

# Freville Farm 2019 Plant Sale



FREVI  
FARM



# Freville Farm 2019 Plant Sale

18 Strawberry Hill Rd.  
Pawling, NY 12564  
(Enter thru farm entrance)

We are offering unusual and hard to find heirloom vegetables, herbs and flowers for the home gardener. Building community one gardener at a time.

Our plants are grown in Certified Organic potting mix from Vermont Compost Co. We use Non-GMO seed and never use synthetic herbicides, fungicides or pesticides. We are Certified Naturally Grown.

Consider a hanging basket  
for Mother's Day— a gift  
that will last all Summer!



## Plant Sale Dates

**May 10 & 11** Friday/Saturday (10am-4pm)

**May 12** Sunday (9am-1pm)

**May 17 & 18** Friday/Saturday (10am-4pm)

**May 19** Sunday (9am-1pm)

**May 24 & 25** Friday/Saturday (10am-4pm)

**May 26** Sunday (9am-1pm)

CASH, CREDIT CARDS, AND PERSONAL CHECKS

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# Vegetables

**We have added many hard to find varieties of eggplant, peppers, and tomatoes. Expect a rainbow of colors!**

**ARTICHOKE AND CARDOON**  
**(A relative, but we eat the stem! Showy flower/leaves.)**

**Imperial Star** Earliest green annual for summer harvest. 6-8 buds are nearly spineless, 3-4 inches in diameter and globe-shaped. Glossy green fruit. Same rich flavor as the old favorite Green Globe

**Tavor** An improved Imperial Star-type. Nearly spineless plants produce 8 or more globes per year (4.5 inches in diameter). Artichokes are green with purple tips.

**Wonder Fa Artichoke** A hybrid that really performs well! Thick, dense 5" heads with bright color. Very firm with a tender/delicious center. Spineless.

**Porto Spineless CARDOON** Leaf stalks and midrib taste like artichoke when boiled. Commonly used as a side vegetable, in stuffing, soups or stews. The sharply lobed and serrated silver-green leaves are a unique addition to flower arrangements.

## ASPARAGUS

**Martha Washington** Perennial. Light cutting in 2 years; regular cutting thereafter.

**Precoce D'Argenteuil** Heirloom, favored

in Europe for delicious stems and rose-colored buds that can be blanched white.

## BEANS, BUSH

**Tavera** Stringless, French filet bean with dark green round pods. Pick at 4-5 inches Compact and high yielding. Prefers full sun and well drained soil.

## BEETS

**Badger Flame** Our second season with Row 7 seeds. 6-7 inch cylindrical yellow-orange roots. The flame-like color deepens as the season progresses. Taste: think mild and sweet. It can even be eaten raw.

**Chioggia Bassano** Candy cane beet, from Northern Italy. Became popular in the 19th century. Deep pink/white spirals add interest to salads and soups. Does't bleed!"

**Guardsmark** Highest quality Chioggia strain.

**Cylindra Cylindrical** roots with sweet, fine-grained flesh, and uniform slices." Detroit Dark Red Heirloom. Leaves great for salads or braising. Very sweet roots up to 3" across. Early producer. Good fresh, frozen, or canned.

**Golden** Another oldie, but goody. Likes full sun. Grows 8-10 inches high.

**Touchstone Gold** Bright yellow flesh retains color when cooked. Sweet flavor.

## BROCCOLI

**De Cicco** Compact 3-4" blue-green heads

followed by many side shoots.

**Hon Tsai Tai Flowering** Dark green leaves, purple veins and petite florets.

**Romanesco Italia** Related to cauliflower. Apple-green head.

## **BROCCOLI RAAB**

**Spring Raab** Italian specialty. Succulent stems and mild, tender florets.

## **BRUSSELS SPROUTS**

**Catskills** Dwarf plants produce tasty uniform sprouts. Developed in 1941.

**Long Island Improved** The standard since the 1890s. Heavy yields.

## **CABBAGE AND CHINESE CABBAGE**

**Brunswick** Introduced 1924. Large drum-head, very cold hardy.

**Early Jersey Wakefield Heirloom**

Favorite for early harvest. 2–4 lbs

**Mammoth Red Rock** 1889 heirloom. Deep red heads with good flavor. 90 days.

## **CAULIFLOWER**

**Purple of Sicily** 90 days. Brilliant purple. Cooks to brilliant green! 2–3 lb. heads.

**Amazing** For late summer and fall. Self-blanching. Tolerates heat and cold stress.

**Snowball** Self-blanching. Early maturer. 6" heads grow to 3–5 lbs. French origin.

## **CELERY, CELERIAC, AND CUTTING CELERY**

**Tango** Major advance over older types. Stalks less fibrous and great celery flavor.

**Chinese White** Delicate and delicious. Asian celery is more tender and flavorful.

**Utah Tall** Large plants with compact hearts. Crisp medium-green. Best late summer crop.

**Cutting celery** This is celery seed expressly bred for leaf productions. Put it in with herbs. Use in salads, cooked in soup, stew, and veggies.

**Celeriac, "Giant Prague"** 110 days.

Heritage (1871). Knob celery. Large white roots. Try fried or in soups.

## **CORN, POPCORN**

**Mini Blue** Indigo or colonial blue. Ears petite 2–4 inches long. Good yield per stalk.

**Strawberry** Only 2–3 inches long, ears look like big strawberries. Decorative or delicious popcorn.

## **CORN, SWEET**

**Buhl** 75 days. 7 ft. stalks bearing 2 ears per stalk. Old fashioned sweet-corn taste.

## **CUCUMBER AND GHERKIN**

**7082 Cucumber** An experimental cuke that is "bold and complex". From Seed 7."

**Armenian** Mild-tasting, deeply ribbed, light green fruit. Elongated fruit (up to 24 inches long) yields uniform, easily digestible, fluted slices. For straight "nice" fruit hang from a trellis. On the ground they are likely to twist and coil. Best harvested at 18".

**Boston Pickling** An heirloom dating back to 1880. Vigorous vines give large yields of smooth green fruit. Excellent for pickles—very crisp."

**Boothby Blonde** Unique plump cucumber with creamy yellow skin. Has a sweet delicate flavor. Maintained by five generations of the Boothby family of Livermore, Maine. On the

Slow Food Ark of Taste as historic variety in need of preservation.

**Crystal Apple** Small oval white fruit. Mild, sweet and tender. Had almost become extinct. Fruit throughout the season with regular picking.”

**Gagon** A rare Bhutanese cucumber that thrives in cool northern climates, and stands up to intense heat and humidity. Green when immature and great for raw eating or pickling at this stage. When mature it looks similar to the more common Indian variety, “Poona Kheera”. But Gagon has darker skin (reddish) and grows up to 20” long. Mature fruit is reminiscent of melons, which are cousins of cucumbers. It can be eaten raw, pickled, or made into a delicious chutney.”

**Lemon** Small, rounded, pale yellow. Sweet and flavorful. Has reduced amount of the biochemical (cucurbitacin) that makes other cukes bitter and hard to digest. Usually served raw, it is a good pickling cucumber.”

**Metki Painted Serpent Melon** (See also under Melons). An Armenian cucumber. Sweeter than most cucumbers, but also a tad crisper. Fruits grows up to 3 feet long if left to freely climb a trellis. Some consider it a fruit, others a cucumber. In the latter category, try it roasted, sautéed, or even simmered in soup.

**Mexican Sour Gherkin** A small specialty cucumber with the shape, size, and coloring of a mini 1” watermelon. Firm textured fruit that is great for pickling. Stake the long vines for easy harvesting.”

**Miniature White** White-skinned, black-spiked little pickling cukes. Production is high and begins very early on. Almost bush-like

plants seldom run over three feet, making it a great container plant. Not bitter.

**Parisian Pickling** Rare old French gherkin or cornichon pickle. In USA since 1892.”

**Poona Kheera** Unusual gourmet variety with sweet golden skin and juicy, crisp texture. A specialty variety from India. it has light yellow skin when young, with rosy russeting at full maturity. Flavor is best when harvested as rosy blush begins. Heavy producer. Climbs easily on a trellis to 5-6 feet.

## EGGPLANT

**Aswad** A delicious Iraqi variety. Satiny, dark-purple fruit gets very large—3 pounds or more! Shaped like a squat teardrop, the flesh is very sweet and tender. It’s perfect for grilling or baking. Heat tolerant and very productive.”

**Black Beauty** 1902 heirloom. Worldwide standard for large-fruited black eggplant. Prefers full sun, and needs a long season. Fruit is 4-5 inches. Plants grow to 18-24 inches.”

**Diamond** 65-70 days. Standard eggplant for high yield. Brought to US from Ukraine in 1993 by Seed Savers Exchange. Elongated black globes. Good for northern climate. Fairly short plants set fruit in clusters. Works well in less than optimal conditions. Fruit is about 6-9 inches by 2-3 inches. Firm flesh and great flavor.”

**Fengyuan Purple** Unique Taiwan heirloom. Very long, slim, 16” fruit are light lavender purple in color. Thin skin means peeling is not necessary. 65 days. “

**Little Fingers** Small purple-black fruit is produced in clusters on sturdy, compact plants.

The blunt-ended fruits may be harvested when finger-sized, but may also be allowed to grow larger with no sacrifice of their mild, sweet taste, and tender texture.

**Malaysian Dark Red** The tender and delicious violet-colored fruit is long and slender. This productive and tasty variety comes from the Southeast Asian country of Malaysia. A hard-to-find but very good variety for frying.

**Mitoyo** Nearly black, large oval to teardrop shape. Tender and sweet flesh. All-purpose use, depending on personal preference—baking or roasted. It is even recommended for use without cooking. In its native Japan, it is often pickled.

**New York Improved** 75 days. Large black fruit on compact plants. Good fried or baked. Heirloom mentioned in an 1865 book.”

**Pandora Striped Rose** Teardrop-shaped fruit on strong, thornless plants. Tender, delicious, eye catcher with its lovely lilac-rose color and thin white stripes. High yield.

**Ping Tung** From Ping Tung, Taiwan. Purple fruit up to 18” long and 2” across. This variety is so sweet and tender, and considered one of the best Chinese eggplants on the market. Productive yield-up to 20 fruits/plant. Vigorous, stress tolerant. Stake for straight fruit.

**Prosperosa** Massive nearly round to teardrop shape. Dark purple glistens with satiny green sheen. Spectacular to see! Tastes great too. Slow to discolor. 75 days.

**Rosa Bianca** Light pink/lavender with white shading fruits. An Italian heirloom. Its creamy flavor, and rich mild flesh is popular with chefs and home gardeners alike. No

bitterness! “

**Rosita** An heirloom developed at an Agricultural Experiment Station in Puerto Rico in the 40’s. Neon lavender-pink fruit, 8”x4”. It has mild sweet white flesh. It has excellent yield.

**NEW Snake of Mugla** Gourmet variety from Mugla, Turkey. Plants produced an abundance of long, slender fruit. Highly refined variety with a classic eggplant flavor. Syrian Stuffing. Medium sized. Harvest at 4-6”. Superb flavor!

**NEW Thai Purple Ribbed** An exciting variety collected in Thailand. Lovely, highly ribbed, plum-colored fruit that has a delicious, strong eggplant flavor. Productive and unique.

**Ukrainian Beauty (baking)** Big purple-black fruit. 3-4 ft bushy plants.

## EGGPLANT—GREEN

**Louisiana Long-8” banana shaped** An heirloom from Louisiana. Tender, mild and prolific. For maximum flavor and optimal texture, pick the fruits when young. Tall plants produce high yields, and you can harvest in 70-80 days.

**Thai Chao Praya** A matti-gulla (a region of India where the brinjal\*) type eggplant that is vigorous and prolific. Fruit is round and creamy-green in color, and 2-3 ounces in weight. Used in many dishes in Thai kitchens and often sold by food vendors on the streets of Thailand.

\*Brinjal is what eggplants are called in South Asia and South Africa.



## EGGPLANT—WHITE

### **Casper 5-6" long Japanese type**

Medium size with very attractive smooth ivory-white skin. Mild, meaty, mushroom-like flavor. Fruit ripens early. An excellent choice for anyone focusing on specialty plants for their garden.

## FENNEL

**Florence** Fragrant bulb type fennel, eaten as vegetable. All parts are fragrant and may be used in culinary applications. Cultivation dates back to the Greeks and Romans, moving through the ages to Europe, the Middle East and Asia. Begin harvesting stalks when they are nearly ready to flower.

**Bronze** Beautiful reddish-bronze color. Non-bulking. Leaves are a nice addition to salads. Harvest leaves and stems for fresh use before plant begins to flower.

## GREENS, ASSORTED

**Arugula** Bitter, peppery tasty. Popular in salads.

### **Swiss Chard, Fordham Giant**

Introduced in 1924. Large, green leaves and white stems.

**Swiss Chard, Silver Beet** Rainbow chard—pink, yellow, orange, red, and white. Very mild, tasty and ornamental.

**Chicory** Witloof Di Brunelleschi. Also known as Belgian endive. Planted in spring, and then dug and forced to grow in a cool, dark place.

**Endive Frisée** Also known as curly endive. Finely cut leaves add beauty and body to salads. Blanch by tying heads together with a broad rubber band, which yields a milder tasting green.

## KALE

**Green curled dwarf** Compact tightly curled leaves. High yielding and frost tolerant.

**Lacinato** Dark blue-green, bumpy texture. Cold hardy.

**Red Russian** Tender slate green leaves with purple stems.

**Scarlet** Dense purple leaves. Color intensifies in cooler temperature.

**White Russian** Tender, fringed, sage green leaves with white ribs.

## LETTUCE

**Big Boston** First offered in this country by Peter Henderson & Co. In 1890. Origin: France. It was renamed Big Boston by Henderson. A heading type that is large, tender and good for salads.

