# The Market Garden

## Seeding Calendar

**Artichoke** — Start inside at the beginning of March and transplant out mid May.

**Broad Beans** — Plant in February to April for beans in August and September. For earlier spring production seed in October and November.

**Beans** — Must be planted in very warm soil, sow in May.

**Beets** — must be planted in warm soil. Sow in May.

**Broccoli** — Start inside in March and April, or sow in May. Sprouting Broccoli can also be sown until mid July to overwinter.

**Brussels Sprouts** — Start in late May and plant out in late July.

**Broccoli, Cabbage & Cauliflower & Kohlrabi** — Start inside or sow directly in March, April or May. If starting inside, harden off at 6 weeks and plant out. Overwintering varieties can be direct sown in early July.

**Carrots & Parsnips** — Sow in April, May or June. Small sowings every 2-3 weeks will provide carrots all season.

**Celery** — Start indoors in early February and transplant after hardening off in May, or sow in early May. Keep immature plants warm.

**Corn** — Soil must be really warm, plant in late May.

**Cucumbers, Pumpkins & Gourds and Squash** — Start in early May and put out one month later in warm weather or direct sow in late May.

**Eggplant** — Start indoors in April and do not set out until weather is very warm in late May.

**Endives & Radicchio** — Does not do well in heat. Sow any type in April or in August choosing varieties with 75 days to harvest or less.

**Fennel** — Start inside in March to plant out in April after hardening off or sow in April, May or June.

**Garlic** — Cloves best planted in October.

**Kale & Collards** — Sow April, May and June.

**Leeks** — Start inside in March as seedlings are delicate and transplant in May after hardening off.

**Lettuce** — Turns bitter in heat. Sow small quantities in April and every 2-3 weeks. In June and July choose heat resistant varieties, from August onward choose cold hardy varieties.

**Onions** — Start inside in March and plant out in late April or May after hardening off. Hard onions can be direct seeded in April.

**Green Onions** — Sow monthly from April through July.

**Greens (Arugula, Corn Salad, Mesclun)** — Plant small amounts every few weeks April through August. Best grown in bright but not hot conditions to avoid bolting and bitterness. If conditions are hot, do not plant between mid May and end of July.

**Peas** — Best planted in March.

**Peppers** — Start inside in March and do not plant out until temperatures are reliably warm in June after hardening off.

**Radish & Spinach** — Heat makes them bolt and makes radishes taste bitter so plant small amounts every 2-3 weeks in March and April, then again staring in August.

**Turnips** — Sow April through August.

**Fenugreek** — Sow April through August.

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### Key for Chart:
- **Start indoors**
- **Direct seed**
Some of my fondest childhood memories are of spending hours working in the greenhouse in early March, when outside, the prairie winter was in full force. The contrast between the warm humid air and earthy smell inside and the bone chilling cold on the other side of the thin greenhouse walls was like nothing else. I planted tiny, almost magical capsules, each with a plant hidden inside. If I got everything right – the temperature, humidity, depth, moisture, growing media – from the tiny little capsule, a plant would emerge.

There is something remarkably fulfilling about taking a small seed and turning it into a basket of beautiful produce – growing it the way nature intended, in harmony with its surrounding environment. And there is joy in being able choose varieties based on flavour, quality, nutritional value and beauty instead of on shelf life and how well something ships. Once one moves past the mass produced, chemically dependent “cheap seed,” one discovers an astounding world of amazing varieties, colours, and flavours.

When choosing what varieties will adorn my garden, I always imagine the delicious, healthy meals I can make – from spicy salsa to hearty vegetable soup. I think of different ways to preserve what I grow. Canning, drying, pickling, and fermenting allow me to enjoy the abundance of my harvest for many months beyond the growing season.

Much of the information you’ll find here is based on what has worked well for me. My hope is that this guide becomes a useful tool providing you with accurate information, a few new ideas, and the inspiration to try something new.

RYAN TIMOTHY TOWNSEND

All asterisked* products are organically grown on Salt Spring Island. All other products are certified organic.
WHY USE ORGANIC SEED?

Many years ago, when I worked at a local garden centre, a customer asked me a very interesting question, “Why is it that I am not allowed to sell my produce as organic unless I use organic seed? I am an organic farmer, I only use organic gardening practices, no chemical fertilizers or toxic chemicals. Everything has been grown organically!” Her frustration was understandable. The selection of organic seeds we offered was disappointing. Not only were the seeds hard to find, but they were also very expensive.

The Organic Seed Growers Trade Association asks a great question that may just contain part of the answer “Is it fair for those of us in organic agriculture to want our own farms and environments to be as free of toxins as possible, but expect seed production communities to carry a heavy toxic load so that we can plant cheap conventional seed?”

Seed crops are grown far longer than food crops. To collect seeds, the plant must complete its entire life cycle, with extra time needed for curing and drying the seeds. This much larger window of time makes the crop far more susceptible to pests and diseases that may destroy it. As a result, conventional seed producers use pesticides and fungicides, often at a far higher concentration than permitted for food crops. Plain and simple, conventional seed producers develop seed for conventional farming. The result is plants that often require copious levels of chemical fertilizers, along with many other chemicals, to protect them from pests and diseases. Growth trials are often based on creating varieties that grow quickly, produce high yields, and ship well.

Thousands of local varieties have disappeared over the last century – some say as much as 75% of genetic diversity has been lost over this time. This alarming loss makes it important to support local organic farmers who work to protect genetic diversity and who foster a significant impact on the health of our environment, our soil, and our communities.

My question to her is: as an organic farmer, why would you consider using anything other than organic seed?

ARTICHOKE

An edible flower of the thistle family, not only delicious they contain anti-oxidants, vitamins, minerals and folic acid. They require hot and sunny locations with rich well drained soil. Make sure to give the plant ample space to grow. Sow seeds indoors 8-12 weeks before last spring frost.

TAVOR – 90 days. Nearly spineless plants yield 7-8 artichokes. 4-5 inch diameter. Chokes are green with purple tips. Can be grown as an annual in one season. Approx. 10 seeds - $3
FAVA BEANS

Fava beans are legumes but are not true beans and are more closely related to vetches. They grow in cool weather unsuited to beans. They will not produce in hot weather. They can be used in the same way as a lima bean and are excellent dried. Plant them in October or November early enough for them to be 4 inches tall by winter or in early spring, usually February or March. They must be planted and mature before the hot weather arrives. Plants 3 inches deep and 6 inches apart in double rows. Aphids are usual in May, but can be easily sprayed off with water. Nasturtiums planted nearby will lure the aphids away from the fava beans.

WINDSOR — 75 days. 4 foot plants produce 6 inch pods containing 5-6 easily shelled seeds. Approx. 25 seeds - $3

BUSH BEAN VARIETIES

Bush beans require no support. Plant in drills 1½ inches deep, spacing 2 seeds every 3 inches. Plant after last frost when soil begins to warm. Darker coloured seed is more cold tolerant and can be planted earlier than light coloured seed. Bush beans are “determinate,” as a result they can be harvested over a 2 week period, do a couple of additional plantings in 2 week increments. Continually harvest beans to encourage continued production.

BLACK COCO — 95 days to dry harvest. Very early and productive at 5-6 beans per pod. A rich robust flavour makes it a perfect choice for refried beans and many other bean dishes. Compact plants germinate well in cool soil. Eat as a snap bean when young or allow to dry on the plant to store for winter use. Approx. 100 seeds - $3.25

BLACK VALENTINE — 55 days to fresh or 70 days to dry harvest. Dwarf heirloom variety. Produces bright green snaps and beans that dry to a jet black. Very productive. Produces tasty slender 6 inch pods. Perfect for canning or freezing. Approx. 100 seeds - $3.25

GOLDEN WAX — 50 days. Heavy crop of slightly flattened golden yellow stringless beans. 5 inch meaty pods have great flavour. Good fresh or canned. Approx. 100 seeds - $3.25

JANET’S SELECT DUTCH BROWN — 90 days. These beans are the essential ingredient in traditional Dutch brown bean soup. Heavy yields of rich, delicious, golden brown beans on sturdy plants. Approx. 100 seeds - $3.25

DRAGON LANGERIE — 55 days. Also known as Dragon’s tongue. The pods are white with purple streaks. Very crisp with good flavour. Streaks fade when cooked. Also good as a dried bean. Seeds are purple. Approx. 25 seeds - $3

ORCA — 90 days to dry. Gorgeous black and white beans resemble the yin & yang symbol. Kids call them “Free Willie” beans after the orca whale in the movie. Strong disease resistant plants produce heavy yields of 6 inch green beans which can be eaten young or allowed to ripen for use as dry beans. Baked dry beans have exceptional flavour and texture. Approx. 50 seeds - $3.25

ROYAL BURGUNDY — 55 days. Grows well in cooler weather. Flowers are a lovely purple and the harvest period is long. Once cooked the beans turn green. Approx. 100 seeds - $3.25
POLE BEANS

Pole beans must be trellised, but this pays off with easy harvest and a long season. Try them in a trellised pot. Use single poles with 7 beans planted around each pole, 3-4 pole tee-pees or wire mesh. Plant after last frost when soil begins to warm. Keep beans picked as they are ready for continued production.

**FORTEX** — 60 days. This is the green bean with the very best taste. Long round beans reach 11 inches in length. Originally from France these stringless firm textured beans hold their flavour even when the seeds plump up. Approx. 60 seeds - $3.25

**GARDEN OF EDEN** — 65 days. A delicious heirloom variety that stays sweet and tender even when old. Flat, deep green beans are 1 inch wide by 6-7 inches long. Cook no more than 3-5 minutes for best flavour. Approx. 60 seeds - $3.25

**KALA CHANNA GARBANZO** — 100 days
This rare mountain chickpea is an heirloom variety from India. It produces dozens of small pods that each hold a few tan colored seeds. Use in flour, fresh or cooked. You can pull the whole plant out to dry further under cover if they haven't dried by season end. Sow seeds ¼ inch deep in warm soil usually by late spring. Approx. 60 seeds - $3*

**MARVEL OF VENICE** — 55 days.
Sweet, flat, yellow beans start producing early until frost. This Italian heirloom has 8-9 inch long, ¾ inch wide beans on vigorous vines. Approx. 60 seeds - $3.25

**MIDNIGHT BLACK TURTLE** — 90-100 days. Mexican Black Beans! This meaty heirloom bean is very popular in soup and re-fried bean dishes. Plentiful small shiny black beans are formed in purple pods. The plant is a partial climber and can be grown either on a short trellis or be allowed to sprawl. Eat as a dried bean. Needs a warm sunny location for 3 full months. Sow ¼ to ½ inch deep. Approx. 80 seeds - $3*

**NORTHEASTER** — 55 Days. Very early and produces right until frost. Vigorous vines produce a big harvest of bright green tasty, flat, stringless beans. Pods are 8 inches long and 1 inch wide. This bean is reliable even in cool summers. Approx. 60 seeds - $3.25

**PAINTED LADY RUNNER BEAN** — 70 days. Gorgeous showy red and white flowers are a treat for hummingbirds. This bean has been grown since the early 1800s. Flowers are followed by edible pods filled with plump edible beans. Eat them fresh or dry them. Plants will climb to 7 feet. Perfect for the edible ornamental garden. Approx. 20 seeds - $3.25

**TRIONFO VIOLETTA** — 60-75 days. This Italian heirloom has dark green, purple veined leaves, lavender flowers and beautiful deep purple beans. It is so pretty you may want to grow it even if you don't eat a single bean. The slender, stringless 8 inch beans have a rich flavour and an excellent texture. They are produced in profusion right until frost. Approx. 60 seeds - $3.25
Beets are grown for their edible roots and leaves which are delicious eaten just like spinach. Beets can take heat, unlike spinach or lettuce. When choosing beets be adventurous, try gold or even striped varieties. Beets must be planted in warm soil. Sow direct in May when the soil has warmed ¼ inch deep and ¼ inch apart in rows 1 foot apart. Be sure to irrigate evenly as they grow.

