



# FPL SEED LIBRARY

## 2017 Seed Catalogue



## PEAS

### *Dwarf grey sugar snow pea Heirloom Vegetable*

An edible pod pea. This is the earliest and most dwarf sugar pea. The 6cm (2.5") long pods are light green, curved, sweet and very tender. For best quality, pods must be harvested before they develop large peas. At only 60-75cm (24"-30") tall, this good yielding pea does not need staking, but it is probably a good idea to use something, even a tomato cage to help hold them up

### *Alaska Heritage Vegetable*

This is the pea often used as the legendary 'split-pea' of yesteryear. A very early maturing pea nicely suited to freezing and canning. Pods are light green, straight and blunt-ended and are filled with 6-8 light green, very sweet peas. A reliable, consistent performer that is a favourite of commercial growers and home gardeners too! Vines grow from 60-90 cm (2-3') in height so growing them on netting or other low support will certainly help make picking that much easier. NOTE: Smooth-seeded pea.

### Planting Instructions:

**Direct seed** early May, tolerates cold. Plant in wide rows, 4-5 seeds wide, with a short trellis down the middle of the row. Ready to harvest in ~8 weeks.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Peas	7 - 10	16 - 48	8	1 - 3 inches	1/2 inch

**Harvest** regularly to ensure maximum harvest, pick before peas develop too big. Plants may start growing again when weather cools.

**Easy** to collect seed, let pods fully develop, wait until pods dry, harvest pods, remove peas, make sure hard & dry

**NOTE:** Bugs may occasionally snap off the first leaves of young peas, protect with a row cover or paper collars around each plant, either way the plants will continue to grow, birds will sometimes pluck out small shoots, row covers or distractions to keep birds away may help.

## BEANS (Bush)

### *Pencil pod yellow Heirloom Vegetable*

This vigorous, stocky bush bean is a prolific producer. Fleshy, light yellow pods 12 - 15cm (5 to 6") long are quite tender and generally stringless. A highly dependable bean for both home and market gardeners. Black seed.

### **Golden Wax Heirloom Vegetable**

Look for loads of flat, slightly wider, creamy yellow pods. This string-less variety is hardy and very productive. White Seed.

### **Royal burgundy Heirloom Vegetable**

This trusted purple podded variety is a productive and long bearing favourite. A good choice to get a jump on the season when the soil is still on the cool side. Richly textured, crispy and meaty 15cm (6") long pods have a delicious flavour whether eaten fresh or brought out from the freezer over the winter. When cooked for 2 minutes, the pods turn a bright green indicating the perfect blanching time for freezing! Brown Seed.

### **Slenderette open pollinated**

Dark glossy green pods 13 cm (5") long are slender and smooth with an outstanding flavour. Since the tender beans have no fibre or string, they are an excellent choice for the table, freezing or canning. Resistant to common bean mosaic and top curly virus. White seed.

### **Tender Green Bean**

The king of the green snap beans! An extraordinarily heavy producer, yielding succulent, sweet 15 cm (6") long beans that are superb for fresh or frozen use. Nicely shaped dark green beans are held well off the ground making picking less of a chore.

### **Black Turtle Dry Bean**

Black Turtle Beans come to maturity about 90 days after germinating, and can be harvested when leaves are falling off or have lost most of their color. These beans are typically eaten as dry beans. Sow seeds 1-2" deep, approximately 4-6" between seeds. Thin to 6" between growing plants, with 24-30" between rows.

### **Cranberry Bean**

Thought to be Native American in origin. The plump, round, deep red beans have a rich full-bodied flavour and bear a striking resemblance to cranberries. Delicious at the shell bean or dry bean stage.