**Brentwood** Blazing red to bright coloration. Silky, deeply lobed, flouncy leaves that make a uniform and disease-resistant one-cut lettuce. Good bolt tolerance.

**Buttercrunch** Forms a small, open but tightly bunched 6" rosette that is fan-shaped rather than round. Dark green leaves and small, compact hearts that blanch to an appetizing yellow color. Crisp and sweet buttercrunch stays mild long after others have turned bitter. Heat tolerant and slow to bolt. Developed at Cornell University, it was an All America Selection for 1963.

**Celtus** A very unique lettuce! It's grown for its giant, crunchy stems that are tasty raw or cooked; it has a cucumber flavor. The leaves may also be used as greens. This is a totally new type of vegetable for most Americans, although it was introduced from China in the 1840s. It is very high in vitamin C.

**Ezbruke** An “eazyleaf” variety. Stunning red Mini Romaine lettuce with an open habit for either one-cut or whole head harvest. Heads form many 7” leaves that are green at the base and deep cherry red on the top. For whole head harvest, space 6” apart. For one-cut harvest 4” spacing is recommended.

**Flashy Butter Gem** A very tender and delicious nearly full-sized Romaine type, dappled in a lovely deep crimson. Introduced from Shoulder to Shoulder Farm in Philomath, Oregon. The farm is run by Frank Morton, an internationally renown organic seedsman. This is a high yield plant, and makes a great early baby Romaine.

**Forellenschluss** An old Austrian heirloom, the name means “speckled like a trout”. A superb, gorgeous romaine lettuce that is splashed in deep red. Not only very beautiful, but very tasty. Holds well in heat. Easier to grow than pronounce!

**Freckles** An unusual bright green romaine with crimson splashes. Upright growth, early coloring and crisp texture make this an excellent choice for both baby leaf and full-sized heads. Heat tolerant.

**Garnet Rose** Spectacular Romaine type. True bright garnet red and savoy leaves. Colored right through to the center. Also works well as a container plant.

**Gourmet Blend** A tasty and attractive mix that features a wide variety of lettuces, including romaine, green leaf, red leaf, and more. A signature blend with unique shapes and colors.

**Ice Queen** Also known as Reine des Glaces. A superior crisphead (iceberg) type. This French heirloom shows excellent tolerance to

cold, and makes a great crop for extra early or late planting. The frilled outer leaves are mild enough to use for leaflettuce or harvest as baby greens. Its darker interior and ever-so-slightly bitter interior, it is widely regarded as one of the best crispheads.

**Little Gem** A very small, green romaine-type. A superb heat-tolerant variety; it also is one of the very best tasting lettuces.

**Merlot** Dark red frilly leaves, one of the darkest grown. Open headed leaf stands upright. Very high in antioxidants and bitter free. Ideal salad lettuce.

**Merveille des Quatre Saisons** A pre-1885 French heirloom. The fine-flavored leaves have a reddish color and are crisp and tender. Becoming popular again.

**Midnight Ruffles** One of the darkest loose leaf lettuces around. Midnight Ruffles is a delicious new lettuce variety that has extra crinkled leaves, with toothed edges. Hearts are very densely packed for a leaf type. Sweet and delicious.

**Parris Island Cos** The variety has all the merits of a commercially bred variety, but its crisp and sweetly scrumptious leaves say heirloom. A Romaine lettuce very popular with growers, especially those on the Eastern Seaboard where it was originally introduced by seed growers Ferry Morse in 1951. Super uniform, upright leaves, observed disease tolerance and moderate bolt resistance were the growing traits selected at Clemson College Agriculture department when it was bred for their South

Carolina climate. The tender crisp leaves with delicate white hearts and the perfectly

folded centers are perfect for scooping dips.

**Red Planet** Stunning all-lettuce mix of spectacular reds and a few greens for contrast. A great blend for spring or summer. Varieties were chosen for a mix that tastes great and makes a statement on the plate.

**Rouge D' Hiver** (Red of Winter). Compact red romaine type. Brings color and zest to salads. An heirloom, red Romaine-type from France, dating back to 1885. Color varies from reddish-bronze to deep red on the tips. Does particularly well in cool conditions of fall and winter.

**Speckled-leaf** Beautiful apple-green leaves speckled and splashed with deep red. Brought from the Netherlands to Ontario by a Mennonite immigrant in 1799. Has a pleasant, muddy flavor, which is similar to watercress.

**Tennis Ball** A black-seeded lettuce that was one of the most popular lettuces at the turn of the 20th century. It grows in small tight rosettes which have light green leaves that are silky with a slippery texture. Petite, 6-8 inches in diameter, Bibb or Butterhead type. Traditionally, Tennis Ball lettuces were pickled in salt brine and eaten as a side dish to many meals. Documented as grown by Thomas Jefferson, at Monticello, who noted that it did not require so much care and attention as other types.

**Tom Thumb** An heirloom lettuce that dates to the 1850s. It makes small cabbage-like green heads only 3-4 inches across. Very tasty!

**Triumpheter or Glory of Voorburg** A bitter head type that was a winner in the Baker Creek (BC) staff 2015 lettuce trials. The tender and mild leaves melt in your mouth, and are

truly buttery. A loose leaf type lettuce, with brilliant green foliage. BC says tasty, tasty, tasty. You will have to grow it to find out for yourself.

## MUSTARDS AND ASIAN GREENS

**Southern Giant Curled Mustard** An old heirloom from the Southern US. Large upright plants with crumpled leaves that have a delicious mustard taste. Slow to bolt and very easy to grow. Bright green leaves are tinged with yellow at harvest. Remains a standard among many gardeners for rich flavored, utterly dependable greens. Also works well as a companion in flower beds. Try it next to pansies.

**Chinese Pak Choi** Widely grown Asian green, aka bok Choi. It has smooth green leaves and thick white leaf stalks. AKA Chinese cabbage. It is one of the most popular Asian vegetables and a main ingredient used in Asian cooking.

**Japanese Giant Red Mustard** Beautiful large purple and chartreuse leaves. Grows best in full sun, but tolerates partial shade. Eat it raw and get a sinus-clearing punch! Tossed in a salad the peppery pungency tones down. Mature leaves are ideal for juicing, pickling or used in Asian dishes. Try a single leaf on a sandwich and get an unexpected kick. Can also be prepared like tradition Southern greens. Good as ornamental. Also works in flower beds and containers.

**Japanese Komatsuma Tendergreen** Long slender stems with large, bright green spoon-shaped leaves that can be harvested as a micro green, a fully mature leaf, and even after the flowering head develops. Leaves become

deeper green as the plant ages and the delicate stems grow wide, coarse and pale in color. In its young state, it is tender and delicate with a sweet flavor and mild mustard bite. As it ages it develops a more fibrous, hardy texture with an assertive crunch and peppery mustard finish. Related to cabbage, rapini and bok choy. Common plant to Japan, Taiwan, Korea, and Vietnam, where it is pickled and known as chai chua.

**Mizuna** A delicious Japanese green. Cook like spinach. Vigorous plant produces many thin stalks, very mild and tasty. Popular addition to salad mixes. A staple in many Asian countries. A cross between arugula and mustard, mizuna has a mild peppery taste. It has feathery serrated edges and a glossy surface adding visual appeal. Has a special role in Japanese culture. Rich in vitamins A,C, and K.

**Pak Choi Hong Tae** Seeds collected in Thailand. Plant is compact, medium-sized and very tasty. Crisp and refreshing stalks, with a mild flavor. The leaves are dark and nutritious with a slightly spicy flavor.

**Tatsoi** Also known as “spinach mustard”. Broad-leafed green vegetable varying in color from pale green to dark green. Spoon shaped leaves have a creamy texture and a distinctive flavor. Sometimes called spoon mustard. Considered similar to bok choy and can be eaten fresh or cooked.

## **RADICCHIO (A cultivated form of leaf chicory)**

**Radicchio di Treviso** Size ranges from a small red Belgian endive to a large head of romaine lettuce. Deep purple to red leaf with

white rib. Leaves overlap one another to make a compact bunch.

**Rassa di Verona Dragon** Has solid, round compact head. Bitter, spicy taste. Mellows after roasting or grilling.

## **SPINACH**

**Abundant Bloomsdale (long standing)** Popeye’s favorite heirloom variety. Large, spreading spinach with dark green, savoyed curled leaves.

**Butterflay** Very large glossy, dark green leaves with rich flavor.

**Matadors** Fast growing, high yield variety with large leaves.

**New Zealand** First brought to Europe by Captain Cook in the 1770s. Good source of vitamin C. Grows to 2 feet, and has 1-2 inch arrowhead-shaped lime green leaves. Spinach-like taste.

## **KOHLRABI**

**Delicacy White Kohlrabi** Light, minty green skin. Best harvested at tennis ball size, but remains tender if grown larger. Great on a veggie platter or grated in a slaw.

**Early Purple Vienna** A pre-1860 heirloom. A delicious cabbage-flavored bulb that grows above ground. Purple skin and sweet, white flesh tastes good cooked or raw. High yield and cold hardy. Harvest bulbs when tennis-ball sized. Peel and remove all tough and woody parts before slicing. Kissing cousin to broccoli, cabbage, and cauliflower.

**Early White Vienna** Grows to 12” high. An early maturing bulb with a nut-like flavor. Pale green, flattened globe-shaped bulbs are

smooth and firm above the ground. Uniquely flavored white flesh is best when bulbs are 3” in diameter. Matures earlier than the Purple Vienna. An heirloom plant.

**Superschmelz** Giant white kohlrabi! Spectacular light green kohlrabi makes the largest bulb of any variety—up to 10 inches across, and can weigh up to 10 pounds! The flesh remains tender and never gets fibrous.

## MELON AND BITTER MELON

**Charentais** Famous heirloom French melon. Super sweet, and very fragrant. Light gray green skin, smooth round 2-3 lb. fruit with bright orange flesh.

**Golden-Honeydew (green)** Similar in shape and texture to the common honeydew. The most obvious difference is its bright golden-hued skin. When ripe, the skin is firm, thin and smooth. Its flesh is velvety and sweet. A melon can weigh an average of 4-8 pounds.

**Jelly Melon Kiwano (African Horned Cucumber)** The fruit has horn-like spines. Green-yellow skin turns a bright deep orange when ready to harvest. The pulp inside resembles lime green Jell-O. Fruit has a sweet-sour tropical fruit taste. It is good juiced and sweetened. Delicious in yogurt. Native to Africa, it’s hardy and easy to grow. Turning up more frequently in US markets.

**Melon Metki Painted Serpent** (Also described under Cucumbers). Botanically it’s a muskmelon, but it’s called an Armenian cucumber. An heirloom first introduced to Italy from Armenia. The skin has subtle dark and light green striae with a soft and slightly

fuzzy skin that never needs to be peeled.

## MELON AND WATERMELON

**Ali Baba** Origin: Iraq. 12-30 pound melons have hard light-green rinds that make them perfect for storage. Light color makes them resistant to sun burning. Plants are large, vigorous and have a heavy yield of oblong fruit. Superb flavor, crisp texture. A best seller and acclaimed online as “the best tasting” watermelon.

**Blacktail Mountain** Developed in Northern Idaho. Produces 9 inch round, dark green fruit with candy-sweet, red flesh. Does well in both hot and cool evening zones.

**Crimson Sweet** A pretty light green melon with dark stripes, it is famous for its high sugar content and great flavor. Seeds are small and dark. Vines are resistant to anthracnose and fusarium wilt.

**Cypriot** A Cypriot heirloom that was, at one time, grown by only one village. Considered one of the most endangered of Cypriot’s heirloom plants. Thin black-green skin with rich, bright red flesh. Melons weigh from 5 to 10 pounds, depending on soil fertility. Can be grown successfully on trellises or netting and will bear several fruits on one vine.

**Hopi Yellow** Bright, golden-yellow flesh that is very sweet, crisp and flavorful. Medium to large size. Origin: Native American Hopi people.

**Kleckley’s Sweet** Bright red, high sugar content fruit. An heirloom favorite, first introduced by W. Attlee Burpee in 1897, and named for the developer WA Kleckley. Fruits are large and somewhat oblong. Dark green rind.

If you want to try it, grow it. Not likely to be found in local supermarkets as it is not a good shipper.

**Moon & Stars** A legendary heirloom rediscovered in Macon, Missouri. Can grow to over 40 pounds. Dark green rind has bright yellow spots. Leaves are also specked in yellow. Flesh is bright red and very sweet. It is becoming one of the most popular heirloom melons.

**Navaho Red** Drought tolerant variety grown by the Navaho Nation. Medium sized melon. It will stand out in the garden with its chartreuse skin and randomized emerald striping. The flesh is pearly pink and the seeds are bright red!

**Orangeglo (Cantelope-like)** Oblong fruit grows to 25 pounds. Sugary, sweet, crisp orange flesh. Many taste-testers rate as best of ALL orange varieties.

**Stone Mountain** Introduced in 1923 by an Atlanta, GA seed grower. It went on to become one of the top commercial melons of the 1930s and 1940s. But now it is almost extinct due to mass production and hybrids. Dark green split-resistant rind and sweet, juicy red flesh. May weigh over 30 lbs.

**Strawberry** A Florida heirloom. Flesh is strawberry pink, ripening to within a half inch of the rind, and usually has very few seeds. Fine grained, distinct flavor and super sweet. Oblong, striped fruits reach 15-25 pounds.