**BEETS**

**BULLS BLOOD** – 35 days to harvest baby leaves, 55 days to mature roots. This heirloom beet is grown often for its tasty, burgundy coloured leaves, providing salad greens even when light conditions are low. The small sweet roots have pink and red stripes and are pretty sliced in salads. **Approx. 150 seeds - $3.25**

**CHIOGGA GUARDSMARK** – 55 days. This variety is an improved version of the colourful red and white candy-striped heirloom beet from Italy. Showy of dark reddish pink and white in a round slightly flattened beet. This selection is more uniform and has improved tolerance to bolting. Sweet, peppery flavour. **Approx. 150 seeds - $3.25**

**CYLINDRICA** – 55 days. Fine smooth texture maintains its tenderness over a long growing season, does not get woody. Long purplish beets are easy to slice making this a chef's favourite. Tops are leafy are perfect for harvesting for greens. Tends to push up out of the soil so cover the exposed shoulders with soil to keep them smooth. Resistant to scab and cercospora. **Approx. 150 seeds - $3.25**

**DETROIT DARK RED** – 50 days. Top notch heirloom variety. This dark red, round beet stores well. Roots are sweet, uniform reaching 3 inches in diameter when mature. Tops are green, streaked with red and are good in salads or braised. **Approx. 150 seeds - $3.25**


**EARLY WONDER TALL TOP** – 45 days. And old heirloom variety dating before 1811. These early bunching beets can be harvested young with tops attached for bunched baby beets. Large, bright green, red-veined leaves are also great as early salad greens. Slightly flattened beets are dark red and sweet. Sow every few weeks for a continuous supply. **Approx. 150 seeds - $3.25**
THE MARKET GARDEN

BROCCOLI

Main season broccoli can be started inside in March or April or sown into the garden in May. If starting plants indoors, do not wait more than about a month to harden off and plant them out. Plants are easily stressed if left in too small containers, and once this happens they will not do well. Leave 8 inches between plants and 18 inches between rows. Broccoli needs even moisture and prefers a fertile soil.

BATAVIA F1 — 60 days. Very early. Dark green, cold hardy, mildew resistant. Prefers cooler conditions as is less tolerant of heat, large heads. Approx. 25 seeds - $3.25

BELSTAR F1 — 60 days. Very heat tolerant. Compact round domes about 6 inches when mature. Nice short stems. Approx. 25 seeds - $3.25

EARLY PURPLE SPROUTING — 220 days. This broccoli takes almost 7 months to mature but its flavour, gorgeous colour and generous 8 week harvest makes it well worth it. Combined with Calabrese broccoli, you can harvest broccoli almost all year. We are fortunate to live in a mild winter climate that allows us to grow it really well. The deep purple small florets are delicious salad additions when young or added to a stir fry. Plant ¼ inch deep from April through July for harvest the following March. Very frost tolerant, mulch well during the coldest part of winter. Approx. 75 seeds - $3*

GREEN SPROUTING CALABRESE — 50 days. A great heirloom variety with a long harvest season. First harvest the small 3-4 inch main head and then the many side shoots as they develop throughout the season. Fantastic tangy sweet taste. This is what broccoli is supposed to taste like! Approx. 100 seeds - $3.25

PURPLE PEACOCK — 90 days. Another fantastic creation from Frank Morton who crossed “Green Goliath” broccoli and two kales to get what he calls “eat everything brockali.” Eat the sweet purple stems, purple florets, young leaves in salad or cook mature leaves. Produces a crop of loose broccoli heads followed by numerous side shoots. Huge plants are highly ornamental in the kitchen garden. A real favourite. Highly recommended. Approx. 100 seeds - $3.25

BRUSSELS SPROUTS

Best sprouts develop in cool weather and sweeten with a light frost. Start plants indoors or directly in the garden in late May, and plant out in late July. Plant seeds ¼ inch deep, 18 inch apart in rows 2.5 feet apart. Irrigate for even moisture and avoid too much nitrogen if you want nice compact plants.

NAUTIC F1 — 120 days. Disease resistant variety. Very reliable crop of tightly wrapped sprouts. Easy to harvest sprouts are 1 inch across. Approx. 25 seeds - $4
Main season cabbage can be started inside in March or April or sown into the garden in May. If starting plants indoors, do not wait more than about a month to harden off and plant them out. Plants are easily stressed if left in too small containers, and once this happens they will not do well. Transplant a little deeper than the plants were in their starter containers. Cabbage is a heavy feeder so don’t forget to give it extra compost. Overwintering varieties can be started in May to transplant out at the end of June or July.

**CARAFLEX F1** — 50 days. The heads are small and pointed so you can plant more in the same space. Wrapper leaves are tight and keep the head protected. Very nice flavour. 
**Approx. 25 seeds - $5.50**

**COPENHAGEN** — 85 days. Recommended for early or main season harvest. This Danish heirloom variety introduced in 1909, has been the standard of excellence ever since. Solid round heads reach 6-8 inches in diameter, weigh 3-4 pounds and resist splitting. Medium sized plants are ideal for small gardens. Makes delicious coleslaw, wrapper leaves, salad or sauerkraut. Does well in a range of climates and also stores well. 
**Approx. 100 seeds - $3.25**

**DEADON PURPLE F1** — 65 days. This is a good cold hardy cabbage for winter harvest. It has savoyed purple leaves over a tightly packed lime green interior. The slightly flattened heads are about 8 inches and gain sweetness with frost.  
**Approx. 25 seeds - $4**

**FAMOSA SAVOY** — 65 days. Gorgeous early savoy cabbage. Dark green, heavily savoyed wrapper leaves over bright green heads. Outer leaves are thick and durable, while the inner leaves are tender and delicious with mild flavour that gets sweeter as winter approaches. Intermediate resistance to DM. 2-4 lb heads. 
**Approx. 25 seeds - $4**

**FILDERGRAUT** — 90 days. This ancient variety is the original cone-head type from Filder Germany that is famous for its sauerkraut in the Stuttgart region. The very pointed heads have no cores, making shredding very easy. Very sweet and tender when fresh. Large mature heads weigh 10 lbs or more in 90 days, but they can be planted very close together, so they are ideal for the home gardener. Cold hardy and weatherproof, they can overwinter if mulched. Not bothered by as many pests due to its unique shape. Sow in early spring in small pots ¼ inch deep. Transplant to the garden in deep rich sweet soil with lots of compost. 
**Approx. 50 seeds - $3* **

**RED EXPRESS** — 65 days. A beautiful little red extra early cabbage that makes compact uniform 2-4 lb heads that are resistant to splitting. Tasty raw, cooked, pickled or fermented and makes great coleslaw. 
**Approx. 100 seeds - $3.25**
Carrots are available in long, short, pointed and blunt varieties as well as a plethora of colours. There are white, gold, purple, red and bicolor varieties. Sow carrots directly every 2 weeks from April to mid July for a continuous harvest. Plant into deep soft soil ½ inch apart and ½ inch deep. Make sure the soil stays moist and does not form a crust while waiting for germination. Avoid excess nitrogen which causes carrots to be hairy and do not plant into soil that was recently sodded to avoid wire worms.

**COSMIC PURPLE** — 70 days. Yellow core, orange flesh and deep purple skin make this carrot an eye catching favourite. Long Danvers type roots are 6-8 inches long, with crunchy flesh and a sweet spicy flavour. Introduced in 2005 but did you know that prior to the 1500’s purple carrots were the norm? Orange carrots made an appearance only after the Dutch Royal Family, (the House of Orange) had breeders develop them. Highly recommended. Approx. 300 seeds - $3.25

**DRAGON** — 85 days. Vibrant red skin with bright orange flesh and unusual yellow core. Roots are full sized at 7-8 inches long and very hardy. Adored by carrot aficionados for its yellow core and spicy yet sweet flavour. 7-8 inch Danvers type. Approx. 500 seeds - $4

**RESISTAFLY F1** — 70 days. 6-8 inch Nantes type with cylindrical roots with blunt ends. These carrots are disease resistant, sweet and crunchy. Improved over Flyaway F1, less attractive to the Carrot Root Fly (Psila rosea) at all stages. Approx. 250 seeds - $3.25

**SCARLETT NANTES** — 65 days. A timeless heirloom favourite. Grows well in heavier soils. Carrots are bright orange, very sweet, slightly tapered, 6-8 inches with a rounded tip. Keeps well and makes tasty juice. Incredibly sweet after a light frost. Approx. 500 seeds - $3.25

**ST VALERY** — 70 days. This famous and rare heirloom comes from the Vilmorin Gardens in France. Bright orange 8-10 inch long smooth carrots are very sweet, cold hardy, store well and keep fresh in the ground. Cooler fall temperatures improve their flavour. Approx. 500 seeds - $3*

**WHITE SATIN** — 65 days. Crisp creamy white flesh. These carrots are early, 8 inch long Danvers carrots. Approx. 250 seeds - $4

**YELLOWSTONE** — 65 days. Light yellow! This fun variety tastes great raw and cooked. Matures in 65 days. Long ‘Imperator’ roots need deep soft soil. Approx. 250 seeds - $3.25
Romanesco varieties have beautiful pointy spiraled patterns on their heads. Start indoors in March or April or sown into the garden in May. If starting plants indoors, do not wait more than about a month to harden off and plant them out. Plants are easily stressed if left in too small containers, and once this happens they will not do well. Cover the developing head with a large leaf to preserve best colour.

**SNOWBALL** — 70 days. Smallish plants have tight self-wrapping leaves to protect the heads. Smooth, 6-7 inch head with bright white curds. Dwarf plants have dense self-wrapping heads and erect outer leaves that offer good protection. Heads can be harvested over a long period. Well-suited to short seasons. Fall crop.

Approx. 25 seeds - $3.25

**TIPOFF F1** — 70 days. Romanesco variety has that gorgeous spiral pattern! High yielding early variety with a nice flavour raw and cooked. Uniform 6-7 inch heads. Keep evenly moist.

Approx. 25 seeds - $6.50

Celeriac is grown like celery, but instead of the stalks it is cultivated for the swollen leaf base which is sweeter with a bit of cold weather in the fall. Start seeds indoors in mid February to harden off and put out in May when the weather warms up, or sow in the garden after May long weekend. Immature plants must be kept warm or they will bolt and even moisture is required through the season for good flavour. Plants will not tolerate hot sun, but they do need some sun and bright light. Sow seeds very shallow and do not dry them out. Plants need about a square foot each.

**DIAMANT CELERIAC** — 115 days. Large, uniform roots delicious in soups, salads and roasted vegetable dishes. Rugged-looking roots hide a creamy white interior with surprisingly delicate celery flavour. Produces large, uniform roots. Leaves grow upright from the crown centre for better presentation and easy cleaning. Requires consistent moisture all season. Stores well.

Approx. 100 seeds - $4

**PINK PLUME** — 100 days. This very rare heirloom leaf celery has pink stems! It grows in a dense compact bush. Celery will continue to grow, after going to seed in the second year. Performs well on the coast as a winter vegetable, if mulched with straw or leaves. The flavour of the leaves is medium strong, great for a garnish, flavouring sauces, stews and soup. The young leaves make a fine salad addition.

Approx. 200 seeds - $3*
**CORN**

Corn must be planted in very warm soil to germinate, so do not plant until after May long weekend. Try to plant before mid June to give enough time for ear development. It is best to stick to one variety of corn at a time. If you plant more than one you will have to plan for maturity dates to be staggered by at least 10 days to avoid cross pollination which can make the ears tough and tasteless. Plant seeds 6 inches apart in rows separated by 2 feet. It is best to plant corn in a block at least 4 rows deep and wide to aid in pollination by wind.

