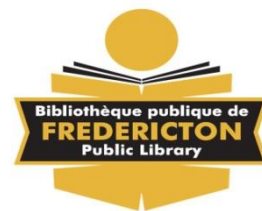




# FPL SEED LIBRARY

## 2023 Seed Catalogue



The following is a list of varieties which are most likely to be found in the seed library, but it may vary depending on availability. Three Sisters Planting description is available at the end of the catalogue.

## PEAS

### *Dwarf grey sugar snow pea*

An edible pod pea. For best quality, pods must be harvested before they develop large peas, does not need staking, but it is probably a good idea to use something, even a tomato cage to help

### *Alaska*

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. Vines grow from 60-90 cm (2-3') in height so growing them on netting or other low support will certainly help.

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 become too large. Snow type peas should be picked before the peas develop too much. Plants may start growing again when weather cools. For soup peas, leave on the plant until pods dry, then harvest, dry further, and shell.

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

**NOTE:** Bugs may occasionally snap off the first leaves of young peas and birds will sometimes pluck out small shoots, row covers or distractions to keep birds away may help.

## BEANS (Bush)

### *Pencil pod yellow*

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, black seed.

### *Royal burgundy*

Purple podded variety, productive and long bearing. Will germinate even when the soil is still on the cool. When cooked for 2 minutes, the pods turn a bright green indicating the perfect blanching time for freezing! Brown Seed.

### *Slenderette*

Dark green pods 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.

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 peas and birds will sometimes pluck out small shoots, row covers or distractions to keep birds away may help.

## BEANS (Dry)

Dry beans are grown to eat the seed, often used in soups and stews, a good protein substitute.

**Kidney Bean** Grown in Fredericton for years, productive, typical chilli bean. 90-100 days, bush

**Black Beans** Grown in Fredericton for years, productive, black early ripening, 80 days, bush

**Skunk bean** Grown at Hayes Farm, beautiful black and white bean, 85 days, pole bean.

**Planting Instructions:** **Direct seed** mid to late May after risk of Frost. Make sure soil not cold and wet. Plant 4-6 per sq ft. Harvest once pods dry. Skunk beans require support (see below)

## BEANS (Pole)

### **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.

They can grow 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. Ornamental, attracts hummingbirds.

### **Blue Lake Pole**

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.

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 peas and birds will sometimes pluck out small shoots, row covers or distractions to keep birds away may help.

## ROOT

### **Radish**

Red roots with pure white, crisp, tender flesh that has a very mild taste. Radish tend to bolt (produce seed but not an edible root) when the spring weather suddenly gets hot. Don't be

disappointed if this happens, allow the seed pods to develop and eat them while they are green, the pods are just as tasty as the radish itself.

**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, leave the unharvested radish in the ground and a flower stem well grow, allow to flower then form seed pods and collect seeds once pods are dry.

### ***Early Wonder Red Beet***

Quick to mature, harvest the sweet, deep red, tender roots then re-plant the area with other more heat-loving vegetables. A favourite variety for greens.

**Planting Instructions:** **Direct seed** early in spring. Thin plants as needed, plant seeds every 2-3 weeks for continuous crop, do not plant after mid-July to mid-August (poor germination from high soil temperatures), 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.

### ***Nantes Coreless Carrot***

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.

**Planting Instructions:** **Direct seed** early in spring,. Thin plants, allowing 9 or 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 cover 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.

### ***Laurentian Rutabaga (what most call Turnip)***

Excellent for winter storage. Smooth globe-shaped roots have deep purple shoulders and fine-grained yellow flesh. Boron is key for the prevention of Brown Heart (water core)

**Planting Instructions:** **Direct seed** early in spring. Thin plants to the correct spacing.

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
Turnip	7-10	16-20	9-12	2-4 inches	

**Difficult** to collect seed. Over winter to produce seed the second year, pollinated by insects.

### ***Jerusalem Artichokes (Passamaquoddy/Skorospelka)***

Perennial edible root. Super easy to grow, great yields of nutritious tubers, and excellent overwintering and storage qualities. Even makes a pretty (and sturdy...really sturdy) windbreak or natural privacy fence. Plants have deep green foliage with 3" bright yellow, single sunflowers and can reach 10' in height. A suitable substitute for starchy foods, such as potatoes or pasta.

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)**

## **CORN**

***Sunnyvee*** short season, sweet yellow corn, tolerates cool soil, short 6-foot plant.

**Planting Instructions:** Direct seed mid to late May or start indoors 4-6 weeks early. Plant in blocks rather than straight rows for better pollination

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
Corn	7-10	8 - 12	2	8-10 inches	1-2 inches

**Harvest when** cob seems full and silks at end are drying.

**Difficult** to get pure seed as crosspollination is easy. To collect seed, leave cob on plant as long as possible, strip off outer leaves and allow to thoroughly dry.

