likes moist soil. Fixes about .23-.30 lbs. of Nitrogen per 100 square feet per year. 5000 seeds. Area 400. C \$1.7

Red Cowpeas

W,H/Matures 8/Harvest 8/Yield biomass 7-9/Spacing 15"

CCO-7020 – Vigna sinensis. A great, all-around summer cover crop that fixes a lot of nitrogen (up to .57 pounds per 100 square feet) and is good at competing with summer weeds, even bermuda grass. Tolerates some shade; can be planted in orchards or vineyards. Can be used for hay or grain in addition to making compost. Cowpeas are also excellent attractants for beneficial insects due to nectar-releasing sites on the leaflets. They are adaptable, drought-tolerant and productive. 130 seeds. Area 100. C \$1.95

Inoculants for Legumes

Legumes grow best and produce more if inoculated with a special bacteria culture. These bacteria form nodules on the roots of legumes such as peas, beans, favas, peanuts, lentils, vetch, Austrian peas, cowpeas, garbanzo beans, alfalfa, and clover, and are the creatures actually responsible for "fixing" nitrogen from the air into the soil. Inoculants are especially important when planting one of these crops for the first time. These cultures are plant specific, so be sure to select the correct one for your crop. Directions: Put seed in container and mix in few drops of water; just enough to lightly moisten seeds. Add inoculant and mix until all seeds are coated. Or sprinkle directly in the furrow along with seeds using about 1 teaspoon every 2 feet of row. Cover immediately. Bacteria will die if exposed to heat and sun. Storage: Keep cool as possible; between 34 and 70 F is best. Do not expose to extreme heat, direct sunlight, or freezing. Caution: Avoid breathing dust.

SIN-9380 Alfalfa & Clover Inoculant – Treats up to 5 lbs of Alfalfa or clover seed (except subterranean clover). \$2.00

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

SIN-9400 Garden Combo Inoculant – Treats 8 lbs of peas, beans, favas, peanuts, lentils, vetch, field peas, or cowpeas. \$3.50

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

Fenugreek

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



CFE-7050 – Trigonella foenum-graecum – Annual. A beautiful nitrogen-fixing plant, excellent as winter cover, for opening heavy soils and for forage for animals. Prefers warmth but germinates in cooler soils also and grows quickly to two feet tall. Has white flowers with blue markings, aromatic foliage, and medicinal seeds that can also be used for sprouts or in curries. Makes less organic matter than other winter covers, but its quick growth is a bonus when planting late; can be planted as late as mid-December in mild-winter areas, or in very early spring. Gets about 2 feet tall. For best results, use our alfalfa & Clover inoculant. 1500 seeds, area 100. C \$2.50

Lupine

Lupinus spp.

W/Matures 8/Spacing broadcast

CLU-7085 Blue Lupine, Bluebonnet – Beautiful blue annual wildflower that fixes nitrogen and tolerates poor, rocky soil. Fall-planted in zone 7 and above. All other areas plant very early spring—grows during cool or warm weather and dies back when weather gets very hot or dry. Spectacular sheets of blue in spring to summer. Excellent cover crop to prepare beds for heavy-feeding summer vegetables. 1300 seeds. Area 100. C \$1.75

Phacelia tanacetifolia

A/Ht1-4'/Spacing 6"



CPH-7060 Phacelia tanacetifolia – Prime beneficial-insect plant. Lavender-blue, fragrant flowers are loved by people too. A quick growing plant which makes a fine, feathery but dense carpet that shades and holds the soil but allows moisture to trickle through. Phacelia attracts pollinators and beneficial insects that prey on pests. Makes good compost material. 1250 seeds. Area 200. C \$2.25

Fodder Radish

Raphanus sativus

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

CFO-7050 Fodder Radish – Extremely valuable compost crop with very deep tap root that brings up nutrients from the subsoil and breaks up clay. Produces a great bulk of material. Traditional over-winter forage relished by animals like sheep. Edible big juicy roots. 2500 seeds. Area 100. C \$3.00

Tyfon, Holland Greens *Brassica rapa* "Tyfon"

ALL/Matures 6-12/Harvest multiple/Yield /Spacing 15" or broadcast

CTY-7090 Tyfon, Holland Greens – An edible compost crop. Highly nutritious, productive, very fast growing. Widely-adapted. Tops hardy to 10°F at least, and bolt resistant. If harvested by cutting back, several cuttings can be made at 30 to 40-day intervals. Best cut when young and tender. Mild flavored. Mowing to the ground kills it. To 30-60" 800 seeds. Area 1000. C \$1.95

Vetch

Vicia villosa

ALL/Matures 12 F/Harvest 9+ AC/Yield green 25-106, dry 5-18/Spacing broadcast

CVE-7100 Hairy – Best for cold climates - if established in the fall, the land will be completely covered and protected from wind and water erosion by winter - surviving temperatures to 25 below zero by going dormant like winter wheat. Not as vigorous in milder climates but still gives high yields of cover, compost, or pasture if allowed to fully mature. Accepts low-fertility, but must be well-drained. 4400 seeds. Area 100. C \$3.75

CVE-7110 Woolly Pod – Viney, tendrilled plants with large flowers make a luxuriant pasture, excellent erosion control, and high quality hay. Beautiful flowers often listed in flower catalogs. Grows especially well when inter-planted with Fava Beans, which act as trellises for the vetch. Heat, drought, and poor soil tolerant. Withstands temperatures to 0° F. Fixes up to .63 lbs of N per 100 sq. ft per year. 4400 seeds. Area 100. C \$3.50



Cover Crop Video

BCO-1180 Cover Crops and Compost Crops IN Your Garden

Cindy Conner, 2008, 66 minutes

Watch through the seasons as your cover crops come to maturity and are either cut as mulch in the beds they were grown in, or cut as food for the compost pile. Watching the whole season is very educational and is an essential part of our teaching biointensive. Cindy studied our methods, is a former market gardener and now a sustainable agriculture college instructor. Everyone at BG who has watched this DVD had at least one "aha" moment.– \$35.00

In response to customer requests, we are carrying some of our compost crops in one -pound packages. Please call for availability. 707-459-6410



Compost Crop Applications

| | Legume - fixed Nitrogen | Tolerates poor drainage | Germinates in cool soil | Cold hardy to 25°F | Drought tolerant | Good for heavy soils | Plant Spring, Fall, Either* | Competes with weeds | Good for erosion control | Quick growth | Low growing - under 12" | Medium - 13 to 36" | Tall - over 36" | Invasive | Oz per 1,000 sq. ft. using GROW BIOINTENSIVE® spacings. |
|-----------------------------|-------------------------|-------------------------|-------------------------|--------------------|------------------|----------------------|-----------------------------|---------------------|--------------------------|--------------|-------------------------|--------------------|-----------------|----------|---|
| Alfalfa | ● | | ● | ● | ● | ● | S | | | | | | ● | | 0.85 |
| Buckwheat | | | | | | ● | S | ● | | ● | | ● | | | 26.0 |
| Barley | | | ● | ● | ● | ● | F | | ● | ● | | ● | | | 24.0 |
| Beans, Moth | ● | | | | ● | ● | S | ● | | ● | ● | | | | 9.5 |
| Cardoon | | | | | ● | ● | F | | | | | | ● | ● | 0.4 |
| Clover, Alsike | ● | ● | | ● | | ● | F | | ● | | | ● | | | 5.5 |
| Clover, Berseem | ● | ● | ● | ● | ◐ | ● | F | | ● | ● | | ● | | | 1.5 |
| Clover, Crimson | ● | | | ● | | | F | ● | ● | ● | | ● | | | 6.0 |
| Clover, Red | ● | | ● | ● | | ● | F | ● | ● | | | ● | | | 0.8 |
| Clover, Subterranean | ● | | ● | ● | ● | ● | F | ● | ● | ◐ | | ● | | | 5.7 |
| Clover, Sweet White Blossom | ● | | ● | ● | ● | ● | F | ● | ● | | | | ● | | 0.3 |
| Clover, White | ● | ● | ● | ● | | ● | F | ● | ● | | ● | | | | 0.3 |
| Fava, Banner | ● | | | ● | | | F | ● | | | | | ● | | 172.0 |
| Mustard, Agricultural | | ● | ● | ● | | ● | F | ● | ● | ● | | | ● | | 8.5 |
| Oats | | | ● | | | | F | ● | ● | ● | | ● | | | 12.5 |
| Pea, Austrian Field | ● | | ● | ● | ◐ | ● | F | ● | ● | ● | | ● | | | 31.0 |
| Radish, Fodder | | | ● | ● | ● | ● | F | | | ● | | ● | | | 15.0 |
| Rye, Cereal | | ● | ● | ● | ● | ● | F | ● | ● | ● | | | ● | | 24.0 |
| Crownvetch | ● | | ● | ● | ● | ● | S | ● | ● | | | ● | | | 1.4 |
| Vetch, Hairy | ● | | ● | ● | ● | ● | F | ● | ● | | | ● | | | 55.0 |
| Vetch, Woollypod (Lana) | ● | | | ● | ● | ● | F | ● | ● | | | ● | | | 55.0 |
| Wheat | | | ● | ● | ● | ● | F | ● | ● | ◐ | | ● | | | 24.0 |
| Sunflower | | | | | ● | | S | | | | | | ● | | 7.6 |
| Sorghum | | | | | ● | ● | S | ● | ● | ● | | | ● | | 6.6 |
| Corn | | | | | ● | | S | | | ● | | | ● | | 9.0 |
| Phacelia tanacetifolia | | | | ● | ● | | F | ● | | ● | | ● | | | 0.5 |
| Tyfon | | | ● | ● | ● | ● | F | | | ● | ● | | | | 5.0 |

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

Grains and Fibers

Grains are among the easiest crops to grow and can be a new adventure for the home gardener. Many need little processing after harvest, and they bring a different kind of beauty to the garden.

Grains are easy to grow and maintain, decorative and useful. Most varieties of modern grains, especially oats and barley, have been developed for machine processing. Our varieties are chosen for the small grower without specialized milling equipment. Learn to grow the grain for your bread in your own backyard. Or try your hand at designing and growing a complete small-scale diet in your backyard, using our book *One Circle*.

Amaranth

W,H/Matures Grain 12, Leaf 6/Harvest 4/Yield Grain 4-16+, Leaf 68-272/Spacing Grain 12" Leaf 6"

(Shown right) Heat-loving grain from the New World. Easy to grow, a striking edible ornamental high in nutrients. High in protein and provides essential amino acids missing in other grains. Start after frost date when soil is warm. When seeds first start to drop to the ground cut heads and hang in protected place with good ventilation over tarp or plastic to catch seeds. When dry rub heads to remove seeds and winnow.

☞ **VAM-2010 Golden Giant, Grain *Amaranthus cruentis*** 100-120 days. Yields of over 1 lb. of white seed per plant have been reported on striking plants to 6' tall. Golden stems and flowering heads. May be planted anytime after risk of frost is past, up to 2 months before cool weather. Also known for its edible leaves. 100 seeds. Area 65. GB \$1.95

☞ **GAM-7195 Sunset Dwarf Grain** – 100-120 days. These beautiful and use ful plants were grown by Golden Rule from seed from the USDA germplasm repository. They are a Central American heirloom variety for short-season areas. Shorter in stature than our other amaranths, they do not make so much biomass, but are much earlier. The grain is very high quality, large and white. Yields are extremely good. There were both red and yellow lines in the bed—we are calling this the Sunset Dwarf gene pool because it will be varied. Select your favorite plants for seed. 100seeds, area 60 GB \$1.95

MAM-6200 Amaranth Mix – The seeds will cross, but produce a variety of greens and seed types. A lovely display, and a sampler of our types. 300 seeds. Area 100. GB,B,N \$2.25

BGE-1510 More About Amaranth and Quinoa information sheet – Gives more detailed cultural instructions, along with advice on processing the grain. \$0.30

Buckwheat

Fagopyrum esculentum

W,H/Matures 9-13/Harvest 1-4/Yield green 25-100, dry 2-6, grain 4-16/Spacing Broadcast

☞ **GBU-7250 Buckwheat** – This very fast-growing crop has low grain yield, but can grow where seasons are too short or cool for other grains. High in lysine. Widely used as a bee plant, compost crop, “nurse” plant for seedlings, and to attract wildlife. Plant spring or late summer. Will grow on nearly any soil, but prefers light, well-drained soils. 2600 seeds. Area 100. O \$1.50



Barley

Hordeum vulgare

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

Ancient Biblical, Egyptian, and Tibetan crop. Forgiving of extreme weather and poor soil. Easily threshed and very nutritious. Shorter growing season than most other grains. Makes a fine, mild-flavored flour, porridge, soup or pilaf.

Hulless “Naked” Barley

This is the grain for gardeners, since threshing is so easy. We sometimes have small lots of other types—check our website

☞ **GBA-7230 Schrene** – Spring. A 2-row type. A fast, short, hulless barley. Not the highest yielding in our trails, but dependable matures quickly enough that, if you plant early, you may still have time for a main crop in the bed after the barley. Short stems mean less material for compost, but they also help resist lodging (falling over) 100 seeds. Area 12. GB \$2.25

LBA-6618 Hulless Barley Collection – Small packets of 5 spring-planted barleys: Tibetan, Condor, Faust, Ethiopian, and Sangatsuga. Only a limited amount—we’d rather have them planted (and seed saved?) by gardeners, rather than it languishing in our refrigerator. Only one per customer. 5 packets GB \$10.00

Regular Barley

Not the best type for growing to eat, because it must be hulled. However, we get requests for this from brewers and from people who just want barley straw for killing algae in ponds. 1 pound bag, plants about 1000 square feet.

🔗 **GBA-7220 Regular Barley** – 1 lb. Area 1000. O \$4.25

Flax

Linum usitatissimum

ALL/Matures 12-14/Spacing 4"

Beautiful slender annual with brilliant sky-blue 1/2" flowers on graceful stems that grow to 2-5". Easily grown for its golden-brown seeds that are high in protein and omega-3 rich oil. Used in breads and cereals, as vegan egg substitute in recipes, and sprouted. Unripe fruits used in chutneys. This ancient fiber plant was used by the Pharaohs, and the stalks are still used for high-grade paper. Medicinal: Digestive tract, chest/lungs, skin, menopause.

🔗 **GFL-7280 Culinary** – Standard variety for nutritional use. Grows fast and blooms early. Lovely blue flowers. Flax seeds are wonderful in dried fruit leathers and on crackers and deserts. Also good livestock and poultry feed. Food quality seed. 300 seeds. Area 20. O \$1.50

Millet

VALL/Matures 10-13/Yield grain 3-12, dry 12-72/Spacing 7"

A short-season grain crop containing more essential amino acids than wheat, oats, barley, rye or rice. Millet combined with buckwheat provides all the proteins required by human. Grains borne in upright "heads". Easily digested, fast-cooking. Good hay grain. Excellent for poultry and livestock.

🔗 **GMI-7290 Japanese** – Highly productive and early. Very leafy with many grain-bearing tillers to 6". Tolerates waterlogged soils very well. Excellent for compost—will regrow after cutting, and dries faster than Sudan grass. Difficult to thresh and clean for human consumption. 560 seeds. Area 120. GB \$2.25

GMI-72950 Pearl – *Pennisetum americanum* This is a good choice for the home garden because it threshes out of its hulls easily. It is not considered the highest quality, but it is the most do-able and is satisfactory in quality. 200 seeds area 45 GB. \$2.00

GMI-7300 Proso – *Panicum miliaceum*. Very quick maturing, attracts wildlife. High alkaline content counteracts acids and makes it more easily digested. Grows 1-4' high, has hairy stems and compact to loose panicles with a profusion of small, round, seeds. 560 seeds. Area 120. C \$1.50

Oats

Avena nuda

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

Oats are highest in protein, lowest in carbohydrates, and rival wheat as the most nutritious of the cereal grains. Likes more water than other grains. Does well on any fairly fertile soil. Abundant straw makes a good compost crop. These varieties are easily threshed for the grain, avoiding the very difficult processing of hulled varieties. Heavy stubble prevents soil erosion. Plant as early as possible in spring. Medicinal: straw - tonic, nerves, depression, lethargy, sleep.

GOA-7320 Hulless – Popular commercial variety when you can find it. Medium height variety for early spring planting and late summer harvest. Umbrella-like grain heads with lots of straw for use as organic matter. 750 seeds. Area 90. C \$1.75

🔗 **GOA-7330 Kynon Winter Hulless** – Productive, hardy overwintering oats. Normally plant in fall for spring harvest whereby you get strong stalks with minimal lodging, but also does well planted in February. Seed from our research garden. 250 seeds. Area 30. GB \$1.95

Poppyseeds

FPO-8845 Breadseed Poppy

Papaver somniferum

Yields an amazing number of seeds for breads, cakes, muffins, and other dishes. Sow in early spring, harvest in summer. 300 seeds. Area 200. C \$2.00

Quinoa

Chenopodium quinoa

W,H/Matures 13-17/Harvest 0-4/Yield grain 6-26, dry biomass 26-158/Spacing 12"

A beautiful, very hardy, high-yielding ancient Andean staple grain. This grain is a contender for most complete food of all. Grows 4-6' high with many arrow-shaped leaves used like spinach. The 3-6 oz. seedhead is made up of tiny round seeds which are cooked as a grain, ground into a meal, in soups, boiled like rice, etc. Beautiful autumnal color. CAUTION: Quinoa seed has a natural soapy coating (saponin) that must be washed off before cooking or eating. (Instructions included with seed.) Our seed grower uses the rinse water as a "pretty good laundry soap".

🔗 **GQU-7360 Multi-hued** – An excellent variety to start with. Well-adapted – does well in Willits, Canada, the south. Quite a show with flower colors of: red orange yellow purple and mauve. Tan seeds. Stands 5-6' tall. 240 seeds. Area 100. B \$1.95

🔗 **GQU-7370 Temuko** – Beautiful orange seed heads and yellow-green, large roundish leaves. 240 seeds. Area 100. B \$1.75

BGE-1510 More About Amaranth and Quinoa information sheet. 2 pages. – Cultural info, processing tips. \$0.30

Rye

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

Rye is similar to wheat and barley but much taller—up to 7'. It is very cold hardy and thrives in cool climates and poor soils. Excellent winter cover and compost crop in addition to grain production. Rye has an allelopathic effect; producing compounds which inhibit the growth of other plants. 15% rye flour baked into wheat bread increases iron absorption in the body.



Cereal (*Secale cereale*)

🔗 **GRY-7400 Cereal** – This is the variety to use for compost and grain in most conditions. Easy to start and grow. 1200 seeds. Area 100. O \$1.25

🔗 **GRY-7410 Winter Akusti** – Tall with extreme cold tolerance. Not suited to warmer winter areas. Produces nutritious grain and large amount of biomass for compost. From Finland. 100 seeds. Area 8. GB \$1.75

Sorghum

Sorghum bicolor

W/H/Matures 13/Harvest 0-2/Yield 6-24 seed, 88-350 green biomass, 25-100 dry biomass/Spacing 4"

Introduced from Africa as forage, sorghum is heat tolerant and water-efficient. Grown like corn but hardier and may be perennial in low-frost zones. The seed heads may also be harvested and used in dried arrangements. Under some wet conditions, sorghum can develop toxicity to cloven-hoofed animals.

GSO-7420 Broomcorn – 110 days. A fun plant to grow and use. You get a lot of carbon/compost from this plant. The stiff top bristles make excellent brooms. Birds love the grain. 400 seeds. Area 25. C \$2.50

☞ **GSO-7430 Dale** – A favorite in the research garden. 5-8' tall and very productive, for grain, syrup and compost. Produces well in northern climates. Bred by John Coffey. 400 seeds. Area 90. GB \$3.00

GSO-7460 Rio – 100-110 days. Rio is a commercial sugar can which in test had extremely high sugar yields. Large red and white seeds. Grows 8-10' tall. 400 seeds area 90 C. 400 seeds. Area 90. C \$3.00



Teff

Eragrostis tef

W/Matures 14

☞ **GTE-7460 Teff** – The smallest food grain in the world, teff is a staple for much of Africa, especially Ethiopia, where it is used to make enjera, a fermented, pancake-like bread. It's also used for hay and forage and in a fermented beer-like drink. Its graceful leaves and heads are a beautiful addition to the garden. 500 seeds. N \$1.95



Triticale

X Triticosecale

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

"For years I ignored this crop because of the myth that it is 'a man-made cereal grain.' It is fun to grow. I began to grow the plants because of their dynamic beauty" Lorenz Schaller, KUSA Foundation. Triticale is a cross between wheat and rye. Wheat and rye cross naturally, but investigations into (and improvements on) this marriage began only a hundred years ago. Triticale combines the high protein content of wheat with the high lysine content and ruggedness of rye, while exhibiting good disease resistance. It pleases growers with its performance and appearance. We grow triticale in the research garden for carbon for the compost and calories for the gardeners.

☞ **GTR-7470 Juan** – This is a beautiful cereal plant. It has stiff, strong, tall straw of about 40" and stands sturdy with less lodging. High yielding. Good carbon crop. 250 seeds. Area 30. GB \$2.25

☞ **GTR-7480 Musky** – For fall or early spring planting. Grows 4-5 feet tall with a good production of both straw and grain in our research garden. From Peters Seed and Research. 100 seeds. Area 12. GB \$2.00.

☞ **GTR-7490 Pika**– A bearded (awned) type, this grew over 6 feet tall and was very productive of both grain and straw. Seed from Peters Seed. 100 seeds. Area 12. GB \$2.00

☞ **GTR-7468 Bamboo Curtain** – One of the many triticales grown at our research garden ...trials are not complete and the jury is still out on this one, but we have some seed to pass on to others to trial in the meantime. 150 seeds. Area 18. GB \$2.00

BGE-1540 What's Up with Triticale? – Lorenz Schaller is the director of KUSA, an organization that works to preserve heirloom cereal grains. He wrote this in response to our question about the history of triticale (a natural hybrid of wheat and rye that breeds true in the home garden.) Besides discussing triticale specifically, this is an excellent introduction to grain genetics, a thoughtful consideration of the ethics involved, and a love song to the beauty of growing grains. Half the proceeds of this paper go to KUSA for their vitally important work. \$2.00

Wheat

C/Matures 16-20/Harvest 0-4/Yield 4-26 grain, 12-72 dry biomass/Spacing 5"

One of the most ancient crops. Wheat is the largest single food crop on earth and perhaps the most versatile. Gluten is an unmatched vegetable glue, allowing bread to rise and achieve a light, tender texture.

Ancient

These wheats are beautiful in the garden, and sometimes people who cannot tolerate modern wheat can eat them. However, they tend to be more difficult to thresh than the modern varieties.



