



Richters

Herb & Vegetable Catalogue 2026

SEEDS | PLANTS | DRIED HERBS & MORE

New for 2026:

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Over 1200 unique varieties available at richters.com

Welcome

to our 2026 Catalogue...

This year, as we look out across the herbal world we've helped cultivate for more than fifty years, we find ourselves facing challenges unlike any we've seen before. Running this business has tested our limits—its demanded long nights, hard decisions, and a resilience we didn't know we'd need.

And yet, despite everything, our conviction has only grown stronger.

Because our mission — to bring herbal diversity to every home — feels more essential now than at any time in our history.

The world is changing fast. Costs of living soar. Technology disrupts livelihoods. AI rewrites the rules of work. People feel stretched thin, anxious, and increasingly disconnected from the real world and from each other.

But a seed is a small act of defiance...

Every seed we grow, every plant we ship, every herb we keep alive in our collection represents our collective fight to reclaim a little control. Growing your own food, your own medicine, your own flavours — these are simple but profound acts of self-reliance. They remind us that life doesn't happen only through a screen. It happens in soil, in sunlight, in quiet mornings, in green shoots pushing their way through the cold. That is why, no matter how hard things get, we remain steadfast in our purpose.

So in the midst of all the noise and uncertainty of today's world, we hope you find your refuge in the garden. We hope you take moments to move slowly, breathe deeply, feel the sun on your back, and the earth between your fingers. These small rituals are not trivial — they remind us what it means to be human.

Invite your friends to grow with you. Share your garden with your family, your community — and with us. (Truly, send us your photos; we love seeing the gardens you nurture!) Share your harvests, exchange cuttings, swap stories, teach someone who has never planted a seed before. This is how healing begins: not all at once, but together, one small act at a time.

From my parents, from me, and from our entire team who pour their hearts into every seedling and every order, we wish you a peaceful and abundant gardening season ahead. When the ground warms and you place your hands into the soil, I hope you feel the deeper meaning behind all of this — the legacy, the purpose, and the shared belief that the world becomes a little better every time someone plants something.

With gratitude,

Kofi Richter

Kofi Richter

Vice President, Richters Herbs



Established
in 1969

For over 50 years, Richters has been a trusted source for herbal knowledge and quality plants. Our enduring passion and commitment to quality have earned us the trust of gardeners and herbalists worldwide.

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With more than 50 years of
experience shipping live plants
across North America, we've
learned a great deal about what it
takes to get delicate, living things
safely to your garden.

We pack every plant with care,
but sometimes the journey can
still be a little bumpy.

Here's what matters most:
**if something goes wrong,
we've got your back.**

We stand behind every plant we
ship. If your plants don't arrive in
good condition, or if something
looks off, we'll work with you
to make it right — whether that
means a replacement, a refund,
or guidance for recovery. Your
success is our success, and
we're here to support you every
step of the way.

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Start your herb garden with
our most popular seeds and
plants priced to save money!

SEEDS @ \$3.00

S1270 Basil
S1680 Chamomile
S1790 Chives
S1890-300 Cilantro
S2032 Cress
S2140 Dill

S3910 Marjoram
S4367 Italian Parsley
S5170 Sage
S5290 Savory
S5680 Sorrel
S6450 Thyme

PLANTS @ \$4.95

P1273 Genovese Basil
P1790 Chives
P2141 Dill
P3625 Lavender
P3910 Marjoram
P4040 Mint

P4315 Oregano
P4367 Italian Parsley
P5030 Rosemary
P5170 Sage
P5300 Savory
P6450 Thyme

To find out more visit:

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*"It's amazing to get the
little box full of plants of
varieties I can't get here.
They always arrive looking
great. And their seeds are
the best"*

Angela May - Google Review



*"I can't get enough of this
place! Their selection of herbs
is unbeatable!"*

Chantal - Google Review



*"I ordered several plants for
the first time from Richters
Herbs and I must say I am very
impressed with the seamless
process, excellent packing
methods, and superb condition
of the plants..!"*

Silas - Google Review

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Collections

**Curated Garden
Collections Handpicked
By Our Team**



Herb Plant Collections

We ship from April to October. Out-of-stock plants will be substituted with plants of equal or higher value.

RICHTERS GARDEN OF LIVE HERBS

A great way to introduce friends and family to really sumptuous eating, featuring fresh herbs from the garden. Included in the Richters collection are many of the favourites: Lemon Balm, Bay Laurel, Chives, Lavender, Lovage, Greek Oregano, Rosemary, Sage, Winter Savory, Garden Sorrel, French Tarragon and Thyme.
P7400 Plants: \$60

MOSQUITO GUARD

Lemon Thyme Collection

Research has shown that lemon thyme works quite well against mosquitoes. That research inspired us to put together this collection of our best low growing Lemon Thymes. Plant them as a border along pathways or in between stepping stones, or in an open patch where you like to sit and enjoy summer evenings. Creeping Lemon (4), Lemon Carpet (4), Purple Carpet Lemon (4).
P7420 Plants: \$65

BRAIN BOOSTER

Brain Herb Garden

Three of the most important brain herbs from South Asia used to improve mental clarity and memory. Gotu Kola and Sushni are also food plants used as fresh or cooked greens. Grow on a bright windowsill. Bacopa (2), Gotu Kola (2), and Sushni (2).
P7430 Plants: \$42

GRILL MAGIC

Barbeque Herb Garden

Fire up the barbeque for summer entertaining magic with these grilling herbs! Make rosemary skewers for kebab. Try Lemon Thyme, Tarragon and Bronze Fennel on fish or Lemon Thyme on chicken and pork. Tip: slit meat and stuff with oregano, mint and thyme before grilling. Contains Barbeque Rosemary, French Tarragon, Lemon Thyme, Greek Oregano, Spearmint, Bronze Fennel.
P7440 Plants: \$32

O SPLENDIDO!

Mediterranean Herb Garden

The glorious taste of the Mediterranean summed up in six iconic herbs of the region. Genovese Basil, Greek Oregano, Italian Parsley, Rosemary, French Tarragon, French Thyme.
P7445 Plants: \$30

SAVE THE BEES!

Nectar Garden

Help the bees with these nectar-producing herbs in your garden. Anise Hyssop, Bee Balm, Faassens Catnip, Hyssop, Lavender, Wild Thyme.
P7490 Plants: \$35

Herb Seed Collections

CULTIVATE YOUR COOKING Culinary Herb Garden

Twelve favourites for indoors or out, wherever there is plenty of light. Lemon Balm, Chervil, Chives, Dill, Marjoram, Oregano, Parsley, Sage, Savory, Sorrel, Sweet Basil and Thyme.
S7500 Seed Collection: \$20

TEA TIME

Tea Herb Garden

Soothing tisanes to collect the spirit. Anise-Hyssop, Lemon Balm, Chamomile, Menthol Mint and Bergamot.
S7515 Seed Collection: \$14

HOME MEDICINE CHEST

Healing Herb Garden

Here's to good health, naturally! Cayenne, Comfrey, Valerian and Calendula.
S7525 Seed Collection: \$12

RICHTERS WINDOWSILL GARDEN

Five of our best herb varieties specially chosen for growing in pots or windowboxes. Parsley, Dill, Basil, Greek Oregano, and Chives.
S7530 Seed Collection: \$12

FLIGHTS OF FANCY

Butterfly Garden

Mountain Mint, Hyssop, Bergamot, Faassens Catnip, Lavender, Clove Pink, Clary Sage, Black Eyed Susan, Thai Basil, Hollyhock, Feverfew.
S7535 Seed Collection: \$28

BEE DAZZLED

Bee Herb Garden

Pollinator friendly herbs that bees can't resist! Anise-Hyssop, Bergamot, Black Eyed Susan, Chives, Mountain Mint, and Purple Prairie Clover.
S7536 Seed Collection: \$19

HERBES DE PROVENCE

French Herb Garden

Captures the warm flavours and aromas of the sunny south of France where lavender hugs the hills and thyme is plentiful. A classic seasoning for chicken, vegetables or meat. French Thyme, Sweet Basil, Summer Savory, Sweet Fennel, Lavender.
S7560 Seed Collection: \$12

SPICY MASALA

Indian Spice Garden

Savour the rich spices of India — from your garden! Coriander (*Dhania*), Black Cumin (*Kalonji*), Cumin (*Jeera*), Dill (*Sowa*), Fennel (*Saunf*), Fenugreek (*Methi*), Mustard (*Sarson*), Chile (*Mirchi*).
S7575 Seed Collection: \$20

Herbs

**Seeds, Plants,
and Plug Packs**



ACONITE

Aconitum napellus


P Z2-9 

(Monkshood; Wolfsbane) Striking bright blue flower spikes. Recognized as a poison since antiquity and used on arrows in battle and hunting. Contains aconitine, a useful sedative for many conditions. Not to be used without medical supervision. All parts of this plant are poisonous. Handling with gloves is recommended.

P1010 Plants (Mar-May shipment): \$12.45, 3+/\$11.20, 12+/\$9.95

AGRIMONY

Agrimonia eupatoria


P Z5-9 

(Stickwort) Tea has a great reputation as a wash for healing wounds and skin eruptions. Internally, tea is useful for liver, kidney and bladder problems. Produces yellow, gold and green dyes.

S1012 Seeds: Pkt/\$4.75, 10g/\$11, 100g/\$75

ALFALFA

Medicago sativa


P Z4-8 

Well known fodder plant. Combined with mint it makes an excellent nutritious tea rich in easily assimilated vitamins, minerals and trace elements. Alfalfa sprouts are popular in sandwiches and salads.

S1020-001 Seeds: Pkt/\$3.75, 100g/\$11, 1kg/\$55, 10kg/\$395

ALKANET

Anchusa officinalis


B Z4-9 

(Bugloss) Root decoction has blood cleansing action. Once used to treat rabies. Also used as a diuretic and to induce perspiration.

S1040 Seeds: Pkt/\$4.75, 10g/\$25, 100g/\$185

ALLHEAL

Prunella vulgaris

P Z4-9 

(Selfheal; Woundwort) As its name suggests, this herb is effective medicine for most internal and external wounds due to its astringency. Can also be used as a gargle for sore throats.

S1100 Seeds: Pkt/\$3.75, 10g/\$20, 100g/\$145

S1100-001 Seeds: Pkt/\$4.75

P1100 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55



ALOE VERA

ALOE VERA

Aloe vera

P Z10-11+ 

The well known healing plant. The fresh gel from the leaves is applied on minor burns, sunburn, wrinkles, insect bites, minor cuts, scratches, and skin irritations. The juice is used internally for ulcers. Grow indoors in good light.

P1121 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

ANGELICA

Angelica archangelica

P Z4-9 

Best known for candied stems, having flavour similar to licorice. Leaves, fresh or dried, can be brewed into a pleasant tea similar to China tea. Lives only 2-3 years unless the flowerheads are removed before seed set.


S1130 Seeds: Pkt/\$4.75, 10g/\$7, 100g/\$50

S1130-001 Seeds: Pkt/\$5.25, 10g/\$30, 100g/\$200

P1130 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

ANISE

Pimpinella anisum


A 

Best known for flavouring liqueurs such as anisette. Seeds are used in baked and confectionary goods. Fresh chopped leaves are appealing in soups, stews, sauces and salads. Aids digestion and eases cough.

S1140 Seeds: Pkt/\$3.25, 100g/\$22, 1kg/\$135

ANISE-HYSSOP

Agastache foeniculum

P Z4-9 

Attractive honey plant; produces abundant nectar which yields a light fragrant honey. Strongly anise-scented; delightful for tea or as culinary seasoning. Showy purple flowers.