**Sugar Baby Bush** Ideal plant for gardeners with limited space. The vines only reach 3-3 1/2 feet in length. An early producer, the juicy and sweet fruit will weigh 6-12 pounds. Medium red flesh with dark green skin.

**White Sugar Lump** Creamy white flesh

with sweet taste. Fruits weigh 5-10 lbs. Thin striped rind.

## OKRA

**Burgundy** Bred at Clemson University and introduced in 1988. 4 ft plant with burgundy accents and tender burgundy pods up to 6" long. Edible flower. Deep fry.

**Clemson Spineless 80** Spineless variety with beautiful emerald green pods. 80, an improved variety, is more productive and earlier than its 1939 All-American Selection winning predecessor, Clemson Spineless. Plants reach 4-5 in height and have an open habit, making harvesting very easy. Pods are 3-4 inches. Clemson knows okra.

## ONIONS AND LEEKS

**Ailsa Craig** Sweet, mild, yellow onion with excellent size potential—jumbo to colossal! Round to tear drop shaped bulb with light skin. Okay for short term storage.

**Australian Brown** Introduced by Attlee Burpee in 1897. This variety produces extra fine large bulbs that have superb flavor.

**Bianca Di Guigno** It's a late maturing cipolini type onion. The small flat shape makes it ideal for grilling and pickling. Cipolini types are sweeter than most, and this is an easy to grow variety.

**Bulgarian Giant Leek** A long thin leek of the best quality, with light green leaves. This is a fine autumn variety that is popular in Europe.

**Carentan Leek** Long, thick (2" across) vigorous, and fast growing delicate. It has a delicate, deliciously mild flavor, and is great fresh

or cooked. An old European favorite that is becoming very rare. Very adaptable and yields are good. The Carentan was first mentioned by Vilmorin in 1885. NOTE: see below—Flat of Italy for the Vilmorin story.

**Chives** See under Herbs. Mild onion flavor with pretty pink flower.

**Dakota Tears** Medium-sized hard round bulbs with reddish-gold tinting. Often selected for vigor, size, and storability. Bred in the 1980-90s by David Podoll.

**Flat of Italy** Intermediate day. Beautiful red cippolini-type, flat gourmet onion from Italy. It is bright red in color and very flat—perfect for fresh eating or cooking. This is a very old Italian variety that has been mentioned by Vilmorin in 1885. (NOTE: we know you'll want to know that Vilmorin is a French seed producer that was family-controlled for two centuries. It is now a publicly traded company that is the largest plant breeding and seed companies in the European Union).

**Giant Musselburgh Leek** An heirloom that was introduced in 1834 in Edinburgh, Scotland. Grows well in most locations. This old favorite has a huge size and is very winter hardy. Thick, white stalks 2-3 inches in diameter, it has mild flavor and smooth, tender stalks. No wonder its been passed from one generation to the next.

**He Shi Ko Bunching Onion** An heirloom Japanese perennial bunching onion. The stalks grow and divide from the base. Mild and tasty, these are an essential ingredient in both Oriental and American foods.

**Jaune Paille Des Vertus** Easy to grow long day onion. It was one of France's most

widely cultivated onion, and in many parts of Central Europe in the early 1900s. Round shape getting flat on the roots side. About 3 inches in size, with yellow straw-like skin color (paille means straw in French). Inside it is a white to pale greenish color.

**New York Early** A classic yellow onion that is one of the more productive and dependable early onions. Medium sized, chunky, firm yellow onion.

**Red of Florence** Very rare. A delicious heirloom from Florence, Italy. The bright red onion is oblong-shaped. Mild and sweet makes it great for salads and pickling.

**Red Welsh Bunching Onion** Super-hardy bunching onion that originated in northern China or Siberia, despite its name. Grown for its thick green stems and hollow leaves which possess a sharp onion flavor. This perennial never forms a bulb in the garden; once established,; New plants can be raised by replanting the abundant sides-shoots. May be blanched like leeks by earthing up the thatch stems as the plant grows. Widely used in Asian cuisines. Also grown among the Welsh, hence its name.

**Southport Red Globe** First released in 1873, and still one of the best. Firm fleshed, medium sized, globes-shaped, deep red roots and one of the best keepers of any red onion. Carries some resistance to fusarium rot. A top-notch producer for the North.

**Tropeana Lunga** Big, bottle shaped red onion. An heirloom from Tropea, Italy, it is rare in America. Popular with Mediterranean chefs. Mid summer harvest.

**Yellow Cippolini** Flattened yellow onion with great flavor. Strong flavor sweetens with

cooking, making it an excellent choice for grilling, roasting and pickling.

**Yellow of Parma** Large, golden onions are oblong-globe shaped. This late onion makes an excellent keeper. It's a rare and hard to find Italian variety.

**Valencia** A mild, sweet onion. A Utah strain of the yellow sweet Spanish onion. Warm yellow and brown skin with a bulb 4"-6". Excellent bunching onion when young.

**Walla Walla** Sweet, mild yellow spring crops will not be as big or sweet as overwintered crops, but still milder and juicier than other spring planted varieties.

**Wethersfield Red** This onion dates to the 1700s, and is popular from New York to Bermuda. It was a source of much wealth to the onion growers of New England, as well as to the Yankee traders who sold ship-loads of it. The 1865 Comstock-Ferre catalog states, "It is the kind mostly grown at Wethersfield. It grows to large size, deep red, thick, approaching to round shape, fine-grained pleasant flavored, and very productive. It ripens in September and keeps well". High praise from a 19th century seed grower. It is a slightly flattened, deep blood-red onion of renowned quality. A taste of horticultural Americana. Not widely grown, but Freville Farm has it. (PS. Wethersfield CT is about 66 miles from Pawling).

**White Creole** Medium-sized bulbs have a translucent white flesh that is very firm. It forms perfect bulbs and has excellent storage quality. Tasty fresh or cooked. White Creole is a top choice for dehydrating and has a pungent flavor.

**Zebrune Shallot Onion** French heirloom, banana type shallot yields plump, long, torpedo-shaped bulbs that are brown tinged with pink. Mild, very sweet flesh. Gourmet shallot has good keeping quality.

## PEAS, SHELL

**Green Arrow** Heirloom main-crop pea with slim, densely packed pointed pods. High yielding variety often bearing two pods per stem, each stuffed with up to 11 peas.

**Karina Shell Peas** Earliest dwarf shell pea. A dark beauty with dark green pods. Gives high yield of 3" pods with 4-6 peas per pod. Support not required.

## PEAS, SNAP

**Sugar Ann** Stringless and early! Beats Sugar Snap by weeks. Dwarf plants grow 10-12 inches. No staking needed. Sweet, crisp, and delicious.

**Sugar Magnolia Tendril** First ever PURPLE podded sugar snap pea. Vigorous vines can reach up to 8 feet tall. Covers a trellis nicely making an incredible edible ornamental. Flavor not too sweet, with a great snap!

## PEAS, SNOW

**Carouby De Maussane** Time-honored variety produces some of the largest pods, often reaching 5-6 inches in length. Robust plants vine to 5 feet. Bicolored flowers, borne in pairs, are pink and burgundy, maturing through purple to nearly sky blue. Robust flavor may vary from plant to plant which makes for taste interest in stir-fries

and salads. Origin: Provence region in France.

**Corne De Belier** French snow pea that



pre-dates 1860! Large flat pods are perfect for steaming, sautéing, and nibbling on fresh from the patch. Creamy-white blooms.

**Mammoth Melting** Large, sweet-flavored pods. 4 foot tall plants. Needs cool weather for good yields. Pods are tasty stir-fried or in salads. Pick before peas start to swell. Popular heirloom.

**Oregon Sugar Pod II** Vigorous 28" plants have 4 1/2 " long pods. Resistant to pea virus. Huge crop producer with high percentage of two pods per cluster.

## PEPPERS, HOT

**Aji Charapita** Tiny pepper native to Peruvian Amazon region; its a wild bushy plant which produces hundreds of hot, small round Tepin-like peppers (the size of a pinky tip). One pepper crushed with the back of your spoon, will perfectly heat your meal. Considered world's most expensive. The pepper has a distinct fruity, citrus aroma and is equal in heat to a cayenne. Due to its rarity and hefty prices, it is often known as the "Mother of All Chilis". It is very hard to source outside of Peru. But thanks to Baker Creek, we have it for you. Try it in your salsa or a sauce for a unique tropical taste. Often used as a powder in various dishes. Popular as kitchen house plant in Peru, where it is harvested as needed right in the kitchen.

**Apocalypse Scorpion** Another contender for the "world's hottest pepper" title. This one was developed by the Italian Pepper Lovers' Association. It took more than 5 years of breeding to get the desired heat intensity. Does this super hot scorpion type type pepper stands a chance to be a record breaker?

Baker thinks so. Initial tests gave the pepper a 1.22 million Scovilles. They think late season rain may have cooled the pepper off, and are hoping that better irrigation restriction, the Apocalypse could reach over 1.5 million Scovilles, surpassing the current world record holder (see Trinidad Scorpion). Good luck to all the contenders. We suggest making your own decision by growing some of our hottest offerings. Plants reach 4 feet tall, and produce lots of fiery peppers.

**Bhut Jolokia, Chocolate** Ripens red-brown to rich milk chocolate. Considered sweeter than the red Bhut, but with a "wicked" heat level. Fruit is longish and wrinkled skin.

**Black Hungarian** Unique, black-colored fruit shaped like a Jalapeño. Mildly hot with delicious flavor. Tall plants with beautiful purple flowers that make it very ornamental. Rare and colorful.

**Brazilian Starfish Hot** This unique star-shaped fruit originated in Peru, but was domesticated in Brazil. Expect surprises when eating this pepper. It varies in heat, but can vary from medium spicy to hotter than jalapeños. It's always juicy and quite sweet. Plants are vigorous and unusual, having an almost weeping, vine-like habit. Slow to yield; however, amazingly prolific by the end of the season. The fruit reaches 2" in width, ripening to a brilliant red at maturity.

**Buena Mulata** 1944 class acquired in 1944 from African-American folk artist Horace Pippin. Long, narrow pods change color from purple to pin, pale yellow, orange, brown and finally to dark red. High-test heat balanced by complex flavors. Ideal for salsa morada or Caribbean style cookery. 24" bushes should be

planted 15 inches apart.

**Caribbean Red Habanero** Hot! Can be twice as spicy as common orange habanero. Use with caution. Lantern-shaped 2" fruit. Heavy producer. Will make a killer hot sauce.

**Candlelight Ornamental Hot**

Ornamental edible. Clusters of smooth-hot 1" long peppers that ripen in a range of colors: green to yellow to orange to fire red. Heat of fruit can vary, but generally mild. Good in containers or along walkways.

**Carolina Reaper, Hot** Another contender for the hottest pepper title. It is a serious scorcher, not intended for the faint of heart or tongue. For the less adventurous, they make a great conversation piece in the garden. The little, fiery red peppers have a scythe shaped tail at the base of many fruit, hence the name "reaper". The heat rating can be over 1.5 million Scovilles. NOTE: See the Trinidads for comparison. The spicy habanero scores a mere 100,000 Scovilles.

**Cayenne Long Thin** Slender, long peppers turn bright-red and are very hot. 2 foot tall plants are vigorous and productive. Heirloom plant popular for drying, using as spice and also medicinally.

**Chocolate Habanero** Not only beautiful, but hot- 300,000 Scovilles units. The chocolate-brown lantern shaped fruit are about 2" long and very ornamental. Hot pepper enthusiasts love the heat and flavor of this pepper. But be careful, and use in moderation.

**Corno Di Toro Giallo** A mild hot pepper (only 500 scovilles). The traditional favorite in Italy. Long 8-inch tapered, bull-horn shaped golden yellow peppers are sweet and spicy.

Good fresh or roasted. Large plants yield well; one of the best you can grow.

**Craig's Grande Jalapeño Pepper** A big, fat jalapeño that is perfect for making salsa. This is the one for Jalapeño lovers! It has thick, flavorful, hot flesh.

**Datil (Capsicum Chinese)** Renowned pepper originally from St. Augustine, Florida. Local legend says the peppers were brought there from Spain, where they do enjoy a following in Minorca. However, they may also have originated in Chile. Blazing HOT, blunt little 3.5 inch fruit ripens to a brilliant orange-yellow. Vicious heat comparable to habanero types, but the flavor is more complex, sweeter and more fruity.

**Elephant Trunk** This spicy cherry red heirloom pepper with roots in Central America was saved from a 1930 seed collection. Mentioned as a novelty pepper in an 1898 catalog, it remained popular with the New Jersey canning industry. The curving pods are 10-12 inches long and taper to a point or a three-lobed "nose", like an elephant's trunk. They literally drag on the ground so plants should be well staked. The bushes are small, about 1 1/2 feet tall, they are well suited to pot culture. It was popular with canning companies because it is fleshy, sweet, and yet pleasantly hot. Try it yourself for pickling, catsups, and bottled sauces. Late season pepper, with peak production in late August and early September.

**Filius Blue** A perfect ornamental plant! Great for landscaping or in pots. Heavy production makes it hard to miss in any garden. These compact plants have a wonderful bluish

tinge and produce lovely, small violet-blue fruit that is quite hot.

**Fish Pepper** A chili pepper known for its unique heritage. An African-American heirloom popular in the Philadelphia/Baltimore region. Fish pepper plants are unique, with striated and speckled white and green leaves, the compact 2 foot tall plants stand out. The peppers themselves start as a solid creamy white, they develop into a light green with dark green striating, turning orange with dark brown striating until they finally mature into solid red peppers of flavorful culinary fire. You'll be checking your garden more than once a day! The fish pepper probably originated in the Caribbean and was first introduced to the mid-Atlantic region in the 1870s, where it became popular in the seafood restaurants in that area. Kept as a "secret" ingredient in these dishes, its use in recipes was handed down orally.