🌀 **GWH-7530 Early Stone Age** *T monococcum*

Formerly Einkorn hornemania. Limited production from our research garden. This rare, high-protein wheat (18.3% in an Ecology Action test) has two artistically-bearded seed rows to each seed head, with many seed heads per plant (up to 90 with wider spacings). Originally a widely cultivated variety in Switzerland, Spain, and the eastern Caucasus. Reportedly cultivated 7,500 - 12,000 years ago. A venerable, quality food source. Difficult to thresh and clean. Much higher in carotene than modern wheats. Spring planted. 13 seeds. Area 2. GB \$1.25

🌀 **GWH-7550 Kamut** *Triticum polonicum*

Polish Wheat, Astraakan Wheat. Very beautiful seedheads of silvery blue. Kernels 2-3 times the size of modern wheats. Higher in protein, vitamins and minerals than modern wheats. Some report that it is less allergenic. Makes superior pasta and puffed wheat but makes heavy bread. Probably originated in the Fertile Crescent. Spring planted. Most drought tolerant. 1250 seeds. Area 150. O \$1.50

BEA-0033 Grow Your Own Grains: Raising, Harvesting and Uses by Carol Cox, 2008, 28 pp A working paper. Basic grain raising, harvesting and using. How to grow and use barley, oats, cereal rye, triticale, wheat, amaranth, corn, millet, quinoa, rice, sorghum, and teff. – \$7.50

Modern

These wheats are the standard for bread making and general flour use. We like these varieties for their high protein content, and their general hardiness & adaptability. Sure yielders. Modern wheats are easily threshed and therefore are good choices for a home food garden, and to produce carbon for the compost.

GWH-7570 Hard Red Spring – Not as high yielding as winter wheat, but you are able to plant and harvest it in the same season. Very high in protein, generally over 12%. Plant around the date of the last killing frost, maturity by early Summer. 1250 seeds. Area 150. C \$1.25

GWH-7580 Hard Red Winter – Higher yielding but less drought tolerant. Planted around the first fall frost, it will grow some then go dormant for the winter. Warm spring weather will cause rapid new growth, and harvest within two months. 1250 seeds. Area 150. C \$1.25

🌀 **GWH-7610 SS791** – A 6 foot tall light brown winter wheat with large kernels in short awned heads that thresh easily. Sturdy and productive with good resistance to lodging. 100 seeds. Area 12. GB \$2.00

🌀 **LWH-6890 Spring wheat Collection** – Small packets of 4 spring-planted wheats: White Sonoran, Blue Tinge Ethiopian, Pacific Blue stem and Changoh. We only have small amounts of these and can only offer one collection per customer. Try out these fine varieties and grow out seed for your favorite! 4 packets. GB \$10.00

🌀 **GWH-7600 FBC-Dylan Spring Wheat** – We are so honored to be able to offer this wheat, the product of farmers working together doing on-the-farm breeding for disease resistance rather than depending on chemicals. The mother plants were selected from the survivors of a scab outbreak by breeder Matt Bolding. Dylan can be planted early in the spring (soil temps above 40°F). It reaches the heading stage in approximately 55-60 days with maturity in 100-110 days. Dylan has a large seed size and will achieve heights up to 3 feet. It does well in wet environments. 1250 seeds area 150 O \$2.00

🌀 **GWH-7525—Red Vernal Emmer** – A spring planted hulled or covered wheat that threshes with the hull intact. An heirloom from ancient times., Emmer can be planted when the soils warm in the spring (40°F) at the same time other spring grains are planted. It is later to mature than spring wheat (approximately 10-20 days later.) Red Vernal will reach the heading stage in 65-70 days with maturity in 110-125 days. It will get quite tall; average height is 42 inches. Plants will lodge if grown with lots of moisture and fertility—a dryland variety.. Hull color is yellow. 1250seeds. are 150 O \$2.00

KUSA Seed Research Foundation

Cereals and grains comprise the bulk of our diet, and very little is being done to save the full diversity of traditional grain varieties. KUSA is a non-profit membership organization working to provide seed and information to the farming/gardening public, concerning traditional, unusual and rare crops that should not be lost to future generations. For further information about KUSA, go to: www.ancientcerealgrains.org

Heritage Wheat Conservancy

This organization works with worldwide peasant farmers to collect, conserve, and market the delicious ancient wheats best adapted to organic fields and artisanal breads. You can see their amazing project with Arab and Israeli neighbors farming ancient wheats at www.growseed.org or contact them at 52 Mayflower Hill Dr. Waterville, ME 04004

Wild Trees and Shrubs

Trees and shrubs build diversity, permanence and shelter into a garden. They hold the soil with deep roots, buffer winds, attract wildlife, and carry on through seasons of unusual weather, or years when other events in life keep the gardener out of the garden entirely. Trees and shrubs grown from seed will not be as sweet or consistent as selected, vegetatively propagated plants (clones). They will, however, all make fine low-care hedges, beautiful mixed hedgerows or shelterbelts, are good for soil erosion control, and provide wild animal food/habitat. Most will also provide plentiful leaves for composting in the fall. These are seeds and most will need stratification (a period of cold.) Instructions included.

Bush Cherry

Prunus besseyi

Zones 3-9/Matures 3 yrs/Height 4-6'

TBU-7720 Bush Cherry – This bush cherry makes an attractive 4-6' high hedge (new stems sprout from the base to make a very full bush or hedge) with grey-green leaves that turn bronze-purple in autumn, and profuse clusters of white flowers in spring. The second year it produces lots of tart purple cherries for preserves. 5 seeds. C \$2.00

Black Currant

Ribes auratum

Zones 5-9/Height 4'/Matures 3 yrs

TCU-7715 American Black Currant – Easy-care fruit-bearing bush or hedge, sometimes called golden currant for its fragrant yellow flowers. Fruit much-loved in Europe for fresh eating, jellies, and drinks. ("Cassis") A beautiful plant with maple-like leaves and grape-like cascades of dark, rich berries. Will produce well in shaded conditions. Leaves combat stress, and fruit has more vitamin C than citrus. Seeds rich in omega-3. Makes a 4'x4' bush. 20 seeds. C \$2.50

Elderberry

Sambucus canadensis

Hardy to zone 3/Matures 3 yrs/Height 12'

TEL-7800 Elderberry – Small tree/large shrub produces loads of tasty berries famous for pies and wine. Nice background for the garden, or to create privacy without shading out your vegetables. Large glossy pinnate leaves frame dinner-plate size clusters of tiny white edible flowers with a scent of honey. Berries are very small but for picking you can just cut the large clusters and strip them off in the kitchen, or boil them stems and all for jelly and wine. Many medicinal uses: anti-viral. Anti-oxidant. Likes moisture. Will grow in the shade if it gets some light. Quick-growing. 20 seeds. C \$2.00

American Wild Plum

Prunus americana

Zones 3-10/Matures 2-3 yrs/Height 10'

TAM-7710 American Wild Plum – Lovely deciduous tree with narrow pointed toothed 2-4" leaves. The fruits make good preserves. Thrives on a wide range of soils. Self-fertile. More compact in growth than European and Japanese varieties. Seed kernels can be eaten raw. For any well-drained soil in full sun. Regular pruning unnecessary. 7 seeds. C \$2.00

Hawthorn

Crataegus laevigata

Hardy to zone 5/Matures 5 yrs/Height 20'

THA-7790 Hawthorn – Masses of white "mayflowers" are followed by red fruit, loaded with heart-healthy procyanidins. Eaten fresh after mellowed by frost, used for jelly wine and teas anytime, much like rose hips. Oak-shaped leaves have great fall color, accented by red fruit. Prime wildlife habitat. Leaves, fruit, and flowers used by herbalists to normalize blood pressure and strengthen the heart. To 20' as a tree, but can also be pruned as a hedge, bush, etc. 20 seeds. C \$2.00

Mulberry

Morus nigra

Zones 5-10/Matures 5-7 yrs/Height 15'

TMU-7740 Mulberry – Black Mulberry. Short trunk with dense, spreading head. Great shade tree. Large, dark-red berries the equal of any vine berry in flavor and sweetness - and more nutritious with a goodly amount of protein. Sweet and delicious. Needs sun, but not finicky about soil. Plants generally self-fertile and require minimal pruning. Somewhat drought-hardy once established. Grows to 15' X 15'. 20 seeds. C \$2.00

Blackcap Raspberry

Rubus leucodermis

Zones 6-9/Matures 3 yrs/Height 8'

TRA-7755 Blackcap Raspberry – Wild raspberries have luscious raspberry flavor, and can be managed as an untended thicket, in a tended bed, or on a trellis or fence. Start in pots, and give adequate fertility and moisture while young. Very tough once established, but will need some water in dry-summer climates for to mature fruit. 20 seeds. C \$2.00

Rugosa Rose

Rosa rugosa

Zones 2-10/Matures 2 yrs/Height 3-8'

TRU-7760 Rugosa Rose – A vigorous attractive 3-8' shrub which produces large, highly fragrant single 3-4" red-magenta blossoms almost continually during the growing season. In the fall it produces large bright-red hips the size of cherry tomatoes and bright yellow autumn leaves. Resistant to insect attack, disease-free requires no pampering or pruning, can endure cold, heat, dryness, and poor soil. Good erosion plant. The finest of all deciduous hedges. 20 seeds. C \$2.00

Serviceberry **NEW!**

Amelachier alnifolia

Hardy to zone 3/Matures 3 yrs/Height 12'

TSE-7765 Serviceberry– Small tree/large shrub produces loads of tasty berries much like blueberries in looks and use. Fall color, very cold-hardy, spring flowers much like cherry blossoms. 20 seeds C \$2.00

Wild Grape **NEW!**

Vitis riparia

Zones 5-10/Matures 3 yrs/Length 25'

TGR-3313– Riverbank Grape- Native American grape so disease-resistant it is used by French wine growers as a rootstock to resist soil-borne disease. Big vigorous vine grows to 30 feet, and produces bunches of sweet purple grapes. 20 seeds C.\$2.00

Persimmon **NEW!**

Diospyros virginiana

Hardy to zone 4/Matures 5 yrs/Height 30'

TPE-7753 Persimmon– Beautiful medium-sized native fruit tree. Deep orange fruit must be fully ripe (after frost in many areas) to lose its astringency—then it becomes sweet and luscious.. Fall color, shade, beauty, carving wood.. 10 seeds C \$2.00

Medicinal Shrubs and Vines: **NEW!**

TVI-7776 Chaste Tree– Extremely handsome landscape plant that is used for PMS, balancing for women through life transitions. Vitex agnus-castus 10 seeds C \$10.00

TSC-7765 Schizandra- Hardy vine used in Chinese medicine for immune defense, depression, liver , sexual vitality, memory and alertness. Schizandra chinensis 25 seeds C \$2.00

TVI-7775 Crampbark– Shrub to 8'. with clusters of lacecap flowers in spring and red berries. Bark gives amazing relief for any muscular cramp—back pain, menstrual cramps, tense muscles, abdominal. Viburnum opulus. 25 seeds C \$2.00

Herbs

Closer to the wild than most vegetable crops, herbs are resistant to pests and diseases and require no special care. Annual herbs will generally do well in the bed with vegetables. Many of the annuals and biennials are from the same family as carrots, and will behave similarly (see cultural advice for carrots.) Most herbs will want to be planted in spring after all danger of frost is past and the soil is warm; exceptions are clearly noted.

Perennial herbs can be easy also, if you bear their origin in mind. Many perennial herbs are actually small shrubs native to the rocky, dry, sunny limestone hills of Greece, Italy, and the rest of the Mediterranean. They need minimal fertility but excellent drainage: in clay or damp soil, work in some compost, lime, and lots of sand or even gravel. Consider planting on a slope, mound, or among rocks, all of which will improve drainage and winter-hardiness—herbs succumb to wet more often than actual cold. In zone 5 and below, the shelter of branches or stones will help them through bouts of freeze-and-thaw or freezing winds. Perennial herbs, like other perennials, many take a long time to germinate; this is normal, and starting them in pots will prevent the seeds being disturbed or forgotten in vegetable or flower beds.

The umbellifers—carrots, dill, parsley, cumin, cilantro, angelica, chervil, sweet cicely, lovage, and fennel—are the beneficial insect crops par excellence, providing nectar and habitat for insect predators. The mint family—thyme, sage, lavender, rosemary, basil—are famous for their nectar, and for repelling pests and diseases. Indeed, almost all herbs help bring the garden into balance.

☼ Andrographis

Andrographis paniculata

A/Height 12-36"

HAN-7900 Andrographis – 100 days. Annual. Also called Kalmegh and Kariyat. Very popular in Scandinavia to treat the common cold, flu and upper respiratory conditions. Clinical trials confirm immune-boosting, adaptogenic, and antioxidant actions. Used in China and India for hepatitis, herpes, sore throats, and gastrointestinal ills. Easy to grow; shrubby with open foliage and unusual pink flowers. 50 seeds. Area 35. C \$2.25

☼ Ashwagandha, Withania

Withania somnifera TP/Height 5'

HAS-7910 Ashwagandha, Withania – 90 days. "Indian ginseng". Tender perennial grown as an annual, like a tomato. Ashwagandha is like ginseng – both are used to improve vitality and to aid recovery after chronic illness. But ashwagandha is easier and faster to grow. Likes same conditions as tomatoes. Roots, leaves, berries used for strengthening, anti-inflammatory, anemia. 25 seeds. Area 30-80. C \$1.95

☼ Astragalus

Astragalus membranaceus

P zones 5-10/Height 4'/Spacing 12"

HAS-7915 Astragalus, Huang-qi – Immunostimulant "king of the tonic herbs." Perennial legume easy to grow in full sun, average soil, good drainage. Scarify seed by rubbing lightly between sheets of fine sandpaper one second or less. Plant in early spring—germinates best in cool soil. Three-year-old roots used in soups as a medicinal food. 20 seeds. Area 12. O \$2.00

☼ Black Cumin

Nigella sativa

A/Height 12"/Spacing 9"

HBL-7970 Black Cumin – Annual. Best known for its use in Indian and Middle Eastern cuisine, the peppery seeds are used to flavor naan bread. Has a long history in Islamic medicine for stomach problems. Modern interest focuses on use as an antihistamine. Mentioned in the Bible as "fitches". An Arab proverb says black cumin is a cure for everything except death. 150 seeds. Area 60. C \$1.05

☼ Basil

Ocimum basilicum

A/Height 1-2'/Spacing 6"

Tender annual. Sow in well-fertilized, light soil after all danger of frost is passed. Keep well watered. Well suited to growing in pots. A basic kitchen herb, for pasta, salads, soups and teas.

☼ **HBA-7920 Sweet** – Our fine standard variety for cooking. Superb taste. 1-2" long shiny green leaves; spikes of white flowers. 400 seeds. Area 50. O \$1.95

☼ **HBA-7930 Lettuce-Leaved, Genovese** – Large tender leaves favored for pesto; excellent for a wide variety of dishes. Best for freezing. Productive, adaptable. 400 seeds. Area 50. O \$1.95

HBA-7935 Lemon – True lemon flavor in a handsome upright plant with white flowers. Smooth, soft leaves pleasant in food and drink. 400 seeds. Area 50. C \$2.00

☼ **HBA-7940 Cinnamon** – Mexico. Luscious fresh cinnamon flavor and scent for tea, cooking, sachets, bouquets. Reputedly the hardiest basil. Repels insects. 400 seeds. Area 50. O \$1.95

HBA-7950 Thai – Anise-like flavor essential in Vietnamese pho, and many Thai dishes. 400 seeds. Area 50. C \$1.95

HBA-7960 Sacred

Ocimum sanctum

Holy Basil, Tulsi. The true *Ocimum sanctum*. Grown near homes and temples all over India, this clove-scented basil is used in Ayurvedic medicine and in the kitchen, especially for salads and cold dishes. 100 seeds. Area 50. C \$1.95

MBA-6220 Basil Mix – Sweet Basil, Genovese Basil, Cinnamon Basil and Thai Basil. 400 seeds. C,O \$2.25

☼ Black Cohosh

Cimifuga racemosa

P Zones 3-7/Height 3-6'/Spacing 24"

HBL-7980 Black Cohosh – Perennial. Much used by Native Americans for its estrogenic, sedative, and anti-inflammatory effects and to regulate blood sugar, this important women's herb is also one of the most dependable and striking perennials for the shade garden, with tall stems and spikes of white flowers. Slow germinating—best to start in pots in the summer and keep outdoors all winter to sprout the following spring. 30 seeds. Area 100. C \$2.75

☼ Borage

Borago officinalis

A/Height 18-36"/Spacing 15"

HBO-7990 Borage – Annual. Bright blue edible flowers and young, cucumber-flavor leaves used in salads, garnish, beverages. Reputed to improve the flavor & growth of many plants. Tolerates poor soil, re-seeds itself freely, and is a drought-resistant. Grows in as little as 8 weeks. Medicinal. "Borage for courage." 55 seeds. Area 50. C \$1.95

☼ Burnet (Salad)

Sanquisorba

P Zones 4-8/Height 15"/Spacing 15"

HBU-8000 Burnet (Salad) – Super winter-hardy and adaptable perennial will even grow in boggy or rocky soil. Young leaves add cucumber flavor to spring and winter salads and dips. 100 seeds. Area 100. C \$1.95

☼ Calendula

Calendula officinalis

HA/Height 15"/Spacing 15"

☼ FCA-8660 Orange – Selected for intense deep orange, hardiness, medicinal strength. This is one of the gentlest and yet most useful of herbs. Anti-fungal, wound-healing, and soothing. Stimulates the liver, gall bladder, and uterus, soothes the digestive system, supports the heart. It is indispensable in skin care, reducing inflammation, controlling bleeding, and healing damaged or irritated tissue. 80 seeds. Area 25. O \$1.95

☼ **Catnip**

Nepeta cataria

P Zones 3-9/Height 2-3'/Spacing 15"

HCA-8010 Catnip – Aromatic perennial mint, more drought-tolerant than other mints. Grows to 3', with downy, pale green foliage and 4" flower spikes. Leaves make a pleasant tea with calming, and antispasmodic effects, especially to soothe restlessness during illness, or for children. Cats often love plants to pieces. Emmer, our office cat, (see p. 71) says that fresh homegrown catnip is much preferable to the store-bought variety. 125 seeds. Area 75+. C \$1.95

☼ **Chamomile**

A/Height 2'/Spacing 6-10"

HCH-8020 German Chamomile *Matricaria recutita*

Annual. A truly outstanding fruity-tasting tea is made from the flowers. Needs good light to germinate and grow; average soil is fine. Drought tolerant, can naturalize. Little daisy flowers should be ready for picking 8 weeks after sowing. Medicinal: Helps digestion, healing, sleep. 1200 seeds. Area 100-400. C \$1.95

☞ **HCH-8030 Roman Chamomile** *Chamaemelum nobile*
P Zones 5-8/Height 3-12'/Spacing 12"

(*Anthemis nobilis*) Hard-to-find seed. This perennial has been used for centuries for making herbal lawns and seats. At its best in a cool climate—likes the same conditions as lettuce. Start in flats and transplant to garden. Forms a soil-holding mat of aromatic foliage—good understory with shrubs. Flowers for tea. 1200 seeds. Area 400. O \$2.50

☼ **Chervil**

Anthriscus cerefolium

A/Height 9-18"/Spacing 4"

HCH-8040 Chervil – Annual. Major kitchen herb in Europe, popular in salad and mesclun mixes. Mild, fresh taste outstanding in salad, eggs, vegetables. Likes cool weather—makes a good companion to lettuce and cabbage, and appreciates their shade as the season goes on. Just press seed onto soil and keep moist—needs light to germinate. 300 seeds. Area 35. C \$1.75

☼ **Cilantro (Coriander)**

Coriandrum sativum

A/Height 12-18"/Spacing 5"

☞ **HCI-8060 Cilantro (Coriander, Chinese Parsley)**
– Annual. Major flavor in Mexican and Chinese food. Adds fresh taste and zest to salsa, salads, beans, egg rolls and other dishes. Seeds are used as flavoring in cakes, catsup, sausage, stews, pickles, curry. One of the best beneficial insect attractors. Plant in warm garden soil. Drought-resistant; doesn't like cold or wet. 125 seeds. Area 16. O \$1.75

☼ **Cnidium**

Cuminum cyminum

A/Height 3'/Spacing 6"

HCH-8065 Cnidium – In China, this herb, known as She chuang, is used as a stimulant, aphrodisiac, and treatment for impotence. Also used as a wash for fungal infections, increases nitric oxide levels in the blood, leading to better circulation and boosting energy. Used for skin problems and tonic. Sow in place, on 6" centers or broadcast. Keep moist while germinating. Related to carrots, so it will be similar to grow, though there is no need to have stone-free soil, as it is the seed that is used, not the root. 100 seeds. Area 15 C \$2.50

☼ **Cumin**

Cuminum cyminum

A/Height 6-12"/Spacing 18"

HCU-8070 Cumin – The seeds of this annual herb are a key ingredient in both Curry and Chili. Good in bean, vegetable, and cheese dishes. Needs four months of warmth, so plant as soon as the ground is warm in good garden soil. Planting close together will help to support the heavy heads when they mature. Warming herb, soothes digestion. 70 seeds. Area 100. C \$1.50

☼ **Dandelion**

Taraxacum officinale

B,P Zones 3-10/Height 8-18"/Spacing 6-8"

HDA-8080 Dandelion – Perennial. Toothed basal leaves, deep taproot, golden flowers, all edible. Known best as a weed, dandelion has an astonishing range of health benefits. Young leaves good in mixed greens, both raw and cooked. Detoxifying herb—encourages steady elimination of toxins from both sickness and pollution. Roots dug for medicinal use and roasted for coffee substitute. Re-seeds aggressively—keep flowers picked. 200 seeds. Area 30-69. C \$1.75

☼ **Dill**

Anethum graveolens

A/Height 30"/Spacing 8"

☞ **HDI-8090 Dill** – Annual herb often succession-sown in vegetable garden—good companion to cabbages, but many biodynamic gardeners feel it retards carrots and potatoes if planted alongside. Chopped leaves good in cheese spreads, dips, fish, salads; seeds used in pickles. Flowers attract beneficial insects. 450 seeds. Area 100. O \$1.50

☼ **Echinacea**

Echinacea purpurea

P Zones 3-10/Height 1-2'/Spacing 18-24"

☞ **HEC-8100 Biointensive**
– Purple Coneflower (Sampson root) Used medicinally to boost immune system. Many 4" knobby flower heads with pink, drooping petals. Very productive. Select strain grown at our research mini-farm. Start in pots outside in very early spring—they like a week of moist cold before sprouting. 100 seeds. Area 100-200. GB \$2.25



☼ **Eclipta**

Eclipta alba

TP/Height 8-35"/Spacing 18"

HEC-8110 Eclipta – Mo-han-lian, Bhringaraja. Annual. An important herb in Chinese and Ayurvedic medicine. The Ayurvedic name, Bhringaraja, means Ruler of the Hair; it is reputed to restore thinning hair, prevent graying, and darken hair. Rejuvenating and tonic, used also in liver and kidney treatments. The whole plant is used. In the garden, eclipta is reputed to destroy nematodes. 30 seeds. Area 50. C \$2.75

☼ **Elecampane**

Inula helenium

P zones 6-9/Height 8'/Spacing 18-36"

HEL-8120 Elecampane – Perennial. Striking 8" plant with golden flowers from the second year on. Roots are potent antibacterial, both internally and externally for coughs, asthma, chest infections, and skin problems. Plant shallowly in damp soil in spring, using pots or flats. Keep moist. Plant out into garden soil and dig roots second and following years. Dramatic accent in perennial herb, berry, or rhubarb beds. 30 seeds. Area 50. C \$2.75

☼ **Evening Primrose**

Oenothera biennis

HA/Height 12-18"/Spacing 6-8"

FEV-8710 Evening Primrose – Essential women's herb, rich in estrogenic compounds and essential fatty acids. Used to treat PMS and discomforts of menopause. Leaves and root are tasty, easy to grow medicinal foods, oil from seeds very nutritious. Large yellow flowers open evenings. 200 seeds. Area 30. C \$1.95

☼ **Fennel** – see vegetables

☼ **Fenugreek** – see Cover Crops

☼Feverfew *Chrysanthemum parthenium*
P Zones 6-9/Height 1-3'/Spacing 10-15"

☞ **HFE-8150 Feverfew** – Hardy perennial. Dainty plant with lacy leaves and daisy flowers, fast-growing and often used in herb and flower beds, or as a beneficial insect attractor in vegetable beds. Migraine preventative. Leaves eaten one or two a day, or made into a tincture or syrup. Easy to grow in most any soil and conditions. Self-sows. 250 seeds. Area 70. N \$1.75

☼Horehound *Marrubium vulgare*
P Zones 4-8/Height 2'/Spacing 9"

HHO-8170 Horehound – This ancient perennial herb has had many uses, from flavoring candy to curing coughs and colds. Tolerates poor, dry soil, likes full sun and good drainage. An easy-care solution for problem areas, and you can make your own teas and cough drops! 150 seeds. Area 50. C \$1.95

☼Hyssop (Bee plant) *Hyssopus officinalis*
P Zones 3-9/Height 2'/Spacing 12"

HHY-8180 Hyssop (Bee plant) – Perennial. Compact dark green plant with deep blue flowers often used for edging, low hedges, mazes. Leaves and flowers used in sauces, cough syrups, perfumes. Important in herbal treatment of asthma. Plant in warm soil in flats or pots. Prefers sun and good drainage, but is extremely adaptable and tough. One of the few perennial herbs that sprouts quickly and easily. 160 seeds. Area 80. C \$1.95



☼Lavender, Vera *Lavandula officinalis*
P Zones 5-9/Height 3'/Spacing 18"

☞ **HLA-8220 Lavender, Vera** – Beloved, unique fragrance from both leaves and flowers. Perennial to zone 5 with good drainage and shelter from wind. Leaves and flowers used in sachets, potpourri, and cooking. Medicinal uses range from headaches and depression to insect repellent. Great in a relaxing bath. Germination is slow—give it warm very well drained soil and be patient. 200 seeds. Area 100. GB \$1.95

BGE-1400 Weaving A Lavender Wand

Carol Cox, 1993, 4 pp, \$1.50

Carol teaches workshop participants to make these traditional scented wands. They make wonderful gifts.