S1145 Seeds: Pkt/\$3.75, 10g/\$25, 100g/\$190

S1145-001 Seeds: Pkt/\$4.75, 1g/\$12, 10g/\$72

P1145 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45



PIEDMONT BASIL

NEW

CRIMSON KING BASIL

New! PIEDMONT BASIL

Ocimum basilicum 'Piedmont'

An outstanding compact bushy Genovese-type basil with tolerance to downy mildew, powdery mildew and fusarium, diseases that are often fatal for basil. The leaves are notably spaced close to each other, making the foliage much denser than other varieties. Excellent for growing in pots, in gardens and on farms. A single plant can produce more than 800 leaves! All-America Selections Regional Winner.

S1273-550 Seeds: Pkt/\$4.75, 10g/\$23, 100g/\$160

PROSPERA BASIL

Ocimum basilicum 'Prospera CG1'

Excellent resistance to downy mildew disease! This is the first Genovese basil that is immune to the ravages of downy mildew disease. Even as other varieties show symptoms of the disease, Prospera has so far proved to be completely resistant. Developed at Bar-Ilan University in Israel, it is the result of painstaking crosses between a resistant wild basil and Genovese basil. Normally crosses between these types of basil do not produce viable seed but researchers found an innovative way to turn one of the crosses into a new Genovese variety that is truly resistant. For commercial growers who have found basil increasingly harder to grow successfully, this is a godsend. As an added bonus Prospera is also resistant to the dreaded fusarium fungus that has plagued basil for decades.

S1273-601 Seeds: Pkt/\$4.75, 10g/\$27, 100g/\$200

PROSPERA POT BASIL

Ocimum basilicum 'Prospera PS5'

Downy mildew resistant! A smaller, more compact version of Prospera basil that is suited for growing in containers and in gardens where space is limited. Highly resistant to downy mildew disease. Also resistant to the fusarium disease that has plagued basil for decades. Use like any other Genovese basil.

S1273-611 Seeds: Pkt/\$4.75, 10g/\$28, 100g/\$200

Bush Basils (*O. basilicum minimum*)

BUSH BASIL

Ocimum basilicum minimum

Standard bush variety. Dwarf, bush form. Fine leaves. Ideal for pot culture. New and improved. Now more uniform.

S1255 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$40

GREEN GLOBE BASIL

Ocimum basilicum minimum 'Green Globe'

A spectacular bush basil from Italy where it is known as *Finissimo Verde a Palla* ("very fine green, like a ball or globe"). Forms dense globular little bushes 50-70cm/20-28" across so perfectly uniform they look pruned. Good spicy flavour.

S1258 Seeds: Pkt/\$4.25, 10g/\$10, 100g/\$70, 1kg/\$500

Purple Basils (*O. basilicum*)

CRIMSON KING BASIL

Ocimum basilicum 'Crimson King'

Red or purple basils usually have two problems: either they have "off types" — or plants with green foliage — or they have weak stems and fail to stay upright in the garden — or both. This red Genovese basil solves both problems. Quite simply it is the most uniform and best tasting red or purple basil available. Excellent vigour, colour, flavour and aroma. Ht. 60-75cm (2-2.5ft).

S1273-650 Seeds: Pkt/\$5.25, 10g/\$25, 100g/\$175

RED GENOVESE BASIL

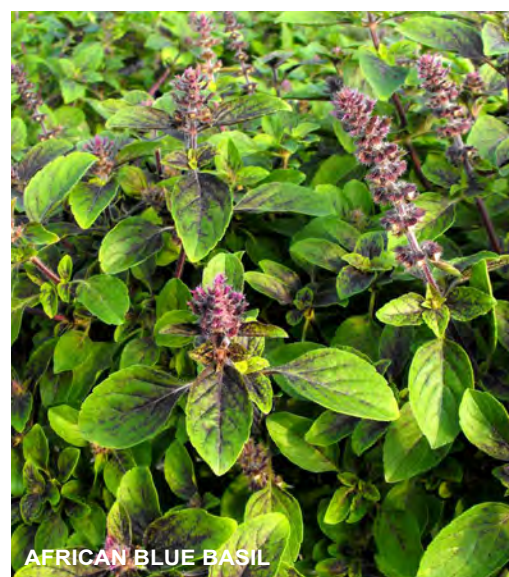
Ocimum basilicum 'Freddy'

First purple-leaf Genovese! As far as we know this is the first purple leaf basil of the Genovese type. And what a looker it is! Has the same convex leaf shape as you find in the regular green Genovese basils, and the same aroma and flavour. Just imagine what gorgeous pestos you can make with this!

P1273-700 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

Over 60 unique basil varieties.
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scan the code or visit

richters.com/basil



AFRICAN BLUE BASIL

Other Basils (*O. spp.*)

ANISE BASIL

Ocimum americanum americanum

(Licorice basil) Originally from Persia, this gem has an endearing sweet anise fragrance and flavour. Purplish foliage.

S1277 Seeds: Pkt/\$4.25, 10g/\$10, 100g/\$75

S1277-001 Seeds: Pkt/\$4.75, 10g/\$11, 100g/\$75

CINNAMON BASIL

Ocimum basilicum

From Mexico. Growth habit is similar to that of regular sweet basil, with a distinctive cinnamon taste and odour. Mexicans like to place a vase of fresh cut herb on the dinner table to ward off insects. Curiously, they do not seem to use it much in cuisine, despite its superb flavour. Deserves experimentation!

S1278 Seeds: Pkt/\$4.25, 10g/\$7, 100g/\$40, 1kg/\$260

S1278-001 Seeds: Pkt/\$4.75, 10g/\$10, 100g/\$75

P1278 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

AFRICAN BLUE BASIL

Ocimum 'African Blue'

Devotees of this variety love its attractive purplish-blue cast, strong growth habit, and sweet camphor scent. Leaf veins, flower spikes and stems are purple while the rest is green. The unusual flavour and odour definitely grow on you.

P1280 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

AJAKA BASIL

Ocimum 'Ajaka'

Spectacular basil from Germany. Has lush green foliage topped by red-purple flowers in late summer and a strong tall upright growth habit. Its sweet and spicy flavour and aroma will surprise and delight, and we would not be surprised if this basil becomes the new must-have basil among top chefs and home gourmards. Gardeners and commercial growers will love it too as it is tolerant of disease and cold and is reported to yield up to 7 tons of fresh herb per acre. Ht. 60cm/24in.

Propagation prohibited. U.S. patent PP#24587

P1280-700 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

CAMPHOR BASIL

Ocimum kilimandscharicum

(Kapoor tulsi; Karpur tulsi) Native of East Africa with a strong camphor odour. Used to alleviate stomach ache, diarrhea and for colds and cough. It is also used in India to treat ulcers and wounds. It has antioxidant, antimicrobial, antimalarial, antifungal, insecticidal and wound healing properties. This is the true *kapoor tulsi* that is cultivated and used in India, and it is completely different from what is commonly sold in America under the same name. Commercial source of camphor. Ht. 1-1.5m/3-5ft.

S1281 Seeds: Pkt/\$4.75



PURPLE SACRED BASIL

BEST
SELLER

GREEN PEPPER BASIL

Ocimum carnosum

Stunning combination of green peppers and basil! (Hoja de colico) Unusual basil from Chiapas, in southern Mexico. Tea made from the leaves is a popular remedy for stomachache, colic, abdominal distension and diarrhea. Its powerful antispasmodic and anti-inflammatory properties help to explain why this traditional Mayan remedy is still widely used today. Also effective as a mosquito repellent. In the kitchen its green pepper flavour and aroma offer exciting possibilities. Fresh chopped leaves work well in soups and salads, on cheese and crackers, on scrambled eggs, and in sandwiches. Grows best in part shade; too much sun can make the leaves tough and inedible.

S1282-500 Seeds: Pkt/\$5.25

LEMON BASIL

Ocimum americanum

Intensely fragrant of lemon. Ideal for tea and potpourri. Compact bush habit.

S1283 Seeds: Pkt/\$4.25, 10g/\$7, 100g/\$35, 1kg/\$220

S1283-001 Seeds: Pkt/\$5.25, 10g/\$8, 100g/\$45, 1kg/\$300

GREEN SACRED BASIL

Ocimum tenuiflorum

(Sri tulsi; Rama tulsi) The true sacred basil grown in houses, gardens and near temples all over India. Mildly intoxicating clove-scented leaves are used in salads and other cold dishes.

S1285-100 Seeds: Pkt/\$4.75, 10g/\$20, 100g/\$140

PURPLE SACRED BASIL

Ocimum tenuiflorum

(Krishna tulsi) The true sacred basil grown in houses, gardens and near temples all over India. Mildly intoxicating clove-scented leaves are used in salads and other cold dishes. Attractive purple leaf form of sacred basil.

P1285-500 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35



PERSIAN BASIL



Ocimum basilicum

(Reyhan) This is an award-winning basil that was developed from a traditional variety known as *reyhan* in Persia and Turkey. Its strong hints of anise and lemon are woven into a delicious spicy flavour. In Persia the leaves of *reyhan* and other herbs mixed together are served fresh with main meals. Called *sabzi* in Persian, the fresh mixture is eaten on flat bread with tomato, green onions and cheese. This basil is unique and will inspire creativity in the kitchen! Try it in salads, sandwiches, with fish, cheese or just bread. All-America Winner for 2015. Ht. 30-38cm/12-15".



S1288 Seeds: Pkt/\$3.25, 10g/\$20





SPICE BASIL 
Ocimum sp.
This basil definitely grows on you! (Besobela; Ethiopian tuls; Temperate tuls) Spicy and fruity, with surprising notes of vanilla, myrrh and berries. This basil is probably a form of *besobela* from the highlands of Ethiopia where it is an essential ingredient in *berbere* spice, *shiro* curry, and *niter kibbeh*, a seasoned butter that is added almost any dish. It also makes a great tea to enjoy anytime. Traditionally the tea made with ginger and honey is used for bronchitis, asthma and flu. Studies show that the tea also helps to manage stress. Very easy to grow. Tolerates cool conditions better than most other basil. Has been known to survive frost as low as -7C/-12F. Ht. 45cm (18").
Often sold incorrectly in America under the name kapoor tuls. True kapoor tuls is camphor basil, a completely different plant.
S1289 Seeds: Pkt/\$3.75, 10g/\$12, 100g/\$80
 **S1289-001 Seeds:** Pkt/\$4.25, 10g/\$50


THAI BASIL 
Ocimum basilicum thyriflorum
(Horapha) Similar to anise basil, but the flavour and fragrance is less intense. This is the true Thai basil used in Vietnamese and Thai cooking. Essential in many Vietnamese dishes, including *pho*, an addictive noodle soup made with beef or chicken.
S1290 Seeds: Pkt/\$4.25, 10g/\$9, 100g/\$60, 1kg/\$400
 **S1290-001 Seeds:** Pkt/\$5.25, 10g/\$10, 100g/\$70
P1290 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

SIAM QUEEN THAI BASIL 
Ocimum basilicum thyriflorum 'Siam Queen'
All-American winner for 1997. Has very regal looking dense deep purple inflorescences contrasting with the dark green leaves. Spicy anise-licorice aroma and flavour; excellent served fresh in such dishes as Thai green curries and Vietnamese noodle soups.
S1290-700 Seeds: Pkt/\$4.75, 10g/\$12, 100g/\$100

ZANZICO BASIL 
Ocimum 'Zanzico'
Beautiful basil with an unusual parentage. It has traits of traditional Italian basil mixed with the fruity sweetness of basil from Zanzibar, in East Africa. The wrinkled leaves get quite large, up to 10 cm (4") long, with a slightly bronzed look, and are topped with a serving of lovely bright lilac flowers. The ornamental effect alone is impressive, but the unique fragrance and taste really stand this variety apart. Try it in tea, in cooking and even in fragrant flower arrangements.
 **S1293-001 Seeds:** Pkt/\$5.25

BAY LAUREL 
Laurus nobilis
Like wine, thyme and leeks, bay leaf is a foundational flavour in French cuisine. Meat, fish and poultry dishes almost always have a touch. Frost-sensitive small trees; best grown in tubs that afford easy movement indoors during winter. Note: Bay seeds will not germinate if they dry out in storage.
P1300 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95, **Plug pack:** 12/\$32.95


BEDSTRAW, YELLOW 
Galium verum
(Lady's bedstraw) Tops and roots are sources of yellow and red dyes. Decoction is useful for bladder and kidney complaints, and has the ability to curdle milk (hence its other name, cheese rennet).
S1335 Seeds: Pkt/\$3.75, 10g/\$25, 100g/\$180, 1kg/\$500
P1335 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

BELLADONNA 
Atropa belladonna
Source of atropine, valuable in treating eye diseases and spasms. External applications lessen local inflammation and pain. Do not use without medical supervision.
P1381 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

Bergamot


(*Monarda*)


Exceptional aromatic herbs with showy flowers in various shades of red, pink, and purple. The fragrance of the common variety resembles that of the citrus bergamot oil added to earl Grey tea, hence its name. Also known as bee balm, for bees are constant visitors.