**Boothby’s Blonde** – 65 days. From the Boothby family of Liverpool, Maine. Open-pollinated heirloom cucumber popular for its unique white color and sweet crisp taste. No need to peel them! It is a prolific producer of small oval 6-8 inch white fruit with black spines. These cucumbers can be enjoyed fresh or pickled. Approx. 50 seeds - $3.25

**Early Russian** – 100 days. It is a multi-purpose plant, harvest when young for pickling or allow to mature. Mid green fruit is an average length of 5 inches by 2 inches. Always sweet, never bitter and produces well for the full season, starting in 50 days. These compact vines are ideal for colder climates. Approx. 12 seeds - $3*

**Double Standard Sweet Corn** – 75 days. Early to mature and germinates well in cool soil. An excellent open pollinated sweet corn. Sweet old fashioned flavour and very tender. Bicolour ears are filled with 12-14 rows of white/yellow kernels. Sow both white and yellow kernels for mostly bicolour ears with some pure yellow. Sow the white kernels only for early, delicious all white sweet corn. Approx. 150 seeds - $3.25

**Painted Mountain** – 90 days. Colourful Montana mountain corn can be used for ornamental purposes or milling flour. 6-7 inch ears are perfect for flour due to its soft starchy kernels that are easy to grind. Selected from a strain of Mandan Indian corn for earliness and cold-hardiness, the ultimate survival food. Gorgeous multi-color kernels vary from ear to ear. Approx. 100 seeds - $5

**Homemade Pickles** – 60 days. This heirloom variety is our favourite pickling cucumber. Vigorous, disease resistant plants produce a heavy crop of bright green cucumbers with crisp tasty flesh. Pick at ½ inches for tiny pickles and up to 6 inches for large dills. We use them to make tiny French cornichons and great big garlic dills. Yum! Approx. 50 seeds - $3.25

**Marketmore 76** – 60 days. Disease tolerant variety developed at Cornell University. Slender, dark green fruit set the standard for slicing cucumbers. Productive plants produce all season long even under stress from poor weather. This variety is resistant to Scab, tolerant to Cucumber Mosaic Virus, Downy Mildew, and Powdery Mildew. Approx. 100 seeds - $3.25

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**CUCUMBER**

Start in early May and plant out one month later at appearance of third true leaf after hardening off or direct sow in mid June. Seeds must have very warm soil to germinate. Plant in rows 1 foot apart with 6 feet spacing between them. Vigorous plants need lots of food and water and really well drained soil. Once fruiting starts, keep them picked for continued production. Even moisture will prevent excess powdery mildew from developing in hot weather.

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**ORGANIC SEED GUIDE**

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**CUCUMBER**

**MEXICAN SOUR GHERKIN** – 75 days. Also known as Mouse Melon, these cute little fruit looks like mini watermelons and taste like a tangy lemony cucumber. Young fruit taste most like a cucumber, they acquire a pleasant sour flavour as they age. Grow the vines up netting, or try them in containers. Excellent pickled, in salsas or fresh. **Approx. 30 seeds - $3.25**

**ADAM F1 HYBRID GHERKIN** – 60 days. Early, heavy yields of gherkin type fruit for pickling or eating fresh. Fruit possess a full even shape with minimal tapering at a small size. Dense, crisp flesh and characteristic bumpy skin are most pronounced when young and help maintain crispness in pickling. Plants do not require pollination, perfect for greenhouses! Parthenocarpic. 3-4 inch fruit. Resistant to both Powdery Mildew and Cucumber Mosaic Virus. **Approx. 10 seeds - $4**

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**EGGPLANT**

Start indoors in April and plant out in late May. Sow ¼ inch deep and 18 inches apart in the garden. Staking may be necessary as fruit develop. These plants cannot get chilled or they will not produce fruit.

**ANTIGUA** – 75-80 days. This teardrop shaped eggplant is white with lots of light violet stripes. Average length 5 inches and 2 inches wide. Rare. Never bitter. **Approx. 15 seeds - $3**

**DIAMOND** – 70 days. 9 inch slender fruit with a great flavour and firm flesh. On 2 foot plants. Originally from the Ukraine, the fruit are a beautiful dark purple with green tinted flesh that is mild and not bitter. **Approx. 50 seeds - $3.25**

**EARLY BLACK EGG** – 65 days. Highly ornamental, with dark purple stems, dark green leaves and vivid purple flowers. Fruit is dark purple with a slight green flush on the top. Thrives in pots. From Japan. **Approx. 15 seeds - $3**

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**ENDIVE & RADICCHIO**

All these plants in the chicory family are very hardy and prefer cool weather. Endives and radicchio can be grown just like lettuce, but are best in early spring or fall plantings. Sow seeds in April or August an inch apart in rows 18 inches apart. Belgian Endives are blanched and tubular, they are varieties which can be harvested once or all winter. For continuous harvest cut off the top 2 inches above the crown after frost, and the roots are covered in soil. To harvest, expose the top and cut off any new shoots and recover the base with soil. This can be done for continuous harvest throughout the winter.

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**FRISEE**

**NINA** – 50 days. Fine curled frisee leaves create visual and flavourful interest in salads. The taste is satisfyingly sharp and is essential in French mesclun mixes. Blanch the centres by tying heads with an elastic band to exclude sunlight. **Approx. 200 seeds - $3.25**

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**RADICCHIO**

**PALLA ROSSA** – 85 days. Firm, round, dark-red and white head protected by outer wrapping leaves. Plant in spring or summer. Tangy taste is good in salads. **Approx. 600 seeds - $3.25**

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**BELGIAN ENDIVE**

**TOTEM BELGIAN ENDIVE** – 115 days (root) uniform, high quality roots for forcing from September to January. Roots are a perfect length for most forcing beds. Totem stores well, allowing for a long forcing window. **Approx. 100 seeds - $3.25**

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Sow early spring indoors. Leaves can be used like parsley and the small crunchy tubers can be used like potatoes.

**EARLY CHESTNUT** – This amazing and under appreciated plant thrives in coastal conditions as a perennial. First, it produces a thick crown of parsley flavoured greens followed by lots of small crunchy tubers that are eaten fresh or cooked like potatoes, but have no starch! You can leave some in the ground for the greens and replant the seed each year for the tubers. For colder climates, plant in early spring as soon as the threat of frost is past, ¼ inch deep. **Approx. 75 seeds - $3**

**FENNEL**

Fennel develops best as days shorten, as long days and high temperatures result in bolting. Direct seed in late May and June 2 inches apart in rows 18 inches apart. It is best to direct seed, fennel does not like its roots disturbed as in transplanting and this can cause bolting. Cut off any seed stalks that form after flowering.

**FLORENCE** – 90 days. Sometimes called Finocchio. The swollen leaf bases have a distinctive anise flavour which is wonderful in salads and sandwiches. Cooked, the flavour stands out in casseroles or simply braised as a unique side dish. The seeds and fronds are also a culinary delight and beneficial insects love the flower heads. **Approx. 100 seeds - $3.25**

**PERFECTION** – 80 days. Large bulbing fennel. Bulbs are larger and more uniform than the standard European Zefa Fino. Crisp white flesh has strong anise flavour and is delicious raw or cooked. Plants are very slow to bolt even when spring transplanted. **Approx. 150 seeds - $3.25**

**GREENS**

Greens such as Arugula, Amaranth, Corn Salad, Sorrel can be planted every few weeks from March through August. Most of them are quite hardy. These plants are best grown in bright but not hot conditions to avoid bolting and bitterness. If conditions are too hot or there is no available shade, do not plant between mid May and the end of July.

**POLISH AMARANTH** – 50 days. One of the most delicious of all Amaranth. This tall, heat loving salad green is productive during the hot summer months when greens can be a challenge. Seedlings can be used as micro-greens. **Approx. 200 seeds - $3.25**

**ARUGULA BASIC** – 21-40 days. Peppery salad green provides a classy dimension to any salad. Leaves are long, dark green and deeply cut. Very productive plants can be used for cut and come again harvests. **Approx. 200 seeds - $3.25**
GREENS

CRESS BELLE ISLE — 40 days. Abundant deep green arrowhead shaped leaves that grow in a dense head. The leaves are larger than most other varieties. After going to seed, the plants sprout again in Zone 8. Delicious creamy smooth texture and a mild to medium heat as the plant ages. Love this cress straight from the garden. Can sow directly ¼ inch deep in spring, late summer or fall. Can also grow in containers in part to full sun. A choice cold hardy variety that is very rare, ready in 40 days. Approx. 100 seeds - $3*

GIANT RED MUSTARD — 25-45 days. One of the best things about this plant is its appearance. Plant in an ornamental flower garden for a splash of red. Baby greens have bright green leaves with stunning deep purple veins. Full size plants are incredibly beautiful with a full whorl of burgundy leaves. Mild when baby, spicy mustard flavour increases with maturity. Use full sized leaves for stir-fry, soups and pickling. Essential salad leaf. Spicy flavour. Open-pollinated. Approx. 600 seeds - $3.25

PAK CHOI (CHINESE CABBAGE) — 50 days. Pale green stems form a thick base topped by oval bright green leaves. Can be used at the baby leaf stage for salads or full size for braising and stir-fries. Vase shaped plants grow to 8-9 inches in height. Approx. 200 seeds - $3.25

GARDEN SORREL — 60 days. Fresh, lemon flavoured greens on a hardy perennial plant. Pick leaves early in the spring and late in the fall for best flavour. Use raw in salads and cooked in the classic French sorrel soup or on their own like spinach. Pollen provides food for beneficial insects when other food sources are scarce. Approx. 200 seeds - $3.25

KALE & COLLARDS

Kale comes in a variety of dramatic forms which can also be grown in the ornamental or flower garden wherever space allows. Collards are extremely cold hardy and can often be grown all winter on the coast. Sow seeds directly into the garden in April, May or June, 6 inches apart in rows 18 inches apart.

CHAMPION COLLARDS — 60 days. Very cold hardy and good for winter harvest. Champion has a dark colour, high yield and the ability to stand in the field longer. Long leaves are somewhat ruffled with smooth cabbage-like margins. Approx. 150 seeds - $3.25

LACINATO KALE — 30-65 days. Italian heirloom sometimes called dinosaur kale. Dark blue/green, crinkly strap leaf is ornamental as well as edible. Leaves are heavily blistered, narrow with slightly turned under edges. Very hardy and tolerates both heat and cold. Approx. 150 seeds - $3.25

RED RUSSIAN KALE — 25-50 days. This heirloom kale has sweet, tender young leaves that work great in mid summer salad mixes. The gray-green leaves have bright purple stems and toothed margins. Very pretty in the ornamental kitchen garden. Approx. 150 seeds - $3.25

VATES BLUE CURLED KALE — 30 -50 days. Blue/green, very curly pretty leaves on compact plants. Can be picked at the baby leaf stage for salads or allowed to mature for greens. Approx. 150 seeds - $3.25

WESTLANDSE — 70-100 days. This Dutch heirloom is super curly and very dense. Stocky productive plants are packed full of thick blue/green leaves which are very tender. Very popular for dehydrating and making kale chips or bulkling up a salad mix. Excellent cold tolerance. Approx. 150 seeds - $3*

GARDEN KALE MIX — 25-50. A mix of kales that contains every shape and hue you can imagine. All you need to start selecting kale perfectly adapted to your growing conditions. Approx. 150 seeds - $3.25
Kohlrabi is a bit like a sweet turnip, with a more delicate flavour. It can be eaten raw or cooked. It doesn’t like hot weather so direct seed in April and May, then again at the end of July or beginning of August. Plant seeds ½ inch deep and 4 inches apart. Pick when small for sweetest flavour.

**AZURSTAR** — 50 days. If you thought kohlrabi was boring, you’ve never seen this one! It’s a stunning purplish violet colour! Delicious early kohlrabi with eye-catching skin and smoky blue/green leaves. Crisp, juicy flesh great for slaws. Very juicy. Slow to bolt. Good sized 3¼ inch bulbs. Approx. 25 seeds - $3.25

Start leeks inside in March, as seedlings are delicate and transplant out after hardening in May. Transplant plants 6 inches apart into the garden in 6 inch deep holes. Some like to mound earth around the leek as it grows to keep it white.

**KING RICHARD** — 75 days. An extremely early leek packed with very sweet flavour. Long white stems can reach 12 inches with very little bulbing. Hardy to –7°C. Use in soups of all sorts or braise until meltingly sweet. Approx. 300 seeds - $3.25

**GIANT MUSSELBURGH** — 105 days from transplant. This popular Scottish heirloom dates to 1834. It is a late maturing cold tolerant leek that will feed you in the fall, winter over and provide good eating in early spring. Large plants have very thick, tender white stalks that reach 2¼ inches in diameter. The mild flavour is essential in stocks and leek and potato soup. Grow in a cold frame and you can harvest all winter long. Approx. 300 seeds - $3.25

Since lettuce turns bitter in heat, spring and fall plantings are best. Sow small quantities in April and every 2 weeks through the season. In June and July choose heat and bolt resistant varieties or plant in shade. From August on choose cold hardy varieties.

**SALAD MIXES**

**PROVENCAL MESCLUN MIX** — 30 days. This mix is based on the traditional French recipe for mesclun mix. It includes chervil, arugula, lettuce and endive and is designed to provide a blend of tastes, colours and textures that satisfy the senses. Harvest using the cut and come again technique and sow every 2-3 weeks to ensure a fresh supply. A treat for the eyes as well as the palate. Approx. 300 seeds - $3.25

**BABY LETTUCE MIX** — 30 days. Here is a mix of our favourite cutting lettuces. We have blended a mix of flavours, colours and textures that includes the deepest reds through bright lime greens as well as a mix of curly, frilly, oak shaped crunchy and buttery leaves. It is quite addictive. Approx. 300 seeds - $3.25
Batavian/Summer Crisp-thick crunchy leaves that hold better in heat, and also have cold tolerance. Good for summer. Form a loose head when mature. Need more fertility than some other lettuces.