**Grandpa's Home** Medium-hot pepper with very high yield. Brilliant red 2 inch fruit are upright on tidy plants. Super container plant, consider for overwintering indoors. It will bloom and set on fruit even under low-light conditions. Origin: Siberia.

**Lemon Drop** This seasoning pepper from Peru ripens to a clear lemon yellow; sometimes it has a dark purple blush. Our seed source says the flavor is very clean, uncomplicated, with a slightly citrusy-heat. The 2 foot plants are covered with the thinwalled, conical fruits which reach 2-3 inches in length and have very few seeds.

**Leutschauer Paprika** Drying pepper from Hungary. Grown there since the 1800s when

it was brought from Slovakia. Medium-hot paprikas have great flavor and make a delicious spicy powder. Very rare!

**Lightning Mix** Very hot habanero type developed by noted Mennonite grower James Weaver. Crinkled fruit come in a rainbow of colors, including red, yellow, green, peach, brown, orange, mustard and coffee tones. "Lightning bolt" shape. Attractive in addition to great taste!

**Mustard Habanero** Colorful and unique hot pepper starts out as light green with purple blush. Ripens to unique mustard color and finally to fiery orange. Plants bear fruits of all colors simultaneously. Another find by Mennonite James Weaver. An offshoot of some conventional variety. Weaver collected the seed and developed a stable new variety. Super hot.

**Orange Spice Jalapeño** Colorful new "heirloom" introduced by New Mexico State University. The tangerine-orange variety was bred using natural backcrossing techniques. The result? An extra rich tasting and eye-catching fruit. It was created in response to Americans increasing appreciation for eating a rainbow of nutrition. It is ornamental as well as extremely prolific. Its fruity-citrus taste is packed with nutrition, and it's only moderately spicy.

**Pimiento De Padron** Small-fruited peppers that originated in Galicia, northwest Spain. Found there in tapas bars where they sauté bite-sized green fruit in olive oil and serve with coarse-ground sea salt. Most of the peppers are relatively mild, but an occasional unpredictable hot one led a New York Times

writer to warn all eating the dish that it was a game of “Spanish Roulette”! Grow it and decide for yourself. Also fine for pickled peppers. The heat increases as they ripen to red.

**Rezha Macedonian** Seed grower received its initial supply as a donation from school children from the villages of Kalugeritsa and Zieovo. Its name means “engraved”. In Macedonia it is also called “Vezeni Piperki, which means “embroidered”.

Both names refer to the curious lines on the skins of tapering, long, thin peppers. It is, apparently, a common sight to see great clusters of fruit hanging to dry in Macedonia’s warm, late autumn sun. The flavor ranges from mild to very pungent. Seeds saved by traditional farmers also show the pronounced striating.

**Ring-O-Fire** Hot, Hot, Hot (50,000 scovilles). Glossy sheen, fire engine red. A newer variety that’s an improvement over the Cayenne. Peppers average 4” long.

**Serrano Tampequino** Large plant bears green club-shaped fruit. Very hot and pungent; it has a distinctive flavor.

**Seven Pot, Chocolate** A supremely spicy take on the super hot Seven Pot pepper club. It is believed that the darker the color, the hotter the pepper. This makes the Chocolate Seven pot one of the rarest and hottest pepper. Originally bred in Trinidad, it is now popular among home pepper breeders who are competing to make the world’s hottest pepper.

**Seven Pot, Red** Name may refer to pepper’s outrageous heat, capable of flavoring seven successive pots of chili! Intense heat accompanied by fruitiness characterize this relative

of the Scorpions and Ghost Pepper (Bhut Jolokia). Ripens to wrinkled, deep red. Shape may show the infamous scorpion “tail”.

**Seven Pot, Yellow** Attractive canary yellow peppers are highly ornamental, but a dangerously deceptive piece of eye candy. Another pepper from Trinidad, it ranks as one of the world’s hottest (over 1 million on the Scoville scale!). Although the yellow color does indicate a milder fruit than its darker colored cousin Seven Pot, it remains one of the world’s hottest. Not for the faint of heart, it make a great yellow hot sauce.

**Tabasco** A famous heirloom introduced into Louisiana in 1848, and became the main ingredient in Tabasco Pepper Sauce. It is very hot and has a delicious flavor. Plants group up to 4 feet tall and are covered with small, thin peppers, that ripen from green to orange, then red. Needs a warmer summer or it can be grown as a potted plant.

**Tam Jalapeño** Developed at Texas A&M. It is way milder than its relatives. If you like the taste of jalapeños, but not the heat, this is the one for you! Disease resistant and productive. Great for stuffing or grinding to make chili powder.

**Thai Burapa** This fiery little red, pointed pepper is great for drying, and is popular in Thailand for flavoring many dishes. Lots of fruit are produced late on tall, bushy plants. The flesh is thin, which makes it perfect for drying for use in winter. A must for Asian cooking.

**Thai Red Chili** Hot heirloom from Thailand. Used in almost every dish in old Siam. Small pointed fruit with thin flesh are easy to dry;

bright red in color. Ornamental plants are loaded with fruit. Perfect for Asian cooking. **Trinidad Scorpion** Former record holder for heat—nearly the hottest chili on the planet! Wrinkled, lantern-shaped fruit ripens to a searing red-orange. Was named as the world's hottest pepper by the New Mexico Chile Institute, edging out the previous record holder, Bhut Jolokia. Trinidad Scorpion averaged at 1.2 million Scovilles. Who needs pepper spray?

**Trinidad's Scorpion Yellow** Yellow to orange fruit often bears the infamous scorpion "tail". A natural variant of the class Trinidad Scorpion (see above), but with considerably less heat. Its fruit is pleasantly citrusy, but still plenty hot. More productive than other Scorpion types.

**Tunisian Baklouti** Large red, tapering pods have a wonderful hot flavor, but tend to get milder with cooking. It's perfect with couscous and other North African dishes. It's one of the best hot peppers for roasting and drying. BTW, did you know that Tunisia, on the Barbary Coast, was once considered the "bread basket" of the Roman Empire?

## PEPPERS, SWEET

**Ajvarski** 80 days. Outstanding roasting pepper from Macedonia. Two 1-foot stocky plants get 6-7 inch broad wedge-shaped pods that ripen green to deep, rich red.

**Albino Bull Nose** Blocky 3-4 inch peppers are a lovely cream color. They have a nice mild, sweet flavor and ripen to a beautiful reddish-orange. Good producer of fruit from early summer until frost on very compact, dwarf plants. Baker Creek's restaurant uses it in their cuisine and says it is very popular. An

heirloom variety.

**Arroz Con Pollo** ORIGIN: Eastern Cuba. Another Caribbean "seasoning pepper". It looks like a habanero, but remove the seeds, and the heat is gone. Plants have a high yield and are best harvested when orange to red. For an authentic Cuban dish—sauté pepper with onion, garlic, annato (an orange-red condiment). Add with fresh chopped cilantro to a pot of beans.

**Banana** A classic, sweet wax pepper that has been grown by generations of gardeners. Its sleek, tapered fruit reaches 6-7 inches long, to 2 inches wide, and are a translucent ivory color when immature, ripening quickly to a stunning red-orange. Superb stuffed, in salads, or pickled.

**Canary Bell** Sweet, medium-sized thick-walled green fruits ripen to bright yellow. Sets early and produces all summer. Use in salads and great type for grilling.

**Chocolate Beauty** Medium to large fruits ripen to chocolate brown. Green fruit is good, but spectacular when fully ripe.

**Chocolate Bell, Miniature** Heirloom from Ohio. Small well-formed bells start as milk chocolate in color ripening to rich red. Stocky plants with great production. Great stuffing pepper.

**Corbaci** A unique and wonderful sweet pepper with very long 10 inch curved and twisted fruit that is very slender, like a Turkish sabre. This is a rare heirloom from Turkey that has a rich flavor. Try it pickled or fried. One of the most productive of all peppers according to tests by the University of California.

**Corno Di Toro Giallo** The traditional

favorite in Italy. Long 8” tapered, bull-horn shaped golden-yellow peppers and sweet and spicy. They are great fresh or roasted. Large plants yield well. Reputed to have some heat (500 Scovilles), but some say no.

**Criolla de Cocina** Rare sweet pepper from Nicaragua. Grows wrinkly looking fruit the size of baseballs. Ripen from dark green to red. Thin walled. Use in sauces, roasting, stuffing and frying. Plants are just under three feet tall.

**Cubanelle Sweet** Also know as “Cuban pepper”, it is a variety of sweet pepper commonly used in Cuban, Puerto Rican, and Dominican cuisine. Many cooks prefer it to bell types. They can sometimes be slightly hot, but only with a touch of heat. This 6-8 inch pepper is prized for its sweet, mild flesh, rich flavor and pretty colors. Its thin wall makes it well suited for quick cooking, and it has a low water content. For roast, stuffing or as a pizza topping pick when yellow-green. Try it fried, or in a yellow mole sauce. It is also a traditional ingredient in sofrito\*\*. Left to mature, it becomes bright orange-red. In addition to their famed taste and color, the Cubanelle peppers are known for the unique, imperfectly curled, wrinkled, and twisted shapes. \*\*Sofrito is a sauce used in Spanish, Italian, Portuguese, and Latin-American cooking.

**Emerald Giant** USDA bred, introduced 1963. Heavy yield of large 4-5 inch by 3-4 inch fruit. Vigorous, prolific with long season. 26-36 inch upright plants.

**Figitelli Sicilia** Sweet and juicy with an occasional hint of heat. Often pickled.

**Golden Cal Wonder** Colorful golden bells that are very sweet and tasty. Gold peppers are

superb for fresh eating; great for kitchen gardens. Productive plants produce early and do well in the North.

**Golden Marconi** Big yellow 7” tapering fruit. This late season Italian heirloom is great for frying.

**Habanada Sweet** The world’s first truly heartless habenero, from well known organic plant breeder, Michael Mazourek. The habanado is the product of natural breeding techniques. A great snacking pepper, it has all of the fruity and floral notes of the habanero without any spice (even the seeds are sweet). The 2-3 inch tangerine fruit stole the show at the 2014 Culinary Breeding Network Variety Showcase, where the fruit was made into a stunning sherbet. Make it a centerpiece of your cuisine.

**Himo Togarashi** Slightly spicy, rich green pepper taste. 4-6 inch long, pencil thin peppers hang on the plant like pieces of string (Himo means string in Japanese). In Japan, the fruit is sautéed in sea salt or featured in the traditional dish Ohitashi.

**Jimmy Nardello** Named for Italian immigrants who brought seeds when immigrating to Connecticut in 1887. Fruit grows to 10” long and ripens to glossy red. Sweet frying pepper.

**King of the North** Short season. Nice, blocky fruit with good flavor picked green or red. This variety thrives in the cooler summer weather, and yields crisp bells right up until frost!

**Lilac Bell** Fruit is a stunning medium lilac-purple. Crisp, juicy, and sweet! Try it on your relish tray. The medium-sized fruits start out yellow-green and ripen to purple, and

finally to red.

**Lipstick** A delicious pepper with 4 inch-long tapered, pimento type fruit that is super sweet, and has thick red flesh. This is an early pepper and does well in the North.

**Manganji Sweet** It is recognized as a traditional cultural vegetable in Kyoto, Japan, where it is celebrated as the King of Japanese Chili peppers. But it is actually a sweet pepper. Its complex sweet flavor and soft skin makes it a favorite of home cooks, as well as high-end chefs. It is considered extremely versatile and is often the subject of culinary innovation by some of Kyoto's culinary masters. Manganji pepper chocolate bars, and candied manganji pepper juice are just two examples. Baker is predicting the manganji to be a new sensation on the American culinary scene. Be one of the first to use it!

**Marta Polka** Large elongated bells ripen to golden yellow. Very compact plant but very productive. Very popular Polish variety. Early and late season. Container planting.

**Midnight Dreams Bell** Blocky four-lobed bells are the most amazing ebony-black we have seen in a pepper. Fantastic looking! The glistening, gem-like fruit is unusually thick walled, crisp, and mild. Produced abundantly on compact and sturdy plants.

**Mini Bell Pepper Mix** Colorful dainty bell peppers are an old Ohio family heirloom. The trio of mini red, yellow, and chocolate bells was introduced to the Seed Savers Exchange by Lucina Cress, who received the seeds from an elderly neighbor. The 2 inch min bells became locally famous, as Lucian would sell hundreds of jars of cabbage-stuffed pickled peppers at her local church bazaar. These

little peppers are great for snacking, stuffing or pickling. NOTE: see seedsavers.org if you want to try Lucina's recipe for miniature stuffed peppers.

**Oda** The fruit is a lovely shade of plum purple, ripening to a lustrous red-brown. Very strong, compact plants yield tapered, pointed bells from early summer on. Crisp, juicy, thick-walled, and very sweet.

**Orange Bell** Among the best tasting. Super sweet, bright orange fruit. Plants produce large yield.

**Padron Tapas Peppers** A prized specialty from the Galicia region of Spain. The tapered fruit grows abundantly on vigorous plants that bear both early and for an extremely long season. Pick small and quickly sauté in olive oil for a traditional "tapas" appetizer.

**Paradicsom Alaku Sarga Szentes** A great Hungarian pepper. Yellow, flat, ribbed pumpkin-shaped fruit. Flesh is thick, crisp and juicy—a trait peppers from Hungary are famous for.