BERGAMOT 
Monarda didyma
A showy mixture of scarlet, pink, salmon and crimson flowers.
S1380 Seeds: Pkt/\$5.75, 1g/\$25, 10g/\$180
P1380 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45


BLUE STOCKING BERGAMOT 
Monarda 'Blue Stocking'
Enormous violet-purple flowers; keeps blooming until frost. Ht. 75cm/30".
P1380-050 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45





MARSHALL'S DELIGHT 
Monarda 'Marshall's Delight'
Pink. Superb mildew-resistant strain developed in Canada. Ht. 70cm/28"
P1380-500 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

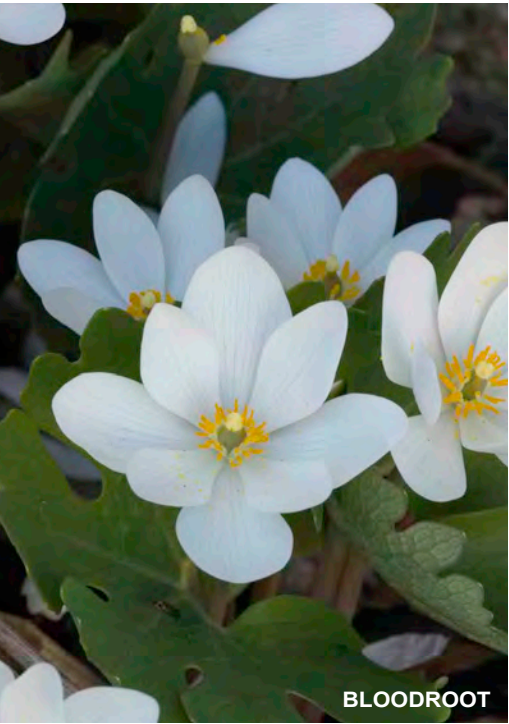
ROSE-SCENTED BERGAMOT 
Monarda 'Rose-Scented'
It's easy to fall in love with this one! Has an amazing rose-like scent owing to its high geraniol oil content. Excellent for potpourri and tea. Robust growth habit. Lavender-coloured flowers.
P1380-800 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$28.45


RED BERGAMOT 
Monarda didyma
Showy flower in a mixture of red tones. Leaves and flowers make a pleasant, soothing tisane.
P1381 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45


WILD BERGAMOT 
Monarda fistulosa
Lavender flowers; strong fragrance. Used for tea and for flavouring meat. Frequently seen along roadsides in eastern Canada and U.S.
S1385 Seeds: Pkt/\$5.25, 10g/\$15, 100g/\$110


BETONY 
Stachys officinalis
Good caffeine-free substitute for black tea, closely resembling the taste. Helps relieve headaches, and has general tonic action.
S1390 Seeds: Pkt/\$4.75
P1390 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55



BLACK-EYED SUSAN 
Rudbeckia hirta
One of the most loved wildflowers. Golden-orange daisies, brown centres appear in July-Sept. The plant and root have both been used by North American native tribes to treat a wide range of ailments — from worms in children to snakebites and earaches. Ht. 60-90cm/24-36".
S1437 Seeds: Pkt/\$3.75, 100g/\$27, 1kg/\$180



BLACKBERRY, TRIPLE CROWN 
Rubus plicatus 'Triple Crown'
(Brambleberry; Thornless blackberry) Blackberry is not only a delicious fruit but it is also a medicinal herb. The leaves and roots are excellent for dysentery, diarrhea, hemorrhoids and cystitis. A gargle made by boiling the leaves makes a good mouthwash and is effective for sore throat, mouth ulcers, gum inflammation and thrush. A poultice of the leaves can be applied to skin for ulcers, fungal infections and abscesses. Studies have shown that the leaves are antidiabetic and can be used for the management of diabetes mellitus. Our plants are thornless and bear large juicy fruits over an extended 5 week period.
P1438-100 Plants: \$15.45, 3+/\$13.90, 12+/\$12.35

BLOODROOT 
Sanguinaria canadensis
One of our most beautiful woodland wildflowers often, the first to appear in spring. Important dyeplant, first discovered and used by the Native Americans as its name originates from the dark red sap found in the stems and roots. Traditionally used for chronic lung congestion. Best planted in a partly shaded area where there is consistent dappled sun exposure. Ht. 10-30cm (4-12").
P1450 Plants (Mar-May shipment): \$12.45, 3+/\$11.20, 12+/\$9.95

BONESET 
Eupatorium perfoliatum
Eastern North American native found in swampy areas and along streams. Excellent remedy for colds and intermittent fever, especially for flu. Medical evidence suggests that it enhances the immune system. Caution: contains pyrrolizidine alkaloids; not recommended for long term use. Ht. 30-150cm/1-5ft.
S1467 Seeds: Pkt/\$4.75
P1467 Plants (June-Aug shipment): \$7.95, 3+/\$7.15, 12+/\$6.35

BORAGE 
Borago officinalis
The fresh leaves have an exhilarating, cooling effect on the system. Try adding chopped young leaves and flowers to salads or summer drinks. On those sweltering summer days cool off with iced borage tea, with honey and lemon juice added to taste.
 **S1470-001 Seeds:** Pkt/\$4.25, 10g/\$8, 100g/\$50



CALENDULA

BUCKWHEAT
Fagopyrum esculentum **A S E**
Well known as a grain, cover crop and beeplant; not so well known is its medicinal value. The infusion made from the flowering tops is high in rutin which combats arteriosclerosis (hardening of the arteries and veins).
S1555 Seeds: Pkt/\$3.25, 100g/\$7, 1kg/\$28, 10kg/\$190
S1555-001 Seeds: Pkt/\$3.25, 100g/\$8, 1kg/\$32, 10kg/\$240

BURDOCK
Arctium lappa **B Z2-10 S M**
Roots of this common wildplant are said to have "blood-purifying" properties. Useful for skin diseases, including eczema. Recent medical evidence supports folkloric use for tumours. One of four herbs in the Essiac® anti-cancer formula.
S1567-100 Seeds: Pkt/\$3.75, 10g/\$10, 100g/\$65, 1kg/\$450

BURDOCK, JAPANESE
Arctium lappa 'Takinogawa Long' **B Z2-10 S E**
(Gobo) Japanese vegetable with powerful medicinal properties. Long, slender, smooth-skinned roots have a delightful oyster-like flavour similar to salsify, but stronger. Research shows that this variety has potent anti-tumour effects. Commonly used as a blood purifier.
S8370 Seeds: Pkt/\$3.25, 10g/\$9
P8370 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

BURNET, SALAD
Poterium sanguisorba **P Z5-8 S F X E**
Nut-cucumber flavour of leaves is welcome in all salads with French dressing or mayonnaise. Also in soups, casseroles, herb vinegars and cream cheeses. Improves skin in facial treatments.
S1570 Seeds: Pkt/\$3.25, 10g/\$7, 100g/\$25
P1570 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

BUTTERFLY WEED: See PLEURISY ROOT

BUTTERFLY-PEA
Clitoria ternatea **A S E**
Revered as a holy flower in India and used in daily puja rituals. Vines reaching as high as 4m/15ft are covered in very showy dark blue flowers with white centres. The flowers, leaves, young shoots and tender pods are all edible. The flowers give a vibrant blue colour to teas and foods that changes to pink when a few drops of lemon or lime are added. Chefs and foodies have taken note of this magical hue-changing quality and are adding flowers to food and drinks with mesmerizing effect. Seeds and roots are used in India as a purgative.
S1585 Seeds: Pkt/\$4.75, 10g/\$14, 100g/\$85

DID YOU KNOW?
Calendula petals aren't just pretty—they've been prized since ancient times for soothing skin and supporting wound healing.

CALEMUS
Acorus calamus americanus **P Z3-9 S F M**
(Sweet flag) Medicinally useful for flatulent colic, gastritis and dyspepsia. This is the North American variety which lacks the carcinogen, cis-isosarone, found in European varieties. Root powder is valuable as a fixative in potpourris. Esteemed in India as a vermifuge and insecticide, especially for fleas.
P1600 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

Calendula
(*Calendula*) **A S E**
CALENDULA
Calendula officinalis
(Pot marigold) Flower petals give delicate flavour and strong colour to salads, omelettes and cheese, and is used as a saffron substitute. Invaluable in first-aid skin lotions and ointments.
S1630 Seeds: Pkt/\$3.25, 10g/\$7, 100g/\$16, 1kg/\$95
S1630-001 Seeds: Pkt/\$4.25, 10g/\$8, 100g/\$50, 1kg/\$325

ERFURTER ORANGE CALENDULA
A S E
Calendula officinalis 'Erfurter Orangefarbige'
(Pot marigold) Commercial strain used for medicinal flower production in Europe. Has superior medicinal action.
S1630-400 Seeds: Pkt/\$3.75, 100g/\$27, 1kg/\$155
S1630-401 Seeds: Pkt/\$4.25, 10g/\$12

RADIO CALENDULA
Calendula officinalis 'Radio' **A S E**
Gorgeous flowers look like radio dials! (Pot marigold) An old European variety first introduced to American gardeners in 1930 by seedsman Henry Dreer of Philadelphia. It has large, almost globular orange flowers that seem to turn like radio dials on the yellow eyes at their centres. The florets, some say, look like the tip of a quill. That this variety is ornamental is undeniable, but it is also an excellent variety for culinary and medicinal use. The petals can be added to soups, salads and rice, and they make excellent lotions and ointments for skin care. Easy to grow in any sunny spot. Ht. 30-45cm/12-18".
S1630-800 Seeds: Pkt/\$4.25, 100g/\$20, 1kg/\$130

CAPER BUSH
Capparis spinosa inermis **P Z9 X D**
A fixture of Mediterranean cuisine for 2000 years, the unopened flower buds of this plant are pickled in strongly salted wine vinegar to develop their characteristic flavour. A straggly, slow growing shrub of dry, rocky areas of the Mediterranean and North Africa.
P1645 Plants: \$13.45, 3+/\$12.10, 12+/\$10.75

CAPSICUM: See CAYENNE CHILE



CASTOR BEAN

CARAWAY
Carum carvi **B Z5-8 S F E**
Spicy caraway seeds add European character to all cabbage dishes, including coleslaw and especially sauerkraut. Traditionally used in rye bread, buns and cakes, as well as in soups and stews. Fresh leaves, used as a garnish, add flavour to vegetables. Anti-flatulent.
S1650-001 Seeds: Pkt/\$3.25, 100g/\$12, 1kg/\$80