NEVADA –
55 days full-size. This is our summer workhorse lettuce. Nevada stays mild even in the summer heat and it is very slow to bolt. Leaves are bright green, lightly ruffled and upright. The texture is like a butterhead with crunch and the taste is sweet. Approx. 300 seeds - $3.25

JESTER –
60 days. Crisp, glossy, juicy leaves. A beautiful plant to grow, with flashy red speckles on wavy leaves. Slow bolting, with some cold resistance. A favourite of all who try it. Approx. 300 seeds - $3.25

Leaf Lettuce - easy to grow, good in cool weather.

MERLOT –
55 days. Crisp, deep purple, wavy leaf lettuce with an open upright habit. Resistant to downy mildew and good freeze tolerance. One of our favourites for winter greenhouse production. Very slow to bolt. Harvest young for best colour. Approx. 300 seeds - $3.25

OAKY RED SPLASH –
60 days. Bright green oak shaped leaves speckled with red flecks and an intensely sweet flavour. Upright plants can form large heads, up to 17 inches across if grown in fertile soil. Midribs often have a pink cast to them. Heat tolerant and resistant to downy mildew, white mold and tip burn. Approx. 300 seeds - $3.25

Butterhead, Bibb or Boston Lettuce, loose outer leaves around a small open head. Melt in your mouth taste. Best in cool weather.

OPTIMA –
53 days. Dark green butterhead for spring production. Optima is a thick-leaved type, consistently producing perfect, large, dense heads. Its velvety texture and creamy flavour are sure to be a hit in every salad. Shows field resistance to Downy Mildew, Lettuce Mosaic Virus and bolting. Good in heat. Approx. 300 seeds - $3.25

PIRAT –
55 days full size. Heirloom butterhead with great taste and texture. Was selected from Marvel of Four Seasons for taste, disease resistance and a tight blanched heart surrounded by dark red wrapper leaves. Resistant to downy mildew, Sclerotinia, bacterial head rots and tip burn. Just what an organic gardener dreams of. Approx. 300 seeds - $3.25

Romaine/Cos Lettuces - open upright heads. Needs fertile soil, and tolerates more heat as long as it is well watered.

COASTAL STAR –
65 days. Dark leaves, and sweet taste. Heat tolerant romaine for spring or late summer harvests. This variety is similar to Parris Island but taller and darker. Sturdy heads with a firm rib down the centre. Great for hearts or box pack. Resistance to corky root and tobacco mosaic disease. Approx. 300 seeds - $3

FRECKLES –
60 days. An unusual bright green loose roaine with freckle splashes. Upright growth, early coloring and crisp texture make this an excellent choice for both baby leaf and full-sized heads. Looks great in a salad. Heat tolerant. Approx. 300 seeds - $3.25

OUTRIDGEOUS –
52 days. This is the reddest lettuce we know and it a beautiful addition to any salad. It keeps its red colour even in low light conditions. Upright plants form a loose romaine head when mature and can be cut at the baby leaf stage as well. Very good flavour too. Approx. 300 seeds - $3.25

WINTER DENSITY –
65 days. Compact dark green tight heads stand 8 inches tall and display upright but tender leaves. This cross between buttercrunch and romaine varieties looks and tastes like a buttercrunch but is upright, tall and tough like a romaine. Flavour and texture are excellent. It is both bolt and frost resistant and can be grown in any season. Approx. 300 seeds - $3.25
Start in early May and plant out one month later after hardening off or direct sow in mid June. Seeds must have very warm soil to germinate, and must be planted in a very sunny area. It is very important for plants to have enough water before they fruit. Plant 1 foot apart by 6 feet apart. If transplanting, be sure to harden off and avoid disturbing roots as much as possible. Plants are big! Vigorous plants need lots of food and water and really well drained soil. Once fruiting starts, keep them picked for continued production. Fruit will not ripen once picked.

**ARAVA GALIA MELON** – 77 days. Cross between a honeydew and a cantaloupe resulting in a perfectly round melon with smooth, netted skin that turns yellow when ripe! Green-fleshed tropical melon with deliciously aromatic, sweet and crisp flesh. Always reliable and a clear favourite. Approx. 10 seeds - $3

**FRENCH CHARENTAIS** – 75 days. Sweet, fragrant, orange fleshed melons with smooth slate blue/green skin. These are true cantaloupe melons and they will ripen even in cooler areas. Each small melon is the perfect size for two servings. They smell as good as they taste. Approx. 30 seeds - $3.25

**MAGNIFIENTZA F1** – 78 days. High yields of beautiful oval fruit have tan skin with green netting that forms a yellow stripe as melons ripen. Prolific fruit has bright orange flesh which is sweet and juicy. Resistant to Fusarium yellows. Approx. 10 seeds - $6

**WATERMELON**

**BLACKTAIL MOUNTAIN WATERMELON** – 76 days. Great melon for short, cool seasons with crisp, sweet flesh that rivals hybrids. Solid, dark-green rind and red flesh. Fruit averages 8 inches across. Vines reach 10 feet. Excellent keeping quality and yields. Harvest just before ripe and melons will finish off in storage. Stores up to 2 months, 6-10 lbs. Open-pollinated. Approx. 15 seeds - $3

**GOLD MIDGET WATERMELON** – 70 days. This heirloom watermelon is really early, so the 3 lb fruit will ripen even on the coast. It is juicy and has a unique yellow rind and salmon flesh with black seeds. Leaves are green and yellow. A great variety for the home garden. Harvest promptly to avoid splitting. Approx. 15 seeds - $3
## OKRA

### BURGUNDY — 65 days.
Large tender crimson pods on vigorous plants with beautiful red stems and veining. In general, the reds are less productive than the greens, but Burgundy is the most productive of the red varieties. Ornamental and edible 6-8 inch pods. Approx. 50 seeds - $3

### CLEMSON SPINELESS — 55 days. Spineless variety with beautiful emerald green pods. Improved variety is more productive and earlier than its 1939 All American Selection-winning predecessor, Clemson Spineless. Plants reach 3-4 feet in height and have an open habit, making harvesting very easy. Productive 3-4 inch pods. Approx. 50 seeds - $3

## ONIONS & SHALLOTS

Start onions inside in March and plant out in April or May after hardening off. Storage onions can be direct seeded in April. Transplant or plant clumps every 6 inches. Onions need full sun and well drained soil. Stop watering in August and harvest one week after tops have fallen. Dry onions for storage for about one week in a dry area.

### EUROPEAN WALKING ONION— This ancient perennial variety dates back to the time of the Pharaohs. This is a top set type, which produces seed in the form of tiny onions or bulbils. During mid summer, each plant sends up a tall stalk with a cluster of these onions on top. When the stalk dries down, it will fall over or "walk" bringing the bulbils to soil level. The rains of autumn will cause these to sprout and form new plants. We harvest and collect these bulbils, cure them, bring them indoors where they can be stored for many months. They can be planted in early autumn on the coast and early spring everywhere else. Planting depth is 1 inch and 6 inches apart. This onion produces fresh greens in spring and fall and shallot size bulbs with strong flavour. Cover with straw or leaves for winter protection. **Sold as plants** - $5 each

### STORAGE ONIONS

#### ROSSA DI MILANO — 110 days. This rare Italian heirloom is exceptionally beautiful especially when braided into ropes and hung in the kitchen for winter use. Large 4-6 inch barrel shaped onions are a bright rosy red colour and have a sweet, pungent taste and firm texture. Flat on top, tapering to a narrow rounded bottom. Great storage onion. Approx. 350 seeds - $3.25

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## SWEET ONIONS

**CABERNET** – 105 days. 
Cabernet produces medium-large globe-shaped onions with deep red internal colour and attractive red rings. Stores 4-6 months. Late-intermediate adaptation gives an earlier harvest than long-day reds without sacrificing size. 4-6 month storage. Approx. 100 seeds - $4

**VALENCIA** – 120 days. 
This yellow sweet Spanish onion is a moderately good keeper. It also makes an excellent bunching onion when young. The large bulbs have a warm golden-brown skin and can be grown in all parts of North America. Versatile day-neutral onion for all regions. Mild to sweet flavour. 4-6 inch bulbs. Approx. 200 seeds - $3

### SCALLIONS (GREEN ONIONS) & BUNCHING ONIONS

Sow every month from April through July. Sow ¼ inch deep in 3 inch bands.

**CRIMSON FOREST** – 60 days. These cool looking onions area real conversation starter. The stalks are a beautiful bright red and form small bulbs. A delightful salad addition, chopped up in soups or folded into eggs. The flavour is medium strong. Approx. 100 seeds - $3*

**HEI SHI KO** – 70 days. This traditional heritage Japanese onion has a delicious mild flavour. It behaves like a multiplier if left in the ground, it is extremely cold hardy and perennial in coastal areas. Used in soup, steamed whole and in stir fry dishes. Direct seed ¼ inch deep for a quick crop of green scallion onions, all year round. Mulch cover in winter for milder climates and it will usually overwinter. Approx. 100 seeds - $3*

**PARADE** – 70 days. Vigorous, uniform, bunching onion with mild flavour. White stalks have little to no bulbing. The dark green foliage is strong and upright. Approx. 500 seeds - $3.25

## SHALLOTS

Shallots have a taste that is a combination of onion and garlic, and are amazing to cook with. The shallot is a multiplier, dividing itself into a clump of smaller bulbs each season. Shallots are quite hardy but it is better to lift clusters each summer when the tops die down and replant cloves in the fall like garlic. Plant cloves an inch deep and 2-4 inches apart.

**CONSERVOR SHALLOT** – 100 days. Tear-drop shaped bulb with pale pink flesh and rosy pink-brown skin that is easy to peel. Conservor has great flavour and excellent storage life. The less blocky shape is more like traditional French shallots. High percentage of large, single bulbs. Stores well. 2-3 inch bulbs. Approx. 100 seeds - $5
PARSNIPS

Parsnips can be sown as early as April but I like to wait until May and June because they get really sweet after a bit of frost. Plant ½ inch deep and about an inch apart and make sure the soil doesn’t dry and crust over as they come up.

LANCER – 120 days. This is the preferred parsnip for organic home gardeners as it has shown some resistance to a fungal nasty that causes black lesions on parsnips. The flavour is mild and sweet especially if gathered after first frost, Tender roots are wonderful when roasted.

Approx. 200 seeds - $3

TENDER & TRUE PARSNIP

— 120 days. High quality uniform roots that store well. Tender, exceptionally tasty and perfect for roasting.

Approx. 150 seeds - $3.25

PEAS

Peas are best planted in March as they like cool weather. Spring crops are best to avoid powdery mildew which may occur in fall crops if the peas are allowed to dry out in hot weather. Plant again in July for a fall crop if desired. Sow an inch apart 2 rows at a time in well drained soil. Most varieties will need netting to climb up for support and it is easiest if this is installed before planting.

LINCOLN – 70 days. This heirloom shelling pea is one of the best tasting peas we have grown. Great fresh or frozen and holds well in hot weather for an extended picking season. Produces masses of medium sized pods containing 7-8 peas each. Short vines reach 30 inches and do not require support.

Approx. 100 seeds - $3.25

BLUE POD CAPUCIJNERS – 55 days. Beautiful bluish purple pods enclose olive green peas. This pea dates from the 1500s and was developed by the Capuchin Monks. Pick the flat pods early and frequently and use like a snow pea or allow the pods to swell and harvest the peas within. Tall vines reach 6-10 feet and need something sturdy to climb on.

Approx. 100 seeds - $3.25

SUGAR SNAP – 62 days. Sweet, crunchy pods and a long picking season make this snap pea a grower favourite. Pick flavourful pods when plump. Vigorous vines reach close to 6 feet and need trellising.

Approx. 100 seeds - $3.25

MAMMOTH MELTING SNOW PEA – 65 days. Heirloom. Vigorous vines reach 6 feet and are loaded with exceptionally sweet and tender edible pods. The pods hold well on the vines allowing for an extended picking season. Sow a second crop in July for a fall harvest.