### **Planting Instructions:**

**Direct seed** mid to late May after risk of Frost, or grow under a cold frame starting early May. Make sure soil not cold and wet. Plant 4-6 per sq ft. Ready to harvest in ~8 weeks.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Beans (Bush)	6 - 10	24	6 - 9	2 - 4 inches	1/2 inch

**Harvest** regularly to ensure maximum harvest.

**Easy** to collect seed, wait until pods dry, harvest pods, remove beans, make sure hard & dry

**NOTE:** Bugs may occasionally snap off the first leaves of young beans, protect with a row cover or paper collars around each plant, either way the plants will continue to grow, birds will sometimes pluck out small shoots, row covers or distractions to keep birds away may help.

# BEANS (Pole)

## *Purple Peacock*

(Pole—PURPLE: SNAP or DRY) 72 days.

This pole bean tolerates early plantings in cooler soil. Purple pods are delicious as a snap (fresh) bean, turning green when cooked. Left on the vine to ripen, dry beans are lovely in stews

## *Scarlet Runner*

(Pole - GREEN: SNAP, SHELL, or DRY or Ornamental) 70 days.

Stunning bright red flowers on dramatically rampant vines. Can be eaten at snap, shell or dry stage. Grower Steph Warr says that these grew well beyond their 12-foot trellis so be sure to grow with good support or along a fence. Pick and eat fresh young beans for endless blooming. Hugely ornamental and adored by the hummingbirds who came in droves.

## *White Runner Bean*

Similar to Scarlet runner but has a large white seed, and white flowers. Will cross pollinate with Scarlet runner, so keep separated if wanting to save seed.

## *Kings Banquet Pole Bean*

An heirloom seed saved after spending 60 years in a Colorado warehouse. Seeds were gifted to us from after a NB resident brought some back from Colorado several years ago. A versatile, prolific green bean with an interesting story.

## *Blue Lake Pole bean*

A green bean with vigorous vines that grow up to 7 feet, they need a trellis or something to grow on. Will produce all season if constantly picked. Maturity 65 days.

### **Planting Instructions:**

**Direct seed** mid to late May after risk of Frost, or grow under a cold frame starting early May. Make sure soil not cold and wet. Plant 2-4 per sq ft. Grow 6-10 feet tall, need sturdy trellis. Ready to harvest in ~8 weeks.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Beans (Pole)	6 - 10	10-12	2 - 4	4 - 6 inches	1/2 inch

**Harvest** regularly to ensure maximum harvest.

**Easy** to collect seed, wait until pods dry, harvest pods, remove beans, make sure hard & dry

**NOTE:** Bugs may occasionally snap off the first leaves of young beans, protect with a row cover or paper collars around each plant, either way the plants will continue to grow, birds will sometimes pluck out small shoots, row covers or distractions to keep birds away may help.

# ROOT

## *Early scarlet Radish Heirloom Vegetable*

Bright scarlet roots with pure white, crisp, tender flesh that has a very mild taste. Our stock is a special strain with medium tops about 7.5cm (3") high. This is a good variety to choose if your soil tends to be a little sandy or on the drier side.

### **Planting Instructions:**

**Direct seed** early in spring,. Thin plants, allowing 9 or more plants per sq ft., plant every 2-3 weeks for continuous crop harvest in 30-40 days once root at desired size.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Radish	5 - 7	48	16	1 inch	1/4 inch

**Harvest** Will bolt in the heat of summer, grow again in the fall. Plant in the same row with carrots, the radish will be harvested before the carrots get very big, and will save time thinning carrots.

**Easy** to collect seed, if not picked soon enough the plant will bolt and a flower stem grow, allow to flower then form seed pods and collect seeds once pods are dry.

## *Detroit dark red beet Heirloom Vegetable*

This variety is the standard bearer of the beet family! Dark red, globe shaped roots have a smooth crown and small taproot. The quick maturity, sweet slightly earthy taste, uniform shape and consistent interior colour make this variety the perfect candidate for canning or freezing. Very low in geosmin. Geosmin is the naturally occurring compound in beets responsible for "earthy" flavours.

## *Early Wonder red beet Heirloom Vegetable*

Is it any wonder that this variety is a gardener's friend - its quick to mature so you can harvest the sweet, deep red, tender roots then re-plant the area with other more heat-loving vegetables. The smooth-skinned, round to semi-globular roots are exceptionally uniform in shape and interior colour. A favourite variety for greens.