CARDINAL CLIMBER
Ipomoea x sloteri **A S E**
Fast-growing climber with masses of deeply lobed leaves on vines brightly dotted with scarlet flowers. It is a hybrid of two species of morning glory known to be medicinally active. The root of the first, the red morning glory, *I. coccinea*, is used in India to induce sneezing. The second is the cypressvine, *I. quamoclit*, which is used to treat physical weakness, hemorrhoids, piles, ulcers, and diabetes. Like many morning glories, the seeds likely contain psychoactive alkaloids. This vine's origin goes back to 1897, when an American named Logan Slotter began to cross the two parents but failed to get viable seeds until 11 years later when finally one of his plants produced a single seed. That one seed grew true to type and eventually the cross was recognized as a new species. Very easy to grow from seeds in any sunny, well-drained spot where it is free to climb on anything it can.
S1660 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$45

CARNATION: See CLOVE-PINK

CASTOR BEAN
Ricinus communis **A S E**
Oil extracted from seeds is a commonly used laxative for temporary constipation and acute diarrhea. Large tropical-looking foliage. Caution: although the oil is safe, raw seeds are poisonous.
S1665 Seeds: Pkt/\$5.75, 100g/\$18, 1kg/\$115

CATMINT: See FAASSEN'S CATNIP

Catnip
(*Nepeta*)

CATNIP
Nepeta cataria **P Z3-9 S F E**
Favourite of cat lovers because cats relish the intoxicating leaves. Tea is a popular nightcap, as it induces a good night's sleep. Remedy for colds and fevers.
S1670 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$35, 1kg/\$250
S1670-001 Seeds: Pkt/\$4.25, 10g/\$16, 100g/\$115
P1670 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75, **Plug pack:** 12/\$24.45



FAASSEN'S CATNIP

FAASSEN'S CATNIP
Nepeta x faassenii **P Z3-9 S F E**
(Catmint) Smaller ornamental form of catnip with lavender-blue flowers and grey-white foliage. Excellent for massing, as ground cover or in rockeries. Does not attract cats despite its stronger, more pleasant scent.
S1671 Seeds: Pkt/\$3.75, 10g/\$13, 100g/\$90
P1671 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

CAT'S WHISKERS: See JAVA TEA

Celery, Leaf
(*Apium*)

A European culinary favourite. Fresh leaves are used like parsley in soups and stews, but the flavour and aroma is richer and more satisfying. This herb has not yet caught on in North America but we are convinced it will. Here at Richters we absolutely love it and we freeze small bunches in baggies so we always have some ready to use. If you try one new thing in your garden this year, try this!

AMSTERDAM CELERY
Apium graveolens secalinum 'Amsterdam' **A S E**
A very nice leaf celery with finely cut, dark green glossy leaves. Use it like parsley and surprise your guests with its rich celery flavour and aroma. More compact than other leaf celeries, reaching only 25-50cm (10-20") in height.
S1677-100 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$40

PASCAL CELERY
Apium graveolens secalinum 'Pascal' **A S E**
Pascal is the precursor that transformed celery into the thick fleshy form we know today. Named after Henri Pascal who discovered the first plants in his celery field in 1884, the variety was improved upon by Vilmorin, the French seed company. The variety went on to spawn many more varieties and radically changed celery as a crop on both sides of the Atlantic. But as much as this heirloom belongs among the vegetables, its lush dark green leaves are also terrific as a fresh herb. Added at the last minute, the fresh-chopped leaves add a seductive nutty flavour to soups, stews, and salads. Ht. 50-60cm/20-24".
S1677-180 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$40



CORN CHAMOMILE



MOROCCAN CHAMOMILE



ST JOHN'S CHAMOMILE



GARLIC CHIVES

Chamomile

(*Matricaria*, *Chamaemelum*, *Anthemis*)

AUSTRIAN CHAMOMILE

Anthemis austriaca **A S F E**
(Mayweed) This chamomile is native to much of central and eastern Europe, as well as parts of Turkey. At first glance it looks like regular chamomile, but the whitish hairs on its leaves and its grayish-green appearance distinguish it. The plant emits a pleasant scent, and the flowers are commonly used for tea much like traditional chamomile. In Turkey the tea is used for cough, abdominal pain, and ovarian diseases. Interestingly, a recent animal study showed that it is effective for the treatment of endometriosis. When an alcoholic extract of the flowers was administered to animals with the condition, the symptoms improved significantly. Easy to grow in any sunny garden like other chamomiles.

S1678-700 Seeds: Pkt/\$4.25, 10g/\$8, 100g/\$55

CORN CHAMOMILE

Anthemis arvensis **A S F E**
(Field chamomile) This native chamomile, found in Europe and the Mediterranean region, resembles regular chamomile, but with a milder, subtler scent. The tea made from the flowers is excellent for digestive disorders. In Italy, it's commonly used for anxiety and insomnia, while in France, it is prized for reducing fever. Research has shown that simple cold infusions of the herb in water have potential as a natural herbicide, as they completely suppress the germination of certain weeds. Thrives in any well-drained soil and full sun.

S1678-780 Seeds: Pkt/\$4.75, 10g/\$8, 100g/\$60

DOUBLE CHAMOMILE

Chamaemelum nobile 'Flore Pleno' **P Z5-8**
Double form of Roman chamomile grown commercially in England for tea and medicinal use.

P1678-800 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

ENGLISH CHAMOMILE

Chamaemelum nobile 'Treneague' **P Z5-8**
Non-flowering form of the Roman variety; suited for lawns and pathways.

P1679 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

GERMAN CHAMOMILE

Matricaria recutita **A S E**
Annual (reseeds itself). The most prolific producer of flowers.

S1680 Seeds: Pkt/\$3, 10g/\$8, 100g/\$55, 1kg/\$390

S1680-001 Seeds: Pkt/\$3.75, 10g/\$22, 100g/\$152, 1kg/\$990

BODEGOLD CHAMOMILE

Matricaria recutita 'Bodegold' **A S E**
Improved tetraploid strain of German chamomile for commercial production. Erect, sturdy growth habit and larger flowers have as much as 0.7% essential oil and are high in bisabolol and other medicinal compounds. Flowers are large and dry yields can be as high as 800 kg/ha (700 lbs/acre).

S1680-100 Seeds: Pkt/\$4.75, 10g/\$7, 100g/\$45

ZLOTY LAN CHAMOMILE

Matricaria recutita 'Zloty Lan' **A S E**
Polish tetraploid variety for commercial production. Has large flowers and strong erect growth habit. Has a high essential oil content, as much as 1% or more, and the oil is rich in chamazulene, a powerful anti-inflammatory agent. Chamazulene gives the essential oil a characteristic blue colour which is why it is often called "blue" chamomile. Dry yields are as high as 1200 kg/ha (1000 lbs/acre).

S1680-900 Seeds: Pkt/\$4.75, 10g/\$7, 100g/\$40

MOROCCAN CHAMOMILE

Cladanthus arabicus **A S E**
(Palm springs daisy; Golden crown) This stunning garden plant produces masses of fragrant, gold-yellow flowers throughout the summer. As each flower appears, new shoots emerge around it like spokes on a wheel, creating a fascinating multiplying effect as more flowers continue to develop. All of these vibrant blooms are beautifully set against aromatic, feathery foliage. In Morocco, where this it is native, this chamomile is used as a garnish and for its medicinal benefits. An infusion made from the flowers is used to treat digestive disorders, liver diseases, and diabetes. Contains cladantholide and sintenen, two rare compounds known for their antidiabetic properties. Thrives in well-drained soil and full sun.

S1681 Seeds: Pkt/\$4.75, 10g/\$24, 100g/\$160

ROMAN CHAMOMILE

Chamaemelum nobile **P Z5-9 S F E**
Traditional ground cover in English gardens and pathways, where it is cut like grass.

S1682 Seeds: Pkt/\$3.25, 10g/\$23, 100g/\$160

P1682 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

ST JOHN'S CHAMOMILE

Cota tinctoria sancti-johannis **P Z4-10**
(Orange chamomile; Orange marguerite) This rare chamomile, native to the mountains of Bulgaria, is considered endangered in the wild. However, our seeds are sourced from sustainably cultivated plants, which helps protect and preserve the species. With its bright orange flowers and aromatic, fern-like foliage, it makes a striking addition to any sunny garden or container. The vibrant petals are perfect for garnishing salads, while the dried flowers can be used in potpourri or for natural dyeing. Thrives in any well-drained soil, even poor soils. Drought tolerant.

S1684 Seeds: Pkt/\$4.25, 10g/\$9, 100g/\$65

DYER'S CHAMOMILE: See MARGUERITE, GOLDEN

WILD CHAMOMILE: See PINEAPPLE WEED

CHERVIL, CURLED

Anthriscus cerefolium 'Crispum' **A S F E**
Luscious green leaves have special subtle flavour. Traditionally used in all spring soups and salads. Can improve every dish in which parsley is used. Curled leaves make a handsome garnish.

S1720 Seeds: Pkt/\$3.75, 100g/\$30, 1kg/\$190

CHERVIL, VERTISSIMO

Anthriscus cerefolium 'Vertissimo' **A S F E**
A beautiful chervil of the Brussels Winter type, with shiny dark green flat leaves and a nice dense growth habit. Like all chervils the fresh leaves are sweet with a hint of anise and are delicious chopped in salads, soups, on tofu, fish — or anywhere where parsley is used. Sow direct in the garden in early spring or late summer. Ht. 20-40cm.

S1721 Seeds: Pkt/\$3.75, 100g/\$23, 1kg/\$145

CHIA

Salvia hispanica **A S X E**
Incredible supergrain! (Mexican chia; Chia sage; Spanish sage) The Aztecs called chia the "running food" because messengers could run all day on just a handful of seeds. An ounce of seed has as much omega-3 as 8 ounces of Atlantic salmon, as much calcium as a cup of milk, as much fibre as 1/3 cup of bran, as much iron as 1/3 cup of spinach leaves, as much vitamin C as 2 oranges, and as much potassium as half a banana. Seeds can be added to cereals and baked goods or just chewed raw like the Aztecs did. Ht. 1m (3ft).

S1725-001 Seeds: Pkt/\$4.25, 100g/\$9, 1kg/\$45

CHICKWEED

Stellaria media **A/B Z8-11+ S E**
A decoction is used to treat constipation. Fresh leaves used as a poultice for inflammations, ulcers, abscesses. Fresh leaves are eaten as a delicacy in salads or cooked like spinach. Can be invasive.

S1730 Seeds: Pkt/\$3.75, 10g/\$10, 100g/\$75

CHICORY, WILD

Cichorium intybus **B Z3-10 S F E**
A food plant going back to the ancient Egyptians, Greeks and Romans who used the roots and the young shoots in spring like dandelion. Has diuretic, tonic and laxative properties, and is said to protect the liver. Lovely clear blue daisy flowers.

S1740 Seeds: Pkt/\$4.25, 100g/\$17, 1kg/\$95

Chives

(*Allium*)

CHIVES

Allium schoenoprasum **P Z3-9 S F X E**
Regular onion chives. Besides using the leaves, try the pretty purple flowers, separated into florets, in salads for colour and flavour.

S1790 Seeds: Pkt/\$3, 10g/\$8, 100g/\$55, 1kg/\$380

S1790-001 Seeds: Pkt/\$3.75, 10g/\$9, 100g/\$60, 1kg/\$405

P1790 Plants: \$4.95, 3+/\$4.45, 12+/\$3.95, **Plug pack:** 12/\$24.45

PROFUSION® CHIVES

Allium schoenoprasum 'Sterile' **P Z3-9**
Wonderful strain of chives noted for its prolific production of flowers and tender leaves. Flowers do not develop seeds. Ideal for commercial edible flower producers. Best variety for potted plant and indoor growing.

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P1790-700 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

GARLIC CHIVES

Allium tuberosum **P Z3-9 S F X E**
Flat leaved variety from Japan. Irresistible combination of garlic and chives. Has become popular wherever regular chives are used. Showy white flowers.