Approx. 100 seeds - $3.25

SHELLING PEAS

SHELLING PEAS
Start inside in March and do not plant out until June when the weather is warm. Be sure to harden off well. Water evenly.

**PEPPERS**

### SWEET BELL PEPPERS

**BANGLES MIX MINI BELL PEPPERS** – 80 days. Adorable red, gold, and chocolate baby bells are great for snacking or stuffing. Eat fresh by the handful or pickle them. Large seed cavity is perfect to stuff for festive hors d’oeuvres. Upright 18-24 inch plants are excellent for decorative containers, each plant produces a single color of pepper. Upright habit. Flattened 1½ inch wide fruit. Approx. 30 seeds - $3.25

**IKO IKO MIX** – 65 days purple/yellow, 85 days red/orange. Spectacular array of colors in a high yielding bell pepper. 3½ inch purple and yellow peppers ripen to tangerine and red streaked with purple. Immature fruit is dark purple, lavender, pale yellow and occasionally lime green. From one set of plants you’ll get lime green, lavender, dark purple, yellow, orange and red fruit! Bred for color, yield, uprightness and leaf cover. They have thin skin and flesh. Approx. 30 seeds - $3.25

**SWEET CHOCOLATE** – 58 days green, 78 days brown/red. A beautiful pepper that ripens to a unique chocolate brown with a brick red interior. Peppers taper to a blunt point and have medium thick flesh. The taste is sweet and mild and the fruit ripen early, ensuring long picking season. Productive even when nights are cool. Approx. 30 seeds - $3.25

### OTHER SWEET PEPPERS

**LIPSTICK** – 53 days green, 73 days red. Sweet, tasty peppers ripen reliably even when summers are cool. Lipstick is usually the taste test winner in our pepper trials. Plants are loaded with glossy, red peppers that taper to a blunt point. Flesh is thick and juicy. Approx. 30 seeds - $3.25

**STOCKY RED ROASTER** – 65 days green. Rich red Italian pepper with sweet flavour and thick flesh. Perfect for roasting and quite easy to peel afterwards. Selected for straight smooth, thick walls and deep colour. Yield and quality are great. Strong plants bear a heavy crop of 6 inch long tapered fruit that are 3 inches at the shoulder. Open-pollinated. Approx. 30 seeds - $3.25

### HOT PEPPERS

**ANCHO POBLANO HOT PEPPER - MILD** – 68 days green, 88 red. Very mild heart-shaped chili perfect for stuffing in chile rellenos, drying, or in sauces. Broad peppers have medium-thick walls. Dark green, almost black fruit which ripen to green and eventually red. Referred to as Ancho when dried and ground for seasoning. Plants are multi-branching. Well-adapted variety, good yields in cool conditions. 4-6 inch fruit. Open-pollinated. Approx. 30 seeds - $3.25

**JOE E PARKER ANAHEIM HOT PEPPER - MILD** – 70 days green, 95 red. Southwestern-style traditional Anaheim harvested green for stuffing, grilling, roasting or processing. Peppers average 8 inches long and have thick, crisp flesh with mild heat and excellent flavour. Very productive strain that quickly changes from green to red. Improved version with thicker, longer fruit that matures earlier. Anaheim 8 inch fruit. Open-pollinated. Approx. 30 seeds - $3.25

**EARLY JALEPENO - MEDIUM** – 65 days green, 85 red. Prolific yields of flavourful blunt fruit with distinctive jalepeño flavour. Small, spicy fruit with thick walls can be harvested dark green or allowed to ripen to red. Compact plants are sturdy and work well in containers. Medium heat. 3-3½ inch fruit. Open-pollinated. Approx. 30 seeds - $3.25
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**PEPPERS**

**HUNGARIAN HOT YELLOW WAX – MEDIUM**
59 days yellow, 85 days red. Early, incredibly productive and medium hot. This long narrow pepper is used for stuffing, frying and pickling. Enough heat to add kick to your meals without burning your mouth. Fruit starts off pale yellow and ripens to red. Very dependable. **Approx. 30 seeds - $3.25**

**LONG THIN CAYENNE - MEDIUM HOT**
75 days. This heirloom hot pepper is the one for those of you that like some heat with a little sweetness. Bushy plants reach 23 inches and produce heavy yields of 6 inch long, slender peppers that ripen from green to bright red. Dries beautifully to hang. Try grinding the dried fruit for chili flakes or cayenne powder. **Approx. 30 seeds - $3.25**

**MATCHBOX CHILI - HOT**
75 days. Fire in your mouth hot and fruity at the same time. This is an open-pollinated selection of the hybrid hot pepper ‘Super Chili’. Compact plants are suitable for field or container growing and are just covered in upright, 2 inch long peppers that ripen from pale green to bright red. These plants produce heavy yields in hot dry weather, cold damp weather, sandy soil or heavy clay. **Approx. 30 seeds - $3.25**

**CHINESE FIVE COLOUR**
75 days. Red Beautiful little hot peppers start out purple then turn cream, yellow, orange and finally red with all colours present at the same time. Thumbnail sized fruit are 1.5 inches long and 1 inch wide and dry well. Showy foliage is green with purple stems and veins. Plants do well in the ground or in containers. **Approx. 30 seeds - $3.25**

**POTATOES**

Potatoes need a frost free period of 90-120 days and prefer a cool summer so they are perfect for coastal climates. Plant in mid April. A rich loose slightly acidic soil is needed so don’t add any lime to the area to avoid scab. Cut potatoes in 1½ inch chunks making sure each piece has one good eye or plant whole to avoid rot. Plant eye up 4 inches deep and 1 foot apart in rows 2-3 feet apart so that the foliage will cool the soil. As the plants grow, hill up the soil around them to prevent greening. Green potatoes contain solanine, which is poisonous and should not be eaten. It is very important to provide steady moisture to avoid knobby, split or hollow tubers. New potatoes can be harvested when plants start to flower, but storage potatoes must be mature and should be harvested when plants yellow and die back.

**WARBA**
— Very early. Brown skin with red areas around the eyes and white flesh. Very high yields. Good for boiling and baking. **3 oz tuber - $1 each or 12 for $10**

**SIEGLINDE**
— Early to mid. Yellow smooth, medium sized oval tubers with yellow flesh on high yielding plants. Firm versatile potato good for most purposes. Medium resistance to late blight and scab. Stores very well. **3 oz tuber - $1 each or 12 for $10**

**CHEIFTAIN**
— Mid-season. Bright red smooth tubers. Yield is high and stores well. Good for boiling or fries. Moderately resistant to late blight, scab and verticillium wilt. **3 oz tuber - $1 each or 12 for $10**

**RUSSIAN BLUE**
— Late. Dark purple skin on roundish tubers. Plants are heavy setting and need extra room. Russet like texture makes them good bakers and good for any other purpose. Mild flavour. Some drought resistance. Moderately resistant to late blight. **3 oz tuber - $1 each or 12 for $10**

**BANANA-LATE**
— Yellow fingerling type potato. Small, smooth banana shaped tubers with light yellow flesh on smallish spreading plants. Stores well and is scab resistance. Multi use potato, is excellent in potato salad. **3 oz tuber - $1.50 each or 12 for $15**

**YUKON GOLD**
— Developed in Canada, a cross between a North American white potato and a wild South American yellow-fleshed potato. Their golden flesh is richly flavored and moist, with medium starch content. Superb for roasting, sautéing, and mashing. **3 oz tuber - $1 each or 12 for $10**
Start in early May and plant out one month later after hardening off or direct sow in mid June. Seeds must have very warm soil to germinate. Plant 1 foot apart by 6 feet apart. Plants are big! Vigorous plants need lots of food and water and really well drained soil.

**CIDER JACK F1 JACK O’ LANTERN PUMPKIN** – 90 days. Perfect for Jack O’ Lanterns with smooth bright orange skin and a well attached handle. Medium-sized pumpkins are ideally shaped for painting or carving. Early to fruit with 2-3 fruit per plant. Semi-bush habit. 20-25 lb. fruit. Resistant to Powdery Mildew. Approx. 10 seeds - $4

**MUSQUE DE PROVENCE** – 125 days. Also known as Fairytale, this gorgeous French heirloom has large, flat fruit featuring dusky green ribs and glowing orange skin. This edible pumpkin, often enjoyed cooked, is also traditionally eaten raw. Cut from the middle like a wedge of cheese and slice very thinly. The flavour is exceptionally complex and sweet with a nice light crunch. 15-25 lbs. Approx. 10 seeds - $3

**ROUGE VIF D’ETAMPS** – 105 days. The name means vivid red. This early French heirloom from the 1880s produces gorgeous reddish-orange, flat pumpkins with deep ridges that are the first to show. Each plant gives 2-4 lovely 20lb fruit that are good for artistic carving, decorations, and winter meals. Moderate resistance to powdery mildew. Approx. 10 seeds - $4

**VALENCIANO** – 110 days. Creamy, white-skinned beauties are round and slightly flattened in shape. Fantastic for fall displays. Dense, high-quality sweet flesh. Vigorous vines bear uniform fruit with thick handles. A unique pumpkin that can be eaten or used ornamentally. Do not store as well as orange pumpkins, harvest right away and keep protected for best quality off the vine. 8-10 lb fruit. Approx. 10 seeds - $4

**WINTER LUXURY PIE** – 105 days. Deep orange skin is decorated with silvery netting and slight ribs, giving it a magical appearance. This 1893 heirloom is excellent for pie, cheesecake and soup. Velvety sweet flesh. 6 lb fruit. (Cucurbita pepo). Approx. 30 seeds - $3.25

**ATLANTIC GIANT** – 120 days. Famous the world over for their massive size. Imagine growing a pumpkin over 1,000 lbs in weight, competitions are held yearly for the person that can grow the largest specimen. They require lots of water and good nutrition. Limit to one giant per plant. Approx. 10 seeds - $3.25
**RADISH**

Radishes bolt in hot weather and heat makes them taste bitter. Plant small amounts every 2-3 weeks in March and April, then not again until August. Pick by thinning as they are used, as they do not like overcrowding. There are a large variety of radishes round or long and in colors including, black white, green, pink and purple.

**PINK BEAUTY** –
26 days. A beautiful radish with great taste. Crisp, white flesh resists pithiness. Taste is mild to medium hot. Radishes are rose pink, uniform and very attractive. Upright tops make for beautiful bunches. Approx. 300 seeds - $3.25

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**PURPLE PLUM** – 25 days. Here is a colour you don’t see every day in the radish department. Globe shaped radishes have bright purple skin and crisp and juicy white flesh. Purple plum holds well in the garden rarely cracking. Approx. 130 seeds - $3.25

**FRENCH BREAKFAST** – 21 days. Long tapered French heirloom radish traditionally eaten for breakfast with salt and fresh, buttered bread. Red, cylindrical radishes have white tips and mature earlier than round radishes. Stores well when refrigerated. Approx. 300 seeds - $3.25

**RADISH MIX** – 25-30 days. Can’t decide which radish to grow? Try our round radish mix. Includes red, purple, pink and white roots with strong green tops and crisp flesh resistant to pithiness. Approx. 300 seeds - $3.25

**WATERMELON** – 55 days. Absolutely beautiful radish variety. The exterior stars with deep great shoulders that fade to a bright white skin. Cut it open that discover the bright red flesh reminiscent to that of a watermelon! Very crisp with a mild sweet flavour. Approx. 150 seeds - $3

**RUTABAGA**

Rutabagas need to be planted in warm soil, but also need ample time to develop. Plant them in June ½ inch deep and thin to 8 inches between plants. Deep soft soil is best.

**JOAN** – 90-100 days. Roots are uniform with very smooth and pleasing shape. Dense yellow flesh is dense, crisp, and mild, having a delicate and very sweet flavour, especially after a light frost. There is some tolerance to Club Root, a disease that often affects brassicas. Perfect for a roasted root medley and other hearty winter dishes. Stores well into winter months. Approx. 300 seeds - $3.25

**SPINACH**

Spinach does best in cool weather and will bolt in long hot days. Plant every 2-3 weeks in March and April and then again in August. Plant ½ inch deep every 1½ inches.