### **Planting Instructions:**

**Direct seed** early in spring,. Thin plants, allowing 9 plants per sq ft., plant seeds every 2-3 weeks for continuous crop, do not plant after mid july (poor germination) excessive rain or watering may lead to lots of leaf growth and pale or small roots.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Beets	12 - 14	16 - 48	9	1 - 3 inches	1/2 - 1 inch

**Harvest** greens early, and roots when they get to desired size.

**Difficult** to collect seed, roots must be kept overwinter and allowed to grow the following year, avoid crosspollination with other beets or swiss chard.

## *Baby finger Carrot Open pollinated*

With a length of no more than 9cm (3.5") and a diameter under 1.5cm (1/2"), these are the perfect choice for canning whole. Exceptional flavour and tenderness make this miniature carrot a gourmet's delight!

## *Chantenay Red Carrot Heirloom Vegetable*

Popular storage variety. Orange-scarlet roots are smooth, even-shaped and free from eyes. The meaty carrots are 15cm (6") long and 2.5 cm (1") thick with a sweet taste. A garden staple that is a good choice for soils that tend to be a little heavier.

## Nantes Coreless Carrot Heirloom Vegetable

Roots are a rich, bright orange averaging 15 cm (6") in length. Consistently cylindrical and blunt ended, Nantes is a great tasting, tender, coreless carrot.....even when the carrots are harvested late in the season!

## Garden Carrot

Regular size carrot. Low germination; sow thickly.

### Planting Instructions:

**Direct seed** early in spring,. Thin plants, allowing 9or more plants per sq ft., plant seeds every 2-3 weeks for continuous crop, cover planting bed with damp burlap to assist in keeping the seeds evenly moist. Remove when seeds germinate.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Carrots	14 - 21	16 - 48	16	1 - 3 inches	1/4 - 1/2 inch

**Harvest** anytime after plant root has turned orange, at desired size.

**Difficult** to collect seed, roots must be kept overwinter and allowed to grow the following year, avoid crosspollination with other carrot varieties, or wild carrot.

## Summer turnip

60 days. Mild flavour, roots have white flesh and purple tops for pretty additions in salads. Not for winter storage -- but frost-hardy. Use thinnings for greens in spring salads. Roots left in ground too long will go to seed, May cross fertilize with other varieties, so caution is needed. Planting similar to carrots and beets

## Laurentian Rutabaga (what most call Turnip)

Excellent for winter storage. Smooth globe-shaped roots have deep purple shoulders and fine-grained yellow flesh. Popular commercial and home garden variety. Maturity 120 days. Boron is a key trace element for the prevention of Brown Heart (water core) Roots must be over wintered to produce seed the second year, pollinated by insects. Need several plants to cross pollinate.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Rutabaga	5 - 7	8 - 12	4 - 6	4 - 6 inches	1/4 - 1/2 inch

## Parsnip

Requires a rich, deeply cultivated soil with plenty of organic matter and a pH of 6.5. Light feeder. Will tolerate slight shading. Sow as early as ground can be worked. Adequate moisture is essential for good germination which may take up to 21 days. Parsnips are tender and flavourful in the fall and a few light frosts will improve the flavour.

Very slow to germinate, spacing similar to carrots and beets

Parsnips easily overwinter and are best tasting in early spring, thus it is easy to save seed, just leave several roots in the ground.

**CAUTION WHEN HARVESTING SEED! The sap in the stems must be washed off after handling, especially when exposed to sun, as the sap may cause a 'poison ivy ' type reaction in sensitive people.**

## *Jerusalem Artichokes (Passamaquoddy/Skorospelka)*

Perennial edible root.