**Red Mini Bell** Tiny, red bell peppers are only about 1-1 1/2 inches tall and wide. They have thick red flesh that is very sweet. Two foot plants produce loads of fruit, and early too. Great for stuffing. Like small things, you'll love these. They are cute!

**Shishito Japanese Sweet Pepper**

Finger-long fruits prized by chefs and restaurants. Usually used green, but fine as red. Compact plants, perfect for containers. One per 18" pot.

**Tequila Sunrise** Small plant with lots of unique, glowing golden-orange carrot-shaped fruit that are born upright on plants. Could be used in flower garden or as a container plant.

6" fruit is crisp and usually sweet but can develop a slight sharpness.

**Violet Sparkle** Pointed, wedge-shaped fruit is purple streaked with pale yellow. Seed grower's original supply came from a Russian seed trader. It ripens red and is thick-walled, sweet, crisp and delicious. One of the best in appearance and taste.

**Yellow Monster** Gigantic, behemoth elongated yellow bell peppers can grow 8 inches long by 4 inches wide! These impressive peppers are really sweet, meaty and wonderful. They are so pretty after they turn from green to bright sunshine-yellow. The plants produce plenty of big fruit, and you'll have enough to try them fresh, fried, or roasted.

**Zulu** Another impressively "eggplant black" colored bell pepper. The Zulu has crisp thin flesh. Its amazing piquant aftertaste of spicy zip minus the nip of a hot pepper is sure to please everyone. A beautiful pepper from Poland, the Zulu would be a great addition to salsa and salads.

## PUMPKIN

**Baby Pam** Pie perfect. Smooth 4-5 pound for painting or pies. Sweet flesh. Nice thick, tan handle and a good keeper.

**Long Pie Pumpkin** Looks like an overgrown zucchini. Fruits about 1 ft. long by 4 inches in diameter. Dates back to around 1832 when grown in Maine. Great for pies.

**Musquee De Provence** Big flat pumpkins are shaped like a big wheel of cheese. Skin is heavily lobed and ribbed. Skin is a rich brown when ripe. Flesh is deep orange, thick and very fine. Grows to 20 pounds each.

**New England Sugar Pie** Small sugar

pumpkin of 4-5 pounds. Fine sweet flesh superb for pies. Described by Fearing Burr in 1863.

**Winter Luxury Pumpkin** Heirloom 6 lb. pie pumpkin. Sweet flesh for cooking.

## RHUBARB

**Victoria Perennial** Pick permanent location. Winter hardy and drought resistant. Leaves are toxic! See also as medicinal herb.

## SQUASH, SUMMER

**Centercut** Another Seed 7 open-pollinated organic; described as a "new chapter" for the heirloom tromboncino from Liguria, where it remains popular with Italians. Try growing this young pale green squash with a nutty flavor and a meaty texture. Color fades to pale beige at maturity. Pick when around 1 foot long.

**Crookneck-Early Golden Summer** An heirloom and one of the oldest types of squash, dating back to pre-Columbus times. Remains popular to this day. Early variety is a prolific bush type plant that yields delicious, buttery yellow squash with a crooked neck and knobby texture. Best picked at 4-6 inches. Pick often for continuous harvest. Eat raw, pickled, roasted, or use in bread recipes.

**Ronde de Nice** An heirloom French zucchini. Pretty pastel green round zucchini with an especially rich flavor. Harvesting suggestions: 1-2 inches for quick cooking till tender. Or let grow to 4-5 inches for stuffing with its own flesh and favorite stuffing ingredients.

**White Scallop** Patty Pan type. One of the best-tasting and highest-yielding varieties that has been around since the 1500s! Grown



by Native Americans for hundreds of years. Flat fruit with scalloped edges. Great fried or baked.

**Zucchini-Golden** Bright golden color and a delicious distinctive zucchini flavor. Fruits are medium-long, slender and cylindrical in shape. Fruits are best when 6-8 inches. Grows on 3-4 ft bush plant. Yellow leaves okay.

## SQUASH, WINTER

**898 Squash** Re-imaging of the butternut. The 898 has sweetness, flavor and beta-carotene in a squash that fits in the palm of your hand. Let it ripen for full sweetness. The rind will darken and the green lines around the stem recede. Source: Seed 7

**Butternut Orange** Delicious butternut squash with orange rind. Used in savory soups, sweet desserts, side dishes; or fried (Medallion shaped slices). High in beta-carotene.

**Canada Crookneck** Old New England variety preserved at Old Sturbridge Village. Bottle shaped with curved neck reaches 2-4 pounds. Once common, it has become difficult to find. We have it!

**Delicata** Small, oblong fruits with fine edible striped skin and sweet flesh.

**Robin's Koginut Squash** A marriage between two of the developer's favorite squash resulted in a little pumpkin shaped squash with sweetness, smooth texture, storability, and a built-in ripeness indicator to assure it's picked at peak flavor (turns from green to bronze). Source: Seed 7.

**Red Kuri, Winter** Bright orange tear-drop-shaped fruit averaging 3-6 pounds with sweet, versatile flesh.

**Spaghetti Squash** Oblong yellow fruits

with mildly sweet flesh that separates into long "noodles". Bake or boil for alternative to pasta.

## STRAWBERRY

**Italian Alpine - Everbearing** Produces aromatic delightful miniature berries the size of your middle finger tip. Compact growth producing few runners. Excellent, edible ornament. Similar to wild strawberries. More flavorful than full-sized cousins.

**Elan - Everbearing - Field or container** Elan is a high yielding, day-neutral variety with vigorous plant habits (many runners). Medium sized conical berries with excellent flavor.

**Mara Des Bois** Everbearing -Unstoppable producers. Perfect for containers or raised beds. From June until frost, this French variety produces a nonstop harvest of fragrant, lusciously sweet plump strawberries.

## TOMATILLO (Staple in Mexican food)

**Grande Rio Verde (D)** Special selection of seed yields large, apple-green fruit. Medium sized plants need no staking. Fully ripe when it fall from plant.

**Purple (SD)** Rare to find. Small and round like a golf ball. Papery husk turns from green to brown. Fruit splits open as fruit matures. Starts as pale green ripening into deep violet. Tangy-sweet tasting flesh. Plant is heavily branched with dark green leaf and purple veins. Height averages about 3 feet. Good source of antioxidants.

**Verde (I)** Deep green fruit, a standard. Huge yield as with most tomatillos. Think salsa.

## TOMATOES

**Note: cherry, grape, paste, and pear varieties are marked with # symbol and can be found grouped under the heading Tomatoes, Mixed Varieties.**

**Abu Rawan (D)** Red, of Iraqi origin, and unusual for an Iraqi type. In Iraq the people favor tart tomatoes, and this one is sweeter. The plant yields fruit that is sweet with solid, all-purpose flesh. It is named for the onetime caretaker of the greenhouses in the Agricultural College at Al Ghraib, founded in 1950.

**Berkeley Tie-Dye Green (I)** Colorful and delicious large-fruited slicing variety. Fruit runs 8 to 16 ounces. Exterior color is green with stripes in red and yellow. The flesh is truly tri-color—creamy green infused with various shades of red and yellow. Each of the colors has a different flavors resulting in a spicy, sweet, tart tomato with good acid all in one fruit. Discovered in a planting of Beauty King (a bi-colored tomato of yellow and red). Fair to good production, an open-pollinated variety, and a favorite of many.

**Berkeley Tie-Dye Pink (I)** Compact plants produce beautiful 8-12 ounce fruit with a very sweet, rich, dark tomato flavor. At an unnamed farmers market taste test, 10 out of 10 people like the port wine colored beefsteak with metallic green stripes better than the Cherokee Purple. You will have to take the test yourself by growing both!

**Black Krim (I)** Dark red-purple fruit with rich sweet flavor. It always places high in

tomato taste tests. An heirloom from Russia with very unique looking large fruit. It is very juicy and has a wonderful flavor. A West Coast favorite, and a favorite of many fine chefs. It was the top tomato in Baker Creek's 2014 nutritional study.

**NEW Black Prince (I)** An heirloom from Irkutsk, Siberia. 5 ounce tomatoes are round and very uniform. The color is a wonderful deep blackish-chocolate brown. Its flavor is excellent and as rich as its color. A unique salad tomato, the plants produce a large and early crop. Vigorous vines grow best in cages.

**Black Sea Man (D)** Black beefsteak tomato, with medium-sized 4-8 ounce fruit. Delicious, rich and complex flavor. A hardy Russian heirloom.

**Brandywine (I)** A great potato-leafed variety, and the most popular heirloom vegetable (dates back to 1885!) Not heavy yielding but fruit is large. Up to 7" across, can weigh up to 1 1/2 lbs each. The pink fruit is sweet, rich, and slightly spicy flavored.

**Bread and Salt (D)** Named for Russian tradition of giving special guests a loaf of bread and salt as they arrive. Forget the bread! Just give guests this tomato. Big sweet fruit are round to slightly wedge-shaped and pink in color. Fruit may weigh 1 to 2 pounds.

**Carbon (I)** Winner, best-tasting tomato award at the 2005 "Heirloom Garden Show". A regular winner of taste awards coast to coast, including a recent heirloom tomato taste test at Cornell University. Large, smooth, and beautiful fruit; one of the darkest and prettiest of the purple types we have seen. Seems to have an extra dose of the complex flavor that makes dark tomatoes famous.

**Cherokee Purple (I)** Thought to have been passed down by the Cherokee tribe. Heirloom variety that ranks very high in taste tests. Rich, dark color and sweet, rich taste. Great on sandwiches or in salads. Let fruit ripen on vine for best flavor. Purple cast with green shoulders when ripe.

**Costoluto Fiorentino (I)** Productive and early maturing Italian sauce and slicing tomato. Deeply ridged fruit—a vigorous, hardy heirloom. Looks beautiful on a sandwich. It has been around since the early 19th century and is an old Italian favorite which has become very popular with American chefs.

**Creole Original (I)** Heritage not verified, but reported that seeds trace back to the late 1700s. Medium sized fruits ripen to a bright red color. Large yields with production lasting late into season. Flavor has just the right blend of sweet and tart.

**German Johnson (I)** Very large, 1-2 lb. fruit is deep pink, very flavorful, and crack-resistant. The plants are productive and great for a home garden.

**German Lunchbox (I)** An heirloom given to seed grower by a gentleman whose family brought the variety to the U.S. when they immigrated here, many years ago. Fruit is the size of a small egg, vibrant pink, and sweet. Perfectly sized for salads or putting in the lunchbox.

**Get Stuffed (I)** Fruits average 5-7 ounces each, and are similar to a bell pepper in shape. The skin is gilded in light streaks of gold. Medium large with a strawberry-like seed cluster in the middle that is easy to scoop out. Delicious stuffed with various fillings—raw or cooked.

**Gold Medal (I)** Large yellow fruit is very early for its size, and has an interior blush” of red. Can weigh over 1 pound, with some reaching 2 pounds. Sweet, low acid flavor.

**Green Zebra (I)** Beautiful chartreuse with deep lime-green stripes. The very attractive fruit has bright green flesh and a rich tasting, sweetness with a sharp bite to it. A favorite of many. Excellent yield. Fruit weighs about 3 ounces, and might be considered a large cherry. This tomato could be the fruit for the Green Bay Packers.

**Hungarian Heart (I)** Brilliant reddish-pink oxheart type fruit is large, sometimes exceeding 1 pound. The flesh is firm and meaty, like all oxhearts types. Crack-resistant fruit has few seeds and little tendency to develop a core. Solid flesh makes great slicing. A heavy producer all season long, it originated in Hungary around 1900.

**Lucid Gem (I)** Winner of the sweetest tomato at the 2017 National Heirloom Expo. A slicing-type with stunning fruit inside and out. The sister selection to Blue Beauty yields loads of 5-ounce beefsteak-type fruit; meaty and has few seeds. First they ripen yellow, then more toward orange when very ripe. The black splashes on the skin make it an eye-catcher. The flesh is marbled yellow to red. It is unusually heat tolerant and the fruit is a great keeper. Another Brad Gates/Wild Boar Farm selection.

**Mallorcan Winter (I)** This unusual heirloom tomato from the island of Mallorca is used almost exclusively for sun drying or for winter storage. Do not harvest while growing on the vine. At the end of the growing season, hang cut vines with tomatoes still on them

indoors to continue ripening. Or you may sun dry.

**Mortgage Lifter (I)** Developed by a man known as “Radiator Charlie”, in 1922. He tinkered with cars, farm equipment, and tomatoes. The plant produces good yields of” 1 to 2 pound beefsteak tomatoes that have a sweet rich flavor. They turn deep pink when mature.

**Pierce’s Pride (I)** Stabilized cross from Baker Creek Heirloom—with medium-sized fruit. Flavorful and rich. Nicely shaped, deep, dark black-red in color.

**Pineapple (I)** Heirloom beefsteak. Golden-orange fruit that can weigh 1-1 1/2 lbs. Very rich, sweet pineapple like flavor.

**Pink Boar (I)** This small 4 ounce gem is pinkish-wine colored with metallic green stripes. It’s a great producer and a definite must if you want a small, juicy, sweet tomato. Another winner from Brad Gate’s Napa Valley Wild Boar Farm.

**Pink Elephant (I)** Thought to have come from Russia. A perfect pink tomato. Bears large, 6-12 ounce fruits, full of sweetness. Good for all standard uses.