**GIANT NOBLE** –
40-50 days. Large plants and leaves can spread out 2 feet if given the proper conditions. Smooth and tender with a dark green. Sow in early spring, ¼ inch deep. Avoid planting in the heat, which causes spinach to bolt to seed. Approx. 75 seeds - $3*

**LONG STANDING BLOOMSDALE** – 45 days. This open pollinated spinach has been in production since 1925 and is in danger of being lost due to the focus on hybrid spinach. Plants are dark green and hold savoyed, oval leaves off the ground on erect stems. Very Productive. Approx. 350 seeds - $3.25
THE MARKET GARDEN

ORGANIC SEED GUIDE

SQUASH

SUMMER SQUASH

**BENNING’S GREEN TINT** — 52 days. Tiny, saucer shaped pale green summer squash with scalloped edges are a treat fresh from the garden. Pick when small for the best taste and tender texture. Can be roasted, sautéed, steamed, fried or baked. Productive plants yield up to 15 fruit each and keep on producing even when other squash plants are finished. This little beauty has been a favourite since 1914 when it was released. **Approx. 30 seeds - $3.25**

**BLACK ZUCCHINI** — 55 days. Dark green, almost black, skinned zucchini rivals some of the hybrids for quality and production. Mild tasting fruit are at their best when small, up to 6 inches long. If they get away on you, use the larger fruit for stuffing and baking or grate and freeze it for winter baking. **Approx. 30 seeds - $3.25**

**COSTATA ROMANESCO ZUCCHINI** — 53 days. Nutty flavour and firm flesh distinguish this Italian heirloom zucchini. Fruit are prominently ribbed a beautiful grey-green colour and so tasty you can eat them fresh or cooked. Pick fruit when 4-6 inches long for best flavour. Plants produce an abundance of male flowers which are great for stuffing and frying. **Approx. 30 seeds - $3.25**

**SUCCESS PMR STRAIGHT NECK** — 50 days. Prolific yellow summer squash developed to be resistant to powdery mildew. Uniform, straight necked fruit. **Approx. 30 seeds - $3.25**

WINTER SQUASH

Start in early May and plant out one month later after hardening off or direct sow in mid June. Seeds must have very warm soil to germinate. Plant 1 foot apart by 6 feet apart. Plants are big! Vigorous plants need lots of food and water and really well drained soil. Once fruiting starts, keep them picked for continued production.

**DELICATA** — 100 days. Sweet potatoes for the north. This little squash was bred to provide sweet, smooth, orange flesh for baking, roasting or stuffing. Productive plants average 5-7 fruit per plant. **Approx. 30 seeds - $3.25**

**RED KURI** — 92 days. Also known as Baby Red Hubbard or Orange Hokkaido. Orange-red, teardrop shaped squash have a sweet flavour and smooth, dry flesh. Plants produce 5-7 lb fruit that ripen even in short season gardens. **Approx. 30 seeds - $3.25**

ACORN SQUASH

**SWEET REBA ACORN** — 90 days. Resistant Early Bush Acorn, REBA sums it up nicely. Resistance to downy mildew allows the plant to keep developing sugars long into summer. The result is rich, full flavour and smooth, creamy texture. Ripens early even in a cold, wet season. Well behaved bush plants produce heavily with an average of 4-6 dark green fruit weighing 1½-2 lbs each. Good candidate for container gardening. **Approx. 30 seeds - $3.25**
BUTTERNUT SQUASH

**BUTTERBUTTER** – 90 days. Early maturing butternut squash with consistent sweet nutty flavour. Tan, bell-shaped fruit are smaller than Waltham Butternut and just perfect for one or two servings. Those of you unable to ripen butternut now have the opportunity. Powdery mildew resistant. Approx. 30 seeds - $3.25

**WALTHAM BUTTERNUT** – 105 days. The standard butternut. Light tan-coloured winter squash with small seed cavities and thick cylindrical necks without crooks. Uniform fruit average 9 inches long, average 4-5 lbs. The flesh is smooth-textured and has a unique sweet flavour, particularly after 2 months storage. Average yield of 4-5 fruit per plant. Approx. 30 seeds - $3.25

SPAGHETTI SQUASH

**VEGETABLE SPAGHETTI** – 80 days. This squash originated in the Orient in the 1930s. When cooked, the inside core looks like strands of spaghetti noodles. The fruit is shaped like a cylinder and grows about 1 foot long. The colour range is creamy to light green. Choose a sunny location with lots of room for the productive vines to spread. Ready in 80 days. Sow seeds directly in late spring or start one month early indoors. Plant ¼ inch deep. Approx. 12 seeds - $3*

SWISS CHARD

Swiss chard is rich in vitamins, protein minerals and fibre. It is great in container and a great addition to the winter garden. What makes this even better is its potential for continual harvest. Direct sow ½ deep in May when the soil has warmed. It prefers full sun but will tolerate part shade. Make sure to provide ample water as it grows.

**FORDHOOK GIANT** – 25-50 days. Tender, crinkled, bright green leaves can be used as baby greens or grown to full size and bunched. One sowing will provide greens all season long. The thick, succulent white stems can be cooked on their own. Full of nutrition and delicious. Approx. 150 seeds - $3.25

**BIEUTINA** – 25-60 days. This rare leafy green originates in Italy. The leaves are tender, medium green with smooth edges. The baby greens are ready in 35 days and add a nice flavour to mixed salads. The mature leaves are 6-8 inches long and ready in about 2 months. This tender perennial will overwinter on the coast with a mulch cover. Approx. 65 seeds - $3*

**5 COLOUR SILVER BEET** – 25-60 days. The leaves are a colourful mix of pink, yellow, orange, red and white. This is the original Australian heirloom variety of Swiss Chard. This quick grower is ready for baby greens harvest in 25 days for a salad addition. Full maturity is 60 days for steamed greens. Approx. 75 seeds - $3*

**RAINBOW CHARD** – 30-60 days. A neon rainbow of stems of orange, yellow, white, red and pink topped with dark leafy greens. Beautiful planted in the flower or ornamental garden. Colours develop as stalks mature. Cook leaves like spinach and stalks like asparagus or celery. Approx. 150 seeds - $3.25
THE MARKET GARDEN

ORGANIC SEED GUIDE

TOMATOES

Start inside in April and do not plant out until June when the weather is warm at night. Be sure to harden off well. Plant deep, bury the stem so that there are only 2 sets of leaves showing above the soil surface. Water evenly, but avoid getting water on leaves. Determinate tomatoes will form a bush but usually still need support when they are developing fruit. Indeterminate tomatoes form long vines and need at least 6 foot stakes. Supports are easiest to install as soon as plants are placed in the garden.

BEEFSTEAK TOMATOES

BLACK PINAPPLE — 75 days. INDETERMINATE VINE. These 1½ pound beauties have an outstanding flavour that is described as being both sweet and smoky with a hint of citrus. Plants are loaded with smooth, multicolored (green, yellow, purple) fruit. The flesh is bright green with deep red streaks. Slices are beautiful arranged on a plate and sprinkled with basil. Approx. 50 seeds - $3.25
developed by Jeff Dawson and named in honor of Copia, the American Center for Food, Wine and the Arts, of Napa, CA

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cosa

COSMONAUT VOLKOV — 75 days. SEMI-DETERMINATE. This Ukrainian tomato is the hands down taste test winner in our trials. The large, deep red globes have a complex sweet/tart flavour and a wonderful aftertaste that leaves you wanting more. It is comparable to many of the large and tasty heirlooms, but with very little cracking or yellow shoulders. This is our favourite sandwich tomato and we add it to all our sauces. Plants produce early and continue until frost. Approx. 50 seeds - $3.25

COPIA — 80-90 days. INDETERMINATE VINE. One of our most unique and beautiful large, striped tomatoes, these have lovely fine stripes of glowing gold and neon red. Inside the flavourful flesh is a mix of red and yellow that is swirled together in various combinations. This new variety was developed by Jeff Dawson and named in honor of Copia, the American Center for Food, Wine and the Arts, of Napa, CA Approx. 50 seeds - $3.25

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BUSH TOMATOES

BEAVERLODGE SLICER — SEE EARLY TOMATOES

IRON LADY — 75 days. DETERMINATE BUSHY. Impressive disease resistance including resistance to Early and Late Blight. Tasty 5 oz red slicing fruit is fine textured, dense and juicy with good tomato flavour. Also resistant to Fusarium Wilt (races 1, 2), Verticillium Wilt, Septoria Leaf Spot. Approx. 10 seeds - $4

MOUNTAIN PRINCESS — SEE EARLY TOMATOES

CHERRY TOMATOES

BLACK CHERRY — 65 days. INDETERMINATE VINE. All the sweet, complex taste of a black tomato in a perfect little cherry. Prolific plants produce loads of these dusky, juicy little tomatoes. Easy to pick and no cracking make these a favourite. Approx. 50 seeds - $3.25

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BLONDKOPFCHEN — 75 days. INDETERMINATE VINE. Masses of little yellow cherry tomatoes. Plants are loaded with fruit clusters of 20-30 extremely tasty, tiny yellow 1 inch tomatoes. Very little cracking for a cherry. We like to dry them, like raisins and sprinkle them in winter salads. Visitors to the gardens always want more of this one. Highly recommended Approx. 50 seeds - $3.25

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CHERRY TOMATOES

GOLDEN CHERRY — 63 days. INDETERMINATE VINE. Sweet and addictive, these little yellow tomatoes probably wouldn’t make it in from the garden except for the fact that there are so many you can’t eat them all at once. Sprinkle them on salads or pasta or partially dry them like raisins for prolonged snacking pleasure. Approx. 50 seeds - $3.25

JAUNE FLAMMEE — 75 days. INDETERMINATE VINE. This French heirloom produces masses of little orange tomatoes about the size of large apricots. Cutting into one is a treat as the orange skin covers red-streaked flesh and the contrast is very beautiful on a salad plate. As delightful as these are fresh you have got to try them dry. They retain their colour and the flavour intensifies. Try them in focaccia to get a hit of tomato taste mid winter. Approx. 50 seeds - $3.25

MONTESINO — 55 days. INDETERMINATE VINE. Red grape tomato with candy-sweet flavour. One of our first cherry tomatoes to ripen and also one of the last, with buckets of mouth-watering snacks all summer long. Trusses of firm, juicy fruit with delicious flavour. Tolerance to Late Blight, Tobacco Mosaic, and Fusarium. Approx. 10 seeds - $6

PINK BUMBLEBEE — 70 days. INDETERMINATE VINE. Open-pollinated. Extraordinarily beautiful rose-colored fruit with gold striping. Juicy and sweet with rich flavour perfect for salads with basil, mozzarella and balsamic. Very versatile and sure to be a hit. Resists cracking. 1½ inch fruit. Approx. 10 seeds - $2

SUNRISE BUMBLEBEE — 70 days. INDETERMINATE VINE. Open-pollinated All the colors of the sunrise in a sweet and tangy tomato! Gorgeous gold 1½ inch fruit marbled with pink stripes on the inside and out. Irresistible with Pink Bumblebees in mixed canned pints, exceptionally versatile in the kitchen. Resists cracking. Approx. 10 seeds - $2

EARLY TOMATOES

BEAVERLODGE SLICER — 55 days. DETERMINATE BUSHY. These red slicers are the first tomatoes to ripen in our gardens. They have the wonderful tomato taste normally associated with beefsteak tomatoes, unusual for such an early tomato. Plants are so loaded with smooth, blemish free fruit that you can barely see the leaves. Perfect for containers or hanging baskets. Approx. 50 seeds - $3.25

MOUNTAIN PRINCESS TOMATO — 68 days. DETERMINATE BUSHY Orange red and perfectly round 8-10 oz fruit with mild tomato flavour. Very productive plants bear quickly and ripen early, great for short, cool seasons. Works well in containers. Grown for generations in the Monongahela National Forest region of West Virginia. Approx. 10 seeds - $2

SIBERIAN RED — 70 days. INDETERMINATE VINE. This Russian heirloom sets fruit even in cool weather. It produces early in the season and continues late into the fall when many other tomatoes have given up. Sturdy plants produce heavy yields of brilliant red tomatoes that have excellent flavour. We plant this one every year because it is so reliable. Approx. 50 seeds - $3.25

YELLOW PERFECTION — SEE LOW ACID TOMATOES 70 DAYS

YELLOW PEAR — SEE LOW ACID TOMATOES 70 DAYS

GREENHOUSE TOMATOES

BIZHIKI — 75 days. INDETERMINATE VINE. Finally a greenhouse tomato with fantastic flavour. This tomato was selected from the tomato “Buffalo” so it is named Bizhiki, the Anishnabe word for Buffalo. Uniform, bright red, globe shaped fruit have a diameter of 3 inches or greater with no cracking. This tomato is an excellent example of farm selected, regionally adapted seed and we are pleased to offer it. Approx. 50 seeds - $3.25