Super easy to grow, great yields of nutritious tubers, and excellent over-wintering and storage qualities. Even makes a pretty (and sturdy...really sturdy) windbreak or natural privacy fence. Plants have deep green lanceolate foliage with 3" bright yellow, single sunflowers and can reach 10' in height. J-choke are known for their **high inulin content**, which is a great thing for folks who have trouble controlling their blood sugar levels (i.e. diabetics). A suitable substitute for other starchy foods, such as potatoes or pasta, which may cause people problems. Originating in North America, this perennial is a relative of the sunflower'

**A limited amount is available for spring planting by contacting NBCHG Garden Director - Carol Muncer at [garden@nbchg.org](mailto:garden@nbchg.org)**

## GREENS

### *Bloomsdale long standing Spinach Heirloom Vegetable*

This standard Savoy leaf-form is excellent raw in salads or cooked as a side dish. The glossy, broad, deep green, fleshy leaves are long standing in the sun and heat.

#### Planting Instructions:

**Direct seed** early in spring, or start indoors. Thin plants, allowing 4-9 plants per sq ft.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Spinach	8 - 10	8 - 16	9	3 - 6 inches	1/2 inch

**Harvest** by picking outer leaves, alternately cut off plant leaving root to grow again. Bolts easily when it gets hot, plant a few plants every 2-3 weeks for continuous crop, grows well into the fall. NOTE: Do not plant when soil warm in July and August, will not germinate.

**Easy** to collect seed, when it bolts or suddenly sends up a long center stalk, flowers form, seeds are inside the dead flower. collect seed from slow to bold plants

### *Baby leaf Blend open pollinated*

Lettuce is a sun-loving cool weather crop that grows best in organic, well drained soil. Sow as soon as the soil can be worked in the spring, then every two weeks thereafter to ensure a continuous supply. Sow about 3 mm (1/8") deep in rows 45 cm (18") apart. An even supply of moisture during the entire growth period is imperative for success. Harvest leaf lettuce by either pulling the entire plant or by cutting leaves from the main stem at least 2.5 cm (1") above the base – this will allow the plant to sprout new leaves. Once lettuce bolts (starts to produce a rapidly growing flower stem) leaves become bitter.

### *Spicy Mesclun open pollinated*

A mix of Leaf lettuces, oriental greens, radicchio and other "zesty" salad green in one delicious blend.

#### Planting Instructions:

**Direct seed** early in spring, or start indoors. Thin plants, allowing 4-9 plants per sq ft.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Lettuce (Leaf)	7 - 10	12	4 - 9	1 - 5 inches	1/4 - 1/2 inch

**Harvest** by picking outer leaves, alternately cut off plant leaving root to grow again. Bolts easily when it gets hot, plant a few plants every 2-3 weeks for continuous crop, grows well into the fall.

**Easy** to collect seed, when it bolts or suddenly sends up a long center stalk, flowers form, seeds are inside the dead flower. collect seed from slow to bold plants

# BROCCOLI & KALE

## *Broccoli, Green Sprouting Heirloom Vegetable*

An old Italian variety, matures early and easy to grow. Vigorous plants grow up to 20" tall, produces main central head, once picked numerous smaller side heads are produced throughout the season. Keep all heads picked otherwise they will go to seed. Will cross pollinate with other types of broccoli, and several plants should be grown together when saving for seed, but other than that, easy to save seed. Best started 6-8 weeks before last frost.

## *Dwarf Curled Scotch Kale*

A very friendly kale, giving you green grins from the snow-covered garden in December. Frilly, blue-green leaves are super nutritious, cold-hardy, and bouncy in your soups and salads. Compact plants, 12" to 15" tall, with very productive leaf growth. Harvest outer leaves, the plant will keep growing all season.

## *Kale, Garden Seed Open Pollinated Heirloom Variety*

Curly variety . Kale is very hardy and taste improves with frost in Fall. Plant must overwinter to produce seed the following year. Can cross pollinate with other varieties so keep plants well separated. Best started 6-8 weeks before last frost, but also does well direct seeded.

## *White Vienna Kohlrabi*

Funny-looking and people don't really know what to do with it. But don't be afraid of the wonderful world of kohlrabi! The swollen stem is the desired part and is best when harvest-ed at about 2"-3" diameter. The stem is light green, with white flesh and a crisp juicy texture. Excellent raw as kohlrabi sticks (like carrot sticks!), for dipping, grating into salads, or cubed into stews.