**Pink Oxheart (I)** Big, oval pointed fruit. Sweet old-fashioned flavor. Good all-purpose variety.

**Raspberry Lyanna (SD)** Another one of the “best ever” category. Smooth fruit and huge production. Great for canning. Stunning raspberry-pink fruit of medium size with firm, sweet and richly favored flesh. Baker Creek employees love it. Originally from Russia, it is perfect looking and one of the pretties BC has grown.

**Rutgers (D)** Good fresh or for canning. Large, red, 8 oz. globes. Good yields and

strong flavor on large vines. A fine New Jersey heirloom.

**St Pierre (I)** Beautiful French heirloom. Large, tender fruits with full, rich tomato flavor are great for fresh eating or canning. Deep red, excellent producers.

**True Black Brandywine (I)** Fine variety passed down from Quaker family and dates back to the 1920s. Potato leaf plant produces extra large fruit full of deep, earthy and sweet flavor that makes blackish-purple tomatoes so popular. Excellent for salsa and cooking.

**Pantano Romanesco (I)** A Roman heirloom sent to Baker Creek by a Mr. Barbetti. The fruit is very large and deep red, with almost a purple tint. The flesh is very rich, flavorful, and juicy. An excellent tomato for home gardeners; very rare and delicious.

**Peron (SD)** Also known as Peron Sprayless. It’s vines are fairly disease resistant. The deep red fruit can be used for canning or freshly sliced. The smooth, slightly oblate fruit is very dense-fleshed and meaty; very little core. Skins are very thick and tough, simplifying peeling when processing. It also makes for good keeping. Flavor is good, and sweet enough for fresh use; fruit size runs 3-6 ounces. Origin: Argentina, where it was developed by Prof. Abelard Plovano, prior to 1954.

**Pilcer Vesey Yellow Tomato (I)** Classic, huge, yellow beefsteak from Russia. Lemon yellow fruit are flattened and ribbed. Fantastic flavor and thick flesh. Has become a favorite.

**Tappy’s Heritage Tomato (I)** Beautiful, smooth, large red fruit is globe shaped. It has good disease resistance, great yields, perfect shape, and wonderful flavor. What more do you need? Developed by long time seed

growers in Illinois, and bred from heirloom varieties.

**Yellow Garden Peach (I)** An old French heirloom dating from the 1880s that is remarkable for its fuzzy peach-like skin, pale yellow flesh, and excellent fruity flavor. They resemble miniature peaches, even to having a pink blush on one cheek. Fruits hang in clusters (like cherry variety). Highly productive mid-summer to frost. Baker Creek suggests trying it in fruit pies (with pineapple, as an example) or in French-style marmalades.

**Wood's Famous Brimmer (I)** A Baker Creek (BC) "remarkable..and never disappointing". Developed in the 1920s in Richmond, VA, this is a tomato monster with 3 to 4 inch red fruit of perfect round shape. Original use uncertain, but BC says it makes the perfect BLT sandwich. It's an heirloom we hope will be brought back into mainstream regional cuisine, and soon! Thrives in humid summers.

## **TOMATOES, MIXED VARIETIES (Cherry, Paste, Pear, etc.)**

**Amish Paste (I)** Giant, blocky, Roma type tomatoes have delicious red flesh that is perfect for paste and canning. It has world-class flavor and comes from an Amish community in Wisconsin.

**Barry's Crazy Cherry (I)** Pale yellow cherries are delicious, and grow on some of the largest clusters known! Sweet fruits are oval, each with a tiny "beak" at the blossom end. Flavor is good, fruit keeps well. Expect to see 40-60 fruit trusses on the large plants. A new release from Wild Boar Farms (source of Brad's Atomic Grape as well.)

**Black Cherry (I)** Truly black bred in Florida. Perfectly round, dark fruit with rich, sweet dynamic flavor. Great for kebabs, salads or just eating in the garden. Vigorous vines, use a tall cage.

**Black Vernissage (I)** 2-3 ounce saladette variety excellent for fresh eating, salads, drying or making sauce. Healthy, highly adaptable and very productive over a long season. Deep mahogany, striped with green. Flavor is pleasingly rich.

**Brad's Atomic Grape (I)** Elongated multi-colored large cherries grow in clusters. Lavender and purple striped when immature, turning to green, red/brown with blue stripes when fully ripe. Interior is green with a blushed red when ripe. Delicately sweet. Holds up well on the vine.

**Chadwick Cherry or Camp Joy (I)** A 1-ounce cherry with delicious, sweet flavor makes this very popular with home gardeners. Large vines set huge yields and are disease resistant. Developed by the late horticultural expert, Alan Chadwick.

**Chocolate Pear (I)** Expect huge crops of "black pear-shaped tomatoes over a very long season. It has the rich tomato flavor that has made heirlooms so popular. Light red in color, overlaid with swirls of varying hues of green or brown. Very unusual and certainly one of the best!

**Cream Sausage (D)** New, stunning tomato. Elongated paste tomato that is cream" white to pale yellow in color. The sweet flavor should make it a hit with gourmet cooks. Bushy plants are quite productive. Think of the new sauce colors this fruit will create.

**Dr Wyche's Yellow (I)** Golden yellow and tangerine-orange fruits grow to about a pound. Meaty flesh with good flavor. One of the best heirloom orange types.

**Glacier (SD)** Round, 2-3 inch red to slightly orange fruit clusters on compact potato-leaved plants to 3 feet tall. Tasty early type that is great in salads.

**Goldman's Italian-American (I)**

Beautiful and large with a squat, ribbed and pleated pear shape. Intense red when ripe. Flesh perfect for sauces and preserves. Brought to USA from an Italian roadside stand.

**Martino's Roma (D)** Fantastic yields of richly flavorful plum-shaped tomatoes on compact plants that require very little staking. Resistant to early blight. The paste-type fruit weighs in at 2-3 ounces, is dry-fleshed and very meaty with few seeds. It's great for sauces, salsas and pastes.

**Pink Bumble Bee (I)** Stunning cherry tomato of recent breeding from Artisan Seeds. The fruit has a bright, sweet flavor, and the color is vibrant fire-engine red with golden orange striping. Vigorous vines yield crack resistant fruit over a very long season. Tolerates cool nighttime temps and hot days. Great for salads.

**Principe Borghese (D)** An Italian heirloom, famous for sun drying. Small 1-2 oz, grape-shaped fruit is very dry and has few seeds. It has a rich tomato taste that is wonderful for sauces. Vines yield clusters of fruit in abundance.

**Purple Bumble Bee (I)** Slightly elongated little cherries with striping in lime-green and bronze-purple. Crack-resistant fruit is

produced all season long on plants unfazed by temperature extremes. Complex, but sweet flavor. Good keeper. Artisan Seed.

**Purple Calabash (I)** Most purple of all purple tomatoes. Very colorful. Interesting shape—3" fruit is flat, ribbed, and ruffled. Intense, sweet and tart, with a lime or citrus taste. Plant resembles some pictured in 16th century herbal diaries.

**Red Rosso Sicilian (D)** Deeply ribbed, intense red fruit reaches up to 5 ounces. Firm, solid flesh, and somewhat hollow seed cavity makes this a great candidate for stuffing or paste. But the scalloped appearance of a slice looks lovely on a plate. Grown in Indiana by Ann Fuller, who received seed from a Sicilian man in 1987.

**Roma (D)** A quality paste variety with very thick flesh. A popular old favorite with good yields.

**Rosella (D)** Pink to purple cherries with a smoky blush. The tiny cherries are half-inch across, contain very few seeds—superb for fresh eating, yet solid enough for cooking. Makes a deep, rich red tomato paste. Superior balance of sweetness and acidity, with a rich lingering aftertaste. Put it in your garden where it will be easy to snack on. Origin: Australia; a product of the Dwarf Tomato Project.

**San Marzano Lungo #2 (I)** Newer selection of the famous Italian cooking tomato. Long, cylindrical fruit filled with thick dry flesh and few seeds. Heavy producer.

**Green Vernissage (I)** 2-3 ounce saladette variety good for fresh eating, salads, drying or making sauces. Pale green fruits with dark green stripes. Pick when fruits just begin to soften.

**Jaune Flamme (I)** French heirloom bears clusters of sweet fruits like grownup Sungolds. Golden color.

**Orange Banana (I)** Unique orange color and banana shaped. Good for drying, canning and paste.

**Riesentraube (I)** German name translates as “giant bunch of grapes”. First offered in Philadelphia in the mid 1800s. Compact plants produce clusters of 20-40 red fruits.

**Snow Fairy (D)** Dwarf variety with a large yield of small globe-shaped red fruit. Tart flavor. Plants grow to a little over one foot tall.

**Sun Gold (I)** Hybrid cherry tomato with beautiful tangerine-gold color. Considered by many to be the best of all cherries.

**Sunrise Bumble Bee (I)** Luminous swirls of reds and orange, inside and out. What’s not to love? A favorite of chefs or anyone who loves the sweet juicy taste of a good tomato. These little fruit weigh barely an ounce and can be popped with abandon into your mouth. It might show a beak at the end of the blossom. A member of the new “Artisan” series.

**Stupice (I)** Great early tomato that originated in Czechoslovakia. Produces lots of red, small to medium sized fruit over a long season. Potato leaf variety.

**Tommy Toe (I)** Also known as Steakhouse. Vigorous plants produce hundreds of small, 1-inch cherries, unfazed by heat and humidity. The flavor is very good, not exactly sweet but with old-fashioned full, complex flavor. Origin: the Ozarks around 1900. Also very popular in Australia. One of the two places must be keen on puns.

**White Current (I)** Tiny, creamy white fruit with yellow tint to skin. High yield plants

with fruit in clusters. Large vining plants. Superb flavor.

# Specialty Plants

## GINGER

**Bubba Baba (Blue Ginger)** Dense, compact, pungent and low in fibers. Suggest using plenty of fertilizer. Interior is beige in color, and often has tinges of blue and purple as it matures. Perfect for making pickled ginger.

**Khing Yai (aka Big Thai Yellow)** A large yellow variety from Thailand. Mature large rhizomes have a hot taste. More punch than Chinese white ginger.

**Yellow Hawaiian** Pretty contrasts between bright pink scales and the rich yellow flesh. Mature product is much hotter than standard big gingers found in supermarkets. Handles hot and dry conditions as well.

## TURMERIC (*Curcuma Longa*)

A tropical plant in the same family as ginger. Not a dainty plant, turmeric has large green leaves, and grows three or more feet tall. As it matures, each stem sends up a spike of greenish-white and occasionally pink flowers. Turmeric is considered to be effective as an herbal medicine. Always consult your physician before using.

**Black Turmeric (Indian-Kali haldi)** An exotic variety native to India and Southeast Asia. Flowers are pink or maroon, and the leaf has a maroon streak in the midrib. The rhizomes start out as light pink and turn blue during maturity. Root scent is camphor and it is intensely bitter. More suitable for medicinal use than cookery. In Northern Thailand, a root

kept in your pocket makes you smell nice and is believed to make you more attractive.

**Red Hawaiian Turmeric** Sweet taste that does not make finished products bitter.

**White Mango Turmeric.** Has the taste of green mango. This variety is highly desirable for culinary uses. There is also good research pointing to its medicinal potential. In India, it's used to make pickles, and in Thailand, it's eaten with fish or used to make a spicy salad.

### **Indira Yellow Turmeric Indian variety**

Perfect for authentic Indian style spice blends like masalas or curries. It has a bright yellow interior and a more assertive turmeric flavor. Matures quickly. The flower is also unique. Flowers have a pink tinge to them, while other varieties have white flowers.

**BKK Turmeric** A Southeast Asian variety with small rhizomes that are rich in curcumin (7–10%) per growers research. Dark orange in color. Fingers are 1/3 the size and yields are less than half of the Hawaiian Red. Medicinal use or for authentic Thai or Burmese cooking.



# All New Offerings

**Beans, Light Red Kidney** Exceptional culinary quality, with silky texture and thin skin. Mild flavor and drier texture make them excellent for chili, bean salads, baked, and in soups. Medium-sized plants (bush habit) are sturdy and widely adapted, producing well even in cool, wet climates like the Northeast.

**Ground Cherry, Aunt Molly's** We are offering a Polish variety, grown since the 1830s. Our seed source thinks it is the best-tasting variety available. In pioneer days, ground cherries were often the first fruit planted. It's sweet citrus taste was enjoyed in jams, preserves, pies, sauces, and just for fresh eating. Plants grow to 24" tall, and spread to 3-4 feet wide. Extremely productive.

**Hibiscus, Roselle** Use for making cranberry-flavored bright red beverages, jelly, pie and tea. Both the flower and leaves can be used. The plant is red and very beautiful, and can get very large. Try the citrus-flavored flowers on frozen desserts.

**Peanut, Carolina African Runner** Thanks for Brian Ward of Clemson, this peanut is making a comeback after it was thought to be extinct in the 30s. Originally brought, in the 1600s, by slaves from West Africa, it could be the first peanut on US record. About half the size of modern cultivars, it is much sweeter, and has a higher oil content, making them not only great for snacking, but great for cooking and oil pressing.

**Peanut, Tennessee Red** A treasured heirloom that has been grown since before 1930. Each pod contains from 2-5 red-skinned, mild, sweet kernels. A Valencia type, earlier than Virginia strains. Superior for roasting or boiling (the preferred method of preparation in the Deep South).

**Rice, Duborskian** A upland short-grain hardy Russian variety. Well adapted to dry land production (no flooding necessary). The sturdy plants resist lodging and grow to 20-24" producing 12-18 tillers (stem) per plant, each bearing a rice pannicle (clusters of flowers that sprout from the top of the tiller).