S1793 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$35, 1kg/\$200

S1793-001 Seeds: Pkt/\$4.25, 10g/\$7, 100g/\$48

P1793 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75, **Plug pack:** 12/\$24.45

NIRA CHIVES

Allium tuberosum 'Super New Belt' **P Z3-9 S F X E**
High-yielding Japanese variety! Nira is a type of Chinese or garlic chives traditionally grown in Japan for use in miso soup, stir-fries, tempura, egg and meat dishes, and in gyoza, a delicious traditional dumpling made with minced pork, mushrooms and cabbage. Since ancient times, it has been known to boost stamina and appetite, especially during hot, muggy seasons. The leaves of this improved variety are thick and broad, with a luscious deep green colour. The variety is a consistent, high-yielding producer with a strong clump-forming habit and a short dormancy period. Excellent for both commercial production and for home gardens.

S1793-800 Seeds: Pkt/\$4.75, 10g/\$7, 100g/\$50

CICELY, SWEET

Myrrhis odorata **P Z3-7 S F D**
Sugar saver. Sweet, anise-scented leaves and stalks (fresh or dried) add delightful flavour to sweets and desserts, saving about half the sugar. Of particular interest to diabetics.

S1798-001 Seeds: Pkt/\$5.75

P1798 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

CLARY







Salvia sclarea **B Z4-9 S F E**
(Clary sage) Seeds soaked in water produce mucilaginous eye bath which safely removes particles, hence its name 'clear eye' or 'clary'. Used as a fixative in potpourris. Handsome aromatic flowers.





S1800 Seeds: Pkt/\$3.75, 10g/\$33, 100g/\$230






P1800 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55













COHOSH, BLACK

CLOVE-PINK      
Dianthus caryophyllus 'Grenadin' P Z5-8
(Carnation) Clove-scented flowers were once used to flavour ales and wines, especially celebration cups at coronations, hence its name "carnation". Fragrance is valuable in potpourris and herb sachets. Clove-pink syrup, made by infusing the petals in a hot sugar syrup, is delectable on fruit salads or stewed fruits. 'Grenadin' is a mixture of pink, red and white double flowers.
S1825 Seeds: Pkt/\$3.75, 10g/\$14
P1825 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

CLOVER, DRAGON'S BLOOD    
Trifolium repens 'Dragon's Blood' P Z4-9
Was Godzilla slain on a field of clover? This striking clover from Japan has green and white variegated leaves splattered with what looks for all the world like blood-red droplets on each leaf. On a less gory note, this species was once used by the Delaware and Cherokee First Nations to treat colds, fevers and coughs. Excellent ground cover for sun or partial shade. Ht. 13cm/5".
P1829 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45







CLOVER, RED    
Trifolium pratense P Z3-8
Many herbalists assert that the flowers taken as an infusion help prevent and even cure cancer. In his legendary book, *Back to Eden*, Jethro Kloss wrote, "Red clover is an exceedingly good remedy for cancer on any part of the body." Red clover is also efficacious for bronchial troubles, whooping cough, gastric troubles and ulcers.
S1830 Seeds: Pkt/\$3.25, 100g/\$9, 1kg/\$40, 10kg/\$280
 **S1830-001 Seeds:** Pkt/\$3.75, 100g/\$10, 1kg/\$42, 10kg/\$275





CLOVER, WHITE    
Trifolium repens P Z4-9
(Dutch clover; Ladino clover) Excellent ground cover and lawn replacement for sunny, well-drained locations. A nitrogen-fixing legume, it will improve soil fertility and boost organic content. Few know that the leaves are edible. The young leaves picked before the flowers appear can be used raw in salads. Leaves can also be cooked like spinach. The tea has been used for coughs, colds and fever. Ht. 10cm/4in.
 **S1830-501 Seeds:** Pkt/\$4.25, 100g/\$13, 1kg/\$70, 10kg/\$495





COHOSH, BLACK     
Actaea racemosa P Z3-8
North American woodland plant with estrogenic, hypoglycemic, sedative, and anti-inflammatory properties. Seeds require a warm period (20°C/70°F), followed by cold (5°C/40°F), for successful germination, and then again warm to develop properly.
P1839 Plants (Apr-May shipment): \$12.45, 3+/\$11.20, 12+/\$9.95







COLUMBINE

COHOSH, BLUE      
Caulophyllum thalictroides P Z3-9
Highly esteemed by First Nations peoples as an aid for labour, to control excessive menstruation, and treat abdominal and urinary problems. Native to Eastern and Central North American woodlands.
P1840 Plants (Apr-May shipment): \$12.45, 3+/\$11.20, 12+/\$9.95





COLUMBINE    
Aquilegia vulgaris P Z3-8
Long-time garden favourite with exotic drooping flowers in various shades of red, blue, yellow and white. Formerly used for treating running sores and urinary and liver ailments. Has narcotic properties; not to be used without medical supervision.
S1850 Seeds: Pkt/\$3.75, 10g/\$18, 100g/\$130
P1850 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

COMFREY, COMMON    
Symphytum officinale P Z3-8
Comfrey is one of the most important medicinal herbs. It contains allantoin, a hormone-like substance that stimulates cell division, making it valuable for healing wounds, ulcers and broken bones. Tea and poultices of leaves or roots are traditionally used. Due to pyrrolizidine alkaloids in the leaves and roots many authorities now recommend using comfrey only externally applied to the skin. Purple, rose or white flowers.
S1870 Seeds: Pkt/\$5.25
P1870 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

COREOPSIS    
Coreopsis tinctoria A S E
The tea made from the flowers is a traditional Portuguese remedy for high blood sugar and Type 2 diabetes. Research has shown that the tea reduces insulin resistance and helps to normalize blood sugar. The herb is also a source of bright yellow and red dyes. Its cheery flowers add a delightful splash of yellow to the garden. Dried florets can be kept in storage as they can reliably produce dye long after their harvest. Store in a paper bag or shoe box. Grows well in ordinary, well-drained soil in full sun. Ht 20in (50cm).
S1880 Seeds: Pkt/\$3.75, 100g/\$30

Coriander, Cilantro





(*Coriandrum*)






CALYPSO CILANTRO    
Coriandrum sativum 'Calypso' A S F E
Regrows after cutting! The first true cilantro to grow back after cutting. It will regrow at least 3 times, so the need for repeated reseeded is reduced considerably. It is a breeding breakthrough we think will be a big hit with home gardeners and commercial growers Compared to the industry standard variety, Santo, it is 12 to 21 days slower to bolt (go to flower). This means that it will produce more fresh foliage per plant than any other variety.
S1890-110 Seeds: Pkt/\$3.75, 100g/\$32, 1kg/\$210







CONFETTI CILANTRO





CONFETTI CILANTRO    
Coriandrum sativum 'Confetti' A S F E
Unique feathery cilantro! Leaves are so finely cut you might think they look like carrot-tops. But the flavour is full-throated cilantro. The leaves are actually less susceptible to bruising caused by handling compared to other cilantros. Quick maturing, slow to bolt and heavy yielder. Medium green colour. Awarded the Award of Garden Merit by the Royal Horticultural Society in 2014.
S1890-120 Seeds: Pkt/\$4.25, 100g/\$33, 1kg/\$220





HACOR CILANTRO    
Coriandrum sativum 'Hacor' A S F E
Russian cilantro (Kinza) Not many know that fresh cilantro is an essential fresh ingredient in Russia and the Central Asian republics. It, along with parsley and dill, can be found in markets in virtually every city and town. The Russians grow many unique cilantro varieties. Hacor is a highly productive, slow bolting Russian cilantro with a spicy flavour.
S1890-160 Seeds: Pkt/\$4.25, 100g/\$19, 1kg/\$115





LEISURE CILANTRO    
Coriandrum sativum 'Leisure' A S F E
(Chinese parsley) High yielding commercial variety with attractive glossy green leaves, uniform growth habit, and consistent quality. Tolerates summer heat well and is bolt-resistant. Excellent choice for fresh cilantro. Ready for harvest in 28 to 80 days depending on the season. This variety is also used for sprouting.
S1890-200 Seeds: Pkt/\$4.25, 100g/\$15, 1kg/\$80
 **S1890-201 Seeds:** Pkt/\$4.75, 100g/\$32, 1kg/\$195





POT CILANTRO    
Coriandrum sativum '99057' A S F E
(Chinese parsley) Compact selection for potted plant production. Sow direct in pots.
S1890-700 Seeds: Pkt/\$4.25, 100g/\$18, 1kg/\$107





CORIANDER, MEXICAN: See CULANTRO

CORIANDER, VIETNAMESE    
Persicaria odorata P Z11+
(Rau ram) Tired of seeding cilantro over and over again to get a continuous supply of fresh leaves? Look no further! This Vietnamese herb has strong flavour similar to true cilantro. Unlike cilantro it bounces back after every cut. Grows indoors or out. In Vietnam, it is traditionally added to salads and served with fish and duck eggs.
P1891 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45





CORNFLOWER    
Centaurea cyanus A S F E
Striking brilliant blue blossoms, infused in water, have both curative and calming action for nervous disorders. Eyewash is reputed to strengthen weak eyes.
S1896 Seeds: Pkt/\$3.75, 100g/\$14, 1kg/\$80





COSMOS, CHOCOLATE    
Cosmos atrosanguineus 'Black Magic' P Z8-11 S M
Yes it really is chocolate scented! Originally from Mexico but now extinct in the wild, this is a spectacular flower with a spectacular scent. The rich velvety colours range from red to almost black, with chocolate shades somewhere in the middle. The aroma is definitely something to die for: sometimes chocolate, sometimes maybe more like vanilla. Though the flowers are not edible the aroma makes them a totally fun and novel garnish for desserts! Flowers from early summer right up to the autumn frosts. Ht. 45-60cm/18-24"
S1899 Seeds: Pkt/\$10.75





COSTMARY    
Tanacetum balsamita P Z4-8
(Bible leaf) The sweet-scented leaves may be used for tea or in herb pillows. Fresh leaves, picked before flowering, used in salads, sauces, soups and in cold drinks where a little goes a long way.
P1900 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

COWSLIP    
Primula veris P Z5-9 S F M
A most attractive English wildflower with bright yellow sweet-smelling, drooping blossoms in early spring. Tea made from any part of the plant was once a common remedy for pain and insomnia.
S1950 Seeds: Pkt/\$4.75, 1g/\$13, 10g/\$80

Cress

WATERCRESS    
Nasturtium officinale P Z5-9 S F X E
Often found growing along streams where water is shallow and calm. Will grow in gardens or in pots if soil is kept moist.
S2020 Seeds: Pkt/\$3.25, 10g/\$20, 100g/\$140

UPLAND CRESS    
Barbarea verna B Z5-9 S F X E
(Winter cress; Land cress) Resembles watercress in flavour and often grown in place of it. Easy to grow indoors or out.
S2032 Seeds: Pkt/\$3, 100g/\$30, 1kg/\$190

AFRICAN POWER CRESS    
Spilanthes filicaulis P Z11+
Power to influence! (Brazil cress; Wolikpekpe) In West Africa this plant helps to develop the powers of persuasion and influence. Chewing on a few fresh flowers or leaves is said to help make one's talk smooth and harmonious, and local leaders are known to use it before important meetings. Leaves and the yellow button flowers produce a lemony tingling sensation on the tongue. The effect is probably due to spilanthal, a mild analgesic agent that is found in other *Spilanthes* species. Top chefs are experimenting with *Spilanthes* cresses in salads for an "electric" tingling effect. Try a few flowers or chopped leaves in tossed salads and see what happens! A beautiful low creeper that grows into mats. Grows happily indoors in pots for all your persuasion needs!
P2035 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55



TOOTHACHE CRESS

Spilanthes oleracea

(Spilanthes; Australian cress) Leaves have a mild numbing effect and are useful for toothaches. Also used as an antibiotic against candida. The fresh leaves are edible and are eaten like cress.