## **GREENS**

### ***Bloomsdale long standing Spinach***

This standard Savoy leaf-form is excellent raw in salads or cooked as a side dish.

**Planting Instructions:** Direct seed early in spring, early fall or don't plant in summers heat. Thin 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
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.

**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

***Grand Rapids Leaf Lettuce (heritage):*** Leaf lettuce that can be cut to grow again.

***Butter Crunch Butterhead Lettuce:*** A loose head type lettuce

Lettuce is a sun-loving cool weather crop. Sow as soon as the soil can be worked in the spring, then every two weeks thereafter to ensure a continuous supply.

**Harvest** by picking outer leaves or 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

**Planting Instructions:** Direct seed early in spring, or start indoors. Space plants 4-6 " 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
Lettuce)	7 - 10	12	4 - 9	1 - 5 inches	1/4 - 1/2 inch

# BROCCOLI, KALE, SWISS CHARD

## **Broccoli, Green Sprouting**

An old Italian variety, matures early, 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. Best started 6-8 weeks before last frost.

## **Kale, Summer mix & Vates Blue Curly Scotch Kale**

Kale is hardy and taste improves with frost in Fall. Best started 6-8 weeks before last frost, but also does well direct seeded.

**Swiss Chard Bright Lights** Grown and used very much like Kale, but this plant is a close member of the beet family

**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

**Harvest** by picking outer lower leaves of the kale, or initially the center head of the broccoli followed by the side shoots. Do not wait too long to pick the broccoli center head, it may not become large depending on growing conditions and may quickly go to flower.

**Easy** to collect broccoli seed, leave a few plants or some side shoots of a producing plant to flower and go to seed. Harvest seed pods once dry. Broccoli will cross pollinate with other members of the cabbage family if they are in flower at the same time. Kale requires over wintering, but being hardy it over winters very easily. Allow the over wintered plant(s) to flower and go to seed as with broccoli. Kale will flower earlier than broccoli so cross pollination with these two is minimal.

# CUCUMBER and SQUASH FAMILY

## **Cucumber , Straight Eight**

Basic garden cucumber, productive

**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 as they get to desired size.

**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.

## **Buttercup winter squash**

Smaller fruit with thick, fibreless, orange, sweet tasting flesh The skin is dark green with narrow grey stripes and slight mottling. Suitable for 3 sisters planting.

## **Canada Crookneck winter squash**

A local variety of butternut type squash with a long solid neck. Traditional 3 sisters variety

## Pie Pumpkin

Small pumpkin suitable for pumpkin pie and such.

**Planting Instructions:** **Direct seed** mid to late May or start indoors 4-6 weeks early. Winter squash need lots of room to spread. Best planted on the outer edge of the garden where they can spread freely. 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 fully ripen, harvest, allow to cure for 1 month, and collect seeds

## Dark Green Zucchini

This compact, bushy variety is very productive. Harvest fruit for best quality when 10-12" long.

**Planting Instructions:** **Direct seed** mid to late May, or start indoors early. The plant gets quite 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

**NOTE:** Cucumber beetles are a problem. Protect your young plants by covering with fine netting 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.

# TOMATO

## MOUNTAIN PRINCESS

This Appalachian heirloom features soft-skinned tomatoes, determinate plants, early and productive market sized fruits. (3 oz or bigger)

## MOUNT ROMA

Densely packed with firm, meaty flesh, plum/paste type good for cooking. and top choice for green tomatoes—superb in chow and relish recipes. Determinate plants, productive and early.

**NOTE: When saving seed especially tomato and pepper, it is important to list the exact variety as all the seeds look the same.**

**Planting Instructions:** **Best** started indoor in March (6-8 weeks before last frost). Transplant outside mid to late May. Most plants need a cage or stake.

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 fermentation method

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

# PEPPERS

## California Wonder

Sweet, bell shaped pepper, very reliable, 65-75 days after transplant.

**NOTE: When saving seed especially tomato and pepper, it is important to list the exact variety as all the seeds look the same.**

**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.

# HERBS

## Dill

This common herb boasts a variety of culinary uses from sauces to pickles. Large flower heads can be dried for flower arrangements. Tall plants, thin to 6" apart, harvest leaves, or wait for seeds to develop.