MONTESINO — SEE CHERRY TOMATOES
HEIRLOOM TOMATOES

CHEROKEE PURPLE – 80 days. INDETERMINATE VINE. A contender for one of the tastiest tomatoes. These large dusky pink tomatoes have a complex sweet, smoky taste. They are said to have been grown by the Cherokee people and were rediscovered in 1993. This is a tomato to grow for the incredible taste. For best taste, pick when slightly under ripe, shoulders will still be green. It can get mushy if left to ripen too long. This tomato is on the US Slow Food Ark of Taste. Approx. 50 seeds - $3.25

DRUZBA PLUM – 75 days. INDETERMINATE VINE. Bulgarian heirloom has exquisite taste and is an easy to grow main crop tomato. 4 inch juicy fruit are deep red, uniformly round and blemish free. This plant delivers high yields of perfectly formed fruit. Tolerant of foliage diseases. Approx. 50 seeds - $3.25

EARL OF EDGECOMBE – 73 days. INDETERMINATE VINE. This heirloom from New Zealand is one of the best tasting full size orange tomatoes we’ve grown. The flavour is rich, sweet and tart all at once. The texture is smooth and meaty. Fruit is uniformly round, blemish free and resistant to cracking and blossom end rot. This is an English heirloom dating back to the 17th Earl of Edgcombe. When the 6th Earl of Edgcombe died the next in line was a sheep farmer in New Zealand. When he returned to claim the title, this tomato traveled with him. Approx. 50 seeds - $3.25

GERMAN STRIPE – 80 days. INDETERMINATE VINE. Large 1-2 lb tomatoes are slightly flattened striped with red and yellow. The interior flesh is marbled with red and yellow and looks beautiful sliced. Flavour is complex with a pronounced fruitiness and the texture is smooth. Approx. 50 seeds - $3.25

GREEN TIGER – 25 days. INDETERMINATE VINE. Unique large and elongated for easy slicing. Gold fruit with a blend of orange/red and green/red striping. Prolific and very tasty. Sweet, juicy flesh is swirled with color throughout. This Green Zebra and Marvel Stripe cross is named for COPIA, the American Green Tiger Center of Food, Wine and the Arts in Napa, CA. 12-16 oz. Ripe when yellow with green streaking. Indeterminate. Approx. 25 seeds - $3.50

GREEN ZEBRA – 72 days. SEMI-DETERMINATE. Bright, tangy taste and emerald green fruit with dark green striping make this tomato a show stopper on the plate. The taste. Plants bear early yields of blemish free, tennis ball sized fruit. Approx. 50 seeds - $3.25

INDIGO ROSE – 80 days. INDETERMINATE VINE. Purplish black tomato. Vigorous plants produce saladette tomatoes in clusters of 5-8. The fruit is quite tangy with some sweetness. Pick them when the green patch at the bottom turns red. Approx. 50 seeds - $3.25

JAPANESE BLACK TRIFELE PLUM – 75 days. INDETERMINATE VINE. Beautiful dark pear shaped tomatoes with rich complex flavour. Trifele tomatoes come in all colours but black is one of the best tasting. Medium sized dark fruit taste best harvested when shoulders are still green. Beautiful fanned out on a plate and drizzled with olive oil and a little basil. Short plants have potato leaf foliage and bear all season long with little to no cracking. Approx. 50 seeds - $3.25

VIOLET JASPER – 73 days. INDETERMINATE VINE. One of the most beautiful productive little tomatoes. Heavy producer until frost. The fruit are the size of an egg and are purple streaked with bright green stripes. The firm skin makes them great for grilling. Originally from China where it is called Tze Bi U. Approx. 50 seeds - $3.25
LOW ACID TOMATOES

BLONDKOPFCHEN – SEE CHERRY TOMATOES

DJEENA LEE’S GOLDEN GIRL – 80 days. INDETERMINATE VINE. In the 1930s this heirloom tomato won first place in the Chicago World Fair. Medium-large golden fruit have a perfect balance of acid and sugar that gives a sweet and tangy taste. Heavy yields of blemish free tomatoes. Approx. 50 seeds - $3.25

INDETERMINATE VINE. In the1930s this heirloom tomato won first place in the Chicago World Fair. Medium-large golden fruit have a perfect balance of acid and sugar that gives a sweet and tangy taste. Heavy yields of blemish free tomatoes. Approx. 50 seeds - $3.25

GOLDEN CHERRY – SEE CHERRY TOMATOES

JAUNE FLAMMEE – SEE CHERRY TOMATOES

YELLOW PEAR – 70 days. INDETERMINATE VINE. These pretty little yellow pear shaped tomatoes are very mildly flavoured and beautiful in salads. Plants will grow to 6½ feet tall and bear hundreds of fruit until frost. Approx. 50 seeds - $3.25

YELLOW PERFECTION – 70 days. INDETERMINATE VINE. Early yellow salad tomato. You just can’t beat the flavour of this little yellow tomato. Many yellow tomatoes are rather bland but this English heirloom wins taste test after taste test. Salad sized tomatoes are 2 inches with a thin skin and can be prone to cracking if watering is uneven. Plants start producing early and continue until frost. Approx. 50 seeds - $3.25

PASTE TOMATOES

AMISH PASTE – 80 days. INDETERMINATE VINE. Heirloom from the Amish in Lancaster, Pennsylvania. Heavy fruit are considered paste tomatoes due to few seeds and meaty flesh but we find they are juicy enough to eat out of hand. The large fruit are somewhat variable in shape, from teardrop to heart-shaped and are sweeter than most paste tomatoes we have tried. Listed on the USA Slow Food Ark of Taste. Approx. 50 seeds - $3.25

BLACK PLUM – 78 days. INDETERMINATE VINE. Sweet, fruity and juicy, these little black plum tomatoes are one of our favourites for sauce. They are also great in salads and for snacking right out of the garden. Plants are loaded with fruit, right up to frost. This heirloom was once the star of the Russian canning industry. Prolific and tasty. Approx. 50 seeds - $3.25

SAN MARZAN – 80 days. INDETERMINATE VINE. This Italian heirloom is the classic paste tomato. Fruits are long with a pointed tip and thick meaty flesh with very few seeds. Said to be the best tasting paste tomato and we agree if it gets lots of heat. Compact plants are very productive. Approx. 50 seeds - $3.25

TOMATILLOS & GROUND CHERRIES

Ground cherries are sometimes called cape gooseberries. They are big sprawling bushes. The ½ inch fruit are covered with a papery husk and when they are ripe they turn gold and drop. Tomatillos have 1-2 inch fruit which stay on the plant and are picked when the husk splits. Plants produce all summer and have a fruity taste. Both are hardier than tomatoes and will produce up until frost. Start indoors in mid May and do not transplant out until mid June. Leave 2 feet in each direction for each plant.

AUNT MOLLY’S GROUND CHERRY – 75 days. The little yellow fruit are about the size of marbles and taste of pineapple and banana. They can be eaten fresh or dried for winter use. Harvest when the papery husk dries and turns light brown and the fruit turn from green to soft yellow. Great in chutney, jam or salsa. Approx. 100 seeds - $3.25

TOMA VERDE TOMATILLO – 60 days. Productive plants ripen fruit early. A must have for salsa verde and great roasted in Mexican dishes. Pick when outer husk dries to a light brown colour and fruit is green and firm. Stores well. Approx. 100 seeds - $3.25
**TURNIPS**

Sow directly between April and July. Tops are edible and delicious. Sow ½ inch deep, 2 inches apart. Turnips can be harvested small after about a month or you can wait for larger roots.

**SCARLET OHNO REVIVAL** – 50 days.
Hot pink turnips! Mild, crunchy taste great for pickling. Every part of this turnip is beautiful and tasty. The leafy tops are pink-ribbed and tender, the roots are bright magenta on the outside and white with pink streaks on the inside. Great sliced and eaten raw or pickled. Best grown in spring or in late summer for fall harvest. Stores well. 

Approx. 500 seeds - $3

**GOLDEN GLOBE** – 55 Days.
Introduced prior to 1859. This is one turnip you want your garden for its perfectly shaped 3-4 inch amber globes. Gold Ball is fine grained, smooth, meaty and never woody like other turnips can be. A perfect storage turnip for the root cellar.

Approx. 500 seeds - $3.25

**PURPLE TOP WHITE GLOBE** – 55 days. Beautiful bright purple tops with a creamy white lower portion. They have a mild and sweet taste, best harvested when the roots reach 2-3 inches in size.

Approx. 500 seeds - $3.25

**QUINOA**

Quinoa is a grain-like crop grown for its edible seeds. Its leaves are also eaten as a leaf vegetable, much like amaranth. Plant ¼ inch deep in moist well drained soil in early May. Thin to an inch between plants. You should get 1 lb of seeds per 10 plants. Quinoa only needs water in long droughts. Seeds are ready when they are dry and come easily off the plant. Quinoa must be washed before eating to remove the bitter soapy coating naturally occurring on the seeds. Quinoa is a large plant and can easily grow to 6 feet tall requiring stakes. Seed heads are colorful and beautiful making this a lovely ornamental plants as well as a source of home grown grain.

**BRILLIANT RAINBOW** – 90-125 days. Produces multi-coloured stems and huge multi-branching flower heads. The seed is a creamy golden colour. The young greens are a great salad addition, steamed like spinach or added to soup. The flower tops and stem tips have a sweet taste. Provide good deep watering once the plants start to grow.

Approx. 75 seeds - $3*

**CHERRY VANILLA** – 90-125 days. Beautiful pink and cream heads top these 5 foot plants. White seeds are easily hand harvested then dried to be used like grain. Thick juicy leaves are perfect raw in salads and have a salty spinach like flavour when cooked. This ancient plant comes from the Andes of South America and was domesticated over 3,000 years ago.

Approx. 150 seeds - $3.25
**BASIL CINNAMON** — Bright green leaves with beautiful purple stems and veins. So pretty you can use them in flower bouquets. Fabulous intense cinnamon flavour. Wonderful in Thai and Vietnamese recipes. Great in salads, chutney and spiced oil. Delicate, fragrant mauve flowers are adored by bees. Average height is 12-18 inches. Approx. 100 seeds - $3.25

**BASIL GENOVESE** — This classic Italian basil absolutely the best variety for pesto! Plants are prolific producers of uniform dark-green, glossy leaves with a characteristic spoon shape. Plants are slow to bolt and leaves are very tender. Distinctive sweet flavour excellent in sauces and cooking. 10-12 inch plants. Approx. 100 seeds - $3.25

**BASIL ITALIAN LARGE LEAF** — Like Genovese but larger. This basil has huge dark green leaves up to 4 inches long. A great selection for pesto and Italian cuisine, perfect for when you need a large amount of basil on hand. Sweeter fragrance and flavour than Genovese. Slow to bolt. Large plants reach 24-30 inches tall. Approx. 100 seeds - $3.25

**BASIL MRS. BURNS LEMON** — This is amazing lemon basil with a strong lemon flavour with a sweet and tangy aftertaste. Bright green leaves are topped with white flowers. Keep flowers pinched off to encourage a steady supply of tasty leaves. Try it on fish, chicken and roasted veggies, it’s addictive! Approx. 100 seeds - $3.25

**BASIL RED OPAL** — This basil is all about its marvellous colour. Deep purple-red leaves are a showy addition to the herb garden. Great in salads, on tomatoes or in any sauce that calls for basil. Makes a beautiful purple-coloured, basil-flavoured vinegar as well. Keep plants pinched back to ensure bushy growth and increased harvests. Approx. 100 seeds - $3.25

**BASIL ROSIE** — Intense dark purple-red color with mild and aromatic basil flavour. This purple basil doesn’t produce any green off-types, and has stronger, more upright stems on a compact plant. Tall lavender flower spikes are lovely in bouquets and should be pinched for better leaf production. Approx. 100 seeds - $3

**BASIL SIAM QUEEN THAI** — Used in Thai and Vietnamese cooking this basil has a sweet spicy flavour with licorice and clove overtones. Ornamental plants have purple stems with large, bright green leaves and dark purple flowers that attract pollinators. Compact plants grow to 17½ inches and do very well in containers. Approx. 100 seeds - $3.25