☼Lemon Balm *Melissa officinalis*
P Zones 4-9/Height 2-3'/Spacing 12"

☞ **HLE-8200 Lemon Balm** – Tasty and relaxing tea is many people's favorite. Tolerates poor soil as long as it is sunny. Drought tolerant. Plant after last frost. Self-sows. Leaves used for tea with aromatic lemon flavor. Anti-viral, sedative, anti-depressant, helps headaches. 320 seeds. Area 100. O \$1.95

☼Licorice Mint *Agastache foeniculum*
Zones 5-9 P/Height up to 4'

☞ **HAN-7905 Anise Hyssop** – 75-80 days. Also called licorice mint, but not invasive like true mints. Many uses: young leaves in salad, leaves in teas, spikes of lavender flowers attract butterflies and beneficial insects. Popular edible landscape plant, tall, strong stems crowned with profuse flowers. . 150 seeds. Area 100. O \$1.95

☼Lovage *Levisticum officinale*
P Zones 4-9/Height 5-6'/Spacing 36"

HLO-8240 Lovage – Ancient culinary and medicinal herb, sometimes used as a substitute for Dong Quai. Tall handsome perennial plant like a cross between celery and parsley in fragrance, looks, and uses, with an aromatic, sweet undertone. Easy to grow in any deep, well-drained soil. Likes full sun, re-seeds. Sow from spring to late-summer. Harvest leaves throughout the season for soups, gravies, salads, spaghetti sauce, meat. Dries well. 45 seeds. Area 100+. C \$1.95

☼Maralroot *Leuzea Carthamoides*
P Zones 2-7/Height 3-5'/Spacing 18-36"

HMA-8245 Maralroot – Siberian perennial that has strong adaptogenic properties. Like Siberian ginseng in uses, but easy to grow in gardens. Decades of Russian studies show that the root normalizes blood sugar, increases endurance and reflexes, and improves memory and learning. Start in flats outdoors in early spring or leave in flats all winter for spring germination. Plant out into deep, well-dug and composted soil. Plants will produce long jagged leaves the first year and tall thistle-like flowers the second. Dig two-year-old roots for use. 20 seeds. Area 100. C \$2.95

☼Marshmallow *Althea officinalis*
P Zones 4-9/Height 3-4'/Spacing 12-18"

HMA-8250 Marshmallow – Same family as hollyhock, similar pink flowers. 3-4' hardy shrub likes full or partial sun, moist soil. Edible flowers good in salads, tea, lovely garnish. Medicinal: Roots soothe inflamed skin, stomach, mucous membranes, teething. Easy to grow: sow spring or fall, keep moist. Marshmallows were originally made from sugar boiled with the root and whipped—a treat for sore throats. 50 seeds. Area 50+. C \$1.95

☼Mints

Mints like a fairly rich, moist (or even wet) soil. They will take partial shade in hot climates. Slow to germinate. Sow in pot or flat when soil is warm, keep moist. Mints have a dense network of shallow, invasive roots—a 10" deep barrier is needed to control them. Planting in a tub set in a tray of water works well.

HMI-8330 Pennyroyal (English) *Mentha pulegium*

P Zones 6-9/Height 6-12'/Spacing 6" Creeping perennial with strong minty fragrance, said to repel mosquitoes, ants, fleas, and moths. Makes a great low edging plant along walks or walls, driveways. Good for pet beds to repel fleas. CAUTION: avoid if pregnant. 600 seeds. Area 75. E \$1.95

HMI-8280 Peppermint *Mentha piperita*

P Zones 4-9/Height 30"/Spacing 12" True peppermint is propagated by plants; this is a very similar wild cousin from the Alps. Leaves and flowers make great-tasting, stomach-settling tea. 800 seeds. Area 250. E \$1.95

HMI-8290 Spearmint *Mentha spicata*

P Zones 4-9/Height 2-3'/Spacing 15" Delicious flavor. Handsome fragrant ground cover for a damp spot. Used in sauces, jellies, tea, drinks, candied. 800 seeds. Area 500. E \$1.95

☼Milk Thistle *Silybum marianum*
A, B/Height 40-54"/Spacing 24-36"

☞ **HMI-8270 Milk Thistle** – Annual. Large, glossy, spined plant with intricate white pattern on the leaves. Solitary 2" purple flowers. All parts are edible. Medicinal: spring tonic, increases mothers' milk, anti-depressant. Seeds detoxify the liver, and even help renew its cells. Plant early spring in any sunny soil. Harvest seeds promptly—self-sows. 50 seeds. O Area 100. B \$1.95

☼ Meadowsweet

Filipendula ulmaria

P/Height 18-24"/Spacing 12"

☞ **HME-8260 Meadowsweet** – Perennial. Very hard to find seed, very useful herb. Aspirin is a synthetic version of one of meadowsweet's pain-relieving anti-inflammatory compounds, very useful for arthritis. Unlike aspirin, meadowsweet de-acidifies the system and soothes the stomach. The lobed and frilled leaves and clusters of creamy flowers are both sweetly scented, and were used for strewing on floors to perfume the room with a distinctive scent like honey and almonds. A sacred herb of the Druids, used to flavor mead. Makes a great tea or cordial. Easy to grow in moist soil, but seed doesn't stay fresh long; plant soon. 100 seeds. O \$1.95

☼ Mountain Mint

Pycnanthemum pilosum

P Zones 5-8/Height 24-36"/Spacing 12"

HMO-8305 Mountain Mint – Hardy perennial wildflower with loads of fresh mint aroma, without the invasive roots of mint. Compact, good-looking landscape plant with spikes of pale lavender flowers that butterflies love. This drought-tolerant native plant thrives in difficult soils, even compacted clay! (though you will want to start the seeds off in good garden soil or mix.) Sow in flats or nursery bed in early spring, as cold improves germination, and plant out in sun or partial shade. 100 seeds. Area 60 C \$2.50

☼ Navajo Tea

Thelesperma gracile

P zones 7-10/Height 24"/Spacing 12"

HNA-8315 Navajo Tea – Similar to the Kookooau tea of Hawaii, and the Chinese Gur-zhen-cao, this native of the Southwestern US makes an aromatic tea, high in beneficial flavinoids. A traditional cure for stomach and urinary problems, headaches. Yellow flowers like single marigolds on open plants to two feet. Butterfly and beneficial insect attractor. Sow in flats in spring; germination should take about 3 weeks. Full sun, well-drained garden soil. 30 seeds. Area 15. C \$2.95

☼ Stinging Nettle

Urtica dioica

P Zones 3-10/Height 4-6'/Spacing 24"

HST-8420 Stinging Nettle – Perennial. Prefers moist soil and part sun. Leaves and stems irritate skin when touched; drying, cooking, or even just wilting will remove the sting. One of the best and most nutritious cooked greens when young. Dried leaves make a tea or soup stock very high in iron and vitamins—fed to racehorses for stamina. Develops strong root systems with network of creeping rootstocks, medicinal for prostate problems. Tonic and detoxifying herb good for arthritis, anemia, fatigue, rebuilding health. 100 seeds. Area 150. C \$1.75

☼ Oregano

Origanum vulgare hirtum

P Zones 4-9/Height 2'/Spacing 18-24"

HOR-8310 Oregano – Greek oregano. The "pizza herb," classic in tomato and Italian dishes. Perennial that grows in any well-drained soil in full sun. Plant spring to mid-summer. one of the best herbs for ground-cover in landscaping. Good in containers—spills gracefully over the edges, with unusual chains of bracts, and many small white flowers that attract beneficial insects. Also nice dried, in wreaths and bouquets. 600 seeds. Area 700+. C \$1.95



☼ Rosemary

Rosmarinus officinalis

P Zones 6-10/Height 4'/Spacing 18-24"

HRO-8340 Rosemary – Perennial in milder climate zones. One of the most useful of all herbs. Drought-tolerant, endures hot sun, but needs a well-drained soil with lime. Seed germination is rather slow. Wonderful in almost any cooked dish, but especially on roasted meats and potatoes. A sprig or two in a bottle of olive oil or vinegar is an easy way to add savor to meals, and a fine gift. Aromatic leaves valued for potpourri, baths, herb wreaths. Medicinal: circulation, anti-aging, restorative, memory. 45 seeds. Area 50-100. C \$1.95

☼ Sage

HSA-8350 Culinary Sage

Salvia officinalis

P Zones 4-9/Height 2'/Spacing 18"

90-120 days. Perennial with soft, gray-green leaves and violet flowers, a classic seasoning in food and ancient preventative medicine, also makes nice wreaths and dried bouquets. Handsome all year—hardy to 0° F given good drainage and winter mulch. Likes full sun, drought tolerant once established. Said to deter pests in the garden and make an effective mouthwash to prevent gum disease. 100 seeds. Area 100. C \$1.50

☞ **HSA-8360 White Sage**

Salvia apiana

P/Height 2-5'/Spacing 2'

90-120 days. Indigenous sage used ceremonially by native people, tied into bundles and burned as incense "smudge sticks". Likes a well-drained, dry, sunny spot. Perennial in zones 7 and above, grown as annual where winters are cold. Gray-white foliage and white or pale blue flowers. 100 seeds. Area 100. O \$2.25

☼ Spilanthes

Spilanthes acmella

TP/Height 6"/Spacing 6"

☞ **HSP-8365 Spilanthes, Toothache Plant** – Easy to grow, immune-enhancing tonic, dentifrice, anesthetic. Chewing on a leaf or bud causes a tingling in the mouth, used in small amounts to give interest to salads and cold drinks, and in larger quantities to kill pain. Also used for candida. Low, spreading plants bear yellow button flowers with bright red centers. Nice for edging herb and vegetable beds or in a pot. 30 seeds. Area 3. N \$2.00

☼ Stevia

Stevia rebaudiana

TP/Height 2-3'/Spacing 24"

☞ **HST-8375 Stevia** – The leaves of this plant can be dried and powdered for use as an herbal sugar substitute...10-16 times sweeter than sugar without the calories. From South America, it needs mild temperatures between 80° and 45° F. In cold-winter areas, it should be grown as a potted plant that can be taken indoors when the weather changes. 20 seeds. Area 65. N \$3.25

BFO-1755 Growing and Using Stevia – The Sweet Leaf from Garden to Table. Complete instructions for growing, harvesting, and storing stevia plus twenty recipes using green stevia powder or whole leaf. Green stevia has a distinctive taste, so it will not work in just any recipe ...the authors have not only grown stevia successfully, but also have spent years perfecting these recipes for drinks, desserts, pies, rolls, custard and more. \$10.00

☼ Savory

Satureja spp.

A/Height 18"/Spacing 6"

HSA-8380 Savory – Summer Savory – *Satureja hortensis*. Said to be an aphrodisiac, this annual is easily grown from seed. Faster growing than most herbs. Light soil, full sun and average watering. Makes a delightful tea. Adds "savor" to any main dish, vegetable or soup. Cooked with beans to add flavor and reduce flatulence. 150 seeds. Area 25. C \$1.75

☼ Self-Heal

Prunella vulgaris

P Zones 4-9/Height 8-16"/Spacing 8"

☼ **HSE-8390 Self-Heal** – This has a long tradition as a wound-healing herb all over the world. Has been used to stop bleeding, close wounds, as a throat gargle, for hemorrhoids, coughs and colds. Robust low ground-cover with sandpaper leaves, copper-purple flowers. 50 seeds. O \$2.25

☼ Shungiku

Chrysanthemum

A/Height 3-5'/Spacing 24-36"

HSH-8400 Shungiku – 35-80 Ju Hua. An edible chrysanthemum that is a major cooking and tea herb in Asia. Important in sukiyaki, stir-fry, soup. Medicinal: Flower petals excellent for eye problems, helping the heart rhythm, antiseptic, skin, headaches. 100 seeds. Area 100-200. C \$1.95

☼ Skullcap

Scutellaria lateriflora

P Zones 3-9/Height 1-2'/Spacing 8"

HSK-8410 Skullcap – North American rhizomatous perennial to 2', with spires of pink-to-blue tubular flowers. Tolerates semi-shade. Sow in spring. Medicinal: Prized as the nerve tonic that has the "deepest" action on the nervous system, nourishing the nerves, and calming anxiety. Contains scutellarin, a sedative and antispasmodic. 100 seeds. C \$2.50

☼ Sweet Cicely

Myrrhis odorata

P Zones 4-9/Height 3-5'/Spacing 36"

HSW-8430 Sweet Cicely – Thick-rooted perennial with fern-like leaves and umbels of lacy white flowers, favored as an ornamental plant. Likes rich, moist, and shady soil—a forest plant. All parts of the plant are edible, with a sweet licorice flavor, good in herbal teas. Stems or roots are often candied or added to fruit pies (especially rhubarb) to add sweetness without sugar. Slow germinator - put in a pot and keep moist; best to overwinter in a pot for sprouting in the spring. 10 seeds. Area 20. C \$2.75

☼ Thyme

Thymus vulgaris

P Zones 5-9/Height 6-12"/Spacing 6"

HTH-8450 Thyme – 100 days. Evergreen perennial that enjoys a light, rich soil, good drainage, lime, and full sun. Good in rock walls or pots. Start in pots or flats in spring, keep warm. Needs periodic weeding. Mulch in severe weather, water if very hot and dry. Used to season nearly everything, both fresh and dried. Masses of tiny nectar-filled flowers attract beneficial insects. Medicinal: anti-aging, antiseptic, coughs, muscle aches. 1000 seeds. Area 80. C \$1.95

☼ Vervain

Verbena officinalis

P Zones 5-9/Height 20-24"/Spacing 8-12"

HVE-8460 Vervain – "Vervain" means "sacred bough": it was one of the sacred herbs of the Druids. A perennial with tall thin wands of lavender flowers from a carpet of dense evergreen leaves. Easiest to grow of perennial herbs, sprouting with no special care, though it takes 2-3 weeks. Sun-loving, drought-resistant, adaptable, with spreading roots that hold and protect the soil. Medicinal: Restorative for nervous system, digestion, convalescence, menopause, and headaches. 300 seeds. Area 50. C \$1.95

☼ Valerian

Valeriana officinalis

P zones 3-9/Height 24"/Spacing 18"

HVA-8470 Valerian – Garden Heliotrope – Cat's Valerian. Old-time favorite in the garden. Perennial, bearing branched heads of small flowers in summer. Very hardy - sow in spring or fall in any well-drained soil in sun or part shade. Low germination, so start in flats. Leaves make the most tension relieving bath of all. Medicinal: Roots are perhaps the most effective herbal tranquilizer of all for both humans and small animals. Has low interaction with other drugs. 50 seeds. Area 50. C \$1.95

☼ **Visnaga** - see *Ammi* in the flower section

☼ Wormwood

Artemisia absinthium

P Zones 3-9/Height 3-5'/Spacing 12-24"

HWO-8480 Wormwood – A tall drought-tolerant perennial with lacy gray leaves, striking in the garden or in bouquets. Excellent with deep-rooted shrubs like roses or around the edges of the garden, since it repels insects, deer, and burrowing animals like gophers, but contains a growth inhibitor that can stunt vegetables. Easy to grow from seed, accepts most soils, and needs little care once established. Start in flats in spring. Medicinal: digestive tonic, anti-parasitic. Source of the now-outlawed liqueur absinthe. 1000 seeds. Area 200+. C \$1.75

☼ Yarrow

Achillea millefolium

HYA-8475 Yarrow – Ancient healing herb, used by many cultures worldwide for stopping bleeding, healing wounds, breaking fevers, and helping headaches, colds, and flu. A handful of leaves in the bath soak out aches and pains. Excellent butterfly and beneficial insect plant, with big flat clusters of small flowers—the shape butterflies prefer for landing and nectar-gathering. forms a mat of roots and lacy leaves that holds soil and allows moisture to penetrate; good for sloped beds and edges of perennial plantings. also makes a good low soil-holding understory for spring bulbs, before the yarrow sends up flowerstalks. 1000 seeds. Area 200+ C \$1.50



Last Minute additions:

☼ Sweet Marjoram

Origanum majorana

PA zones 5-9/A zones 2-4/Height 1'/Spacing 8"

HMA-8248 – Related to oregano, with similar leaves and size, but much sweeter more complex flavor, and enchanting fragrance.. Easy to grow and deer-proof—good for containers, along walks, among vegetables. Drought-resistant, even when young—don't over-water. 300 seeds Area 100 C \$1.95

☼ Mullein

Verbascum thapsus

P zones 3-11/ Height to 6 ft/ spacing 18"

HMU-8318 Mullein – Indispensable herb for coughs and chest complaints. Ingredient of many herbal smoking mixtures for that reason. Dramatic plant is beautiful in the landscape. Rosette of very large silvery gray fuzzy leaves sprouts a towering stalk of yellow flowers the second year. Grows in any well-drained soil, even sand and gravel. Drought resistant and deer-proof. Easy to grow. 200 seeds. Area 100-200. C \$1.95

Flowers

We offer a range of flowers which are easy to grow from seed. It is best to start flowers off in flats - annual weeds can swamp seedlings as they first emerge. Some flowers listed elsewhere in this catalog are: **Vegetables:** runner beans, okra, arugula; **Herbs:** anise hyssop, evening primrose, meadowsweet, vervain, borage, echinacea (coneflower), valerian, feverfew, lavender; **Cover Crops:** vetch, lupine, crimson clover; **Grains:** amaranth, quinoa.

Special Purpose Wildflower Mixes

FSP-8600 Beneficial Insect Mix – 45-90 days. Flowers especially chosen to provide homes and nectar for the tiny insects that prey on vegetable pests. Recommended for use as a border around the garden or between beds. Works best if it's planted a few weeks before the rest of the garden in a weed-free, prepared bed; first blossoms will appear in 45-90 days. Many colors, primarily yellow, blue, white. Includes some perennials. Area 500. C \$5.30

FSP-8610 Butterfly Mix – 50-95 days. Just add water to this mix and you will have butterflies...well, it's not quite that simple, but you should get butterflies! A mix of flowers that butterflies love to feed on. Plant in weed-free, prepared bed. A mix of many colors. One packet plants 500 square feet. C \$5.30

FSP-8630 Hummingbird Mix – Flowers that hummingbirds love to feed on, in their favorite colors of reds, purples, pinks, and lavenders. A simple way to keep cats from breaking down the plants in chase of hummers is to scatter short pieces of thorny twigs on the ground immediately after planting. One packet plants 500 square feet. C \$5.55

FSP-8650 Super Low-Growing – 45-100 days. A mix created especially for urban or suburban settings. All plants are only 6-8" tall. When mature, the plants form a dense, low-growing ground cover with a uniform texture that will survive with minimal care. Annual fall mowing or trimming is suggested. A mix of 22 annual and perennial wildflowers and herbs which exhibit a wide range of colors and blooming periods. A beautiful lawn substitute. One packet plants 250 square feet. C \$5.55

FSP-8642 Water-Saving Flower Mix (West)—45-90 days. In large areas of our country, water is being depleted faster than it can be replaced. These flower mixes are designed to provide gorgeous swathes of color, draw beneficial insects, restore native plant/pollinator webs, and use little or no irrigation. (Save the water for your vegetables.) Use this mix for areas west of a line running from the Minnesota/Dakotas border to East Texas. Plants 250 square feet. C \$5.55

FSP-8645 Water-Saving Flower Mix (East) For the same uses, but designed for areas east of the above. Plants 400 square feet. C \$5.55

Ammi, Laceflower, Bishopweed *Ammi visnaga*
P Zones 5-9/Height 3'/Spacing 10"

FAM-8656 Green Mist – Visnaga, Khella. Delicate lacy flowers, long-lasting bouquets, medicinal herb, and beneficial insect attractor—this one has it all. Long grown in India for its powerful action against kidney stones, asthma, and heart problems, and in Spain to fight tooth decay, Ammi is now widely grown for its ethereal cloud of flowers. Gardeners have found it tough, easy to grow, and a long-lasting attractor of pest-fighting insects. Lacy leaves don't get in the way of other crops, so it's easy to set transplants among crops bothered by chewing insects. Late bloomer. Mix with alyssum and fennel for all season protection. 50 seeds. Area 30. C \$2.00

Alyssum

HA/Height 6"/Spacing 4"

FAL-8654 Alyssum – Beloved for its sweet honey scent, this easy, fast bloomer is one of the best attractors of beneficial insects and butterflies. Tiny insect predators that protect the garden from chewing insects need small, nectar-rich flowers, and sweet alyssum is a favorite. Perfect for cascading down walls or containers, as a low edging (esp. with cabbage family), or as a carpet under tall, relatively open plants like onions, garlic, orach, pole beans, podding radish and sunflowers. Succession-sow, spring to fall. 200 seeds. Area 20. C \$2.00

Baby-Blue-Eyes

A/Height 6"/Spacing 6"

FBA-8655 Baby-Blue-Eyes – The gorgeous sky blue of forget-me-nots, but with flowers five to ten times as big, no mildew problems, and flowers the first year from seed. Quick spring bloomer, very easy to grow; just scatter seed in place if desired, or start in flats for transplanting to vegetable beds, hanging baskets, pots. Low-growing plants make a spectacular carpet under tall shrubs, around bulbs, cascading down walls. Shear back for rebloom, or interplant with a heat-lover for later (like marigolds). Great results with little effort. Area 20. C \$2.00



Black-Eyed Susan

P Zones 4-9/Height 24"-36"/Spacing 12"

FBL-8656 Black-Eyed Susan – Big golden daisies with black to brown centers. This American native is beloved all over the world for its unique flowers and long season of bloom. Attracts beneficial pest-fighting insects and native butterflies as well. Perennial and very low-maintenance once established. Start in flats in late spring. 200 seeds. Area 125. C \$2.00.