The library may have other varieties of broccoli and kale on occasion

### **Planting Instructions:**

**Direct seed** early in spring, or start indoors.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Broccoli/ Kale	7-10	3-4 plants	1 or less	14-20 in.	1/4 in

# CUCUMBERS

## *Cucumber straight 8 Heirloom Vegetable*

Like a trusted friend, this variety can always be counted on to come through! An old favourite that produces outstanding yields of straight, 20cm (8") long, smooth skinned, dark green cucumbers. Great for slicing or for using in relishes.

## *Market More cucumber open pollinated*

A high yielding variety producing perfectly shaped, uniform, dark green cucumbers 20-22 cm (8-9") long. Superb for slicing. Highly disease resistant. Resistant to mosaic, scab & more.

### **Planting Instructions:**

**Direct seed** mid to late May, or grow under a cold frame starting early May. Plant 2 per sq ft or 6 " apart. Plant 2- 3 seeds per hole and thin out weaker plants, use a trellis or cage to grow up.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Cucumber	7 - 10	4 - 8	2 - 3	6 - 12 inches	1/2 inch

**Harvest** regularly .

**Easy** to collect seed, but must not be grown near another similar variety, leave a healthy fruit to over ripen, harvest, and collect seeds, the wet method will work.

**NOTE:** Cucumber beetles were a problem in our community gardens last spring. Protect your young plants by covering with fine netting or a 2 L pop bottle with the bottom cut off to prevent the beetles reaching the young plants. When plants become bigger they are fine. Otherwise it is best to plant late in the season past the time when the beetles are active.

## **SQUASH**

### ***Buttercup winter squash Heritage Vegetable***

Smaller fruit 1.5-2.0 kg (3.3-4.4 lbs) in weight with thick, fibreless, orange, sweet tasting flesh is the trademark of this variety. The skin is dark green with narrow grey stripes and slight mottling. Strong growing vines that varies in shape. It seems growing conditions sometimes produce boxy shaped fruits and at other times they can be similar in shape to an acorn. Very interesting looking and very flavourful squash.

### **Planting Instructions:**

**Direct seed** mid to late May, or grow under a cold frame starting early May. Winter squash need lots of room to spread. Best planted on the outer edge of the garden where they can spread freely. Plant 2- 3 seeds per hole and thin out weaker plants, tend to need the whole summer to be ready for harvest. Small fruiting varieties can be grown up a trellis.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Winter Squash	7-12	2-3	Less than 1	18-36 in	1 inch

**Easy** to collect seed, but must not be grown near another similar variety, leave a healthy fruit to over ripen, harvest, and collect seeds

### ***Dark Green Zucchini Heirloom Vegetable***

This compact, bushy variety will produce enough delicious, dark green fruits to feed the nation! Harvest fruit for best quality when 25-30 cm (10-12") long. This is the zucchini to have when you are pressed for space! Very easy to grow in half whisky-barrel sized containers.

### **Planting Instructions:**

**Direct seed** mid to late May, or grow under a cold frame early May. Plant 2 per sq ft or 6 " apart. Plant 2- 3 seeds per hole and thin out weaker plants, most bush type but can be very large.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Zucchini	7-12	4	Less than 1	12-18 in	1 inch

**Harvest** regularly to ensure maximum harvest.

**Easy** to collect seed, but must not be grown near another similar variety, leave a healthy fruit to over ripen, harvest, and collect seeds

## **TOMATOES (start inside 6-8 weeks before last frost)**

### **LATAH**

A good, early tomato. In this category, *Latah* is in a class by itself. It's given us mature fruit in July after starting from seed as late as May! Even gardeners from the far north who thought growing a ripe tomato was impossible have become converts. In areas where blight is a common problem, *Latah* often crops before devastation sets in. This bush variety pumps out 2 to 3 inch (5-7.5 cm) slightly flattened fruit with superb flavor through 'til frost.