**Rice, Titanio Rose** Short-grain brown rice from Italy. Another upland variety that grow in drier conditions. This variety is used for risotto with a creamy texture and great flavor. Very dense spiraling seed heads.

**Tobacco** We are growing this for you as a flower. It has a lovely fragrance, and is very popular with night pollinating insects. We will have seven varieties, one of which, the Hopi, dates back to Mayan times. It was popular with South American shamans.

# Herbs

**NOTE: Multi-use herbs are marked with \* \***

## CULINARY

**\* \* Anise, Official** Native to the Mediterranean, Asia Minor, and Egypt, it was introduced to Europe during ancient times. The sweet and spicy seed is a universal flavoring agent. Not a pot friendly plant.

**Basil, Blue Spice** The most fragrant basil. Heavy fragrance with spicy vanilla overtones that make a pleasant addition to both fruit salads, and savory dishes. It's a vigorous plant with dense spikes of light purple flowers in deep purple bracts (modified or specialized leaf). Looks great in pots or in the garden

**Basil, Genovese** Sweet basil, popular with all. Makes excellent pesto. Can tolerate numerous harvests. Large leaves are aromatic and tender

**Basil, Genovese Red Freddy** Same as above, but instead of green leaves, Red Freddy boasts deep Roman purple. Same intense aromatic flavors. Purple pesto anyone?

**Basil, Greek** A tiny plant resembling a miniature Oak tree, but with the finest of basil aromas! Does well in pots. Leaves are small but with large aroma and flavor. Slow to bolt. Has been voted the best tasting basil of all. In Greece, a sprig is placed behind the ear to mask unpleasant smells (tobacco) or to attract men or women.

**Basil, Siam Queen Thai** Very strong, clove-scented basil. A must for curry and all

Thai cooking. Beautiful flowers. Improved variety.

**Basil, Thai Sweet** Spicy, sweet. Nice licorice taste. Essential for Thai cooking.

**Bee Balm, Lemon** Superb tea plant with striking pink-purple flowers. Lemon flavored variety that is beautiful and tasty.

**\* \* Bergamot, Lemon** Native to central and southern United States and Mexico. Outrageously purple in multiple dense whorls that bloom May to August. Attracts butterflies, hummingbirds, and herbalists! Leaves are lemon-scented. The oil is commonly used to flavor Earl Grey tea. Traditional usage: in aromatherapy it is used to reduce anxiety. Additionally, it may reduce blood sugar levels, promote good cholesterol, and reduce fatty deposits in the liver. Bergamot is rich in polyphenols which have strong antioxidant effects.

**\* \* Catnip** Make a cat happy. And you might try it in an herbal tea, using the edible flower petals (not the entire flower head). Pinch off individual leaves as desired. Perennial in zones 4-10. Natural insect repellent.

**Chervil** Slightly anise-like flavor enhances eggs, vegetables and fish dishes. Traditionally used in French cooking. Small white flowers atop 15-20 inch stems. AKA as French Parsley. Add leaves during last minutes of cooking to preserve delicate flavor.

**\* \* Chives, Garlic (aka Chinese leeks)** Flat leaved with mild garlic flavor. Attractive umbels of delicate white flowers. Grows to

about 12 inches.

**\*\* Chamomile, German** Aromatic flowers make a soothing tea. Also used in cosmetic products. Plants grow to 30 inches, and have a lovely fragrance.

**Cilantro** Popular in Mexican cuisine, a must for salsa and chili recipes. Harvest leaves as needed until plant sets seeds. Seeds can be dried for coriander.

**Cilantro, Caribe** Dense bunches of aromatic dark green leaves on long-standing, bolt-tolerant plants.

**Dill, Bouquet** Early to flower with large seed heads. Great for pickling and to flavor many other foods.

**\*\* Fennel, Common** A clumping perennial hardy in zones 3-10; it may be grown as an annual for the leaves. Native to the Mediterranean area. The grosfruchtiger variety has very sweet green leaves and sweet seeds with none of the funky aftertaste that sometimes comes along with roadside fennel. The green herb and especially the seeds are one of the most commonly used flavoring agents worldwide.

**\*\* Hyssop, blue** Great for attracting bees and butterflies. Hyssop has bright blue flowers, and is purported to be a strong antiviral plant that many use to treat the flu, etc. Its dark green leaves are used to flavor salads, soups, liqueurs and stews.

**Lavender Munstead** Origin: Surrey, England. A dwarf English lavender that is early flowering with blue color and sweet fragrance. Consider using as a path edging.

**Lemongrass, East Indian** Grows in grass-like clumps to approximately 4 1/2 ft. An

edible herb that is easy to grow.

**Lemongrass, West Indian** The preferred variety for culinary use. Compared with seed grown East Indian lemongrass, the stalks are larger and more bulbous at the stem base. Container or field. Each plant will produce 6-12 harvestable stalks.

**\*\* Lovage Native to Europe** An herbaceous perennial flowering from 4-7 feet tall. The leaf stems and leaves, harvested fresh and chopped, make an agreeably aromatic pot herb. Growers suggest it for flavoring potato-leek soup. Aerial parts may be dried and rubbed through a screen to create seasoning flakes to use through the winter. Traditional usage: intended either to prevent flatulence or facilitate expulsion of gastrointestinal gas.

**Marjoram, Sweet** Native to Southern Europe and the Mediterranean, with the gene center in Portugal. Versatile culinary spice is used for flavoring pizza, sausage, the holiday goose, as well as cornucopia vegetarian delights. Prefers full sun. Marjoram is the definitive herb for the kitchen garden, and is excellent when used fresh or dried.

**Milkweed** A great plant for butterflies (monarchs). An insect that feeds exclusively on milkweed accumulates enough of its poison in its body to make it distasteful to predators. Once used in a number of natural remedies, the plant is MILDLY TOXIC. Proceed with caution when using.

**Oregano, Greek** A flowering plant in the mint family. Strong oregano aroma and flavor. Great for pizza and Italian cooking. Attracts beneficial insects. Edible flowers can be used in the same manner as the herb. Try them in green or pasta salads.

**Oregano, Vulgare** Widely used in Greek and Italian cooking. Often combined with basil as the main flavoring ingredients of Italian food. Has small white or purple flowers

**Oregano, Zaatar** Grows wild in Israel, Jordan, and surrounding areas. Doubtless a common herb in Biblical times, and still one of the tastiest. Has a great flavor that blends hints of oregano, thyme, and marjoram. Frequently used by people living in the Middle East.

Mix the dried and powdered herb with various other ingredients-garlic, salt, olive oil, crushed sumac seeds, etc. and use it on bread. Delicious and habit-forming, in a good way. Plants are small but potent.

**Parsley** Considered by some to be one of the world's healthiest foods! We offer curled and flat Italian.

**Pipicha** Mexican culinary herb. Upright plant with narrow leaves. Flavor reminiscent of cilantro and arugula.

**Purslane, Golden** Peppy, bright yellow green. Excellent addition to salads. Popular green in Mexico. Purslane has the highest concentration of healthy omega-3-fats of any crop. Rich in anti-oxidants. Sometimes pickled for storage.

**Purslane, Green** Low, crawling plant with tender stems and juicy leaves. Popular in Mexico. Used in herbal healing. High in omega-3-fats and rich in anti-oxidants.

**Roselle** Jamaican Hibiscus is probably native to West Africa. It is often used for tea. It can interact with some medications. Consult your doctor before using frequently. It's Rose of Sharon flower can be toxic to dogs.

**Rosemary, Blue Rain** Uses include culinary, aromatic, medicinal and beverage. A fine

variety for hanging baskets or patio pots. Light blue flowers are long lasting.

**Rosemary, Mrs Howard** A creeping version that grows to a height of 14-28 inches. Large, wide, medium-green leaves have upright stems on thick trailing stems. Flat-leaved upright rosemary with light blue blossoms. As a superb culinary herb, it can be used in just about any recipe. Pairs beautifully with lamb and garlic.

**Sage, Pineapple** Native to Mexico and Guatemala, it is also known as *salvia elegans*. Its pretty flowers can be eaten and look great in salads! Leaves are often used dried or fresh in teas. As other garden plants are beginning to fade in late summer and early fall, pineapple sage will burst into bloom.

**Sage, Pitcher** Clumping perennial flowering to 2 feet. Native to the California Central Valley and Southern California. One of the most sought-after sages worldwide. The plant is pineapple aromatic and covered with oil glands. It's robust flowering cola can be as thick as your wrist. The magenta flowers are very attractive to hummingbirds. This plant may also be kept in pots, but do not allow it to dry out.

**Sage, Berggarten** AKA garden sage. Large oval leaves make this an atypical sage. Purple flowers are attractive to butterflies. Sage is a commonly used culinary herb, but is also used as an ornamental perennial. Violet-blue flowers appear in early summer.

**Sage, Broad Leaf** Recent research shows that sage is a memory enhancer. It also relieves tension and inflammation. NOTE: Data not verified. Culinary use: flavor meats, stuffings, vinegars and more. However, one

source compares odor to “sweaty socks”. Cats love it.

**Savory, Winter** Grows to around 12 inches. The perennial cousin to summer savory, it has thicker and shinier leaves, and a more pungent aroma.

**\*\* Stevia** A hard to find herb that is grown for its leaves which, when dried, are used” to sweeten drinks and desserts. Much sweeter than sugar, but non-caloric and does not promote tooth decay. Becoming more popular among health-conscious individuals. Heat stable. To sweeten a hot beverage, just drop a leaf into the cup. At 12-32 inches, it makes a perfect house plant. Origin: Brazil and Paraguay.

**\*\* Summer Savory** An ingredient of herbs de Provence. Used to season grilled meats and barbecue. Preferred for use (over winter savory) in sausage because of its sweeter, more delicate aroma.

**Tarragon, French** Cultivated for its leaves as an aromatic culinary herb. Plants grow 47-50 inches tall. This variety seldom produces any flowers or seeds.

**\*\* Tarragon, Mexican** Plant figures prominently in Huichol art, an inspirational and vibrant yellow flower. As a spice, the leaves are a harmless additive to eggs, and other protein dishes, rendering them savory. The flavor is very much tarragon, but also anise. Traditional usage: Colds. Prefers full sun and regular garden soil.

**\*\* Thyme, French** Woody perennial subshrub, a select cultivar from France. Excellent as a spice, this nicely green, narrow leaved cultivar is one of the most flavorful of all Thymes. Wonderful flower displays are much visited by

bees. Flowers are also edible and tasty. Makes an excellent tea (dry it first). Prefers full sun and mesic soil (moderate moisture level).

**\*\* Thyme, German Winter** Hardy zones 4-10. Evergreen woody perennial bush, a German cultivar. The culinary attributes are equal to the broadleaf English type, and they may be used interchangeably. Probably no one would be able to tell the difference in cooking. Good source plant for making Thyme tea. Prefers a sunny and dry position.

**Watercress** Perennial water plant. Native to all temperate regions of the world. Grows best in cool, running water. The leaves may be added sparingly to salads; they have a very peppery taste to them. Transplant to stream or ditch side when plants have sufficient roots to grab it. Just transplant them into the mud. They will grow.

**MEDICINAL HERBS —(You may wish to consult with your physician before using herbs purporting to have medicinal benefits).**

**Agastache, Korean, Golden Jubilee Hyssop** Makes a lovely anise tea. The golden foliage and heavily scented purple blooms make this plant attractive to pollinators. Loved by butterflies, bees, and goldfinch love the seeds.

**Agastache, Rose Mint** Leaves and flowers are used for healing. It has long been used to treat stomach flu, stomach ache, nausea, vomiting, and diarrhea. Can be prepared as a tea, or incorporated into lotion or a pill. Popular in Chinese herbalism.

**Agastache, Texas Hummingbird Mint “Heather Queen”** Half hardy perennial that is aromatic and attractive to pollinators. Great in arrangement and is used to make teas and mosquito repelling oil.

**Agrimony** Traditional use: urinary tract infection. Prefers full sun. Yellow flowers to 3 feet tall.

**Alehoof** (Ground Ivy or Creeping Charley). It’s a low growing perennial native to “Eurasia. Plants prefer partial shade and thrive in acid or regular garden soil. it’s a very common multi-purpose plant that has naturalized world-wide. Used fresh the plant is considered edible and nutritious. Try it in a salad. Traditional use: eye infections, colds, congestion, and flu. Once widely used in beer making to flavor, clarify, and preserve the brew; supplanted when hops gained more popularity.

**Alum Root** Native to the Pacific Northwest. It’s a pretty edging plant with bell-shaped, white flowers. Traditional use: astringent.

**Anchusa, Azure** Herbaceous perennial native to Italy. This species is noted for its intense, royal purple flowers, as big as quarters. The flowers are edible. They look lovely on the landscape, but get rangy after flowering. Cut them back, and they will go for another flowering. Prefers full sun and fast draining soil. An easy plant for beginners to grow, but will give satisfaction, as well, to the advanced gardener.

**Arnica chamissonis** A creeping alpine herbaceous perennial native to the American Mountain West. Traditional use: Anti-inflammatory.

**Ashwaghandha (garden berry)** Indian native plant indispensable in Ayurvedic

medicine. Used as sleep aid and to ward off anxiety (always consult a medical specialist before using any medicinal plant). Root is the part traditionally used. The berries resemble tiny tomatillos (related), but are not edible. Has been used as a rennet substitute.