Butterfly Flower

P Zones 4-9/Height 24"/Spacing 12"

FBU-8658 Butterfly Weed – Favorite food source for monarch butterflies, and a beautiful flower for the garden. Attracts beneficial pest-fighting insects as well. Nice cut flower. Remember that monarch butterflies start out as caterpillars with narrow black white and green, vertical stripes. They will stay on the butterfly weed and turn into glorious butterflies. 30 seeds. Area 20. C \$2.00

Calendula

HA, P zones 9,10/Height 18-24"/Spacing 12"

Edible 3" double daisy-like blooms in hot colors. Likes cool weather, and will bloom through frost to 20 degrees. Quick and easy color scattered among vegetables. For a true cottage garden classic, combine with cornflowers in a bed of salad greens, then scatter the petals like confetti in the salad. Adds color to soups, desserts, cheeses, veggie plates. Medicinal: skin ointments, anti-oxidant.

FCA-8670 Pacific Beauty Mix – One of the best traditional mixes. Creamy yellow through deep orange. 80 seeds. Area 25. C \$1.50

For more calendulas, see herbs, p 42

☼ Coreopsis

Coreopsis tintoria

A/Height 18"-36"/Spacing 6-12"

FCO-8685 Annual Coreopsis – Bright color all summer on strong upright lacy plants. Masses of golden flowers with a red to maroon ring around the center. Very easy from seed, and often self-sows year after year. There is variation among the flowers (how much red, how much yellow, how wide, etc) so by saving seed from your favorites you can have your own variety in a very few seasons. Fun easy bloomer in sun. 80 seeds. Area 25. C \$1.50

☼ Cornflower, Bachelor's Button

Centaurea cyanus A/Height 2-3'/Spacing 6-12"

FCO-8690 Double Blue – Truest blue of all, on strong upright plants. Quick and easy edible flower at home among vegetables or in problem areas of the yard. For continuous bloom, succession-sow like lettuce (starting early spring) and keep picking the flowers. Great cake decoration, garnish, salad ingredient, or scatter the petals like confetti on food. Pair with nasturtium, CA poppy, or calendula for a great spring display. 80 seeds. Area 25. C \$1.50

☼ Cosmos

Cosmos bipinnatus

A/Height 2-3'/Spacing 12-18"

FCO-8700 Sensation Mixed – 80 days. Sensation Mixed – Lovely 4" single flowers with a yellow center and wide pink, white, or magenta petals on tall, airy plants. Feathery delicate leaves. Ideal for cutting. Easily grown in average soil once the soil has warmed. 4 to 5-foot plants make a beautiful summer background, or screen. 80 seeds. Area 25-80. C \$1.75

☼ Daisy

Chrysanthemum leucanthemum

P zones 3-10/Height 12"-24"/Spacing 10"

FDA-8710 Oxeye Daisy – A classic that looks cheerful and turns out to have unexpected uses. This variety doesn't have tall floppy foliage like shasta daisies, just a compact cushion of evergreen foliage that is a great soil protector and erosion preventer. Daisies are another beneficial insect plant, and provide a nice "platform" for butterflies to rest and sip nectar. Easy, disease-resistant, and reblooms all summer if kept picked. Try it mixed with cornflowers and poppies for spring bouquets. 1000 seeds. Area 100+. C \$1.75



☼ Hollyhock *Alcea rosea*.

P Zones 3-10/Height 48-72"/Spacing 24"

FHO-8740 Indian Spring – Dramatic spires of old-fashioned flowers to 8 feet in full sun. Classic along a fence or as a summer screen, now finding new uses as an edible flower. Single and semi-double flowers in pinks to purple bloom the first season in mild areas (or started indoors 8 weeks before last frost), 2nd year in the north. Start in warm well-drained

soil. Needs moisture, fertility, and good air circulation for strong growth. (By the compost pile might be ideal.) Nice focal point in a garden. 60 seeds. C \$1.75

☼ Johnny-Jump-Up

Viola tricolor

P,A/Height 5-7"/Spacing 5"

FHE-8720 Johnny-Jump-Up – 65 days. Charming edible flower grows in any little nook—amongst vegetables, in pots. Use leaves, flowers, or sprigs in salad or garnish. The yellow, purple, and lavender flowers can be seen in medieval manuscripts, symbolizing romantic love. Herbal uses include colds, heart, and skin problems. A favorite with children due to its edible flowers, size, fast growth, and "happy face" flowers. 40 seeds. Area 5. C \$2.25

☼ Love-in-a-Mist

Nigella damascena

HA/Height 12-18"/Spacing 6-8"

FLO-8750 Research Garden Special Strain – 65 days. Easy spring bloomer has mixed, bright colors, surrounded by the mist of the fine-cut airy foliage. Balloon-like pods which follow are loved by children for popping, and by flower arrangers as an everlasting. Easily grown on most well-drained soils. Prefers cool weather; tuck in a few with the peas and lettuce. 300 seeds. Area 25-50. GB \$1.95



☼ Mexican Sunflower

Tithonia rotundifolia

HP/Height 2'/Spacing 12"

FME-8780 Torch – 100-120 days. Brilliant scarlet-orange 3-4" flower really catches the eye at the end of the season when other plants look shabby. Grows to a bushy 48" tall with velvety-green leaves. Thrives in full sun; heat and drought tolerant. Prefers soil that is on the poor side. Perfect for cutting, as annual hedge, or with long-season vegetables. 30 seeds. Area 40. \$1.95

☼ Marigold

Tagetes spp.

A/Height 6-24"/Spacing 8-12"

FMA-8770 French, Sparky

Tagetes patula

60 days. Insecticidal type - The best variety for insect control. Pretty compact plants ideal for inter-planting. Orange and maroon blossoms. 160 seeds. Area 25-50. C \$1.95

FMA-8775 Lemon Gem

Tagetes signata

60 days. Quick and easy citrus-scented edible flower for garnish, salads, soups, etc. Small mounded plants are covered with hundreds of bite-size flowers. Citrus-scented foliage and flowers are refreshing in pots or near seating areas; may repel biting pests. Nectar plant for butterflies and beneficial insects. Great edging for vegetable beds. 50 seeds. Area 15. C \$2.00

☼ Morning Glory

Ipomea spp

HA/Height 8'/Spacing 6-8"

FMO-8790 Heavenly Blue – 110 days. Showy flowers are funnel shaped and bright blue. Annual 6-12 foot climbing vines that grow in any soil. Heart shaped leaves provide summer shade, screen unsightly areas, make fences and banks come alive. Try them climbing up sunflowers or zinnias, too. 70 seeds. Area 50. C \$1.50

☼ Pyrethrum

Chrysanthemum coccinum

P Zones 4-9/Height 2'/Spacing 12"

FPY-8850 Single Mixed – Bushy perennial with flowers containing a powerful insecticide. Bright, daisy-like flowers in solid colors, finely-divided, bright-green leaves. Excellent for cutting or drying. Likes sun and heat. Sow shallowly in spring, keep watered until established. 100 seeds. Area 40. E \$2.25



☼ Nasturtium *Tropaeolum spp.*

Edible flowers and foliage in a glorious mix of yellows, oranges, reds, and bicolors. Easy to grow, beautiful at the corners of vegetable beds, in containers, window boxes, or any difficult situation. Likes a little shade in hot summer areas, including the shade of taller flowers or vegetables. Plant outside around the last frost date, cover well. Adaptable.

FNA-8800 Mixed Dwarf – 55-65 days. Compact plants with dark foliage and an assortment of bright colors. 35 seeds. Area 5. C \$1.75

FNA-8810 Tall Mixed Single, Trailing – 55-65 days. Spectacular at the top of a retaining wall or bank, on balconies and window boxes, even as ground cover. Tie to a trellis, or plant at the base of shrubs or trees. 35 seeds. Area 10. C \$1.95

☼ Sunflower *Helianthus annuus*

A/Height 6'/Spacing 24"

FSU-8875 Ornamental Mix – All colors, sizes, and types for a spectacular show from July til frost. Screen unsightly views, cover a fence, make a boundary, give your garden a background, attract birds, or plant them in a ring for the best kids' playhouse ever! Many hot colors, solid and striped. 40 seeds. Area 160. C \$1.75

☼ Sweet Pea *Lathyrus spp.*

HA/Height 8'/Spacing 6"

FSW-8890 Fragrant Mix – 85 days. Annual vines love cool spring weather and produce lots of bonnet-shaped flowers in shades of pink, red, maroon, lavender, deep lilac, mid-blue, pure white. Just a few stems will fill a room with their wonderful old-fashioned scent. Vigorous vines climb banks, poles, and screens. Plant outdoors 6 weeks before last frost in rich well-drained soil, keep moist, pinch once when 8" tall to encourage branching. Mulch well to keep soil moist and cool. Cutting prolongs bloom. Not edible. 25 seeds. Area 25. C \$1.75

☼ Sweet Rocket *Hesperis matronalis*

B/Height 24-36"/Spacing 8"

FSW-8900 Sweet Rocket, Dame's Violet – Biennial—perennial in cool climates. Very easy and showy bloomer in shade, with branching sprays of lilac or white edible flowers (reputedly aphrodisiac) that become very fragrant at dusk—nice by windows and patios, or in a vase. Cutting will prolong bloom. Looks much like a phlox, without the disease problems. Makes a rosette of dark green, edible leaves which winters over and blooms the next spring. Will live for several years given adequate summer moisture, and often self-sows. One of the few flowers that will do well among tree roots or under shrubs. Long taproot and evergreen leaves hold soil. 50 seeds. Area 15. C \$2.25

☼ Poppy

A/Height 18-36"/Spacing 12"

Many species, kinds, and colors, but all will bloom quickly from a planting in very early spring. Sow in place, covering very lightly, and thin to 6" if necessary. All have flowers of silky texture and rich color on long stems, and handsome, divided foliage.

FPO-8830 California Poppy *Eschscholzia californica*
60 days. Rich golden satiny flowers 2" wide, and silvery, fernlike leaves on 8-24" plants. Tolerates light frost and drought, blooms all summer with minimal water. Non-narcotic sedative, tea for coughs. 1000 seeds. Area 600. C \$1.75

FPO-8840 Corn Poppy, Flanders Field *Papaver rhoeas*
50 days. Big, bright red single flowers are easy to grow, bloom quickly, and take little space scattered among other plants. Good early butterfly plant; petals add color to tea and salad. 500 seeds. Area 300. C \$1.75

FPO-8845 Breadseed Poppy *Papaver somniferum*
A beautiful big flower that also yields an amazing number of seeds for breads, cakes, muffins, and other dishes. Smooth gray scalloped leaves, pink/purple/red flowers and big decorative seedheads. Sow in early spring, harvest in summer. 300 seeds. Area 200. C \$2.00

FPO-8848 Welsh Poppy *Meconopsis cambrica*
A real find for problem areas, this poppy provides color in shade. Grows among wet rocks in the wild, or on regular garden soil. Nice for color on the north side of a house. Bright yellow silky blooms 2" across. 300 seeds. Area 200. C \$2.00

MPO-6470 Poppy Mix
All of the above, for a meadow of bright color in late spring. 300 seeds. Area 200. C \$2.00

☼ Zinnia *Zinnia elegans*

B/Height 24-36"/Spacing 8"

Big, easy to grow, brightly colored flowers in reds, pinks, oranges and some yellows, that make good long-lasting cut flowers. Need sun, heat and rich, moist soil—some folks plant them with corn to decorate the ends of the beds. Nice cash crop for farmers markets.

FZI-8910 California Giant – 80-90 days. 2-3 feet tall, large double flowers in a range of colors. 100 seeds. Area 15. C \$1.75



Books

We carry a careful selection of what we think are the best books for healthy natural living, including some that Amazon or Barnes & Noble do not have. While our orientation is towards sustainable organic gardening, we also carry fine books on food storage and processing, self-sufficiency, solar, and food security.

Our Ecology Action books and pamphlets thoroughly cover our GROW BIOINTENSIVE® and biointensive methods of sustainable organic gardening with increased yields while building up the soil. For more information on sustainable gardening see page XX. Some of our materials have been translated into other languages (especially Spanish) - go to www.growbiointensive.org. Several DVDs demonstrate our method and what it offers to agriculture around the world - see page 56.

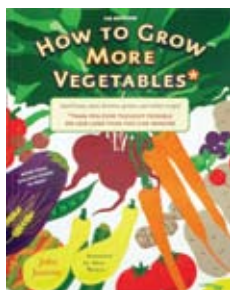
Growing Vegetables

How to Grow More Vegetables

(and fruit, nuts, berries, grains and other crops) than you ever thought possible on less land than you can imagine

John Jeavons, 7th edition, 2006, 288 pp
Foreword by Alice Waters.

This book is revolutionizing sustainable food production around the world, and in our backyard gardens. Yes, it is possible to grow fresh vegetables for a family of four on the front lawn! Every gardener's guidebook to healthier and more beautiful gardens, proven effective in all types of garden conditions. A major revision. See full description on page 62.



BEA-0300 Perfect Bound – \$19.95

BEA-0300 Spiral Bound – \$21.95 –

Holds up better to heavy use, opens flat for charts

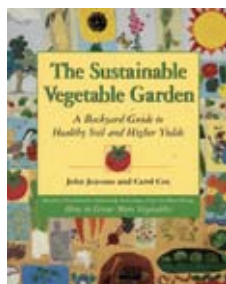
The Sustainable Vegetable Garden:

The Backyard Guide To Higher Yields and Healthy Soil

John Jeavons & Carol Cox, revised 1999, 118 pp

A simpler, more basic version of How to Grow More Vegetables, based on a simple garden plan. Formerly titled Lazy Bed Gardening, this book combines the key information from How to Grow More Vegetables... and Booklets #14 and #26 into a new understanding of how to grow all your own food in the backyard, while improving the health of your soil. See full description on page 62.

BEA-0310 – \$12.95



The Vegetable Gardeners Guide Poster

Bill and Betsy Bruneau, 1992, 24" H x 36" W

Basic gardening information at a glance right on your wall. An easy-to-read wall chart that tells where, when, and how to start nearly all garden vegetables. Bill and Betsy Bruneau, this catalog's managers, have included site selection, spacing, water needs, specific cultivation information, companions, when to harvest and much more. Fully laminated in plastic for long life in the potting shed. Poster runs horizontally so that it is actually easy to read. Illustrations of classic vegetables. BGE-1220 – \$9.95



The New Self-Sufficient Gardener

John Seymour, 2008, 256 pp

The first edition was prized by many, but this edition is better! Well written, well illustrated and with a dash of humor - a wonderful book for the new and experienced gardener alike. Practical, inexpensive, and useful suggestions for somebody as small-scale as a container gardener all the way up to a 25-acre farmer. The book covers everything even remotely gardening related. Recommended tool shed & contents, how to raise rabbits or chickens, how to make wines, and on & on. BGE-1305 – 19.95



The Gardener's A-Z Guide to Growing Organic Food

Tanya L.K Denckla, 2003, 485 pp.

Tanya has gathered together the facts on growing 765 vegetables, fruits, nuts and herbs. Includes concise information on germination, insect control, companion planting, harvesting, storage and more. The book began with a database on her home computer and grew into a book when a friend asked for a copy. A good, quick reference for a gardener with a packet of seeds in one hand, a spade in the other, muddy shoes and a need for some answers fast! BGE-1310 – \$24.95

Four-Season Harvest

Eliot Coleman, rev. ed. 1999, 242 pp

Eliot Coleman has fresh green vegetables from his garden all winter, in Maine. This is how he does it, without expensive heating, but with many ingenious homemade solutions and careful selection of crops and planting methods. On a trip to southern France, he realized that Maine is at the same latitude. This sent him on a search for ways to grow plants year round, and European crops bred for that purpose. Full of ideas, plans and great color pictures so you can do it too. BGE-1230 – \$24.95

Salad Leaves for All Seasons: Organic Growing From Pot to Plot

Charles Dowding, 2008, 234 pp

Salad leaves are one of the quickest and easiest vegetables you can grow. Plants that are well looked after will provide long successions of harvests without having to repeatedly sow or plant again. Continually cropping the same plants can give them a surprisingly long life. You can achieve impressive productivity in small spaces and containers. Using covered spaces you can extend the season of growth, ensuring a steady supply of leaves for much of the winter and early spring. BGE-1227 – \$22.00

The Holistic Garden

Clinton R Kraft, 1995, 60 pp

This small homemade-style book is written by an avid gardener who has read our Ecology Action publications and put them to use in his own garden. What intrigues me about this one is that he concentrates on the most nutritious plants, rather than on the usual popular ones. He shares his own experiences with crops chosen for their hardiness, nutrition, and contribution to the soil. Reading this is like having a conversation with a neighbor who is really turned on about feeding both himself and the earth from his own garden. BGE-1330 – \$5.95

Buffalo Bird Woman's Garden

As told to Gilbert Wilson, 1917, 129 pp

Buffalo Bird Woman, a Hidatsa, was born in 1839. An expert gardener, she shared her traditional Native American ways in this book, first published in 1917. Includes planting and harvest traditions, ceremonies, songs, and recipes, focusing on the traditional crops; corn, squash, beans, sunflowers, and tobacco. BGE-1550 – \$11.95

Zen of Gardening in the High and Arid West

David Wann, 2003, 219 pp

We get a lot of questions from gardeners in the high dry western mountains, and this book has the answers. John Jeavons has a quote on the back, "This book contains a wealth of gardening information — not just for the region for which it is written, but for gardeners everywhere. filled with an immense number of tips, this inspiring guide includes a diverse number of topics — from fruit trees to Gandhi and politics, building soil to drying flowers, biologically intensive practices, season extenders, lowering energy bills with horticulture, flowering bulbs, water conservation and more. A great buy!" **BGE-1335** – \$17.95

Pathways To Abundant Gardens

A Pictorial Guide to Successful Organic Growing

Craig R Elevitch, 2007, 114 pp

A great book! Shows real-world people enjoying an abundance of food, of health, of friendship, and of fun in their gardens, and telling us how they do it. So many books make gardening seem like a chore to be gotten through, or a virtuous but dull enterprise done by one lonely individual. Not this one—it shows the community of friends and neighbors that has grown up around each of these gardens, and you can see they're having a great time growing, eating, and marketing fresh food. Lots of pictures, useful text, reasonably priced - not just fluff. **BGE-1700** – \$15.00

The Bountiful Container

R M Nichols McGee and M Stuckey, 2002, 431 pp

With a few exceptions, everything edible that's grown in the ground can be successfully raised in a container. This is the book for folks without garden space, or whose physical challenges make container gardening the best option. Covers vegetables, herbs, fruit, and edible flowers, with information on what kinds of containers to use, soil mixes, plant combinations, and recipes. A fine gift for someone who can't have a traditional garden but dreams of home-grown food! See also our Container Garden Seed Collection in Seed Collections. **BGE-1280** – \$17.95

Greenhouse Gardener's Companion

Shane Smith, 2nd Ed., 2000, 544 pp.

The complete greenhouse encyclopedia. Everything from interior design, micro-climates, selecting the right plants, pollination, scheduling, soil, to when things go wrong. **BGE-1240** – \$21.95

Grains

Small-Scale Grain Raising **NEW!**

Gene Logsdon, 2nd Ed., 2009, 308 pp.

"An Organic Guide to Growing, Processing, and Using Nutritious Whole Grains for Home Gardeners and Local Farmers." This is still the most complete guide available to the gardener who wants to plant what the author calls a "pancake patch." Gene is a very experienced friend at your elbow explaining when to plant, how to plan rotations, pests, storage, and how to hand-harvest, thresh, hull, and even cook a wide variety of grains. There are chapters on corn, wheat, sorghum, oats, dry beans, rye, barley, buckwheat, millet, rice, triticale, spelt, wild rice and cover crops (Amaranth and quinoa are not included). **BGE-1323** — \$29.95



Grow Your Own Grains: Raising, Harvesting and Uses

EA Booklet 33, Carol Cox, 2008, 28 pp

Basic grain raising, harvesting and using. How to grow and use barley, oats, cereal rye, triticale, wheat, amaranth, corn, millet, quinoa, rice, sorghum, and teff. **BEA-0033** – \$7.50

Homegrown Whole Grains **NEW!**

Sara Pitzer, 2009, 168 pp.

Growing whole grains is simpler and more rewarding than most people imagine. With only 1000 square feet of land, you can grow 50 pounds of wheat, which can then be baked into 50 loaves of fresh bread. Complete growing, harvesting, threshing, grinding, and storing instructions. Also recipes for cooking with the most popular whole grains: wheat, corn, barley, millet, oats, rice, rye, spelt, and quinoa. **BGE-1324** – \$14.95

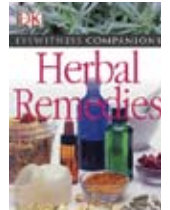
See our grains seed section in Seeds - page 36

Herbs

Herbal Remedies **NEW!**

Andrew Chevallier, 2007, 288 pp.