### **Tribe's Tobique**

**An East Coast original!** NB naturalist that found a plant growing wild on the banks of the Tobique River one early July. Stocky plants, dark green leaves, round red 2" fruits.

### **Italia Tomato**

Indeterminate, 70 days from transplant

Best dried tomatoes ever! Slice these 1" -2" oval tomatoes in half, place in the dehydrator, and enjoy tasty, well-preserved treats mid-winter. Qualifies as a small paste tomato but super-sweet and great for snacking right off the vine as well. Very prolific.

Other varieties may be in the library from time to time.

NOTE: When saving seed especially tomato and pepper, it is important to list the exact variety as all the seeds look the same, otherwise the seeds have to be put in the library as variety unknown.

### **Planting Instructions:**

**Best** started indoor in March (6-8 weeks before last frost). Some tomatoes that produce small fruits can be direct seeded in mid may. Transplant outside mid to late May. Plants need a cage or stake. Plant spacing 1 per square foot or 1 ½ sq foot, or 12-18". Need lots of compost to feed plants.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Tomatoes	8-10	3-4	1 or less	24-36 in	1/4 in

**Harvest:** harvest as fruits ripen most varieties produce until frost.

**Easy to save seeds:** see wet method

May self-seed in garden from tomatoes left on ground.

# PEPPERS (start inside 6-8 weeks before last frost)

## *LO DOE HILL (Mini Bell)*

A rare, pre-1900 family heirloom from Virginia - **60-65 days** from transplant., Doe Hill has it all: early, extremely productive, and super-sweet! 3' tall plants bear huge loads of small, flattened golden fruit more succulent than any other.

## *Yankee Belle (sweet pepper)*

60 days to green, 80 days to red.

A green-to-red bell pepper specially developed in Maine for our short northern season. Its large plants produce 6-8 large, blocky, thick-walled peppers. Early! Crisp! Delicious!

## *King of the North Pepper*

A sweet bell pepper good for short growing seasons. Ripens to red if left on vine

## *JALAPEÑO (Hot)*

**78 days** from transplant. That familiar little green pepper, with just enough heat to suit most tastes. NBCHG garden seed.

## *Cayenne pepper*

Bright red fruits on a compact plant are excellent for homemade hot sauce and dry well for ristras and delicious, dried hot pepper flakes. The 8-10" long, thin-fleshed fruits taper to a skinny point. NBCHG garden seed.

NOTE: When saving seed especially tomato and pepper, it is important to list the exact variety as all the seeds look the same, otherwise the seeds have to be put in the library as variety unknown.

### **Planting Instructions:**

**Best started** indoor in early March (6-8 weeks before last frost). Transplant outside mid to late May. Plants may need a cage or stake. Plant spacing 1 per square foot or 12-18". Need lots of compost to feed plants.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Peppers	14-20	4-8	1 or less	12-24 in	1/4 in.

**Harvest:** harvest as fruits ripen most varieties produce until frost.

**Easy to save seeds:** Leave pepper to fully ripen on plant, cut open and collect the seeds, allow to dry

# HERB

## Dill

This common herb boasts a variety of culinary uses from sauces to pickles. Great in fish dishes. Large flower heads can be dried for flower arrangements. Height 2-3 feet. Can be used as a microgreen, and at any stage of growth including using seed heads and seeds

### Planting Instructions:

**Direct seed** once soil is warm, mid to late May. Thin plants, allowing 4-6 plants per sq ft.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Dill	10 - 14	Thin to 8	4	6 inches	1/4 inch

**Harvest** the leaves or wait for the plant to flower and cut flower head once the outer seeds start to dry to use for dill pickles.

**Easy** to collect seed, allow the flower/ seed head ripen, and cut when seeds are well formed but before they drop off the plant. Store in a paper bag until fully dry. Different varieties of dill can cross pollinate so only grow one variety is saving seed for future growing seasons

## Cilantro

Annual. 40 days leaf, 90 days seed.)