\$6530 Seeds: Pkt/\$4.25, 1g/\$15, 10g/\$100, 100g/\$650

A S E

CULANTRO

Eryngium foetidum

(Mexican coriander; Ngo gai) Native to Central America, but now cultivated throughout Southeast Asia and Latin America. Favoured where cilantro (*Coriandrum sativum*) does not do well because it can stand hot, steamy weather. Leaves are tough, but if sliced and then chopped they are quite tasty. Unlike cilantro, leaves dry well, retaining good colour and flavour, and can stand some cooking.

\$1892 Seeds: Pkt/\$4.75, 10g/\$10, 100g/\$68, 1kg/\$462

P1892 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

P Z8-11 S X M

CUMIN

Cuminum cyminum

Seeds are important in many international cuisines, including those of India and Mexico. Flavour resembles caraway but is hotter. Used in soups, cake, bread, cheese, and is a standard ingredient of commercial curry powders. Requires a long warm growing season; should be started indoors in colder climates.

\$2050 Seeds: Pkt/\$3.25, 10g/\$7, 100g/\$40, 1kg/\$250

A S E

CUMIN, BLACK

Nigella sativa

(Fennel flower; Black caraway; Kalonji) Commonly featured in Indian dhals and equally at home in Russian rye bread! Aromatic black seeds resemble fennel in aroma and taste something like peppery nutmeg. Seeds can be ground and used with near abandon like black pepper. Its legendary healing powers are summed up in the Arab proverb, "In the black seed is the medicine for every disease except death."

\$2055 Seeds: Pkt/\$3.25, 100g/\$24, 1kg/\$145

A S E

CURRYLEAF

Murraya koenigii

(Mitha-neem) The source of the distinctive flavour of South Indian and Sri Lankan cooking. Anyone who has savoured *dosas* — thin pancakes with a spicy curryleaf-drenched filling — will know how wonderful this herb is. A typical South Indian curry is made with mustard seeds, shallots and fresh curryleaf. The leaves have a strong curry aroma when bruised. Best used fresh, added at the last stage of cooking. Does well in pots. Requires a minimum temperature of 15-18C.

P2059 Plants: \$17.45, 3+/\$15.70, 12+/\$13.95

P Z11+

CURRYPLANT

Helichrysum italicum

Delightful curry-scented foliage. Try a few fresh sprigs stuffed in the cavity of a roasting chicken for a change of pace. Or add it to vegetables or rice (but remove before serving). The essential oil is used to enhance fruit flavours in confections and perfumes.

P2060 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

P Z8-9

DAISY, CHOCOLATE-SCENTED

Berlandiera lyrata

Smells like chocolate! (Chocolate flower; Green eyes) Hard to believe but this plant really does smell like chocolate. Take a whiff of the yellow daisies and your eyebrows will jump. Flowers open over night and by morning the unmistakable aroma is absolutely divine. As the day warms the petals fall off leaving behind maroon disks surrounded in green, which is why the plant is also known as "green eyes". The flower stamens are edible and taste like chocolate. The First Nations people of U.S. Southwest and Mexico where the plant is native burned the roots to alleviate bad nerves and to conjure up courage. For best results grow in groupings so that there are always new flowers coming on. Ht. 30-60cm.

\$2075 Seeds: Pkt/\$7.75

P Z5-11 S E M

DANDELION

Taraxacum officinale

Despised as a pesky weed, the lowly dandelion is actually one of the most useful herbs around. It promotes bile secretion and supports the liver. Dried roots are popular as a coffee substitute.

\$2100-001 Seeds: Pkt/\$4.25, 10g/\$8, 100g/\$55, 1kg/\$360, 10kg/\$2000

P Z3-10 S E E

CHOCOLATE-SCENTED DAISY



DANDELION, FRENCH

Taraxacum officinale sativum 'Thick-ld' P

This strain of the lowly dandelion boasts tender fleshy leaves, topping all other fruits and vegetables for iron content. Enjoy in a spring salad, or cooked like spinach. Treat as a biennial — sow one year, pick the next.

\$8310 Seeds: Pkt/\$3.25, 10g/\$26, 100g/\$185

Z3-10 S E E

DEAD-NETTLE, PURPLE

Lamium purpureum

(Purple archangel) Attractive beeplant and medicinal herb with purple-tinged foliage and purple-red flowers. Unlike its nasty distant cousin, the stinging nettle, this nettle does not sting which explains the name. Flowers and foliage stop hemorrhages; tea is useful against chills as it acts on the kidneys and induces sweating.

\$2120 Seeds: Pkt/\$4.75, 10g/\$105

A S E

Dill

(*Anethum*)

MAMMOTH DILL

Anethum graveolens 'Mammoth'

Finely cut foliage. For fresh use as "dillweed", or allowed to go to seed for dill pickles. Ht. 1m/40".

\$2140 Seeds: Pkt/\$3, 100g/\$16, 1kg/\$90

\$2140-001 Seeds: Pkt/\$3.25, 100g/\$18, 1kg/\$95

A S X E

AMBROSIA DILL

Anethum graveolens 'Ambrozja'

Popular Polish variety grown for fresh use, for dill pickles, and for frozen and dried production. Early to mature and slow to bolt, its harvest season is significantly longer than that of other varieties. Thanks to its dense lateral branching habit fresh leaf yields are heavy. Exceptional intense colour, fragrance and flavour. Good resistance to disease, drought and cold.

\$2140-500 Seeds: Pkt/\$4.25, 100g/\$15, 1kg/\$85

A S X E

BOUQUET DILL

Anethum graveolens

Dwarf, compact version of dill. Finely cut foliage. Excellent used fresh as dillweed or allowed to go to seed for dill pickles. Ht. 75cm/3ft.

\$2141 Seeds: Pkt/\$3.75, 100g/\$18, 1kg/\$105

\$2141-001 Seeds: Pkt/\$4.25, 100g/\$22, 1kg/\$115

P2141 Plants: \$4.95, 3+/\$4.45, 12+/\$3.95

A S X E

COMPATTO DILL

Anethum graveolens 'Compatto'

Compact variety about half as tall as other varieties. Perfect for pots or in the garden. In research comparing different dill varieties, the seeds of Compatto were found to be among the highest in essential oil. High oil content means stronger flavour. Ht. 45cm/18".

\$2141-200 Seeds: Pkt/\$4.25, 10g/\$7, 100g/\$33, 1kg/\$220

A S E

DUKAT DILL

Anethum graveolens 'Dukat'

Finely cut foliage. For fresh use as dillweed, or allowed to go to seed for dill pickles. Has strong flavour and high oil content. Anthocyanin-free, so it is greener than most dills. Ht. 1m/40in.

\$2141-500 Seeds: Pkt/\$3.25, 100g/\$22

A S X E

DID YOU KNOW?

Consuming dill during or after meals can help reduce gas and bloating, thanks to a compound called carvone that supports healthy digestion.



BOUQUET DILL

EMERALD DILL

Anethum graveolens 'Szmaragd'

For more than two decades this variety has been one of the most trusted in Poland for fresh use, for dill pickles, and for freezing and drying. It is well suited for home gardens and for commercial and industrial use. In trials it consistently scores high in colour, fragrance and flavour during early fresh harvest or later fall harvest. Because it is slow to bolt, the harvest season is prolonged, and it tolerates wet and dry weather better than others. Commercial growers typically sow from spring to mid-August and harvest when about a foot high (30-35cm).

\$2141-800 Seeds: Pkt/\$4.25, 100g/\$12, 1kg/\$75

A S X E

FERNLEAF DILL

Anethum graveolens 'Fernleaf'

Unique dwarf plants 45cm/18in; dark green leaves. Slow to bolt. Excellent for dillweed production and potted plants. All America Winner for 1992.

\$2142 Seeds: Pkt/\$4.25, 1g/\$8, 10g/\$55

A S X E

DITTANY OF CRETE

Origanum dictamnus

(Hop marjoram) Woolly-leaved relative of oregano with similar spicy scent and uses. The beautiful chartreuse and pink flowers may be steeped for tea. Excellent for hanging baskets.

P2170 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

P Z8-9

DOCK, BLOODY

Rumex sanguineus

(Red-veined dock; Bloodwort) A British native with rosettes of striking light green leaves marked with bright maroon-coloured veins. Very interesting new salad green! Young leaves are used like spinach, fresh in salads or blanched a few seconds in boiling water. Has been used medicinally for cancer and for various blood diseases.

\$2182 Seeds: Pkt/\$5.25

P2182 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

P Z4-9 S E E

DOCK, BRONZE

Rumex flexuosus

Rare Maori medicine from New Zealand! (Maori dock; Runa) To the Maori people of New Zealand, this plant is known as *runa* and has long been used in traditional medicine. The juice squeezed from the leaves is applied to skin abrasions, wounds, and cuts. For boils and stubborn sores, the leaves are used as a poultice to "draw out poison". For sores, the leaves are first softened in an oven and then applied like a bandage. The Maori also use the roots to "purify" the blood and treat varicose veins. In the garden, this plant's effect as an ornamental is otherworldly. It forms dense rosettes of copper-red lance-shaped leaves, and from the centre, a wiry-looking, zig-zagging inflorescence emerges. Ht. 50cm/20".

\$2186 Seeds: Pkt/\$5.75

P Z6-10 S E E

DRAGONHEAD

Dracocephalum moldavica

(Moldavian balm) Scented leaves; showy blue flowers; fine beeplant. Ht. 45cm/18".

\$2200 Seeds: Pkt/\$3.75, 10g/\$8, 100g/\$60

A S E



ECHINACEA



EDELWEISS

Echinacea

(Echinacea)

Purpurea Echinaceas (*E. purpurea*)

ECHINACEA

Echinacea purpurea P Z3-10 ☞☞ E
(Coneflower) Standard variety. Rich reddish-purple daisies appear from July to September. Roots are the most potent part, but leaves and seeds are also used in herbal medicines.

S2280 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$35, 1kg/\$235

P2280 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

FRAGRANT ANGEL ECHINACEA

Echinacea purpurea 'Fragrant Angel' P Z4-9
Hard as it is to imagine improving the wonder herb echinacea, here is a plant that does just that. It has majestic scented white flowers with layered, overlapping, nearly horizontal petals and huge yellow cones. And its branching habit and long blooming season through to fall makes this a perfect herb, cutflower and garden plant all in one! Ht. 75cm/30".

Propagation prohibited. U.S. patent (USPP#16054).

P2280-300 Plants: \$15.45, 3+/\$13.90

RUBY GIANT ECHINACEA

Echinacea purpurea 'Ruby Giant' P Z4-9
Outstanding variety developed from a single remarkable plant discovered in Europe in the garden of the son of echinacea breeder, Magnus Nilsson. Has huge fragrant flowers, up to 18cm/7" across, with striking upcurved clear pink petals. Ht. 75cm/30".

P2280-400 Plants: \$15.45, 3+/\$13.90

Other Echinaceas

NARROWLEAF ECHINACEA

Echinacea angustifolia P Z3-9 ☞☞ M
Many believe this to be the most medicinally powerful species of echinacea. Seeds need 30-90 days at 5°C/40°F to germinate.

S2281-001 Seeds: Pkt/\$5.75, 10g/\$21, 100g/\$145

P2281 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

YELLOW ECHINACEA

Echinacea paradoxa P Z3-8 ☞☞ M
(Yellow coneflower) The only yellow-flowering echinacea. Flowers are 7cm/3" across with chocolate brown centres. Roots contain medicinal constituents similar to those found in *E. pallida*. Traditionally used like other echinaceas for its antiviral, anti-inflammatory and immune-boosting effects. Requires cold stratification for 1-2 months to break seed dormancy. Prairie native of the Missouri and Arkansas Ozark regions. Ht. 75cm/30".