## Cilantro (also called coriander)

Annual. Leaves are vibrant green and flat, resembling Italian parsley. Cilantro is also a great companion plant in the garden. Plant between your most pest-sensitive crops to confuse the bugs! Cilantro is best direct seeded and will go to seed when the weather warms up. Seeds are. Plant every few weeks for a continuous supply

## Basil

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.

# FRUIT

## 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 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.  
**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.

## FLOWERS

### ***Calendula (edible flower)***

It has been popular among gardeners for centuries for good reasons: Easy to grow from seed (and easy to save seeds!), blooms from June to early autumn, wide medicinal and culinary uses.

### ***Sunflower***

Tall sunflower with one or several large flower heads. From Marysville Garden or Hayes Farm, Types: oil seed (for oil or birds), regular seeded (eating or birds), or mixture

### ***Marigold***

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

### ***Milk Weed*** (Seed collected from native plants)

Habitat reduction has put intense pressure on Monarch butterfly populations. Monarch caterpillars rely solely on milkweed as their food source in northern climates. It recommended starting your seeds indoors. Your seeds will need to be tricked into thinking that they have passed through winter outside (“vernalization”). Place your seeds in potting soil or in a moist paper towel and put them in the fridge for 3 - 6 weeks before planting. <https://www.monarchwatch.org/>

### ***Planting Instructions:***

Some flower seeds can be started indoor in March. 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” inch.

**Easy to save seeds:** As flowers die and seeds mature, leave to dry on plant then harvest seed, may self-seed in garden.

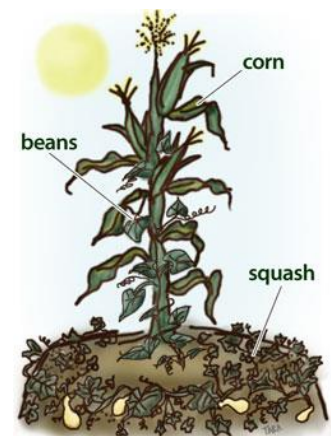
## THE THREE SISTERS: CORN, BEANS, AND SQUASH

Did you know that corn, beans, and squash are called the “**three sisters**” Indigenous Communities interplanted this trio because they thrive together, much like three inseparable sisters.

### THE THREE SISTERS GARDEN

By the time European settlers arrived in America in the early 1600s, Indigenous communities had been growing the “three sisters” for generations. The vegetable trio sustained the Native Americans both physically and spiritually. In legend, the plants were a gift from the gods, always to be grown together, eaten together, and celebrated together.

Each of the sisters contributes something to the planting. Together, the sisters provide a balanced diet from a single planting.



*Direct-Sow, Easy-to-Grow:  
The Ancient **Three Sisters** Method*



- As older sisters often do, the corn offers the beans needed support.
- The giving sister (beans), take nitrogen in the air and bring it to the soil for the benefit of all three.
- As the beans grow through the tangle of squash vines and wind their way up the cornstalks into the sunlight, they hold the sisters close together.
- The large leaves of the sprawling squash protect the threesome by creating living mulch that shades the soil, keeping it cool and moist and preventing weeds.
- The prickly squash leaves also keep away raccoons and other pests, which don't like to step on them.

Together, the three sisters provide both sustainable soil fertility as well as a healthy diet. Perfection!

#### TIPS FOR GROWING THE THREE SISTERS

- In spring, prepare the soil by adding fish scraps, compost, etc. to increase fertility.
- Make a mound of soil about a foot high and four feet wide.
- When the danger of frost has passed, plant the corn in the mound. Sow six kernels of corn an inch deep and about ten inches apart in a circle of about 2 feet in diameter. (goal: 4-5 plants growing, in roughly a square foot or less)
- When the corn is about 5 inches tall, plant 2-4 bean seeds, evenly spaced, around each stalk. About a week later, plant six squash seeds, evenly spaced, around the perimeter of the mound.

**Optional:** Start corn indoors early to plant outside. Once danger of frost is past plant your mound with the corn seedlings, bean seeds and squash (can also start squash early and plant at the same time) It is helpful to water well then mulch the soil after planting.

#### Other sisters

- Sister corn (*skamon*) – flint corn varieties
- Sister bean (*adebakwal*) – varieties such as Vermont True Cranberry, Skunk Bean pole beans grown for seed not fresh eating
- Sister squash (*wassawa*) – Canada Crookneck
- Sister sunflower (*gizos kogan*) – particularly a variety with pure white seeds.
- Sister jerusalem artichoke –
- Sister ground cherry (*kiiadebimen*) – often considered a weed because of its ability to self-sow. Now considered a “superfood,”
- Sister tobacco (*odamo*) – a variety native to the Northeast Kingdom. Tobacco was cultivated for ceremonial use.