A supremely useful and beautifully illustrated book. Our favorite herbalist, Chevallier goes beyond herbs to all plants that are medicinals, including surprising foods like chickweed, celery, chocolate, and pumpkin seeds. All world medicinals are represented - many adaptable to most gardens. Incredibly useful section on "Common Health Problems". **BGE-1452** – \$19.95



A Kid's Herb Book (for Children of All Ages)

David Wann, 2003, 219 pp

This unique and clever book is a creative blend of practical information, projects, activities, preparations, color-in artwork, stories, lore, interesting herbal tidbits, and original songs about herbs. It describes seventeen commonly used herbs that are especially good for children's ailments, easily grown or obtained. Children and their parents learn the basics of herbs and how to safely treat children's illnesses through proper use of natural herbal remedies. **BGE-1365** – \$19.95

Herbal Antibiotics

Stephen Harrod Buhner, 1999, 144 pp

With the increase in antibiotic-resistant strains of bacteria, scientists are now seriously studying medicinal herbs that are most effective in fighting these drug-resistant bacteria. With detailed, step-by-step instructions for making and using herbal infusions, tinctures, teas, and salves to treat various types of infections. **BGE-1370** – \$12.95

Weaving A Lavender Wand

Carol Cox, 1993, 4 pp

How to make beautifully-braided traditional scented wands. Excellent illustrations. Makes a wonderful gift. **BGE-1400** – \$1.50

Growing 101 Herbs That Heal

Tammi Hartung, 2000, 250 pp

In-depth profiles for growing the most useful medicinal plants organically. Hartung, a medical herbalist, shares secrets of propagation, soil preparation, natural pest management, harvesting techniques, and garden designs for beauty and yield. A good basic beginning gardening book for herb enthusiasts, with good information on soil preparation in general. **BGE-1410** – \$24.95

Booklet 27:

Growing Medicinal Herbs in as Little as Fifty Square Feet - Uses and Recipes

Louisa Lenz-Porter, 1995, 40 pp

Grow most of your medicinal herbs in as little as 50 square feet. An herbal "medicine cabinet." of 24 common, easily grown herbs is described in depth. Instructions, recipes, and bibliography take an easy approach to an enjoyable activity. Sample 50-sq-foot bed with ideas for personal modifications. **BEA-0027** – \$6.75

Composting and Soil Fertility

Soil is where it all begins. Compost crops slow erosion, improve soil, smother weeds, enhance nutrient and moisture availability, help control many pests and bring a host of other benefits to your garden. They will save you money and give you a better harvest. There is a compost crop for almost every gardening situation.

Edaphos

Dynamics of a Natural Soil System

Paul D Sachs, 1999, 201 pp

Clearly explains – in terms that anyone can understand – the detailed relationships between soil and the environment. For example the concept of pests is largely the result of poor agricultural practices and use of agricultural poisons. Paul Sachs gives a good argument for healthy garden ecosystems having few pest problems. Highly recommended by our retired garden manager, Carol Cox. **BCO-1130** – \$14.95

Proceedings

from the Soil, Food and People Conference

Hugh Roberts, editor, 2002, 180 pp

The exceptional and inspiring results of a conference at UC-Davis attended by Biointensive practitioners and soil experts from all over the world on soil, soil fertility, and sustainable gardening. See larger listing on page 63.

BEA-0330 – \$30.00



Future Fertility:

Transforming Human Waste Into Human Wealth

John Beeby, 1995, 164 pp

Returning the nutrients in human waste back to the soil from which they came is essential for the sustainability of agriculture worldwide. This detailed and practical manual describes both established and innovative low-technology methods of safely and effectively recycling the nutrients in human waste. More importantly, it describes the principles behind the methods, and criteria that any method must meet for safety and sustainability. A must for those interested in transforming their waste into wealth in the future. **BEA-0340** – \$23.95

Roots Demystified

Robert Kourik, 2008, 165 pp.

Subtitled “change your gardening habits to help roots thrive,” this is a book full of surprises! Includes drawings made by plant ecologist John Weaver of the amazing root systems that are under all garden plants, even the lowly lettuce. Knowing how deep the roots grow, and how far they spread, helps us to understand how we need to work with the soil for the best growth. This book has a lot of good information about improving your soil and selecting the right plants for the right sites, and it’s written with humor and warmth. **BCO-1165** – \$25.00

Comfrey for Gardeners

Jill Schnabel, 1990, 16 pp

A booklet from Henry Doubleday Research Association on comfrey. Covers growing it, and using it in the garden as a plant nutrient and compost ingredient. Recommended by our retired garden manager Carol Cox. **BCO-1150** – \$5.00

Weeds and What They Tell

Ehrenfried Pfeiffer, 1970, 96 pp

The presence of certain weeds can tell the gardener what the soil is like where they grow. This little book goes through each weed family and also includes many uses of weeds, both medicinal and agricultural. An introduction to a topic covered more fully in Test Your Soil with Plants. **BCO-1200** – \$9.95

Test Your Soil with Plants

EA Booklet 29, John Beeby, 1997, 86 pp

Discover how you can tell what fertilizers to use to optimize your garden’s health and productivity, simply by observing the plants growing in your garden. **BEA-0029** – \$15.00



Managing Cover Crops Profitably

Sustainable Agriculture Res & Education, 2007, 244 pp

This book’s purpose is to help you find the right cover crops for your garden. Originally written for farmers, this book gives you thorough detailed information on all major crops in a clear, easy to understand style. Cover crops slow erosion, improve soil, smother weeds, enhance nutrient and moisture availability, help control many pests and bring a host of other benefits to your garden. Save money and get a better harvest! There is a cover crop for almost every gardening situation. **BCO-1168** – \$19.00

The Complete Compost Gardening Guide

Barbara Pleasant and Deborah L Martin, 2008, 320 pp

Whether “you are a gardening beginner or totally into compost, I guarantee you will love this book!... Sure to become the leading how-to, why-to manual about compost. Packed with lively, informative and innovative content.” - Cheryl Long, Editor-in-Chief, Mother Earth News. The subtitle says it all: Banner Batches, Grow Heaps, Comforter Compost, and Other Amazing Techniques for Saving Time and Money, and Producing the Most Flavorful, Nutritious Vegetables Ever. Covers concepts, tools, and every possible way to build a compost pile. Even has a chapter on vermiculture (using worms to create super nutritious vermicompost). **BCO-1163** – \$19.95



Worms Eat My Garbage

Mary Appelhof, 1987 (2nd ed.), 162 pp

All the worm growers we know recommend this book as the simplest and most complete on raising worms and making compost at the same time. **BCO-1140** – \$12.95

Seeds and Seed Saving

The Garden Seed Inventory

Kent Whealy (ed.), 6th Ed., 2004, 502 pp

Lists all open-pollinated seed varieties of vegetables commercially available in North America. An invaluable directory of 254 companies in the US and Canada and the varieties of open-pollinated seed they offer. Bountiful Gardens, for example, is the sole source of many varieties, and one of the few sources for many more varieties. Find that strange bean that great-grandma grew, or exactly the right turnip for your climate. Thousands of varieties are listed in this priceless resource. This is the updated version, in a new 8 ½ by 11 format. **BSA-1110** – \$26.00

Cornucopia II

Source Book of Edible Plants

Stephen Facciola, 1998, 713 pp

This awesome reference lists sources for 3,000 species of food plants, including vegetables, fruit and nut trees, herbs, edible flowers, grains, wild edibles from around the world, sprouting seeds, starter cultures, specialty produce, and ethnic food products. A lot of useful information for gardeners, cooks, and ethno-botanists. Fascinating facts about nearly every food plant used by people anywhere in the world. **BSA-1120** – \$40.00

Fruit, Nut, and Berry Inventory

see *Permaculture books on page 53*

Growing To Seed

EA Booklet 13, Peter Donelan, revised 1999, 45 pp

How to grow all your own seed in the smallest possible area in your own backyard. Maintain optimum health and genetic diversity in your seed stock! Includes information on vegetables, grains, cover crops, seed exchanges, and seed co-operatives, plus a bibliography. Essential tables on crops and their seed-saving characteristics. **BEA-0013** – \$11.75



Seed To Seed

Suzanne Ashworth, 2nd edition, 2002, 228 pp

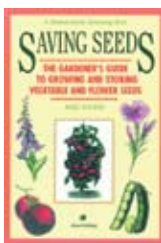
A completely updated and much expanded version of one of the most dog-eared references on our office shelf. Suzanne includes state-of-the-art information, but she is always careful to include only proven techniques. A good basic introduction to seed-saving, followed by very detailed coverage of each plant family, including just about any vegetable you would ever want to grow, plus some grains. Botanical classification, pollination, crossing and isolation, seed production, harvesting, and processing are all covered thoroughly. **BSA-1070** – \$24.95



Saving Seeds

Marc Rogers, 1990, 185 pp

The Gardener's Guide to Growing and Storing Vegetable and Flower Seeds: A basic primer on producing your own seed; a good way to develop varieties specifically for your own garden conditions. Covers growing, harvesting, drying, storing, and testing. Separate section on each major vegetable. Used in our workshops. **BSA-1090** – \$14.95



Breed Your Own Vegetable Varieties

Carol Deppe, 2nd edition, 2000, 384 pp

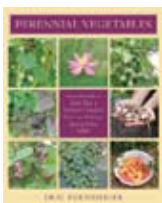
With the information given here, you can develop an open-pollinated variety perfect for your own soil and climate ...and you might even develop a seed that you could sell to companies like us! An inspiring look at the amazing plant breeding achievements of ordinary gardeners—teenagers, seniors, and people like you. Good information about how to do it yourself. Every gardener should be a plant breeder - it can be done on any scale. It's enjoyable and deeply rewarding. You can get useful new varieties ... and you can eat your mistakes." **BSA-1080** – \$27.95

Permaculture

Perennial Vegetables

Eric Toensmeier, 2007, 256 pp

Perennial food crops can form the "bones" of the garden, to be filled in with annuals as needed. The first part is filled with information about growing perennial vegetables; site preparation, the best varieties for your location, planning the best design, and propagating plants. The second part is around 100 different perennial food crops, organized by plant family: Some familiar and some very exotic. Each with complete growing information: general overview, history and ecology, description, preferred climate, pest problems, how to grow, harvest and store, and uses. This is a great resource for anyone interested in sustainable gardening or permaculture. **BWO-1840** – \$35.00



Mycelium Running: How Mushrooms Can Help Save the World

Paul Stamets, 2005, 352 pp

A gold mine for any gardener or forester; an embarrassment of riches in its 350 plus pages. Mycelium are often an overlooked key ingredient in any form of permaculture. Do you know that trees and other green plants could not grow and reach maturity without symbiotic associations with mushrooms and/or mycelium? Paul Stamets has pioneered mycorestoration. Fungi, especially from old growth forests, show impressive potential against many of our most troubling diseases. For example, inoculation of seeds with mycorrhizal fungi helps plants gather nutrients and prevent parasitization. **BTR-1685** – \$35.00



More Mushrooms and Mycelia

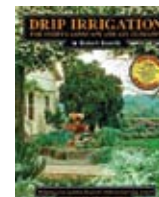
Mushroom kits are in Vegetable seeds - page 20

Mycogrow Soluble Mycorrhizae in Supplies - page 58.

Drip Irrigation **NEW!** for Every Landscape and All Climates

Robert Kourik, 2009, 184 pp

We advocate hand overhead watering for most of your garden plants. That said, with this book you can drip irrigate everything you grow. Perfect for permaculture. How to select the best, sturdiest hardware (in the most economical configuration) that will last for decades. He clearly explains how to use less water while increasing yields in any climate. This book also details how watering techniques affect plant feeding, and how to use gray water and cistern water for irrigation. **BSE-1847** 24.95



Drip Irrigation Starter Kit

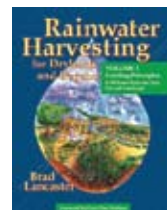
(go to page 57 in Watering Supplies)

Rainwater Harvesting for Drylands

Volume 1: Guiding Principles

Brad Lancaster, 2006, 179 pp

An excellent introduction to the harvesting, storing, conserving and use of water in gardens and landscapes. Filled with illustrations and examples. Excellent for gardeners in arid regions, and useful for others as well, especially as we face climate change. Lots of good ideas for layout of property, paving and plantings to direct water into the garden area and away from the street, and ways to use greywater in the garden. **BSE-1845** – \$24.95



Rainwater Harvesting for Drylands

Volume 2: Water Harvesting Earthworks

Brad Lancaster, 2008, 419 pp

Earthworks are simple, inexpensive landforms that passively harvest free rainfall, water runoff, air conditioning condensate, and greywater into the soil. Integrated vegetation then pumps the water back out in the form of beauty, food, shelter, wildlife habitat, timber, and passive heating and cooling, while controlling erosion, increasing soil fertility, reducing downstream flooding, dropping utility costs, and improving water and air quality. "We've tried some of the methods explained in this book, and they work. Even if you are a lazy, mediocre, vagabond gardener like we are, they still work." – Shay Solomon and Nigel Valdez, Little House on a Small Planet. **BSE-1846** – \$32.95

Plant Species Index for the Pacific Northwest and General Reference

A Litwin/Seattle Tilth Assn., 1990, 22 pp

Useful in planning hedgerows, windbreaks, shelter belts and living fences. **BTR-1640** – \$2.50

Gaia's Garden

A Guide to Home-Scale Permaculture

Toby Hemenway, 2001, 260 pp

A user-friendly guide to backyard permaculture, with practical ways to incorporate food gardens, flower gardens, and wildlife habitat into a backyard ecosystem. The author draws from the writings of permaculture experts but makes them useful on a smaller scale. Chapters cover soil building, water management, choice of plants, interplanting, guilds, forest gardening and garden evolution. **BTR-1680** – \$24.95

Man of the Trees

Selected Writing of Richard St. Barbe Baker

Karen Gridley ed., 1989, 149 pp

Excerpts from St. Barbe Baker's most important writings—a fascinating glimpse of one of this century's most farsighted individuals. Beyond the interesting stories, the book carries an urgent message about the vital role of trees in planetary survival. In poignant words, St. Barbe Baker guides the reader on into forestry as it relates to environmental preservation.

Paperback – **BTR-1690** – \$9.95

Hardbound – **BTR-1691** – \$11.95



The Backyard Orchardist

Stella Otto, 1993, 248 pp

Good information on fruit trees for the small home garden. Lots of charts and illustrations. Everything from choosing a planting site to storing the harvest, for apples, pears, cherries, apricots, plums, peaches, and nectarines. Highly recommended by the North American Fruit Explorers newsletter: "finest single source of fruit growing information published."

BTR-1650 – \$16.95

The Backyard Berry Book

Stella Otto, 1995, 235 pp

Another great Stella Otto book, a great companion volume on growing berries, brambles and vine fruit in the home garden. Includes strawberries, grapes, and kiwis, and even rhubarb. Easy reading, labeled a "hands-on guide."

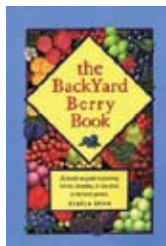
BTR-1630 – \$17.95

NEW!

Fruit, Nut, and Berry Inventory

Torgirson, ed., 4th edition, 2009, 384 pp.

An inventory of nursery catalogs and websites listing all fruit, berry and nut varieties available by mail order in the United States. 275 mail-order nursery catalogs and 8,750 varieties are represented! Good descriptions of each variety, where it will grow, and the nurseries/websites that offer it. By adopting a rare fruit tree you enrich your life in a delicious way, while helping save a national heritage. **BTR-1620** \$24.00



How to Prune Fruit Trees

R. Sanford Martin, 1978, 90 pp

For home gardeners. The easiest and best we've seen on fruit tree pruning. A small classic. **BTR-1660** – \$7.50

How to Make a Forest Garden

Patrick Whitefield, 1998, 168 pp

How to make a garden more like a natural ecosystem with permanent plantings. The garden is created using three stories of plants; trees, shrubs, and perennial vegetables and herbs. The trees and shrubs produce fruit and nuts, and the vegetables grow underneath, with the final effect being of a natural woodland.

BTR-1670 – \$29.95

Biodynamics

Biodynamic Greenhouse Management

Heinz Grotzke, 1990, 112 pp

Heinz is a professional greenhouse manager who has used organic techniques for almost 40 years. This small, very readable book helps both professionals and amateurs make their artificial environment more like the natural one. **BGE-1250** – \$12.00

Bio-Dynamic Sprays

H H Koepf, 1971, 16 pp

Recipes for the standard sprays recommended by Bio-dynamic gardening experts, for feeding the soil and plants. Also contains, spraying equipment, and storage. **BCO-1210** – \$5.50

Biodynamic Treatment of Fruit Trees, Berries and Shrubs

E E Pfeiffer, 1976, 28 pp

A delightful essay covering basic concepts, and recommended techniques for caring for perennials in the biodynamic garden, including fertilizing the orchard. **BTR-1710** – \$5.50

Pests

Organic Gardener's Handbook of Natural Insect and Disease Control

Bradley & Ellis, ed., 1991, 544 pp

Four encyclopedias in one: Plants, their problems and solutions; A photo dictionary of problem insects and their controls; Diseases, their causes and solutions; and Organic controls. Identifies almost every imaginable problem and possible organic solutions. Contains "folklore" as well as science. **BPL-1810** – \$21.95



Good Bug, Bad Bug NEW!

Jessica Walliser, 2008, 90 pp.

Great pictures and easily understood information about each pest, including what their damage looks like, what plants they attack, how to prevent attacks, and how to control attacks organically. It has an equally awesome section for beneficial insects, with pictures, detailed information, and tips on how to attract them and keep them in your garden. Spiral bound to lie flat for easy reading. Laminated, water resistant paper in field book size. **BPL-1815** – \$16.95



Deerproofing Your Yard and Garden

Rhonda Massingham Hart, , 2005, 199 pp

Dealing with unwanted deer is frustrating and challenging for even the most patient of gardeners. which repellents work and which don't? How long do they last? Which plants are truly deerproof? In this updated and revised edition, Rhonda shares the latest research on deer behavior and food preferences, as well as her practical experience in successfully combating deer, from the best fence to planting the most deer-detested plants. **BPL-1830** – \$14.95



Survival and Self-Sufficiency

Food Security and Sustainability: For the Times Ahead

Harvest McCampbell, 2008, 144 pp

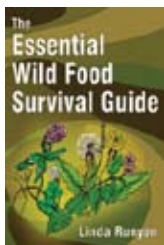
More than a book on food security, It's a primer on survival from someone who has retained a lot of important lessons from her grandmother based in the 1800s, from the viewpoint of someone who lives with nature comfortably. It is a question book, asking you questions that are important to ask about how you would live under more primitive circumstances – in the sense that asking the question is most of the answer. Chapter titles include: "Location Location Location", "Storing Staples Securely", "Balance is Everything", "Process Your Own Fats and Oils", "Don't Forget Your Immune System", "Old Time Food Preservation and Storage", and "Useful Skills". **BSE-1849** – \$12.00



The Encyclopedia of Country Living

Carla Emery, Updated, 9th edition, 2003, 885 pp

A huge book full of information, subtitled "An Old Fashioned Recipe Book." This is a very complete and a very practical handbook on self-sufficient living. Recipes and instructions for just about anything you might want to do on a homestead, and explained simply in terms anyone can understand. Carla's neighborly style of writing makes you want to get on with it! **BGE-1300** – \$29.95



The Essential Wild Food Survival Guide

Linda Runyon, 2007, 323 pp

Linda Runyon's latest and best book on wild food, and well illustrated. The first part is an introduction to living off the land with practical tips distilled from Linda's many years of experience. Next is a field guide to the plants, most of which are found in all parts of the US, including description, uses, nutritional analysis, collection and storage. Finally recipes for the plants and how to cultivate them in a home garden. **BGE-1350** – \$20.00

A Survival Acre

Linda Runyon, 1985, 42 pp

50 worldwide wild foods and medicinal plants that are common nearly everywhere. Sections on teas, medicines, foods, and salad greens, with information on harvesting, preparing, storing, and recipes. Maps of a typical garden layout and hints on how to incorporate wild plants into a home garden. **BGE-1340** – \$15.00

The New Self-Sufficient Gardener

(see Vegetables books - page 49)

Handy Farm Devices And How to Make Them

Rolfe Cobleigh, 1996, 288 pp

Reprint of a classic guide from the early 20th century, in a new, larger, easier-to-read edition. Includes instructions for making poultry equipment, a lightweight orchard ladder, a small truss bridge, an easy fence-post and stump puller, several types of gates, a wood splitter, and even a bicycle-powered washing machine. Nostalgic and useful information from "the golden age of American farming." **BGE-1570** – \$16.95



Primitive Technology: Book of Earth Skills

Society of Primitive Technology

Edited by David Wescott, 1999, 232 pp

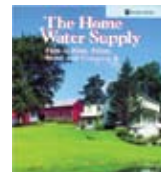
A collection of articles by members of the Society of Primitive Technology, who learn and teach the ancient skills of making shelter, tools, weapons, ropes, baskets and more, from bone, stone, wood, and plants. Fascinating for anyone wanting to learn more about very basic self-sufficiency. Many drawings and photographs. The authors have done serious research into techniques and materials used by our ancestors. **BGE-1590** – \$25.95



The Home Water Supply

Stu Campbell, 1983, 236 pp

Simple, concise and clear. Tells you everything you need to know about water supplies: finding, getting, moving, holding, treating, distributing, controlling and protecting your water. Excellent line drawings show all the details. Covers both arid West and wet East, with down-home wisdom. **BGE-1480** – \$18.95



Natural Beekeeping

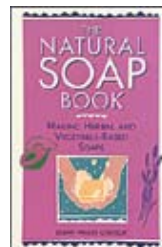
Ross Conrad, 2007, 246 pp

"Organic approaches to modern apiculture" is the subtitle of this book. With our precious bees in trouble right now, anyone interested in keeping bees should read this book first. Includes a complete discussion of all the pests and diseases that affect bees and natural ways to work with them. **BSE-1850** – \$35.00

The Natural Soap Book

Susan Miller Cavitch, 1995, 182 pp

Everything you will need to create your own all-natural hand-crafted soaps, including recipes for old favorites like oatmeal/honey soap, garden based soaps like borage bar, and formulas for exotic scents. Susan, and other soap makers, share tips, formulas, insights and practical information gleaned from their experiences as professional soap makers. **BGE-1390** – \$14.95



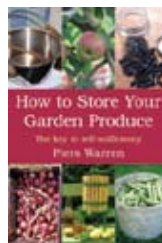
Food

How To Store Your Garden Produce

Piers Warren, rev. 2008, 143 pp.

