



# “Beginner’s Guide to Buying Seeds”

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**SEED PACKET INFORMATION** – planting instructions, quantity to buy, harvest instructions, type of feeder and growing conditions required, common pests, companion plants

## **HEIRLOOM VARIETIES**

**Why Choose Heirloom Varieties?** food security, sustainability, pest tolerance

VEGETABLE	HEIRLOOM VARIETIES
Beans	Empress, Black Valentine
Beets	Bull’s Blood, Detroit Red
Carrots	Scarlet Nantes, Chantenay Red Cored, Atomic Red
Cucumbers	Marketmore 76
Leeks	Blue De Solaize
Lettuce	Red Oak Leaf, Black Seed Simpson, Arugula
Kale	Lacinato
Kohlrabi	Early Purple Vienna
Peas	Sugar Ann
Radish	White Icicle
Spinach	Winter Bloomsdale, Giant Winter

## **HOW AND WHEN TO SOW**

**Start indoors** under grow lights or sunny window

When: mid-March to early April

What: Basil, Parsley, Thyme, Leek

**Direct sow** outdoors

Early to Mid-May	Mid-late May	Early June	Mid-late August
Spinach, Radish, Peas, Kohlrabi, Swiss chard, Beets, other greens	Beans, Leaf lettuce	Carrots	Spinach, Leaf lettuce, Radish, other greens

## **PLANTS WELL SUITED TO SMALL SPACES**

### ***High yields in small spaces:***

#### **Spinach**

- likes cooler weather
- plant thick then thin to 10cm apart to discourage bolting
- plant around other plants and ***pull by July*** when the spinach will bolt making room for other plant to grow

#### **Leaf lettuce**

- cut often to prevent bolting or have 2 different rows that you replant on rotation every 2 weeks

#### **Swiss chard**

- interplant with other crops
- will grow all season if you cut it every few weeks

#### **Dwarf snap peas**

- grow well on a 3 foot high mesh fence
- pick pods while they are flat and they are edible
- pick often to encourage plant to keep producing but if peas form they are good to eat as well

#### **Bush beans**

- will produce a large crop if you pick them every few days so they don't mature.

#### **Basil**

- pick out flowering head in center of plant when it forms to keep plant growing
- harvest through out the season by pulling off individual leaves

#### **Beet**

- seed thick then thin plants to 2cm apart when they are 5-6 cm tall ; eat in your salad
- Thin again when plants are 15cm tall and small beets have formed. Cook and eat greens and beets
- Continue to use as the beet grow through out the growing season so you will have some large mature beet by October to roast or pickle

#### **Parsley**

- grows well into fall
- can be harvest by picking off up to half the stems once the plant has ten or more branches

## **PLANTS LESS SUITED TO OUR SOIL TYPE AND SMALL SPACES**

You may only want to grow only one or two any of these types of plants as they:

- are hard to grow because they have many pests
- are disease prone
- are heavy feeders requiring specific weather conditions
- are large plants that need lots of space
- need to be staked or pruned often

### **Tomatoes**

- fragile and need protection from cold and pests when transplanted
- growing a cherry type heritage variety will offer best yield over a long time
- bush types tend to be smaller plants
- mulch with an organic mulch to help make them more drought tolerant
- heavy feeder so they require rich soil with lots of well rotted compost to start and extra compost or compost tea every few weeks until fruit forms

### **Cucumbers**

- fragile and need protection from pests when transplanted
- heavy feeders requiring rich soil with lots of compost
- prone to disease in wet weather
- need lot of space to spread or support to grow up

### **Potatoes**

- cheap to buy and require lots of space to grow
- very prone to pests and disease

### **Turnip**

- prone to wire worm and club root
- requires lots of space to grow
- kohlrabi is a better choice needing less space and protection only from cutworms when young

## **GREAT REFERENCE BOOK**

*The Year Round Vegetable Gardener* – Author: Niki Jabbour - Storey Publishing, LLC (December 14, 2011)

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### Local Seed Resources

Name	Description	Phone	E-mail	Website
<b>Mapple Farm</b>	Located in Weldon, NB this small company specializes in some interesting vegetable seeds... they even sell sweet potato seeds! They only sell what they grow so you can be sure they are incredibly knowledgeable about their product. Access their seed brochure and order online on their website	N/A	greg@mapplearm.com	www.mapplearm.com
<b>Annapolis Seeds</b>	Located in Middleton, NS Annapolis Seeds is a living seed bank for the Maritime region, whose goal is to maintain, select and develop the greatest diversity of seeds possible which thrive in our climate. 100% of their seeds are grown in the Maritimes by small-scale growers committed to sustainable farming methods. All varieties are open-pollinated. Check out their website to order online or contact Owen by email to receive a free catalogue	N/A	owen@annapolisseeds.com	www.annapolisseeds.com
<b>Corn Hill Nursery</b>	Located in Kings County New Brunswick Corn Hill Nursery grows a complete range of hardy fruits, ornamental shrubs and trees, vines and perennials without the use of pesticides, herbicides or chemical fertilizers. They also have a selection of native plants! View their catalogue and order online or email to receive a free hard-copy catalogue	506-756-3635	osborne@cornhillnursery.com	www.cornhillnursery.com
<b>Save-a-Native-Plant</b>	Located in Fredericton New Brunswick Save-a-Native-Plant nursery's objective is to inspire New Brunswick residents and businesses to grow native in their own green spaces, thereby ensuring the survival of these important plants. Contact David Smith by email or phone to access his catalogue online or in hard-copy	506-474-0801	saveaplant@nb.abn.com	N/A
<b>Hope Seeds</b>	Hope Seeds a small but committed seed company, with a dedication to local and sustainable agriculture. Hope Seeds offers a wide range of seeds that bigger companies have overlooked, maintaining many rare and heritage selections. They only sell what they grow! Check out the website to order your free catalogue or order online	902-665-4905	See website.	www.hopeseed.com/home
<b>Halifax Seeds</b>	Located in Halifax Nova Scotia and Saint John New Brunswick Halifax Seeds is Canada's oldest continuously operating family owned seed company. They have a large variety of seed varieties and offer a selection of organic seeds. Access their catalogue online or email or call to receive a free hard copy catalogue in the mail	506-633-2032	info@halifaxseed.ca	www.halifaxseed.ca
<b>Veseys Seeds</b>	Located in York, Prince Edward Island, Veseys has a large variety of seeds and offer a selection of organic varieties. Requests for free catalogues can be made on their website or by phone.	902-368-7333	customerservice@veseys.com	www.veseys.com