Often used to add its distinct, fresh flavour to salsas and other Latin American dishes. Leaves are vibrant green and flat, resembling Italian parsley. Excellent when chopped and added to salad dressings.

Because of its strong smell, Cilantro is also a great companion plant in the garden. Plant between your most pest-sensitive crops to confuse the bugs! NBCHG garden seed.

### Planting Instructions:

Cilantro is best direct seeded and will go to seed when the weather warms up. Sow seed every few weeks to keep a steady supply.

Parsley and other herbs are best started inside 6-8 weeks before last frost..

Saving seeds depends on variety, cilantro seeds easily, others may take 2 years.

## Basil

A beautiful plant that has culinary, medicinal and ornamental qualities. Basil is rich, spicy and mildly peppery . An annual plant, easily grown from seed, can be started early indoors. Frost sensitive so don't plant outside until all danger of frost has passed.

## Parsley

A biennial, and will overwinter, but it is mostly grown as an annual. Can be slow in germination, doing best in warm, moist soil (60-85°F), with pH of 5.0 to 7.0. Soaking seed in lukewarm water for several hours before sowing is beneficial; some advocate use of boiling water, or freezing seed for a short time. Sow indoors, from late winter to early spring and outdoors in early spring, before last frost. Ensure constant moisture until after germination (may take 3 weeks or more). Thin or space plants at 6 inches apart. Harvest as needed, beginning with large, outer leaves.

# FRUIT

## *Aunt Molly's Ground Cherry*

Delicious tropical taste in an attractive paper wrapper. Ground cherries are very sweet and taste a bit like pineapples. Can be used in preserves, pies or over ice-cream or eaten raw. The fruit from these prolific plants can be stored for 3-4 weeks after harvesting. Start indoors like peppers. Matures in 60-65 days after transplanting. Can direct seed in the garden with a later harvest.

### **Planting Instructions:**

**Direct seed** early in spring, cover lightly or start indoors (best). Grows like tomatoes, some are tall and some grow wide but near the ground. Seed several seeds and weed out all but the strongest plants, spacing 1 per square foot, or 12-18 "apart.

Seed Type	Days to Germinate	Number of seeds for a 4 foot row	Number of plants per square foot	Spacing of plants	Depth to sow seeds
Ground Cherry	7 - 14	4 plants	1	12 - 18 inches	Barely cover soil

**Harvest:** berries form inside a paper like husk, and are ripe when they fall; plant produces until frost kills the plant.

**Easy** to collect seed, collect some very ripe berries, squish out the tiny seeds into a bowl, rub gently to clean, pour off residue and keep the tiny seeds, allow to dry. Easily self-seeds in garden.

## *Sunberry*

A really unique addition to the garden. Good for fresh eating and or pie- simply substitute for blueberries. Matures in 80 days from transplant. Will self seed. Plant will grow 3-4 feet tall and 2 or more feet wide, can be trimmed to keep short. Frost sensitive. Harvest berries once they are very dark blue/black.

# FLOWERS

## *Calendula (edible flower)*

This seed originated in a members grandmothers garden many years ago. It has been popular among gardeners for centuries for good reasons: Easy to grow from seed (and easy to save seeds!), beautiful intense blooms of yellows to reds from June to early autumn, wide medicinal and culinary uses.

## *Oil sunflower*

Tall sunflower with one or several large flower heads. Grows well in Marysville community garden.

## *Marigold*

garden marigolds of various colors, good to keep bad bugs away from the garden. Can start early or direct seed in spring.

## *Poppy*

Marysville Community Garden pink/red annual, direct seed in spring, unknown if seeds are edible

### **Planting Instructions:**

Some flower seeds can be started indoor in March. Read seed packet to be sure. Transplant outside mid to late May. Can also be direct seeded once weather warms up. Sun flowers 1 plant per foot or more, others need 4-6 inches apart.

**Harvest:** seeds as flowers die and seeds mature, most flower until frost.

**Easy to save seeds:** May self-seed in garden.