S2283 Seeds: Pkt/\$4.25

EDELWEISS

Leontopodium alpinum P Z5-9 ☞☞ E
Edelweiss has important medicinal and cosmetic uses. Traditionally used as a tea for diarrhea, dysentery and respiratory problems. It is used to neutralize free radicals and block the formation of superoxides associated with aging. Because it strengthens the walls of capillaries and veins it is used to treat varicose veins and hemorrhoids. Ht. 15cm/6in.

S8860 Seeds: Pkt/\$4.25

P8860 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

DID YOU KNOW?

Elderberries have long been a winter wellness staple. Rich in antioxidants, they've been used for generations to support immune health.



MAGNOLIA HILL ELDER

Elder

(*Sambucus*)

Overlooked for years, elder has undergone a welcome reappraisal. We are all familiar with elderberry wine, pie and jelly, but studies show that elder extracts provide powerful relief from the symptoms of colds and flus. Indeed elderberry has been shown to deactivate the flu virus. The resurgence of interest is quickly turning elder into a hot crop in America. Led by the efforts of Missouri researchers, farms growing elder are springing up all over in America.

ADAMS ELDER

Sambucus canadensis 'Adams 2' P Z3-11
(Elderberry) Variety released by the New York Agriculture Experiment Station in 1926 and is still widely grown by commercial growers. Medium-sized black-purple berries are sweeter than most varieties. Berries are borne on large clusters that are easy to harvest. Yields are excellent.

P2294 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95

AMERICAN ELDER

Sambucus canadensis P Z3-11
(Elderberry) The hardy native form grown from seeds collected in southern Ontario. Very hardy, very adaptable. For food and medicinal use.

P2295 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95

BOB GORDON ELDER

Sambucus canadensis 'Bob Gordon' P Z3-11
Best berry producer! (Elderberry) A superior variety developed for commercial elderberry production. Yields are almost triple that of other varieties. Large berries are borne on inverted heads that help to protect the berries from birds. Released by the Elderberry Improvement Project in Missouri in 2011.

P2296 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95

MAGNOLIA HILL ELDER

Sambucus canadensis 'Magnolia Hill' P Z3-11
(Elderberry) Exceptionally vigorous and fast growing, as much as 2.5m/8ft a year. Best kept pruned for easier harvest. Early to flower and early to set fruit. Berry clusters are huge, the size of a dinner plate. Berries ripen all at one time, and are less prone to shatter.

P2302 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95

WYLDEWOOD ELDER

Sambucus canadensis 'Wyldewood 1' P Z3-11
(Elderberry) First variety released in 2010 by the Elderberry Improvement Project in Missouri. It is a consistent heavy yielder, well suited for the processing industry. Bushes are large, vigorous, and upright, and the large fruit clusters make harvesting more efficient compared to other varieties. Berries are medium to large. Harvests start 2-4 weeks later than the industry standard variety, 'Adams II'. Ht. 2.2m/7ft.

P2303 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95

ELECAMPANE

Inula helenium P Z3-8 ☞☞ E
Dried root preparations quiet coughing, stimulate digestion, and tone the stomach. Flowers yield yellow and orange dyes.

S2320 Seeds: Pkt/\$3.75

P2320 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

EPAZOTE

Dysphania ambrosioides A S E
(Wormseed) Strong scented foliage highly esteemed in Mexico and Guatemala for seasoning corn, black beans, mushrooms, fish and shellfish. Wormseed oil is frequently prescribed to expel intestinal parasites.

S2350 Seeds: Pkt/\$3.75

EPHEDRA, AMERICAN

Ephedra nevadensis P Z5-9 X E
(Mormon tea; Desert tea; Joint-fir) Unusual native of the southwestern U.S. desert regions. Foliage resembles that of the horsetail plant. Makes a pleasant refreshing beverage tea, an excellent substitute for coffee or tea. Contains traces of ephedrine, a nerve stimulant resembling adrenaline. Has tonic effects, improves kidney action, and relieves asthma. Prefers dry, alkaline soil.

P2353 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

EUCALYPTUS

Eucalyptus globulus P Z9-10 X M
(Bluegum) Famous "gum" trees of Australia, sources of essential oils used in perfumery and medicine. Cough drops and sore throat lozenges are made with the oil. Powerful antiseptic. Helps deodorize the air when grown indoors. Despite the enormous height they normally attain, they can be grown indoors with occasional pruning to maintain a manageable size.

S2360 Seeds: Pkt/\$4.75

P2360 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35



EUCALYPTUS, SILVER DOLLAR

EUCALYPTUS, LEMON

Eucalyptus citriodora

P Z9-10
(Lemon gum) Crushed leaves emit a delightful lemon scent, popular in potpourris and perfumes, and to freshen the air indoors. Its oil is the major ingredient in some plant-based insect repellents, and a scattering of the leaves crushed or whole repels cockroaches and silver fish around the house.

S2361 Seeds: Pkt/\$4.75

P2361 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

EUCALYPTUS, PEPPERMINT

Eucalyptus radiata

P Z9-10
Yields an oil with a strong peppermint odour and flavour.

S2370 Seeds: Pkt/\$5.75

P2370 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

EUCALYPTUS, SILVER DOLLAR

Eucalyptus cinerea 'Pendula'

P Z9-10
(Dollar leaf gum) Silvery rounded leaves are used by florists for arrangements.

S2374 Seeds: Pkt/\$4.75

P2374 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

EVENING PRIMROSE

Oenothera biennis

B Z4-8
Seeds contain an oil that is rich in gammalinolenic acid (GLA), a precursor of prostaglandin E1. This prostaglandin is very active biologically, regulating such functions as the immune system. By supplementing the diet with GLA one can avert the loss of prostaglandin E1 production caused by aging, poor diet, or alcoholism. The oil has been shown to reduce inflammation in rheumatoid arthritis, relieve PMS and menopausal symptoms, and improve skin conditions. Leaves can be cooked like spinach and roots eaten like potatoes.

S2380 Seeds: Pkt/\$3.25, 10g/\$23, 100g/\$160

P2380 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

Fennel

(*Foeniculum*)

SWEET FENNEL

Foeniculum vulgare dulce

P Z5-11+
Chopped leaves are used with oily fish, such as mackerel, eel and salmon, to improve digestibility. Also in soups, salads and stews. Fennel tea has calming and anti-flatulent effects.

S2420 Seeds: Pkt/\$3.75, 100g/\$17, 1kg/\$100

BRONZE FENNEL

Foeniculum vulgare dulce 'Rubrum'

P Z5-11+
Highly decorative form of fennel with bronze-red, lacy foliage. Leaves can be used like green fennel.

S2425 Seeds: Pkt/\$5.25, 10g/\$21, 100g/\$145

P2425 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

DID YOU KNOW?

Fennel's sweet, licorice-like seeds are legendary for digestion. Chewing just a few after a meal has been a tradition around the world for centuries.

FENUGREEK

Trigonella foenum-graecum

A
(Methi) Common ingredient in curry powder. Used in oriental sauces, soups, stews, and for seasoning and preserving butter. Used for making imitation maple, vanilla, caramel and butterscotch flavours.

S2460-001 Seeds: Pkt/\$3.75, 100g/\$11, 1kg/\$60

FEVERFEW

Tanacetum parthenium

P Z5-9
A medical survey in England indicates that 1 to 4 leaves of feverfew infused in a tea or eaten in a sandwich daily can reduce the number and severity of migraine attacks in some sufferers. It even has pleasant side effects including a sense of well-being, lack of tension and relief from arthritis. Approx. 0.4% parthenolide.

S2480 Seeds: Pkt/\$3.75, 10g/\$10, 100g/\$75, 1kg/\$490

P2480 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45



SWEET FENNEL



HARDY CHICAGO FIG

Fig

(*Ficus*)

The rotund fig and its fabled leaf go back at least 5,000 years as enduring symbols of sinful pleasure and lost innocence. The ancients and latter day fig-cognoscenti have known the hedonistic delight of fresh sun-ripened, honey-dripping figs, and know all too well the impatient wait for fig season to arrive in late summer. With protection and the right care fig trees grow successfully in zones as low as 4. And they do well in containers.

HARDY CHICAGO FIG

Ficus carica 'Hardy Chicago'

P Z7-11
'Hardy Chicago' has brown-purple fruits and luscious strawberry-coloured flesh. Brought to Chicago by Sicilians from Mount Etna and has been grown there by dedicated fans of figs ever since.

P2520 Plants: \$15.45, 3+/\$13.90, 12+/\$12.35

BEER'S BLACK FIG

Ficus carica 'Beer's Black'

P Z7-9
Beautiful medium sized fig with outstanding flavour. Violet skin and a rich magenta flesh. Its rich, sweet, even buttery flavour, makes it a much sought after fig, excellent for fresh and dried use. Often confused with Mission and Violette de Bordeaux figs though the leaves and the flavour are different. Unlike many other figs it resists splitting and souring. Self-pollinating.

P2521-120 Plants: \$15.45

BRUNSWICK FIG

Ficus carica 'Brunswick'

P Z7-11
(Dalmatian fig) A medium- to large-fruited variety with bronze-yellow skin. The yellow-strawberry flesh has a rich, sweet flavour. It is self-fertile and a heavy-cropper. Usually produces one crop a year but sometimes a second in hot summers.

P2521-170 Plants: \$15.45

CELESTE FIG

Ficus carica 'Celeste'

P Z7-10
Known as the "sugar fig", this is one of the best varieties for drying and for preserves. The fruits are medium-sized with a light brown or violet skin and a strawberry pink flesh. It is a compact plant that does well in containers and where space is limited. Cold tolerant, early ripening variety.

P2521-200 Plants: \$15.45

Staff pick

Our favourite fig to snack on in our greenhouse. Super sweet with buttery texture.



SULTANE FIG

KADOTA FIG

Ficus carica 'Kadota'

P Z6-9
Large fruits with a light green-yellow skin and amber flesh. Flavour is very sweet, especially when the weather is hot. Delicious fresh or dried, or for canning. This is a long-lived variety that does well in containers and tolerates heavy pruning. Self-pollinated.

P2521-420 Plants: \$15.45

LSU PURPLE FIG

Ficus carica 'LSU Purple'

P Z7-11
This variety from the Louisiana State University breeding program is one of the best varieties available. It is a reliable producer of delicious small purple figs. Does well in containers, producing an early crop of figs as soon as growth starts in spring. The sweet strawberry flesh is excellent, and the figs keep well.

P2521-490 Plants: \$15.45

MELANZANA FIG

Ficus carica 'Melanzana'

P Z6-9
A very sweet Italian variety with a nice "brown sugar" flavour. The name "Melanzana" means eggplant in Italian, perhaps inspired by the purple-blue colour of the fruits.

P2521-510 Plants: \$15.45

OLYMPIAN FIG

Ficus carica 'Olympian'

P Z6-9
An award-winning variety well suited for home gardens in cool and coastal areas. It was first discovered in Olympia, in Washington State. It produces its first abundant crop at an early age. Purple fruits are large, the size of tangerines, and the flesh is dark and very sweet.

P2521-670 Plants: \$15.45, 3+/\$13.90, 12+/\$12.35

SULTANE FIG

Ficus carica 'Sultane'

P Z7-11
(Sultana fig; Grosse de Juliet fig) A very nice fig from southern France with medium to large maroon-coloured fruits and sweet red flesh. The rich flavour is described as "almost nutty". Excellent for drying. A favourite among fig lovers.