Begins with general directions for a dozen methods of storage, then gives detailed information on how to store over 60 fruits and vegetables, often through tasty "recipes" that can be quite original. For example, directions on how to freeze or dry peas, but then a recipe for pea pod wine! "I've always been obsessed with the idea of self-sufficiency, and have always hated waste, so as a keen vegetable grower it was only natural that I explored the overlooked art of storage. To some extent it is a lost art ...When keeping fresh food for any length of time you have four main enemies: enzymes, bacteria, yeasts, and fungi ... (while) there are some methods that may render food safe to eat for many years, your aim should be to store food only until the next season's fresh produce is available ...this ensures that you are eating the highest quality stored food at all times". – from the Introduction.

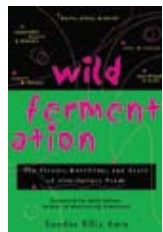
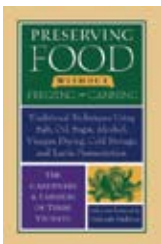
BFO-1768 – \$14.95



Preserving Food Without Freezing or Canning

Centre Terre Vivante, 2007, 197 pp

Formerly titled "Keeping Food Fresh" Compiled in France by 150 organic gardeners and recently translated into English, this is a collection of recipes for storing produce without canning, freezing, or other mechanical techniques. Included are drying, fermentation, root cellaring, pickling, preserving in wine, and other techniques used for generations to preserve food as close to fresh as possible, and require no electricity. **BFO-1770** – \$25.00



Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods

Sandor Ellix Katz, 2003, 200 pp

For thousands of years humans have enjoyed the distinctive flavor and nutrition resulting from the transformative power of microscopic bacteria and fungi. The flavors of fermentation are compelling and complex, and quite literally alive. This book takes the reader on a whirlwind trip through the wide world of fermentation, providing the reader with basic and delicious recipes that are easy to make at home, including sauerkraut, kimchi, sour pickles, miso, tempeh, dosas, yogurt, kefir plus basic cheese, bread, beer, and wine. With nearly 100 recipes, this is the first and still the most comprehensive and wide-ranging fermentation book ever published. **BFO-1773** – \$25.00

Preserving Summer's Bounty

Susan McClure, editor, 1997, 384 pp

"A quick and easy guide to freezing, canning, preserving, and drying what you grow." From the Rodale Food Center. Includes very clear step-by-step instructions and "what went wrong?" sections for each procedure. A lot of useful "tools" like homemade pectin or a cheap homemade food drier. Very helpful charts and drawings. Lots of recipes. **BFO-1760** – \$16.95

Root Cellaring Natural Cold Storage of Fruits & Vegetables

Mike & Nancy Bubel, 1991, 304 pp

This is a classic on natural cold storage of fruits and vegetables... the no-cost, no-processing way to store your produce! This book went out of print a while ago and it's back and timely. If you don't have a place for a traditional root cellar, a cold storage area can be created in a closet. **BFO-1740** – \$14.95



Cooking With Sunshine NEW!

Lorraine Anderson, 2nd ed., 2006, 224 pp.

Our pick of the solar cookbooks. Explains how solar cooking works and its benefits over traditional methods. Instructions for building your own solar cooker using inexpensive, easy-to-find materials, or where to buy a ready-made solar cooker. A wide variety of recipes for main dishes, accompaniments, and desserts for both vegetarian and omnivorous diets. Creative menu ideas for special needs, and more! **BFO-1795** – \$17.95

The Solar Food Dryer: NEW! How to Make and Use Your Own Low-Cost, High Performance, Sun-Powered Food Dehydrator

Eben V. Fodor, 2006, 144 pp.

The first part deals with the theory and physical facts of solar drying, while the second gives step-by-step instructions for building the author's food dryer. It claims you can quickly and efficiently dry your garden produce all year long-with free sunshine in most places. Also sections on preparing food to dry, recipes, and some very handy appendices. **BFO-1785** – \$15.95

Electric Food Dryer

See *Food in Supplies*, page 61

Dry It!

Gen Macmaniman, 1980, 58 pp

Ten years ago, this hand-written book started us on some wonderful food adventures and we still use it today. Includes complete plans for a dryer, plus recipes, practical hints, even drying meats & some dairy products. **BFO-1780** – \$10.00

Nourishing Traditions

Sally Fallon, Revised 2nd edition, 2000, 661 pp

Several people have requested this for the wonderful unusual recipes from all over the world. The author disputes modern "fat-free" theories, and tries to show how different cultures have been able to achieve balanced and healthful diets using their own local food sources. A wide variety of possibilities for both meat-eaters and vegetarians. Many home-cultured foods (yogurt, miso, sourdough, and many more) with an emphasis on beneficial enzymes. Unusual uses for common grains, and easy recipes for unusual vegetables. **BFO-1750** – \$25.00

Acorns and Eat 'em

Suellen Ocean, 1993, 86 pp

Acorns were the major food staple of the original residents of our land here, the Pomo, and we have even found their grinding tools left behind alongside our creek. Includes information about oak trees and acorns, how to harvest, prepare and use them in many delicious recipes. **BFO-1720** – \$16.00



Growing and Using Stevia

Jeffrey Goettmoeller and Karen Lucke, 2nd ed., 2008, 49 pp

The Sweet Leaf from Garden to Table. Complete instructions for growing, harvesting, and storing stevia plus twenty recipes using green stevia powder or whole leaf. Green stevia has a distinctive taste, so it will not work in just any recipe...the authors have not only grown stevia successfully, but also have spent years perfecting these recipes for drinks, desserts, pies, rolls, custard and more. We have stevia seeds in Herbs. **BFO-1755** – \$10.00

Flour Power

Marleeta Basey, 2004, 288 pp.

The only complete guide to home milling. Flour Power explains why virtually all commercial flours (even "whole wheat") have lost fiber, vitamins, mineral, enzymes and phytochemicals during processing and storage. Fresh whole grains lead to vastly improved health. Today bread making is as easy as grinding beans and brewing breakfast coffee. Let Flour Power help find the right flour mill and bread machine for you. **BFO-1765** – \$24.95

DVDs and Videos

Documentaries

The first two videotapes, Gardensong and Circle of Plenty, document our work here at Ecology Action. Both are stunningly beautiful and very inspiring. Frequently screened nationally on public television, they were created by John DeGraaf (award winning producer of PBS documentaries) and BJ Bullert. We are making these inspiring videos available for your personal viewing use only, by agreement with their distributor. Copies for educational and public showing use must be purchased separately, directly from the distributor: Bullfrog Films, Oley PA, 800-543-3764 or www.bullfrogfilms.com. A Journey in Kenya is a travelogue of hope, showing how adopting GrowBiointensive techniques have made dramatic changes in Kenya's agriculture.

Circle of Plenty

1987, 28 min

A PBS-TV special on Ecology Action's work and key Biointensive mini-farming work in Mexico. Everyone I have talked to has been moved by this labor of love. Buy one of these as a gift for a good friend or loved one.

BEA-1050 VHS – \$29.95 BEA-1055 DVD – \$29.95



Gardensong

1983, 28 min

A PBS – TV special on Alan Chadwick and the biodynamic/French intensive method. Coverage is given to those organizations that carry on Alan's work, with a large share focusing on John and Ecology Action.

BEA-1060 VHS – \$29.95 BEA-1065 DVD – \$29.95



A Journey in Kenya - Biointensive Farmers

1993 VHS, 20 min

Spanish dialogue version. Sandra Mardigian and Doug Burck revisit the students they had sponsored at Manor House Agricultural Centre after they have graduated and returned home. Documents the amazing, positive changes that have resulted from Biointensive gardens, both for individuals and for whole villages! Wonderful hope-filled scenes of African gardens and gardeners. About 20 minutes. VHS format.

BEA-1040 – \$12.00

Instructional Videos

These three videos are packed with useful information on their subjects. Seeing is believing! No matter how many times we watch Dig It! we still learn something about digging beds. Cindy Connor's first DVD on Cover Crops has been very popular and we expect the second (brand new!) to be of great benefit as well.

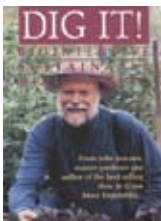
Dig It!

John Jeavons Double-Digging Video

John Jeavons, 1997 DVD, 30 min

This video shows how to prepare your soil better and much more easily by following the techniques John Jeavons has developed while double digging all over the world for the last quarter of a century. Learn directly from the master. These techniques will improve your garden, and its soil, wherever you live. Have fun digging! DVD format. Also available in Spanish, see page xx.

BEA-1035 \$19.95



Cover Crops and Compost Crops IN Your Garden

Cindy Conner, 2008, 66 minutes

Watch through the seasons as your cover crops come to maturity and are either cut as mulch in the beds they were grown in, or cut as food for the compost pile. Watching the whole season is very educational and is an essential part of our teaching biointensive. Cindy studied our methods, is a former market gardener and now a sustainable agriculture college instructor. Everyone at BG who has watched this DVD had at least one "aha" moment. BCO-1180 – \$35.00



Develop a Sustainable Vegetable Garden Plan DVD

Cindy Conner, 2009, 66 minute DVD

An intense video course in garden planning packed with information. Cindy takes you through the steps of putting together a notebook with your complete plan. A companion CD contains worksheets to help you figure how many seeds and plants you need, when to plant and where, and when to expect a harvest. Meet some of Cindy's friends and visit their gardens as they explain how garden planning has helped them. BGE-1222 \$40.00

Ruth Stout's Garden Video DVD

23 min

This has been one of our favorite garden videos for many years. Ruth Stout was a proponent of the "no dig/no work" method of gardening. We don't feel her techniques will work in every soil, and we still double-dig to get soil into shape, but this is a wonderful video of a sassy and determined gardener. Ruth expounds on both her gardening methods (which fed her family year-round) and her philosophy of life. She was 92 when this film was made, and it is absolutely delightful.

BGE-1610 VHS – \$22.95

BGE-1615 DVD – \$23.95



Videos in Spanish

Dig It! DVD

BEA-0470 – John Jeavons, 1997, 30 min, \$19.95

A Journey in Kenya Video DVD

BEA-0482 – 1993, 20 min, \$12.00

El Huerto Ecológico VHS Mexico's Program for Adult Ed

BEA-0680 – 1992, 20 min, \$20.00

20 min VHS video introduces Mini-Cultivo Biointensivo.

Coleccion Educativa Metodo de Agricultura Biointensiva

Autogestion, Desarrollo y Sociedad, Quito, Ecuador

BEA-0655 — ADYS, 2004, 20 min, \$20.00

Este video comparte experiencias didácticas de ADY, usando cinco módulos: Principios del Método Biointensivo, Preparación de Camas, Elaboración de Composta, Siembra Cercana, Semillas de Polinización Abierta. ADYS elaboró el video para usar en sus capacitaciones, aprovechando visitas de Bisek Hisao, apprentice de Ecology Action en 2004 y Dominique Guillet, Director de Kokope. \$15 of each DVD goes to ADYS to support their work.

Tools & Supplies

Tools

Nobori Gama Sickle (shown right)

This is a Japanese forged sickle with a sturdy 6 1/2" by 2" blade and a 14 inch wood handle; overall length is 20 1/2 inches. Useful for clearing small brush or weeds, or harvesting grains from small plots. Well-balanced, sturdy. Weighs 1 1/2 lbs. **SNO-9130** – \$55.95



Serrated-Blade Sickle (shown left)

A Japanese stamped grass sickle with a sharp serrated edge. For cutting small amounts of grain, grass, or compost crops, or clearing soft growth. Recommended by one of our customers who is a market gardener.

SSE-9140 – \$8.95



Garden Shears

A favorite of our garden staff for harvesting grains, comfrey, compost crops, and weeds. No working parts to wear out and largely self-sharpening. We prefer these shears which have a double "bow" that greatly reduces the amount of force you need to cut. These are actually much less expensive than the other models we were carrying. **SEN-9150** – 12 1/2 inches long overall – \$15.95



Garden Scissors

We have had a pair of these small stainless steel scissors for years and still going strong! The comfortable bright red flexible plastic handles are easy to spot. Useful in the garden and in the kitchen. Dubbed "Unlimited Scissors" by Joyce Chen, the manufacturer, and with good reason. 7 1/2" overall. **SGA-9160** – \$19.25



U-Bar NEW!

Too big to mail - call us before ordering for a trucking quote to your location. We are delighted to offer these legendary broadforks as described in The Backyard Homestead. We use them in our gardens. We are taking orders for local master welders who custom make them and ship them by truck. All welded construction, built to last forever. Not for new ground. Allow 4-6 weeks for delivery. 6 feet, 8 inches long by 29" wide. Weight 45 lbs. **SUB-9045** – \$230 plus trucking (call before ordering).



D-Handled Spade or Fork

From England, these beautiful tools are inspired by tools of yesteryear and made to be used for a lifetime and passed on to the next generation. A joy to work with, these are the tools used for bed preparation in our research gardens and pictured in many of the photos in this catalog. The 11" X 7" heads are solid forged from a single piece of steel and they have a one piece hardwood shaft that is split to form a wish-bone handle. NOTE: Stain color on spade and fork handles may vary.

Overall tool length is 43".

SDI-9020 – Spade – \$89.95

SDI-9030 – Fork – \$89.95

CobraHead Cultivator

Intensively planted beds can be tricky to weed and cultivate, needing a narrow-headed tool that can reach in among the plants, yet with enough heft to function well in all types of soil. Has a sharp blade on a long curving neck, with a strong handle made of recycled plastic and wood fibers. Length 14".

SCO-9050 – \$20.00



The Burden Cloth™

A very sturdy canvas cloth that has reinforced edges and handles on the four corners. Spread it next to your garden bed, throw weeds, prunings, whole plants, etc. onto the cloth, and carry it all away when you are done, leaving the area free of mud and mess. It really makes composting easy and fast! Used daily in our research garden - especially on terrain too steep for a wheelbarrow or cart. Also used for carrying firewood, and even adapted to make a nice strong baby carrier. **SBU-9190** – 4' X 4' – \$40.00

Watering

Beginning Drip Kit NEW!

While we hand water our gardens, many busy people have found drip irrigation to be helpful, especially if work or family commitments make it difficult to water enough. Drip can be easy to use in permanent plantings like trees and perennial beds. We have put together a high-quality, flexible, and affordable drip irrigation kit for the gardener who wants to start with a basic irrigation system. This is the best beginner's kit on the market: all high-quality, E-Z Loc, state-of-the-art parts. It includes everything needed—including pressure regulator, filter, 100 feet of mainline hose and 50 emitters. Great directions and links to easy instructional videos. You can add up to 400 feet of hose later if desired. **SDR-9251** – \$59.95



Add-on 100' Hose kit NEW!

100 feet of tubing, two Ts, two ends, and a coupler. No emitters (purchase separately below). **SDR-9253** – \$19.90

Add-on Emitter kit NEW!

Ten 1GPH emitters (you can take them apart for easy cleaning), plus 10 goof plugs, **SDR-9254** – \$2.80

Haws Watering Cans

The famous, perfectly-balanced long-reach cans from England, with a long spout. Upward-facing brass rose gives a fine, gentle rain for flats, beds, or seedlings. Galvanized metal or green plastic, both built to last a long, long time. Each holds 1.2 gallons.

METAL – 16" long spout. – **SHA-9270** – \$129.95

PLASTIC – 23" long spout. – **SHA-9270** – \$34.50

Replacement Roses for Haws watering cans

Replacement Rose for metal – **SHA-9275** – \$19.95

Replacement Rose for plastic – **SHA-9276** – \$6.95



Watering Fan

We have tried them all, and this is the best commercial fan on the market - small holes make a gentle spray. Has a turn-off lever, encased in an insulating material to protect your hand. Attaches to any hose. *Assorted bright colors* – **SWA-9170** – \$13.95

Eco Spout

This is a clever gizmo that fits on top of nearly any plastic jug. Includes a sprinkler head and a pour spout. Mix up some liquid seaweed in an old milk jug and attach the watering head to sprinkle it on your plants. Or pour water into your radiator with the spout. *Watering head and spout*

SEC-9260 – \$2.95



Gloves (specify glove size)

Comfort Garden Gloves

Specify size. Soft, seamless knit gloves that have been partially dipped in rubbery stuff, leaving the backs of the hands and fingers uncoated so the hands can breathe. Very comfortable and flexible. Women generally wear small or medium; most men generally wear large or extra large. Small, Medium, Large, X-Large:

Specify size - SCO-9080 - \$5.50



Nitrile Touch Glove

Specify size. Soft, seamless knit gloves that have been partially coated with a strong nitrile coating that makes it possible to feel seeds with your fingers, with a lightweight breathable nylon on the backs of the hands. Nice balance between light touch and durability. Women usually wear small or medium; most men generally wear large or extra large. Small, Medium, Large, X-Large.

Specify size - SCO-9080 - \$6.25



Women's Work Gloves

Specify size. These are the best gloves for a woman from a woman's company. Made of unlined suede pigskin that is strictly a by-product of food production. Stong and sturdy. Numbers in parentheses (xxx) refer to the circumference of the hand at the lower knuckles: Small (6 1/2 - 7), Medium (7 1/2 - 8), Large (8 1/2 - 9), Extra-Large (9+). **Specify size** – **SWO-9070** —\$27.00



Maxicrop Powder

Soluble seaweed powder. An excellent, well-balanced food for all plants. We have found that applications of Maxicrop to foliage help plants to resist disease and insect attacks. Watering with Maxicrop perks up plants that are ailing, and increases cold-hardiness. An all-around solution for only pennies a gallon! *10.7 oz jar (makes 250 gallons)* – **SMA-9360** – \$17.50

Compost Thermometer

A 20" stainless steel thermometer with a dial indicator at one end. The range is 0 to 220 deg. F. It's made for thrusting into the compost heap, measures temperature in the center of the pile. Also for soil temp. Better built than most. **SCO-9320** – \$29.95

Home Garden Soil Test Kit

An economical and easy-to-use test kit for the person who doesn't need to do lots of tests. Ideal for home gardeners. Tests ten soil samples for pH, nitrogen, phosphorous, and potassium (N-P-K). Easy to use, with reagents in tablet form. **SHO-9350** – \$16.50



SPECIAL SALE

Arm Savers

Waterproof, washable nylon sleeves have knit cuffs and elastic top opening. Use these with our Comfort Garden Gloves to keep thorns, plant poisons, and UV rays at bay. Good for wet foliage and firewood too. One size fits all. **GR-9540** – \$8.00



Picker's Pail

Use this handy tote for picking, pruning, and storing. Sturdy design with solid base and rigid opening yet collapsible for storage. The shoulder strap frees your hands. John Jeavons carries fire wood with this. *10" x 13" x 13"* **SGR-9548** – \$12.00



Handy Apron

Four roomy pockets including one with strap to keep long handled tool or phone in place. Open weave material sheds water, soil and mildew. **SGR-9544** – \$4.00



Tool & Seed Tote

Really useful in the garden. It is 8" in diameter by 9" high and has 12 pockets around the outside to hold all the tools and supplies you need while planting or working in the garden. The bottom is rigid and there are 2 carrying handles. **SGR-9546** – \$10.00

Compost and Soil Fertility

MycoGrow Soluble Mycorrhizae for Soil

This water-soluble mycorrhizal inoculant is a starter for Mycorrhizal fungus networks that are an essential part of any healthy garden soil. Beneficial for nutrient cycling, plant stress, and transplant shock. They reduce the need for water, optimize available nutrients, and help germination and early growth. Contains dozens of fungal species and potentially protects against 8 different plant diseases. Up to six times more concentrated than most common brands. Treats 12 gallons of water, 250 square feet of soil or 125-250 plants. *1 ounce of powder* - **SMY-9375** - \$4.95



Before and after using MycoGrow Soluble Mycorrhizae

NEW!

More Mushrooms and Mycelia

Mushroom kits in Vegetable seeds, page 20

Mycelium Running in Permaculture books, page 52

Root Zone Beneficial Microbes

We recommend home-made compost to enliven the soil and bring the microbial population back to a healthy state. This is no guarantee that the spectrum of beneficial microbes is present at your site. Mycorrhizal fungus networks reduce the need for water and optimize nutrients. This is a blend of mycorrhizal fungi, 19 strains of beneficial bacteria, humic acid and kelp meal. When planting add a half teaspoon to the soil of each plant - one jar goes a long way! *8 oz. jar of granules.* – **SRO-9370** – \$9.95

Odor-Free Compost Bucket

Sturdy and well-made with dark green heavy plastic derived from recycled materials. Has a replaceable charcoal filter in the lid that effectively controls odor, but allows the contents inside to get air. The included charcoal filter is reported to last 3-4 months, but ours last much longer than that. Has a carrying handle for taking it out to the compost pile, and is easy to clean when you bring it back in. It holds 2 ½ gallons of kitchen scraps, enough to go for a while between trips to the garden. Fits easily under the sink.

12 ½" X 8" X 6 ½" – **SOD-9335** – \$21.50



Filters for Odor-Free Compost Bucket

Package of 3 replacement filters for Odor-free Compost Bucket
SOD-9340 – \$6.95

Professional Soil Tests

Balancing out your soil's nutrients will increase the health of your plants, improve yields and insure that you are not adding unnecessary fertilizers. Ecology Action uses the soil test services of Timberleaf Soil Testing, 39648 Old Spring Rd, Murrieta, CA 92563 - www.timberleafsoiltesting.com (951-677-7510). As part of this service you will receive a detailed report about your soil's nutrient needs, your soil's current nutrient levels, recommendations of which amendments to add for best results, and an explanation of what the report means in easy-to-understand terms.

Plant Protection Supplies

Sluggo Plus NEW!

OMRI (Organic) Certified and fully biodegrades into fertilizer. Stops Slugs, cutworms, earwigs, pillbugs, sow bugs, and snails. Takes a few days to work. Uses two natural pesticides: iron phosphate and spinosad (a naturally occurring, soil-dwelling bacterium). Sprinkle around areas you want to protect. 1 lb. treats 2000 square feet and lasts up to 4 weeks (water soluble). Pellets are clean, odorless, and easy to use. *1 lb. can* – **SSL-9493** – \$14.20

Safer's Insecticidal Soap

A non-toxic soap concentrate, formulated for its excellent insecticidal properties. Works on aphids, whiteflies, plant bugs, leaf hoppers, spider mites, squash bug, scale, and other soft-bodied insects. Apply it directly to insects you can see.
16 oz bottle of concentrate – **SSA-9490** – \$13.25

Neem Oil (100%) NEW!

We find that a healthy garden does not need major controls, but bad things can happen to a garden. Neem oil is very effective and is least disruptive to your garden's ecology. 100% neem oil. Most neem products have only 1% neem as the active agent so **please dilute to only 1-2%** for an effective control. **SNE-9491** – \$9.90

More about neem (info sheet) NEW!

4 pp. **BEA-0815** \$0.60

Coco-Wet Wetting Agent NEW!