**BORAGE** — Large plants are covered with gorgeous edible blue flowers. Both flowers and young leaves taste of cucumber and are very refreshing in summer salads and drinks. Try iced borage tea with honey and lemon on a hot summer day and float a few flowers in it for decoration. Approx. 100 seeds - $3.25

**CATNIP LEMON** — This less common cultivar forms large bushes to 4 feet tall. Delicious lemon mint flavoured tea from fresh or dried leaves. Yes, your cats will love this variety too, This plant leaves a fragrance in the air and attracts the bees and beneficial insects. Use fresh leaves to flavour cold drinks on hot summer days. Approx. 100 seeds - $3.25*

**CHAMOMILE GERMAN** — Annual with tiny daisy-like flowers excellent dried for tea. Closely related to Roman chamomile, which has many of the same medicinal properties. Sprinkle seed directly, onto soil and rake in gently, being careful not to bury seeds. Thin to 4-6 inches apart. Harvest flower heads regularly for best yields. 24-30 inch tall plants with a spreading habit. Approx. 1,000 seeds - $2
GARDEN CHIVES — This indispensable kitchen herb has a mild onion flavour that is useful in so many dishes. Round, green, strap-like leaves provide multiple harvests throughout the summer. Showy purple flowers are edible as well. Harvest them as they are just starting to open. Cut the flower, separate into florets and sprinkle on salads. Chives are problem free in the garden and are often used as a companion plants to keep insects at bay. Great bee plant. Approx. 200 seeds - $3.25

PARSLEY ITALIAN FLAT LEAF PARSLEY — Flat leaf parsley is the chef’s favourite packed with flavour. Use fresh or dried and don’t forget to use the succulent stems as well. Plant in May after soaking the seeds overnight. They may take up to two weeks to germinate. Self sows and overwinters. Approx. 200 seeds - $3.25

SAGE GARDEN — Large plants have soft gray leaves and spikes of blue/purple flowers, much loved by bees and hummingbirds and seed eating song birds. Sage has many uses in traditional medicine but my favourite is to use it as a gargle for throat conditions. A must in every herb garden. Approx. 100 seeds - $3.25

STINGING NETTLE (URTICA DIOICA) — Traditionally used as a restorative spring tonic tea that is high in iron. Greens can be stir fried or braised as well. Dry or cook nettle leaves to remove the stinging effect. We make nettle tea and spray it on our other plants to give them a pick me up in cool spring weather and avoid iron deficiency. One of the biodynamic herbs. Pick leaves early before the stinging hairs are fully developed. Approx. 300 seeds - $3.25
ANISE HYSSOP (AGASTACHE)
— Attracts butterflies, bees and hummingbirds. Spikes of fragrant, lavender coloured flowers are edible and ornamental. Try them fresh in fruit salad or dry them with the leaves for a minty-licorice flavoured herb tea. Easy to grow branching plants will reach 3 feet or more and flower from mid summer through fall. Thrives in full sun in well-drained soil and will self-seed freely. Deer resistant for those of you with gardens next to the bush. Hardy zones 4-9. Perennial. Approx. 100 seeds - $3.25

CALENDULA MIX — Here is a mix of pot marigolds that will provide all shades of orange and yellow, in single and double flowers. Fresh edible flowers are excellent in salads. Dry flower petals can be used as a saffron substitute. Calendula ointment is easy to make and is in constant use here on the farm as a soothing anti-inflammatory salve for cuts, gardeners’ dry hands and lip balm. Approx. 130 seeds - $3.25

COSMOS PSYCHE WHITE — Large, showy double to semi-double white flowers bloom all summer long. Flowers and greens are long lasting and lovely cut. Plants are self-seeding and easy to grow. Butterflies and bees are attracted to the flowers. Plants are 4 feet tall. Approx. 50 seeds - $3.25

COSMOS SEA SHELLS BLEND — Flowers are tubular giving a frilly ruffled appearance. Colour mix includes white, dark pink and light pink atop fern like foliage. Attracts bees and butterflies. 4 foot tall annual. Approx. 150 seeds - $3.25

HOLLYHOCK BLACK — 5-8 foot spires of old-fashioned, deep maroon-black single flowers are spectacular at the back of any planting. Dried flowers add a purple color and nice tanginess to teas. Plant very shallow at soil surface as germination is improved by light. Normally these will bloom the second year unless started early indoors. Short-lived biennial. Approx. 50 seeds - $3.25

LUPINE MIX — Old fashioned spires of blue, yellow, pink, violet, white, peach and bi-colours. Lupines bloom early. They are hardy, easy to care for and make beautiful cut flowers. Attracts butterflies. Pour hot, not boiling, water on seeds and soak 2 days. Self-seeds. Approx. 50 seeds - $3.25

MARIGOLD TAJ MAHAL — Originates at the Taj Mahal in India where it has been growing for hundreds of years. Forms a small bush filled with bronze and gold open faced flowers. It thrives here for months, right up to frost, and loves all kinds of conditions. Sow outdoors in late spring and lightly cover seed with soil. Self-seeds. Approx. 230 seeds - $3*

MARIGOLD SAFARI MIX — An excellent choice for edging, this French type forms nice mounding bushes 1 foot tall with bright flowers all season long. Dead-head them to keep them blooming. Marigolds make excellent companions in the vegetable garden, adding splashes of color and deterring many insects. Start in early April, or in the garden in mid May. Sow seeds very shallow with only a light covering of soil. Approx. 100 seeds - $3*
**NASTURTIUM ALASKA** — Flat rounded leaves are marbled with creamy white markings. The flowers and leaves are edible and have a peppery taste which is wonderful in salads. Compact growth habit makes it perfect in the ground, in container plantings and baskets. Often planted as an aphid magnet to keep aphids off other plants. Approx. 40 seeds - $3.25

**NICOTIANA JASMINE-SCENTED FLOWERING TOBACCO** — The awesome plant flowers at night and is pollinated by moths. The fragrance from its hanging star shaped flowers is incomparable. Very easy to grow. 2-3 foot plants will re-seed if left in the garden. Start indoor in mid April or direct sow in mid May. Sow shallow with a light scattering of soil only. Approx. 300 seeds - $3.25

**POPPY FRILL Y PINK** — This striking annual poppy is a Salt Spring heirloom variety, growing here since the 1930s. 3 foot plants produce full, showy pinkish-mauve flower that are very long lasting. Will self-seed once established. Direct sow in fall or very early spring and barely cover. Approx. 150 seeds - $3*

**POPPY BLUE BREADSEED** — (Papaver somniferum). This self-seeding annual poppy is breathtaking massed throughout the garden. Lavender flowers have a deep purple throat and are followed by ornamental seed pods filled with slate blue, edible poppy seeds. Direct seed (covered) in early spring while daytime temperatures are still cool. Approx. 300 seeds - $3.25

**POPPY SOKOL BREADSEED** — Rare white poppy seeds with a delicious nutty flavour. Sokol has no vents in the seed pod making seed collection easy. Used for poppy seed bread, cakes and buns. Beautiful white and pink flowers grow on 3 foot annual plants and are followed by large decorative seed pods. Will self-seed readily if you don’t eat all your seed. A farm favourite with oatmeal on chilly winter mornings. Approx. 200 seeds - $3.25

**SUNFLOWER EARTH WALKER** — 10 foot vigorous multi-branching plants sport large 8 inch flowers in shades of terra cotta. Makes a beautiful cut flower for fall bouquets or leave the flower heads to dry down and provide food for the birds. The flower heads face the sun and follow it as it crosses the sky. Approx. 50 seeds - $3.25

**SUNFLOWER MIX** — Flowers are soft yellow, bright yellow, copper, bronze, terra cotta, chocolate, deep red and a few two-tone striped ones. There are many kinds of shapes and sizes as well, from massive 12-16 inch heads full of black seed to smaller multi-branching heads full of striped seed. Great fun for kids, beautiful cutting flowers and food for the birds if you leave them to go to seed. Approx. 50 seeds - $3.25

**SWEET PEAS CUPANI** — (Cupani Lathyrus oderatus) This rare original strain of sweet pea, sent to England in 1699 by Franciscus Cupani, a Sicilian monk. Colorful burgundy and purple bicolor blossoms, with a heavy and intoxicating fragrance. Tolerates heat better than modern sweet peas. Annual. Approx. 30 seeds - $3.25

**SWEET PEA OLD SPICE MIX** — Grown for its fantastic old-fashioned fragrance lacking in some of the larger flowered sweet Annual sweet peas need cool weather, cool roots, and deep fertile, soil. In excess heat they will stop flowering so plant in earliest spring in a bright spot out of blazing sun. Approx. 30 seeds - $3.25

**SWEET WILLIAM ELECTRON BLEND** — (Dianthus barbatus) Neon mix of red, pink and white bi-color blossoms, all with white highlights. Clusters of up to 30 flowers fill bouquets and borders with a marvelous spicy clove-like fragrance. Start transplants of this biennial January-March setting out in cool weather for same year blossoms or direct sow.
in early to mid summer for next years' blooms. Attracts bees and butterflies and makes an excellent cut flower. Approx. 200 seeds - $3

**ZINNIA CUTTING MIX**

Wonderful annual cut flowers. They are plentiful, long lasting and very brightly colored. This mix includes pink, salmon, soft orange, white yellow and red as well as two-tone and stripes in singles and doubles. Plants reach 17½-23½ inches in height and are very bushy. Easy to grow from seed. Approx. 50 seeds - $3.25

**ZINNIA QUEEN RED LIME** — Burgundy outer petals gradually taper to soft lime centres on this spectacular zinnia. A mix of semi-double and full double flowers are borne on sturdy branching plants that start blooming in the heat of mid summer and continue until frost. Ideal cutting flower as it has a very long vase life. Annual. Approx. 30 seeds - $3.25

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**GLOSSARY**

**BOLTING** — Is when plants prematurely produce a flowering stem before the crop is harvested, in a natural attempt to produce seed. Crops inclined to bolt include lettuce, beetroot, brassicas, spinach, celery and onion.

**“DM” DOWNY MILDEW** — A mildew on a plant that is marked by a whitish down composed of spore-forming long branching filamentous structure of a fungus, penetrating more deeply into the plant than powdery mildew.

**F1** — Is the first filial generation of offspring of distinctly different parental types.

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**“HARDENING OFF”** — Is the process of moving plants outdoors for a portion of the day to gradually introduce them to the direct sunlight, dry air, and cold nights.

**HYBRID PLANTS** — A hybrid vegetable is created when plant breeders intentionally cross-pollinate two different varieties of a plant, aiming to produce an offspring, or hybrid, that contains the best traits of each parent. Cross-pollination is a natural process that occurs within members of the same plant species.

**OPEN POLLINATION** — Is pollination by insects, birds, wind, or other natural mechanisms, and contrasts with cleistogamy, closed pollination, which is one of the many types of self pollination.

**VETCHES** — Any of various herbs of the genus Vicia of the pea family.
After a long winter, there is always great anticipation for the arrival of the first seed catalogue. It truly is a sign that spring is finally on its way, and, more importantly, that I will soon be out in the garden. I love flipping through the pages, seeing the new offerings, and am always on the lookout for new ideas and growing techniques.

Not too long ago I stumbled across an amazing seed catalogue. Ninety-eight spectacular pages featuring hundreds of amazing heirloom varieties. Just as striking was its beautiful design and feel – natural and organic. The pages were embellished with hundreds of stunning engravings, and enhanced even more by a spectacular lithograph on the cover. A total contrast to the glossy, almost perfect images “plant porn” that have become the norm.

As I read through the catalogue, I felt the deep connection this company had with the seed they sold, their pride, and their evident high standard of quality.

I would have loved to place an order. Sadly, I was 120 years too late. It was the Iowa Seed Company’s 1895 seed catalog. This catalogue became the inspiration for my own guide.

The heart and soul of The Market Garden is seeds. I began by seeking out small local seed producers, then expanded to include small seed producers from across Canada, and then from across North America. I wanted to find passionate individuals, from small farms, who grew beautiful organic seed – growers, that through their own actions and hard work are truly fostering a better tomorrow.

With their help, I assembled the 238 varieties offered in this guide.

Creating The Market Garden Organic seed guide was a far larger undertaking than I could have ever imagined. I was lucky to have the help and support of many people. I would like to especially thank my coauthor Paula Masyk. Without your knowledge, passion, and organizational skills, this seed guide would not have been possible.
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 healthy people and communities.
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