**Basil, Tulsi, Krishna** “Holy Basil”.

Hardy to Zone 10-12. Otherwise grow in pot and bring in for the winter. An outstanding cultivar for producing the true tropical-type tulsi tea. Dark purple leaves. According to ancient folklore, the Tulsi plant is a manifestation of the Divine Mother on Earth, for the benefit of all creation. It tastes good and provides gentle stimulation to body, mind, and spirit. Growing tea basil brings many blessings to the household. The tea has a very satisfying taste and appealing aroma. Traditional usage: (Ayurvedic). Stress, anxiety, heart disease, arthritis, diabetes, and dementia! Starting the day with a cup of tulsi tea is supposed to be a fantastic way to get started.

**Black Mustard** Pungent, spicy aroma and flavor. Mustard seeds have been highly prized as a medicinal plant as well as a culinary spice for many years. Seeds add pleasant, complex flavor to spice blends. Often used in Dijon mustards, whole seed deli mustards and Indian cooking. Try in curries, soups, or tossed with vegetables or potatoes before roasting!

**Burdock** Burdock root is known for its sweet, mildly pungent flavor. Roots have high nutritional value and have medicinal properties. Stalks are also edible and cooked like celery. Harvest roots like carrots.

**Calendula** Native to Southern Europe. Orange flowers on the plant, which grows

to 18 inches tall. Traditional use: antiseptic, inhibits inflammation, and promotes healing. The flowers, when boiled, yield a bright yellow-orange dye.

**Cancer Bush** Woody perennial native to South Africa, Botswana and Namibia. In our temperate zones, the plant does reasonably well in containerized culture and tends to not get too big. It develops loose sprays of compound, gray-green leaves and large, showy, bright scarlet flowers followed by bladders-like inflated seed pods. In high demand as a horticultural oddity and decorative garden plant. Traditional uses by native peoples: bitter tonic, colds, influenza, chicken pox, varicosities, piles—Almost everything!

**Chamomile, Zloty Lan** Polish chamomile is bigger and higher yielding than the standard and is easy to grow. It has a wonderful aroma and is used to make teas. It has a level of essential oils and is one of the herbs used in biodynamic compost preparations. Its herb contents have been extensively studied for possible health benefits.

**Chamomile, Roman** Perennial ground cover native to Europe, but cultivated worldwide. Grows thickly to interlock forming an aromatic lawn which may be mowed to maintain close-cropped. Grow where you might want to take an afternoon nap!" Traditional usage: sedative, stomach aches.

**\*\* Chervil, Fijne Krul (fine curled)** Native to Europe, plants grow to about 12 inches with mounding habit. Fast growing, ferny, anise-flavored green that does well in the cool garden setting or in pots or planters. Chervil has a reputation of repelling slugs. At the same time, it attracts almost every kind of

beneficial insect and native pollinator, feeding them with sugary nectar through winter months through Zones 7-9. Plants are petite and the flavor is very fine. This gourmet parsley-like green might be tried in seasoning vegetables, meat dishes, omelets, soups and in salad dressings.

**\*\* Chickweed** Young shoots are edible and often used as salad greens. In homeopathy, the plant is used to relieve rheumatic pains and psoriasis, and several other chronic conditions. Grows best in cool weather.

## Chinese Medicinal Herbs

**Dan-shen** is Chinese Red Sage. Traditional usage

: tonifies the vascular system, helps prevent strokes.

**Dang-shen** is a perennial climbing vine that makes ornamental dangling bellflowers. Traditional usage: a ginseng-like tonic.

**Tien-hua-fien** is a perennial snake gourd. Traditional usage: antiretroviral.

**Hang-Qi** is the well-known "yellow leader" that makes deeply delving roots. Traditional usage: immune enhancement.

**Yi-mu-cao** is Chinese Motherwort, a self-seeding annual. Very showy flowers. Use as cut flower or in herbal tea. Traditional usage: "good for mother herb"

**Ku-shen** A herbaceous perennial subshrub to five feet, native to China and Japan. Traditional usage: (clears heat). Used for jaundice, chronic itching, urinary tract infections etc. Its long racemes\* of cream colored flowers give way to generous follicular clusters of seed

Pods. \*\* (flower clusters with separate flowers attached by short equal stalks at equal distance along a central stem. Base flowers develop first). Handsome and fun, like any good lover.

**Tou-gu** is Chinese Balsam, the easiest germinator we know of. A perfectly brightly flowered plant in pots or gardens. Traditional usage: poulticing agent.

**Wu-wei-zi** is a perennial vine that makes the bright tasting “manly flavored” fruits.

Traditional usage: Adaptogen, stomach-ache.

**Dream Root** Low growing herbaceous perennial 1-2 feet tall, native to the cape of South Africa. Softly spreading leafy rosette produces multiple stalks topped by pure white flowers, which produce a fragrance of jasmine and clove. Traditional usage: stimulate dreaming (used by the Xhosa people of South Africa)

**\*\* Echinacea purpurea** A group of herbaceous flowering plants, “Asteraceae” that includes daisies, asters, coreopsis, echinacea and sunflowers. A perennial, it lasts for” many years. Traditional use: immune enhancement; reduce symptoms of colds and flu. See also under Flower section. There are 9 species of echinacea; this one is best suited to a wide variety of growing conditions.

**Evening primrose** Self-seeding overwintering annual or biennial native to Europe and North America. This herb is very drought tolerant, and produces bloom after yellow, mucilaginous bloom in the evenings—even if it’s sun-baked. The flowers make a tasty and surprise addition to salads. Traditional use: PMS. The seed is high in gamma-linolenic acid (GLA), an intermediate in the synthesis of prostaglandins. The plant prefers sun to part shade. Flowers to 3-4 feet.

**Fenugreek, Common** Native to the Mediterranean. Aromatic foliage bearing white flowers with distinctive blue markings. Seed is warming to the digestive tract.

Absorbs toxins; lowers cholesterol levels in the bloodstream. Good for sprouts.

**Feverfew** Well known for many years as an herbal remedy. Traditional use: Anti-inflammatory, migraines. This variety has single flowers that are not frilly or variegated. 24 inch plants have citrus-scented leaves and small daisy-like flowers. Annual.

**Japanese Lantern** Creeping perennial native to China. Insignificant flowers transform into plump, round, cherry-tomato-like fruits enclosed in a bright orange, papery, lanterns-shaped calyx. Traditional use: homeopathic extracts, cooling poultice. **DO NOT INGEST**- source of potent steroidal saponins. Prefers moist soil in part sun/shade. It is very decorative growing on a wall, in rock gardens, or as a potted plant that drapes and sprawls.

**\*\* Job’s Tears** Also known as corn beads or tear grass. Member of the grass family and grows similarly to corn. Makes perfect beads, they grow with a ready-made hole down the center. Just gently poke with a needle to make it ready to string. Medicinal uses purport to be useful for hay fever, high cholesterol, arthritis, warts, and obesity.

**Lion’s Tail Herb or “Wild Dagga”** A member of the mint family. Native to Southern Africa. Used as a folk medicine among its native peoples for treating numerous ailments. It has shown promise in studies. Tall, evergreen tropical plant produces pretty orange flowers.

**CAUTION:** this plant is a mild narcotic.



**Cumin** An overwintering annual; hardy to zones 5-10. Native to the Mediterranean and cultivated worldwide. The seeds are an aromatic spice that make a perfect companion for salad dressings or cheese. Cumin is an ingredient of curry powder. Its distinctive taste and aroma are associated with ethnic food of the Mediterranean Basin and India. Traditional use: Ayurvedic medicine. Carminative (prevent flatulence). Plants prefer full sun and fast-draining soil. White or reddish flowers give way to heavy seed heads in the late summer.

**Gardenia, Common** Low-growing evergreen shrub native to China. Cultivated worldwide for its waxy, fragrant blossoms. In the northern states it is best kept as a container plant. Traditional use: drains heat and resolves toxicity. The flowers are used to flavor tea. Prefers part shade to full sun, and moist, rich, slightly acidic soil.

**Gumweed** Bushy herbaceous perennial to 3 feet tall. Native to the mountains and deserts of western North America. Thrives in diverse terrain; in a regular garden, it does best outside the reach of the sprinkler. Plant will produce a thick, rubbery perennial stem that may be crowned by a rosette of green leaves. As the season progresses there will be more stems and ultimately bright golden yellow flowers, flattened quarter-sized which then give way to the seedheads. Plant prefers full sun and drying, well-drained soil. Traditional use: asthma, poison oak and ivy.

**Gypsywort** Rhizomatous herbaceous perennial native to Europe. Strangely and enticingly aromatic. Plant prefers moist, poorly draining ground and full sun to part shade.

Traditional use: thyroid malfunction.

**Marshmallow** A perennial herb that has been used as a folk medicine for thousands of years. Native to Europe, Western Asian, and Northern Africa. Common uses are for digestive, respiratory, and skin conditions. Usually consumed as tincture, tea, or capsule. It was the original source of an Egyptian confection that evolved into today's marshmallows.

**Moringa, Dwarf** From India. Unlike other varieties of moringa, this tree will remain short and is very well suited to container growing, which makes growing it in the U.S. much easier. You will be able to bring your tree inside for the winter. Plant is prized for its very high-protein leaves, and rich concentration of minerals and vitamins, and heavy load of anti-oxidants. Leaves, blooms, seeds and immature seed pods, called "drumsticks", are edible, and taste somewhat like asparagus. Traditional use: sexual disruption, analgesic, and anti-inflammatory.

**Mullein** Traditionally used to maintain healthy pulmonary systems, including moistening membranes and as a soothing agent to support healthy throats, bronchi and lungs. Use as dye plant for yellow to grey colors. Biennial.

**Mustard, White** Native to China. Milder than black mustard, it is used to make many mustards. Harvested after the ripe seed can be rubbed out of the follicle by hand.

**Nettles, Stinging** Herbaceous perennial. Native to temperate climates worldwide. Nettles, dandelions, dock, and chickweed are all wild spring vegetables and found in diverse terrain. When the little Nettles are four inches high or so, snip them off. They must be lightly steamed to disarm their stinging hairs. Eat the

Nettles, and drink the water in which they were steamed. Traditional use: Allergies, builds blood. A source of trace minerals, potassium and the blood-like molecule known as chlorophyll. Nettles grow best in nitrogen-rich soil and prefer moist soil in sun or shade.

**Pennyroyal** Aromatic member of the mint family. Low-growing with long, creeping branches. Repels white flies and mosquitoes. Traditional medicinal and culinary uses. It should not be taken by pregnant women.

**Plantain Herb** Made into a tea or tincture, this is said to help with indigestion, heartburn and ulcers. Externally used for insect and snake bites, and as a remedy for rashes and cuts. Culinary use—leaves are sometimes cooked for greens. Plant forms a low rosette of leaves 10-20" in diameter, and, in time, a bare, tall flower-stem emerges from the crown, reminiscent in a way of tiny cattails. Plant hosts several species of moths, and seasonal seeds appeal to some small birds.

**Rue** Long loved for its medicinal properties, Rue shouldn't be discounted for also being a beautiful landscape plant. Compact mounding plants with interesting leaves. Looks great as a border planting! Yellow flowers are attractive to pollinators of all kinds. A preferred host for Black, Anise, and Giant Swallowtail butterflies.

**Sage, Broad Leaf** Recent research shows that sage is an outstanding memory enhancer. It also relieves tension, and inflammation. May help purify the system and benefit diabetics. NOTE: Data not verified. Always consult your physician before embarking on self-treatment using herbs with alleged

medicinal benefits. There are often interactions between the herb and other medications. Its pungent odor is unpleasant to many (think sweaty socks), but highly attractive to cats.

**Sage, Clary** In aroma therapy, clary sage is the scent of euphoria. The flowers are covered with "glandular" that are redolent with Clary's peculiar essential oil. Used in cooking, medicinally, and in making wine.

**Sage, White** Also known as sacred or bee sage. An aromatic evergreen perennial herb used by Native Americans to make smudge sticks. The smoke is used to bless, cleanse a healthy person or object being smudged. Used to "wash off" the outside world when entering ceremonial or sacred spaces.

**Spilanthes, "Toothache Cress"**

Multicolored Pom Pom flower heads.

Popularly used for an anti-viral, anti-fungal, immuring enhancer which has a numbing effect in the mouth.

**St John's Wort** This short-lived perennial is a well investigated medicinal herb Always check with your physician before using medicinal herbs.

**Stevia** Use the dried leaf to sweeten drinks, bakery or confections. It is 250 times sweeter than sugar. Plants tend to get leggy so cut them back to harvest. This also encourages lower branch growth. Traditional usage: wounds, hypoglycemia, and digestive aid.

**Summer Savory** Leaves and stems are used to make cough medicine. Some people take it for coughs, sore throats, and intestinal disorders including cramps, loss of appetite, nausea, etc.

**Tansy** Flowering herbaceous plant with yellow, button-like-flowers. Blooms in mid to

late summer. Hardy perennial with a long history for medical and natural insecticidal properties. Planted near your potato patch, it may help repel the Colorado Potato Beetle.

**Valerian Root** Perennial flowering plant with heads of sweetly scented pink or white flowers. The root is used to prepare teas, tinctures, and capsules for herbal treatment of insomnia and anxiety. Consult your physician before extended use.

**\*\*Yarrow, White** Perennial native to North America. Abundant tiny, bright white flowers bloom above fragrant, deep green, needle-like foliage. Good butterfly attractor. Beautiful as a cut or dried flower. Yarrow is purported to have some beneficial health benefits.

**White Horehound** This is the traditional remedy for coughs, having earned its place in the herb garden. Mounds of silvery foliage, around 18 inches tall and somewhat broader. It lasts all season long in most climates. White flowers in season are pretty but not really showy.

👁👁 *\*Typos are deliberately left in to satisfy anyone who likes to look for them. 🦋*