A wetting agent keeps your foliar solutions (neem, foliar sprays, etc) from washing off. Also maximizes plant absorption of substances. Fully organic and safe. *8 oz. bottle* – **SWE-9492** – \$5.95

Season Starter (Wall-O-Water)

These water-filled plastic greenhouses will extend your growing season. They are 17" wide x 18" high, self-standing, and shaped like a teepee. The water pockets moderate the temperature keeping plants cooler if hot and warmer if cold. They generally protect plants down to 16 deg F. **SWA-9200** – \$10.75



Harvest Guard

Similar to Reemay, the original floating crop cover. A translucent lightweight spunbonded polyester fabric—place right over the plants for a warm start. Promotes early growth and protects from pests. Effective protection from cabbage maggot and carrot rust fly when the edges are securely buried at the edges of the bed (leave lots of slack for the plants to get taller). Can be sewn together for wider areas or varied shapes. No framework needed. Gives several degrees of warmth for spring or fall crops.

5 ft X 25 ft sheet – **SRE-9210** – \$13.50

Shade Netting

Shade netting is useful for protecting young seedlings and also for extending the harvest period of crops like lettuce and spinach. It is suspended on a light frame over the bed and cuts down the amount of sun that a plant receives by a specific percentage. We carry knitted, black polypropylene netting in two percentages of shade. Lasts for several years.

30% – 6 ft wide – **SSH-9220** – \$2.50 per running ft

50% – 6 ft wide – **SSH-9220** – \$3.00 per running ft



Fly Traps "Fly Eaters"

These simple but effective traps fit on a one quart jar, like the ones mayonnaise comes in. A little bait (meat is suggested) in the jar attracts the flies, and once they are in they don't get out again. Non-poisonous. Great for use around animal pens. (Not for indoors). **SFL-9520** – \$3.50

Birdscare Flashtape

Silver and red reflective streamers that hang from wire or branches. As the breeze blows, it flashes and sparkles in the sun... it really seems to work. Easy to use, and even adds a festive touch to the garden and orchard! This works in our own orchard.

290 foot roll – **SBI-9470** – \$4.95



Diatom Dust

Natural diatomaceous earth - skeletal remains of tiny sea creatures. Almost pure silica with 14 trace minerals. This is a good mineral supplement for both soil and animals. Dusted in the garden, its tiny sharp particles lacerate their feet and kill insect pests by dehydration. Harmless to humans, animals & earthworms. Also used in seed or grain storage, etc. With instructions. *4 pound bag* **SDI-9460** – \$12.50

Tangle Trap

Sticky stuff for making traps for flying or crawling insects. The can has a brush attached to the bottom of the lid so it's easy to apply. Can be used around tree trunks or plant stems to trap climbing insects, including cutworms, gypsy & tussock moth caterpillars, earwigs, ants, and others. Ant control significantly reduces damage by certain types of aphids. *8 ounce can* **STA-9450** – \$7.50



Bird Netting

Bird netting is the easiest and most reliable way to protect plants from birds. Be sure the netting extends over the sides of the beds right down to the ground. If you have snakes in your garden for gopher control, we don't recommend it—snakes get tangled in it. Long lasting knit black poly, not the cheap extruded stuff. *1" mesh, 6' X 25' – SBI-9480 – \$18.50*

Whitefly Traps

For aphids and whiteflies. These traps have a yellow sticky surface that to an insects' eyes, appears to glow in the ultraviolet rays from the sun, attracting them to get stuck. (You could put tree tanglefoot on yellow cardboard if you don't mind getting your hands gooped-up.) *Package of 5 traps – SWH-9510 – \$4.85*

Seed Saving and Planting

Silica Gel

Nothing absorbs moisture like silica gel and it is an inoffensive material that even organic gardeners can love. It contains a non-toxic blue dye that changes color to light pink when the gel is saturated with moisture. Dry the gel in a warm oven (gas, wood, solar, or even microwave) to re-use. When dry it will turn blue. Enough to dry 5-10 lb. of seed. *8 ounce bag SSI-9240 – \$5.00*

Seed Saver's Kit

The most important factor for storing seed is dryness. Our kit contains one 8 oz. packet of silica gel (enough for 5-10 lb. of seed), 8 data keeping forms, and our Booklet 13, **Growing To Seed**, which gives specific instructions for saving seed. We often store seed in mayonnaise or pickle jars, but Mason jars sold for home canning make an excellent, durable seal. **SSE-9230 – \$15.95**

Wood Labels

Plain wood markers - write on them with pencil, laundry marker, or crayon. Excellent for flats and pots. Prevents mix-ups. 24 count *6" X 5/8" – SWO-9310 – \$2.35*

Pot Maker

Solid maple mold squeezes strips of newspaper into starter pots. Fill them with soil, and plant out pot and all, minimizing transplant shock. Invented by Otto Richter, Canada's largest herb grower. Makes pots about 2 1/4" wide and 2 1/4" tall. We recommend tearing the paper open at the bottom just before planting. *One maple mold, instructions. SPO-9250 – \$14.95*



Soil Sieve

A stainless steel sieve body with 3 interchangeable galvanized metal screens of 3,5, and 10 mesh per inch. For sifting soil or compost, or for separating large types of seeds from chaff. Fits nicely on top of a standard 5-gallon bucket. One 11.75" diameter sieve body with 3 screens. **SSO-9290 – \$15.95**



Widger

For many years we have used and loved this elegant little stainless steel tool for pricking out and transplanting tiny seedlings. The original British manufacturer stopped making them in 2004, but we have finally found someone who produces them just for us...slightly modified but just as useful as the original. It's amazing how much difference a small tool like this can make! A Bountiful Gardens exclusive. *6" X 3/4" – SWI-9010 – \$5.00*



Staked Plant Markers

Old-fashioned metal labels with long wire legs that push into the ground with a tilted zinc nameplate at the top that can be written, (and re-written) on with pencil. With 11 1/2 inch legs, and the nameplate is 3 1/2" X 1 1/4" *Package of 25 SST-9300 – \$15.95*



Redwood Seed Flat Kits

Includes complete instructions, nails, and wood. Made by a small local mill of recycled redwood or port orford cedar (our choice) both of which hold up equally well. Redwood flats stand up to constant contact with wet earth and last a long time with reasonable care. Easily put together; pre-drilled to prevent splitting. Multiple orders may require extra shipping—if so we will contact you. Each kit makes one flat; choose from 3 sizes:

- (L) 23" X (W) 14" X (D) 3" – SRE-9280 STANDARD – \$17.00*
- (L) 11.5" X (W) 14" X (D) 3" – SRE-9280 HALF – \$17.00*
- (L) 11.5" X (W) 14" X (D) 5 1/2" – SRE-9280 DEEP – \$17.00*

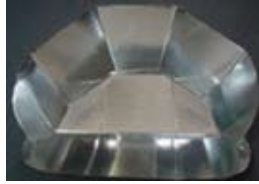
Half Seed Flat. Note using a widger for transplanting.



Food

Solar Cooker

A simple cooker that can be put together in a few minutes, made of strong cardboard with a reflective coating. You provide your own black pot or pan. These are the same solar cookers they send all over the Third World. **SSO-9430** – \$25.00



Nesco American Home Food Dryer **NEW!**

I have used one of these for years and love it. Extremely durable and effective. This 700 watt model is a drying monster, but in one test only averaged 420 Watts-about 4 cents per hour. Quiet, relatively easy to clean, and temperature control. Dries a lot in a day! Unlike other driers, no turning of trays. **SFO-9433** – \$69.00



Cooking With Sunshine, The Solar Food Dryer, and books on all ways to preserve food - in Food Books, page 55

Pomona's Pectin

Make cooked and uncooked jams and jellies sweetened to your own taste. Ordinary fruit pectins require jam or jelly to have 55-85% sugar to set firmly. Pomona's jells with honey, sugar, artificial sweetener, or just pure fruit. Can also be used with aspics, glazes, milk puddings, or as a gelatin substitute. Directions and recipes included. One box does 20 cups of jam. **SPO-9420** – \$5.90



PS...if you live in or are traveling to the San Francisco Bay area, check out our wonderful retail store listed below!

Personal Care

Working Hands Potter's Cream

A wonderful healing and protecting cream handmade by local friends. Recommended for gardeners, workers with cement or clay, or anyone using alkaline and drying materials. May seem costly, but a tiny dab does it. Does not leave an oily feel on the skin. Organically grown and respectfully wildcrafted. Contains Borage, Burnet, Calendula, Elder flower, Lavender, Thyme, Chickweed, Nettle and St. John's Wort, extracted in olive, hemp and sesame oils. Apple cider vinegar balances alkalinity. Also jojoba, rosehip seed extract, beeswax, lecithin, grapefruit seed extract, vitamin E and essential oils. Has a strong vinegar smell which disappears once it's on your hands. **2 oz. jar** – **SWO-9110** – \$12.95

Coco Bee Balm Lotion **NEW!**

We love this water-resistant, durable beeswax cream lotion based on a formula from second-century Greece. All natural ingredients with the gentle scent of coconut, beeswax and rosemary. **3.75 oz tube** – **SCO-9115** – \$7.95





Common Ground Organic Garden Supply & Education Center

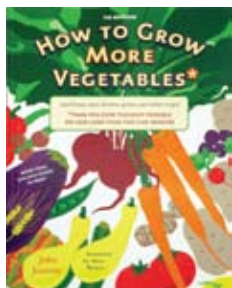
Open Monday - Friday 10 – 5:30 pm
Saturday & Sunday 10 – 5 pm

- Attend hands-on classes and events in organic gardening and sustainable lifestyles.
- Choose from hundreds of open-pollinated edible, medicinal, and ornamental seeds and starts.
- Condition and feed your soil with our broad selection of organic composts, fertilizers and mulches.
- Care for your plants with the best quality tools, and natural pest and disease products.
- Be inspired with a wide selection of specialty and local books, magazines, cards, and gift items.
- Become a member, volunteer, and make new friends.

www.commongroundinpaloalto.org
650.493.6072
Common Ground Organic Garden Supply & Education Center
559 College Avenue, Palo Alto CA 94306

Ecology Action GROW BIOINTENSIVE® Publications

The basic books for learning the BIOINTENSIVE method; the results of our thirty years of research and experience. All you need to know to raise your own food and care for your soil sustainably is here in our books information sheets and pamphlets, written by John Jeavons, staff, and apprentices.



How to Grow More Vegetables*

(and fruit, nuts, berries, grains and other crops)
***than you ever thought possible on less land than you can imagine**
John Jeavons, 7th edition, 2006, 288 pp
Foreword by Alice Waters

A fully revised, updated and expanded edition of the book that helped revolutionize food production around the world, and in our backyard gardens. **Yes, it is possible to grow fresh vegetables for a family of four on the front lawn!** The classic book on GROW BIOINTENSIVE® gardening for beginners to advanced gardeners. The most complete and practical book of its kind, proven effective in all types of garden conditions. This book is every gardener's guidebook to healthier and more beautiful gardens.

This major revision updates everything, with the most current information, techniques and data, as well as important current topics like soil sustainability and the future of farming. All charts and plans are updated; the bibliography is expanded by 25%; more help in working toward sustainable soil fertility is included. Best of all, an index has been added to make the book easier to use, which readers have requested for many years. Everyone who has used and enjoyed previous editions will want this book—the best thing any gardener can do for their garden! *"...possibly the most detailed explanation of the Intensive gardening method available."* –The New York Times *"John's methods are nothing short of miraculous."* –Alice Waters - from the foreword

BEA-0300 Perfect Bound – \$19.95

BEA-0300 Spiral Bound – \$21.95

Holds up better to heavy use, opens flat to keep your place

BEA-0400 Cultivo Biointensivo de Alimentos
Spanish, 6th edition, 2004, 261 pp – \$14.95

BEA-0410 How to Grow More Vegetables, Arabic
Arabic, 5th edition, 1997, 300 pp – \$20.00

BEA-0420 Comment Faire Pousser Plus des Legumes
French, 2nd edition, 115 pp – \$7.95

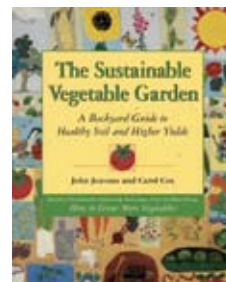
BEA-0430 Mehr Gemuse Im Eigenen Garten
German, 1st edition, 82 pp – \$14.00

BEA-0440 How to Grow More Vegetables, Hindi
Hindi, 1st edition, 1987, 70 pp – \$6.00

How to Grow More Vegetables, Braille
3rd edition, Write: Monterey County Braille Transcribers Inc, Box DF, Pacific Grove CA 93950 for details.

The Sustainable Vegetable Garden

The Backyard Guide To Higher Yields and Healthy Soil
John Jeavons & Carol Cox, revised 1999,
118 pp



This is a simpler, more basic version of **How to Grow More Vegetables**, based on a simple garden plan. Formerly titled *Lazy Bed Gardening*, this book has been revised to include the latest information on GROW BIOINTENSIVE techniques. Includes a new chapter on seed saving. Especially suitable for teachers planning a school garden, or for anyone who prefers a shorter simpler introduction to GROW BIOINTENSIVE. "A lazy bed is a deeply prepared bed (2' deep) whose growing area can produce up to four times more than an equivalent area prepared less deeply and planted in rows. So the gardener has only one bed to dig, one bed to fertilize, one bed to water, one bed to weed - only one-quarter the area it would take to produce the same amount of yield by other methods." This book combines our experiences from *How to Grow More Vegetables...* and *Booklets #14 and #26* into a new understanding of how to grow all your own food in the backyard, while also caring for the health of your soil — and the planet. The emphasis is on food gardening and improving the soil through crop selection. New gardeners can now benefit from direct garden research in over 130 countries - this method has been tried everywhere, on every type of soil, in all climates, and it works for epicurean gardeners as well as third world farmers. It gives specific recommendations on the best crops for beginning gardeners, and how much to grow for a family's needs.

BEA-0310 – \$12.95

Sustainable Garden Starter Kit

Includes **The Sustainable Vegetable Garden** and all the seeds you need to follow the garden plan described in the book.

LSU-6770 – \$38.75

See page 31 for details.

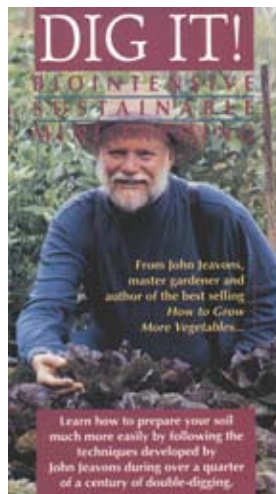


Dig It!

John Jeavons Double-Digging Video

John Jeavons, 1997 DVD, 30 min

This video shows how to prepare your soil better and much more easily by following the techniques John Jeavons has developed while double digging all over the world for the last quarter of a century. Learn directly from the master. These techniques will improve your garden, and its soil, wherever you live. Have fun digging! DVD format. Also available in Spanish, see page 67.
BEA-1035 \$19.95



Proceedings from the Soil, Food and People Conference

Hugh Roberts, editor, 2002, 180 pp

From a conference presented by Ecology Action and attended by Biointensive practitioners from all over the world. Attendees were inspired and energized by the sharing of work and experience. If you missed this conference held at UC-Davis in March 2000, or attended and want to review the information, you'll love this book! Every speaker has been included, and there are photos and supporting material also. Some topics covered are: GROW BIOINTENSIVE Mini-Farming, farming with a passive solar greenhouse, heirloom seed preservation, reports from projects worldwide and much more. Relevant for everyone who enjoys using Biointensive techniques, but especially so for those who intend to teach these methods or work with them in other countries.

BEA-0330 \$30.00



Future Fertility: Transforming Human Waste Into Human Wealth

John Beeby, 1995, 164 pp

Returning the nutrients in human waste back to the soil from which they came is essential for the sustainability of agriculture worldwide. This detailed and practical manual describes both established and innovative low-technology methods of safely and effectively recycling the nutrients in human waste. More importantly, it describes the principles behind the methods, and criteria that any method must meet for safety and sustainability. A must for those interested in transforming their waste into wealth in the future.

BEA-0340 \$23.95

The Basic Biointensive Library

While *How To Grow* is all you need to start and to practice Biointensive gardening, we continue to produce additional materials of special interest. This collection of books provides a well-rounded education in Biointensive gardening for the advanced gardener or the professional. The basic books are: *How to Grow More Vegetables*, *Backyard Homestead*, *The Sustainable Vegetable Garden*, *One Circle*, Booklets: 0, 1, 12, 13, 14, 17, 18, 19, 21, 22, 24, 26 and 32.

BEA-0350 \$145.00

The Complete EA Library all books, booklets and information sheets

Everything Ecology Action has in print in the English language as of January 1, 2009: *How to Grow More Vegetables*, *The Sustainable Vegetable Garden*, *Proceedings from the Soil Food and People Conference*, *Future Fertility*, *One Circle*, *Backyard Homestead*, Booklets: 0, 1, 2, 9, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 24, 25, 26, 27, 28, 29, 31, 32, TB 1, PB 1, Complete set of Info Packets, Biointensive Sustainable Mini-Farming, Siberian Biointensive Research Report, Biodynamic Gardening in India, Living Quarters for Plant Roots, Appropriate Agriculture, Circle of Plenty Booklet, Man of the Trees, and Weaving a Lavender Wand—everything in the Basic Biointensive library plus more. (not Videos and training program info)

BEA-0360 \$315.00

One Circle

How to Grow a Complete Diet in Less Than 1000 Square Feet

Dave Duhon & Cindy Gebhard, 1984, 200 pp

Using the techniques described in *How to Grow More Vegetables...*, this book will help you explore your nutritional needs and then design and produce a complete vegetarian diet in as little as 700 square feet. Loaded with charts, annotated bibliographies, step-by-step instructions, and even cut-out slide rules for the calculations. You're invited to participate in this bold, new cutting-edge of Biointensive development and research. You'll need to read *How To Grow ...* first.

BEA-0370 SPIRAL \$26.95

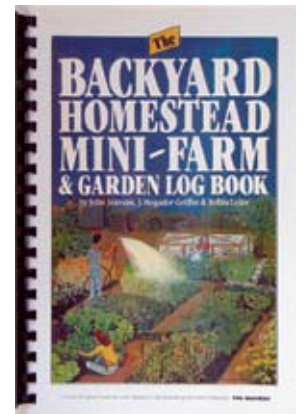
The Backyard Homestead Mini-Farm & Garden Log Book

Jeavons, Griffin, and Leler, 1983 - spiral bound, 234 pp

For those who want to develop more self-reliance, earn an income from mini-farming, or just to learn how to become more effective food growers. This companion book to *How to Grow More Vegetables* is the result of ten years of practical garden research and covers such subjects as food from your backyard homestead, beginning to mini-farm, tools you can make (including the U-Bar), plans to build portable greenhouses, crop profiles and tests, calendars, essential bookkeeping, and much more. Spiral Bound only.

"...in his mini-green revolution John Jeavons is demonstrating that small is beautiful."- The Manchester Guardian

BEA-0380 \$19.95



Ecology Action Research Papers

Booklet 0:

Biointensive Mini-Farming: A Rational Use of Natural Resources

EA Staff, 1985, 13 pp

Explains what Ecology Action is doing and why. Well footnoted. Also in other languages - see page 66

BEA-0000 – \$2.50

Booklet 1:

Cucumber Bonanza

J Mogador Griffin, 1979, 18 pp

Takes cucumbers as an example of a crop history and goes through 7 years of work, from 1973 to 1979, during which yields in our research gardens increased from 140 to 400 pounds per bed. An excellent introduction to mini-farming and the variables which can be examined for greater yields.

BEA-0001 – \$2.00

Booklet 2:

One Crop Test Booklet: Soybeans

Griffin & Jeavons, 1980, 24 pp

Contains step-by-step instructions for conducting comparative tests for spacing and yield (with optional water monitoring) for soybeans, an important protein crop.

BEA-0002 – \$2.50

Booklet 9:

A Perspective

John Jeavons, 1981, 17 pp

A paper given at The Second International Conference on Small Scale Intensive Food Production, reporting on the worldwide efforts of Ecology Action and others.

BEA-0009 – \$2.00

Booklet 11:

Examining the Tropics: A Small Scale Approach to Sustainable Agriculture

Jeavons & Griffin, 1982, 40 pp

A "working paper" designed to present basic information on the tropics. Contains a large bibliography.

BEA-0011 – \$3.50

Booklet 12:

Growing and Gathering Your Own Fertilizer

EA staff, 1984, 140 pp

We've had increasing requests for a book on how to grow your own fertilizer from common materials. Over 90 of tables on the fertilizer potential of common home, garden and farm materials. Many places in the world (US also) simply cannot easily get commercial or prepared fertilizers. Get independence in your garden.

BEA-0012 – \$11.75

Booklet 13:

Growing to Seed

Peter Donelan, revised 1999, 45 pp

How to grow all your own seed in the smallest possible area in your own backyard. Maintain optimum health and genetic diversity in your seed stock! Includes information on vegetables, grains, cover crops, seed exchanges, and seed co-operatives, plus a bibliography. Essential tables on crops and their seed-saving characteristics.

BEA-0013 – \$11.75

Booklet 14:

The Complete 21-Bed Biointensive Mini-Farm

John Jeavons, 1986, 39 pp

Currently it takes a minimum of 10,000 square feet to feed one person in the U.S., and often 16,000 square feet to feed one person in the Third World. This booklet gives a step-by-step approach on how to start sustainably growing all your food, a small income, and compost crops in as little as 2,100 square feet. Assumes you've read *How to Grow More Vegetables*, *One Circle*, *Backyard Homestead*.

BEA-0014 – \$2.50

Booklet 15:

One Basic Mexican Diet

J Mogador Griffin, 1987, 32 pp

This booklet grew out of Gary Stoner's work with the *Menos y Mejores* project in Tula, Tamaulipas, Mexico. It includes an exploration and complete nutritional analysis of a typical family diet. We can learn much about providing for ourselves from our friends in Tula. Available in both English and Spanish - please specify

BEA-0015 – \$3.00

Booklet 16:

Foliar Feeding

Peter Donelan, 1988, 9 pp

A consideration of how to get the most from your crops through foliar feeding, with several easy-to-make-at-home recipes for sprays.

BEA-0016 – \$1.50

Booklet 17:

Backyard Garden Research

John Jeavons & Bill Bruneau, 1988, 32 pp

Techniques for improving your garden and gardening. What to look at when setting up your garden, ways to improve your garden's performance, and how to listen to what your garden is telling you.

BEA-0017 – \$2.95

Booklet 18:

Dried, Cut, and Edible Flowers for Pleasure, Food and Income

Louisa Lenz, 1990, 60 pp

Flowers enrich our lives, are often quite useful for vegetable growing by serving as food sources for pollinating insects, can be part of a good business, and many are even good to eat! Cultivation of dried and cut flowers, information on edible flowers, and economic data on mini-farming flowers. Illustrated.

BEA-0018 – \$11.95

Booklet 19:

Biointensive Micro-Farming; A Seventeen Year Perspective

John Jeavons, 1989, 20 pp

This booklet answers many of the most commonly asked questions about our work and the purpose and direction of our research.

BEA-0019 – \$2.25

Booklet 20:

An Ecology Action Reading Guide

John Jeavons, 1988, 12 pp

Our Ecology Action publications contain a wealth of information - here is John's plan for the best way to use them to make your learning easier. What to read when, plus suggested supplemental readings. Create your own curriculum.

BEA-0020 – \$2.75

Booklet 21:
Micro-farmers as a Key to the Revitalization of the World's Agriculture and Environment

John Jeavons, 1989, 13 pp

Micro-farming in a global and a national context—shows the contribution it can make to solving many of our current environmental and agricultural problems.

BEA-0021 – \$1.75

Booklet 22:
Grow Your Manure For Free

John Jeavons & Bill Bruneau, 1990, 12 pp

An excellent and concise summary on growing compost crops to improve your soil's fertility. Highlights ten exceptional crops and their respective advantages, with tips on how to plant and compost them.

BEA-0022 – \$2.50

Booklet 24:
Ecology Action's Comprehensive Definition of Sustainability

EA Staf, 2005, 4 pp

What specifically sustainability is, with notes.

BEA-0024 – \$1.50

Booklet 25:
One Basic Kenyan Diet: Diet, Income and Compost Crop Designs in a Three-Bed Learning Model

Patrick Wasike, 1991, 23 pp

A thorough analysis of a vegetarian Kenyan diet. A fully sustainable three-bed model, based on our Booklet 14. Profusely illustrated with charts and references.

BEA-0025 – \$5.25

Booklet 26:
Learning to Grow All Your Own Food: One-Bed Model for Compost, Diet and Income Crops

Carol Cox & Staff, 1991, 25 pp

Based on Booklet 14, this complete course was developed through our workshops on the one-bed learning & teaching model. Gives detailed cultural instructions for many crops that we have found successful in our research garden. Good materials for planning and record keeping.

BEA-0026 – \$5.50

Booklet 27:
Growing Medicinal Herbs in as Little as Fifty Square Feet - Uses and Recipes

Louisa Lenz-Porter, 1995, 40 pp

How to grow most of one person's medicinal herbs in as little as 50 square feet. An herbal "medicine cabinet" of 24 common, easily grown herbs is described in depth. Instructions, recipes, and bibliography take an easy approach to an enjoyable activity. Sample 50-sq-foot bed with ideas for personal modifications.

BEA-0027 – \$6.75

Booklet 28:
The Smallest Possible Area to Grow Food and Feed

Emmanuel Chiwo Omondi, 1997, 45 pp

Sustainable diet and dairy production, for a family with one cow. Written by the director of Manor House Agricultural Centre in Kenya.

BEA-0028 – \$7.00

Booklet 29:
Test Your Soil with Plants

John Beeby, 1997, 86 pp

Discover how you can tell what fertilizers to use to optimize your garden's health and productivity, simply by observing the plants growing in your garden.

BEA-0029 – \$15.00

Booklet 30:
GROW BIOINTENSIVESM Sustainable Mini-Farming Teacher Certification Program

EA Staff, 2006, 38 pp

Details for those who are interested in the requirements and process for becoming Certified Teachers of Biointensive techniques.

BEA-0030 – \$12.00

Booklet 31:
Designing a GROW BIOINTENSIVE[®] Sustainable Mini-Farm – A Working Paper

Ecology Action Staff, 2003, 45 pp

Introduces in detail the concepts behind the design of a sustainable mini-farm that provides compost material for soil fertility, food for a balanced diet, and crops to market for a small income, all in the smallest possible area. Includes 10 forms to be filled out with data from your own garden site and nutritional needs and takes you through the process that will end in a sustainable design for your own specific situation. The process is one used in our workshops that has evolved over many years - a practical tool for your home garden!

BEA-0031 – \$8.00

Booklet 32:
GROW BIOINTENSIVE[®] Composting and Growing Compost Materials

Carol Cox, 2008, 28 pp

Revised version of discontinued booklets 10 and 23. This book details our research into producing the highest-quality compost from crops grown in your own garden. All that we have learned in the past 14 years has been included.

BEA-0032 – \$8.00

Booklet 33:
Grow Your Own Grains: Raising, Harvesting and Uses

Carol Cox, 2008, 28 pp

A working paper. Basic grain raising, harvesting and using. How to grow and use barley, oats, cereal rye, triticale, wheat, amaranth, corn, millet, quinoa, rice, sorghum, and teff.

BEA-0033 – \$7.50

Technical Booklet 1:
Solar Water Heater

Jeff Smith and John Warner, 2000, 12 pp

Sweaty gardeners at our research garden have been grateful for the solar-heated shower in the garden, and we have had requests for the plans ...so here they are. Written by the two master builders who installed ours, these are detailed plans with drawings, a materials list, and complete instructions on building and siting.

BEA-0100 – \$3.25

Personal Booklet 1:
Another Way to Wealth

Sondra Blomberg, 1991, 16 pp

A journey of one person from a good job in industry towards an organic Biointensive community-supported economic mini-farm and an integrated, simple, spiritual way-of-life. Included are questionnaires to assist others in their journeys.

BEA-0200 – \$4.25

More EA Publications

Biointensive Sustainable Mini-Farming Preliminary Research Overview

EA Staff, 1996, 25 pp

A brief summary of a quarter-century (1972-1996) of Biointensive research experiences in California, India, Russia, and other regions.

BEA-0930 – \$5.00

Siberian Biointensive Research Report

Larissa Avrorina, 1995, 16 pp

A detailed research report and conclusions from a year of Siberian Biointensive Sustainable Mini-Farming research compared with usual practices in the region.

BEA-0940 – \$3.00

Biodynamic Gardening in India Engineering of Photosynthesis Systems, Vol. 42

1980, 37 pp

Summarizes 3 years' work at their research center in Madras, India, and with Harijan low-income families. Shows how this method can be transferred to very disadvantaged families owning small, poor strips of land. Promising yields serve as a valuable source of nutritional and economic augmentation. This center received one of India's highest awards in 1981.

BEA-0950 – \$3.50

Living Quarters for Plant Roots

Henry C DeRoo, 1956, 6 pp

This important reprint from the Brooklyn Botanical Gardens gives a good description, with photographs, of the improved growth of roots in deeply prepared soil. Recommended by our garden staff—will help inspire you to double dig your beds! Also available in Spanish.

BEA-0960 – \$1.50

Appropriate Agriculture

Michael Shepard & John Jeavons, 1977, 14 pp

This footnoted paper was presented at the 1977 "Small is Beautiful" Conference at UCD. Presents many historical examples and speaks of the need to look at our present methods of fossil fuel-based agriculture. Still very current.

BEA-0970 – \$2.00

Circle of Plenty Booklet

EA Staff, 1996, 26 pp

Inspiring stories and personal Biointensive experiences from around the world. A sampler of the good that Biointensive can bring about worldwide.

BEA-0980 – \$3.50

Information and Research

EA Staff, various dates, 75 pp.

Short (1-6 pages) reports on a variety of subjects spanning the whole range of our mini-farming/gardening work. This is information from our garden research and our work around the world that is not in our books. Topics include gardening techniques, insect and animal life, and limited water growing. Includes our reference sheet on cooking with sunshine. Does not include the information in Sustainable Soil Fertility below.

BEA-0770 – \$15.00

Sustainable Soil Fertility

EA Staff, various dates, 26 pp.

The heart of our work, learning how to have a really sustainable garden/mini-farm. Includes information on compost crops

BEA-0820 – 26 pp – \$5.25

GROW BIOINTENSIVESM Apprentice Opportunities

John Jeavons & staff, 2005, 27 pp

Describes the professional program at Ecology Action's research and education site in Willits, California, for those who want to become teachers in Biointensive sustainable ways of life by living such a life and actively catalyzing this process in others. Also included are application forms and a list of some other organizations' apprenticeship opportunities.

BEA-1020 – \$6.50



Weaving a Lavender Wand

Carol Cox, 1993, 4 pp,

Carol teaches workshop participants to make these traditional scented wands. They make wonderful gifts.

BGE-1400 – \$1.50

Data Report Sheet

The form to use to send Ecology Action data from your garden.

BEA-0910 – Free

How you can help in Afghanistan

Community members in Mendocino County, where Willits is located, helped to raise over \$5000 in 2004 towards the start-up of a GROW BIOINTENSIVE training center in Kabul. Compost piles have already been begun by Nakibullah Salik, an Afghan agriculturalist who apprenticed at Ecology Action in Willits in 2004. Demonstration growing beds are planned and Salik plans to continue teaching others what he learned here through his Independent Afghanistan Biointensive Project and will benefit by more financial support from the U.S. Ecology Action is acting as Salik's Fiscal Sponsor and tax deductible donations can be sent to Ecology Action, 5798 Ridgewood Road, Willits, CA 95490. Please make a note on your check stating that your donation is for the AOATC.

How you can help in Kenya

You can help support a Kenyan villager's training at a 5-day Basic Biointensive Skills Workshop at Manor House Agricultural Centre. To enable this to happen, send \$85 tax-deductible donation to Kilili Self-Help Project, 260 Marion Avenue, Mill Valley, CA 94941. Smaller donations are also welcome. Help the world grow!

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2009

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We are happy to send gift certificates for any amount. If ordering only a gift certificate, add only the minimum shipping and handling. Let us know if this is a gift subscription and give us the address of the recipient, also the exact name and message that should be on the gift card. Thanks!

Where is Willits?

The small town of Willits is 150 miles north of San Francisco, just south of the great redwood forests. We are about 25 miles from the Pacific Ocean, but mountain ranges in between separate us from the coastal climate. Our summer days can be hot, in the 80-90° F range, but nighttime summer temperatures are cool and can go down to 50° F. We get no rain at all in the summer. Our winters are cold and wet, with 30 to 60 inches of rain and some snow, and temperatures in the 25 to 60° F range. Our last frost date is May 15, and our average first frost in the fall is October 15, so we have a main growing season of about 5 months. Pine, oak, Douglas fir, and madrone are the most common trees on our land, interspersed with grassy areas. Our Research Mini-Farm is on a steep south-west-facing hillside surrounded by woods at about 2400 feet elevation. Willits is traditionally a ranching and timber area, and the soil and climate are not considered optimal for agriculture.

Satisfaction Guaranteed

We want satisfied customers and value your business. Our seeds are all untreated and have been germination tested to ensure that they meet or exceed Federal Minimum Germination Standards. We warrant to the full amount of the purchase that our seeds are of good vitality at the time of shipping, and true to name as described in our catalog. However, every gardener knows that results depend on weather, soil, and cultivation; so in common with all seed merchants, we give no warranty in respect to seeds sold by us, and we can not be in any way responsible for the crop. Our books and supplies are the finest obtainable and we guarantee them for your full purchase price. This warranty is in lieu of all other warranties expressed or implied. Please make returns to our Customer Service Department with a brief explanation. Placement of an order constitutes acceptance of these terms.

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We ship by Priority Mail to AK, HI, and PR; heavy orders to these areas may require extra shipping charges. Bulk orders are special orders for which we charge actual shipping. Please call us for a quote based on your needs.

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Catalog crew: Jamie Chevalier, Don Wangberg (our brilliant printing consultant and make-it happen guy), Betsy Bruneau, Bill Bruneau

On our front cover: Dan Royer-Miller and Raj Solanki with part of the grain harvest from the the gardens at Golden Rule Ranch. Across the top: Tracy Gonzalez, Chelsea Cates, Tracy and Raj's son Makaiah, Philip Munyasia, 2008 intern from Kenya, and Carol cox, garden manager emeritus.

On our back cover: items from the catalog plus Tracy Gonzalez, Emmett with his pumpkins, and Matteo Gonzalez, intern from Xochitla, Mexico.



Emmer—General Manager of Operation at Bountiful Gardens

New Items 2010

Beans

VBE-2325 Rattlesnake NEW! , Preacher Beans—70 days
These were the standouts for quality and quantity in our trials. Wonderful flavor, and 100-degree heat didn't stop them from producing lots of beans. Round green 7" pods with purple streaks (which disappear when cooked). When others are petering out, rattlesnake keeps going until frost. Area 13 C \$2.50

VBE-2425 Butterbeans – 80 days for edamame. A mid-season, soybean, prized for its very high yield and excellent, sweet, nutty flavor. Long harvest, starting at the bottom of the plant, makes it perfect for home gardeners. 40 seeds. Area 6. C \$1.95

Broccoli

VBR-2575 Piricaba NEW! – 56 days. Named after the city in Brazil (pronounced peer-a-SEE-ca-ba) where this heat-tolerant broccoli was bred. Halfway between a standard grocery store broccoli and a broccoli raab, with large plants that produce lots of succulent small green heads. Heads, stalks, and leaves are all sweet and tender. Good frost tolerance for fall sowing, but the thing that got our attention was its hot-weather performance. In trials in California, it produced heads when temperatures were in the 90's. 110 seeds. Area 135. C \$1.75

Sweet Corn

VCO-3315 Anasazi – 90 days. Ancient variety, propagated from seeds found in Anasazi ruins. This Southwestern landrace heirloom is drought-resistant and doesn't require the extreme fertility and weed-free conditions needed by many modern corns. Likes warmth 7-8 ft plants with 2 multicolored ears, 7" long. 150 seeds. Area 180. C \$2.75

VCO-3325 Festivity – 75 days. We are so excited to offer this new corn, a stable, open-pollinated sweet corn pairing the amazing cold-hardiness of Painted Mountain (one of its parents) with some of the characteristics that make modern corns so sweet. Grows 5-6 ft tall, often with multiple stalks, and 3 or 4 multicolored ears 5-6" long. A testament to the talents and persistence of small farmer/breeders who have proved that a hardy, tasty, new sweet corn doesn't need to be hybrid or come from a lab. Our seed comes from stock that survived frost as seedlings and went on to produce well. Area 180.

Endive—Frisee and Escarole

VEN-3572 Frisee de Meaux – 60 days. An heirloom triple-cut curly endive from France, where Dominique Guillet has braved official persecution to save these traditional varieties from extinction. This is the feathery, finely-branched pale leaf you see in salad mix in winter. Like lettuce but more frost-hardy. Big heads with blanched hearts. 180 seeds. Area 75. O \$1.75

VEN-3574 Full-Heart Batavian– 60 days. Broad smooth leaves of very mild escarole in self-blanching heads 12" tall and across, dark green with creamy hearts. Serve your own salad greens for the holidays! 180 seeds. Area 75. C \$1.75



Florence Fennel

VFE-3580 Perfection – 80 days. Great new open-pollinated fennel that is as high-yielding as many hybrids, and more flavorful. Grown for the "bulb", the thick juicy base of the stems, like celery. Chop into salads or cook; mild anise flavor decreases with cooking. Stands fall frosts to 15° F.

Greens



VGR-3693 Vitamin Green– 21 days baby, 45 days full-size An entirely different kind of brassica, with no mustardy flavor. White stalks and very glossy green leaves are good for salad, steamed, or stir-fry. Sometimes called "mustard spinach", this green is easy to grow, unfazed by heat, very cold-hardy, with mild, sweet flavor Good choice for winter and early spring salads. Eat stalks, leaves, flowers. 80 seeds. Area 40. C \$1.75

VGR-3703 Chickweed- *Stellaria media*
Annual/Spacing broadcast 37-50 days. Why plant a weed that exists wherever there are gardens? Well, this is a nice juicy, mild-flavored strain that endures some cold and flowers early to draw beneficial insects to the garden to eat those spring aphids. Many herbal and culinary uses. Can be clipped every few days (until flowering) and used just like sprouts or mild lettuce, in tacos, salads, garnish. Good nurse crop for spring seedlings, or permanent part of a beneficial-attracting, low maintenance hedgerow 200 seeds. Area 100+. O \$1.75

Kale

VKA-3932 White Russian– NEW! 50-60 days. (1885) From Frank Morton's remarkable breeding program for organic growers. The most winter-hardy kale we offer, and the most resistant to flooding and soggy soils. Has won many taste tests in spite of its tough constitution. Cut and frilled edges with white midribs, mild flavor, easy to grow. 100 seeds. Area 125. O \$1.95

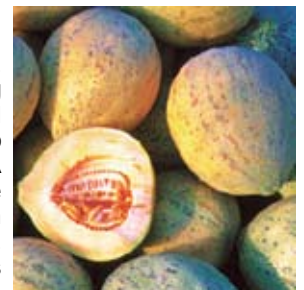


Lettuce

VLE-4143 Deertongue–spring/fall 50-75 days. We've had several requests for this beloved heirloom from the eighteenth century. Unique and delicious. Pointed triangular leaves have buttery texture but with a crunch. Unusual and choice. 300 seeds. Area 100. O \$1.75

Melon

VME-4353 Crane – 75-85 days. This luscious, very fast-maturing crenshaw type was developed and refined by the Crane family, who have farmed in Santa Rosa, CA for 6 generations. Golden orange flesh, teardrop shape, pale green skin flecked with dark green. When the freckles turn orange, its ready to eat. Area 12. C \$2.25



Parsnip

VCO-4745 Turga – Outstanding vigor makes this a really easy to grow and high-yielding parsnip. Medium to short, sturdy roots. Lots of food from a small area, keeps all winter in the ground until needed.

New Items 2010

Peas

VPE-4825 Cascadia –New! 62-75 days. First dwarf snap pea with Sugar Snap quality, and then some. Extra-plump, very crisp, very sweet and flavorful pods. Resistant to PM and the first pea with resistance to PEMV. Heat-resistant—went into July for us.250 seeds. Area 10. C \$2.75

VPE-4827 Dwarf Grey Sugar – NEW!!—60 days. Heirloom dates to before1773, and is still a charmer for its early yields of bite-size pods, its pink and purple flowers, and its short 30” vines. Newly popular for salad—the top 6’ of new growth and/or the flowers are a delicious (and expensive, in stores) delicacy. For salad (or light cooking or garnish) its best to have a separate patch , sow in succession, and clip short tips often.250 seeds. Area 10. C \$2.50

Onion

VON-4627 Valencia—NEW!—105-125 days This onion has been getting raves from farmers and home gardeners because it is easy to grow, non-bolting, high quality, and a good keeper. A Spanish Sweet Yellow type. It works in long or short-day situations.150 seeds. Area 11. C \$1.95



Leek

VLE-Carentan—4018 NEW ! 135 days. Most tolerant of fluctuating temperatures and heavy soil in our trials this year. Huge leeks with long succulent white shaft. Holds a long time. 150 seeds. Area 20. E \$1.95

Peppers

VPE-4875 Anaheim – 75-90 days. Hotness: 1 Long, mild chile with a breath of heat usually used green for stuffing, salsa, omelettes, pickling and canning. 30 seeds. Area 20. C \$2.25

Squash

VSQ-5410 Zucchini, Golden NEW! – 50 days. You can grow open-pollinated golden zucchini. We are happy to have found this in response to requests. 25 seeds. Area 50. O \$1.50

VSQ-5455 Guatamalan Blue Banana NEW!— *Cucurbita maxima* 90-95 days. From the homeland of squash growing, in Central America, this squash has been grown for thousands of years. Traditionally grown along with beans and corn, shading the ground to hold moisture for the corn and gaining fertility from the beans. Gorgeous slate-blue with lighter streaks,. Long shape can be sliced much more easily than large round types—use a piece at a time and store the cut squash in the fridge. Great flavor for roasting, baking, boiling.35 seeds. Area 70. C \$1.75

Tomato

VTO-5825 Italian Heirloom NEW!—Mid Season. Big round slicing tomato with traditional big heirloom flavor and huge yields. Peels and slices easily, good for fresh eating or canning. Indeterminate.30 seeds. Area 110. GB \$1.95

VTO-5745 Myona — Back! We are glad to have these again, grown for us by Golden Rule Garden. Size and shape of Roma, but deeper delicious heirloom tomato flavor. Said to have been from an Italian immigrant market gardener who, when asked the variety, said “Its my-own-a”. Large vines full of 3-4” oblong fruits. Handle tough conditions, too. Indeterminate. 30 seeds. Area 100. C \$1.95

This is just a sampling—There are many more throughout the catalog.

Books

The New Self-Sufficient Gardener

John Seymour, page 49.

Small-Scale Grain Raising

Gene Logsdon, page 50.

Grow Your Own Grains: Raising, Harvesting and Uses

EA Booklet 33, Carol Cox, page 50

Herbal Remedies

Andrew Chevallier, page 50.

Homegrown Whole Grains

Sara Pitzer, page 50.

Good Bug, Bad Bug

Jessica Walliser, page 53.

Cooking With Sunshine

Lorraine Anderson, page 55.

The Solar Food Dryer: How to Make and Use Your Own Low-Cost, High Performance, Sun-Powered Food Dehydrator

Eben V. Fodor, page 55.

Drip Irrigation for Every Landscape and All Climates

Robert Kourik page 52.

Flour Power

Marleeta Basey, page 55

Supplies

Myco-Grow Soluble mycorrhizae p 58

Pearl Oyster Mushroom Kits p 20

Nesco American Harvest Food Dryer p 61

U-Bar p 57

Pure Neem Oil Dyna-Grow p 59

Coco Bee Balm Lotion p 61

Outdoor Mushroom Starter p 20

Beginner's Drip Irrigation Kit p 57

Extra Drip Irrigation Parts Kits p 57

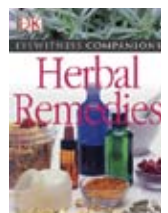
Sluggo Plus 59

Plus Many More New in Every Section

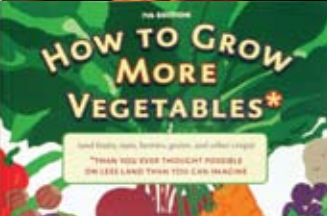
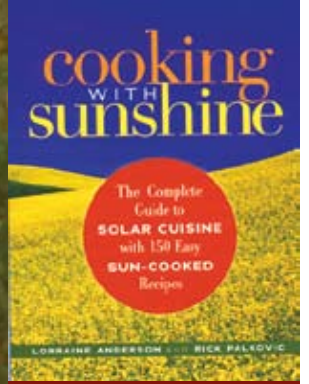
Seed Mixes p 29

Seed Collections p 30-31

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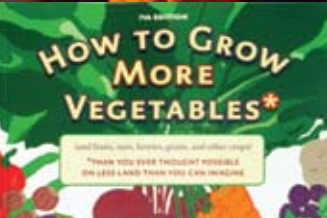
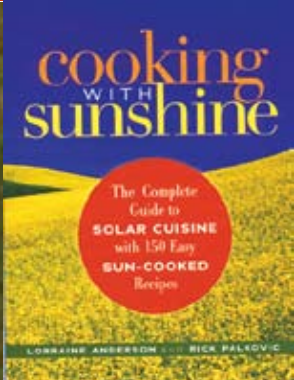
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