P2521-820 Plants: \$15.45

VERN'S BROWN TURKEY FIG

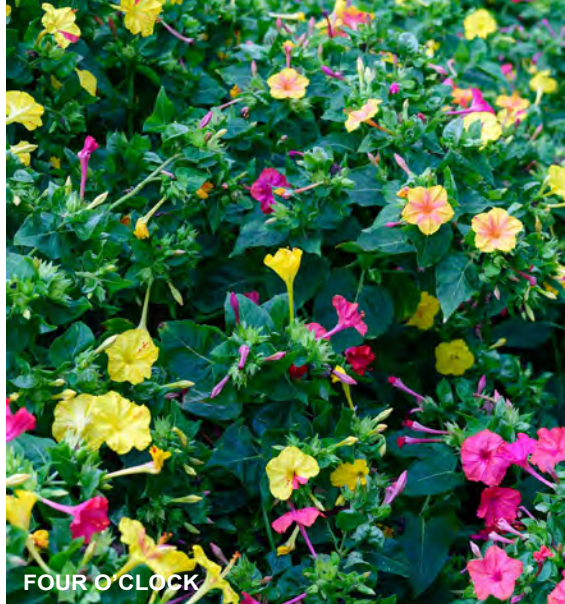
Ficus carica 'Vern's Brown Turkey'

P Z7-11
This is an improvement over a well-known but mostly unreliable 'Brown Turkey' variety grown in North America. 'Vern's' is a reliable producer of large tasty sweet figs with a dark brown skin and a light amber flesh. It can usually be counted on producing crops in summer and in fall.





P2521-900 Plants: \$15.45







FIREWEED











FOUR O'CLOCK

VERTE FIG    
Ficus carica 'Verte'
(Green Ischia fig) A favourite among fig lovers. Medium to large green fruits have a rich raspberry flesh with excellent flavour. Steven Biggs, author of *Grow Figs Where You Think You Can't*, rates it "very delicious." It is a mid-season "main crop" variety, as most of its fruits develop on the current year's shoots, not on the previous year's growth.





P2521-910 Plants: \$15.45

VIOLETTE DE BORDEAUX FIG    
Ficus carica 'Violette de Bordeaux'
This is a super dwarf variety from Spain. The jet-black fruits are small but they are considered by many to be the best tasting fig available. It is very hardy and often produces two crops in a season. Even when grown in pots, it is very productive.

P2521-930 Plants: \$15.45

FIREWEED        
Chamerion angustifolium
One of the most under-appreciated healing plants of the world. Growing research interest is showing how amazing this plant really is. The First Nations people applied it on bruises, boils and infections to "draw out" infections, and took it as a tea for intestinal parasites. Today it is a clinically proven anti-inflammatory, more effective than cortisone for irritation of the skin. It has analgesic, antimicrobial, antifungal, and antiviral properties, as well as potent anti-aging properties. Also a healer of mother nature, helping to begin the process of regeneration by moving in quickly after forest fires and clear-cutting. Stunningly beautiful with masses of pink flowers appearing from June to September.

S2560 Seeds: Pkt/\$4.75




FISH MINT, CHAMELEON    
Houttuynia cordata 'Chameleon'
Vietnamese herb used fresh on meat dishes and in soups. Unusual, but interesting fish-like flavour. Striking red, green and white variegated ground cover for shady areas. Very easy to grow. Shade tolerant.

P6605-100 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35








FLAG, LICORICE    
Acorus gramineus 'Licorice'
All parts of the plant burst with an absolutely stunning licorice scent when squeezed. Used in Thai cooking, and deserving of experimentation wherever a new flavour twist is desired. Important Chinese medicinal herb used to treat lack of appetite, gastritis, and depression. Prefers full or partial sun in wet soil or in water garden. Grows 20-30cm/8-12"; grass-like foliage.

P2600 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55






FLAG, SWEET: See CALAMUS

FLAX   
Linum usitatissimum
Source of strong fibre used in linen cloth. Linseed poultice is valuable for rheumatism and infections. Linseed oil is employed in the paint and varnish industries.







 **S2700-001 Seeds:** Pkt/\$3.25, 100g/\$8, 1kg/\$40

FLAX, BLUE       
Linum perenne
Pretty border perennial with pale blue flowers. As with ordinary flax, seeds contain linseed oil. Has been used for rheumatic pains, diarrhea and coughs.








S2710 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$35

FO-TI     
Fallopia multiflora
(He-shou-wu) Legendary Oriental "Elixir of Life" said to be used by a certain Professor Li who lived to the ripe old age of 256! Early in life Li started taking a daily concoction containing the "elixir of life." He is said to have outlived 23 wives, and left behind 11 generations of descendants when he died in 1933! Widely used tonic herb in traditional Chinese medicine. Roots are used to restore blood, liver and kidneys, and is prescribed for conditions as varied as vertigo, insomnia, lumbago, and constipation. Climber.

P2725 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

FOUR O'CLOCK      
Mirabilis jalapa
(Marvel of Peru) Attractive garden plant with highly fragrant two-inch long funnel-shaped flowers that bloom in the late afternoon and close by morning. The night-time scent is so sweet and seductive, one can't help but think that love is in the air! Colours range from white and yellow to pink, magenta and red. It has spread throughout the tropics not only for its beauty, but also for its value as a medicinal plant. Growing scientific evidence supports many of its traditional uses, which include treating abscesses, boils, wounds, bruises and muscle pain. It also reduces inflammation and swelling caused by sprains and fractures, and is widely used for diarrhea, colic and kidney infections. Thrives in full sun in any well-drained soil. Ht. 60cm/2ft.

S2728 Seeds: Pkt/\$4.25, 100g/\$18

FOXGLOVE, PURPLE       
Digitalis purpurea
Source of digitalis, important for its stimulating and regulating action on the heart, but too powerful to use without medical supervision. Spotted bells arranged in spikes are highly ornamental.

S2730 Seeds: Pkt/\$3.75, 10g/\$11, 100g/\$75

P2730 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55



DEERFIELD PURPLE GARLIC






Garlic

(*Allium*)






All seed garlic is shipped in the fall for fall planting. We often sell out by September so order early to avoid disappointment.

Softneck Garlic (*Allium sativum sativum*)

Regular "softneck" form of garlic, so called because the stem does not dry hard in the centre of the bulb. Plants are shorter than the "hardneck" varieties.

LORZ ITALIAN     
Allium sativum sativum 'Lorz Italian'
Vigorous large-bulbed variety originally brought to the U.S. from Italy by the Lorz family in the 1800s. Bulbs have a dozen or more cloves in 3-5 overlapping layers, an arrangement that resembles a true artichoke. It has a great, strong flavour that sometimes can be hot. Tolerates heat well.

R2780-300 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

SUSANVILLE     
Allium sativum sativum 'Susanville'
Mild flavoured bulbs are white-skinned with occasional pink. Excellent for roasting: the cloves easily slip-apart after roasting and spread effortlessly on French bread or tomato slices.

R2780-800 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

TRANSYLVANIAN     
Allium sativum sativum 'Transylvanian'
Very hardy, huge yields! Large artichoke softneck type with creamy white skin dappled with traces of crimson-red. The taste is smooth and buttery at first but slowly finishes with some spice. Introduced to America in the 1990s by Chester Aaron, a garlic aficionado and author. The original stock came from a farmers market in the mountains of Transylvania in Romania. The bulbs have about 10 cloves each. Stores well, up to 6-7 months. Braids nicely if the tops are left on.

R2780-900 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

Hardneck Garlic (*A. sativum ophioscordon*)






Called "hardneck" because the stem dries hard in the centre of the bulb. Cloves are larger and easier to separate than the "softneck" type, but does not store as well. Esteemed for their strong garlic flavour. This group includes the rocambole or Italian garlics.

DEERFIELD PURPLE     
Allium sativum ophioscordon 'Deerfield Purple'
This is a top performer for size, flavour and uniformity, originally found in Vietnam in the 1990s. Bulbs are 6cm across and covered with white skin streaked with purple; 7-9 cloves per bulb. The flavour begins with mild heat and ends with a spicy flourish.






R2786-350 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

DUGANSKIJ     
Allium sativum ophioscordon 'Duganskij'
(Persian Star garlic; Samarkand garlic) Also known as Persian Star or Samarkand. It was found in a market in Samarkand, a key stop on the ancient Silk Road in Uzbekistan. This is a beautiful marbled purple stripe variety with vivid colors and easy to peel cloves. The flavor is very pleasant with a mild spicy zing. Good, reliable, all-purpose variety that produces year-after-year.


R2786-360 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

GEM     
Allium sativum ophioscordon 'Gem'
A beautiful hardneck garlic. Hard to find! White porcelain skin and purple-red cloves. Cloves are large: 5-7 per bulb.






R2786-500 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

GERMAN MENNONITE     
Allium sativum ophioscordon 'German Mennonite'
This is a very nice porcelain variety that originally came from a German Mennonite colony in Ontario. In recent years it has become the garlic of choice for several commercial growers near Toronto. Good size bulbs with 4-6 cloves per bulb.

R2786-550 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

KRANDASGER RED     
Allium sativum ophioscordon 'Krandasger Red'
A very attractive marbled purple stripe variety similar to Purple Glazer and Metechi. Farmers like it because it reaches a good marketable size more reliably. The shape is round and uniform, and like other purple stripe varieties, the skins are white with purple stripes and brown markings. The flavour is medium hot and spicy when raw and more mellow when cooked. Keeps very well. 6-8 cloves per bulb.

R2786-740 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

MAJESTIC     
Allium sativum ophioscordon 'Majestic'
One of the best mid-season porcelain garlics available. Garlic lovers unabashedly describe it in majestic terms as having "nobility, grace and sublime character." It was developed from a chance mutation of a rocambole garlic by Ontario garlic grower Paul Pospisil, and was first introduced to the market in 2002. Bulbs reliably reach 5-7cm in diameter, even after cold winters, with 4-6 cloves per bulb. Good mild flavour.

R2786-800 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

Over 15 unique garlic varieties.
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ELEPHANT GARLIC



GAYFEATHER





ATTAR OF ROSES GERANIUM



MUSIC

Allium sativum ophioscordon 'Music' **P Z3-8**  
Best yielding strain, preferred by commercial growers in Ontario. Produces up to 15 tonnes per hectare (13,500 lbs/acre). White skin with a pink blush. Cloves are large and easy to separate and peel. Has a medium hot flavour. Will store up to 9 months. 8-10 cloves per bulb.
R2787 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$50



PURPLE GLAZER

Allium sativum ophioscordon 'Purple Glazer' **P Z3-8**  
This is one beautiful garlic, with brilliant shiny purple and silver wrappers. The flavour is strong, but not hot, and has no aftertaste. Kitchen tests prove that this variety is one of the best for baking, with a fine texture not unlike cooked carrots. Cloves are easy to peel. Originally from the Republic of Georgia.
R2787-450 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$55, 10kg/\$425

SIBERIAN

Allium sativum ophioscordon **P Z3-8**  
Very high in allicin, the compound that is responsible for garlic's antibiotic effect and for its ability to control cholesterol and high blood pressure. Medium to strong flavour; light pink coloured skin. Cloves are large. Excellent performer in northern climates. 8-10 cloves per bulb.
R2788 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$50



UZBEKISTAN

Allium sativum ophioscordon 'Uzbekistan' **P Z3-8**  
Comes from stock introduced by German immigrants to Washington State. But we believe the original stock came from the central Asian republic of the same name. It is a glazed purple stripe variety with very colourful bulbs and large cloves.
R2788-500 Bulbs (Sept-Oct shipment): 250g/\$25, 1kg/\$55, 10kg/\$425


YUGOSLAVIAN RED

Allium sativum ophioscordon 'Yugoslavian Red' **P Z3-8**  
This is an outstanding porcelain hard neck garlic originally from Matt Brunner, a garlic collector on Salt Spring Island in British Columbia. In milder areas it is a reliable producer of large bulbs with light pink-purple wrappers and large cloves. In Ontario it is not quite as robust as other local favourites such as Music, but its potent hot taste more than makes up for smaller yields. Very popular.
R2788-750 Bulbs (Sept-Oct shipment): 250g/\$25, 1kg/\$55, 10kg/\$425





Other Garlic**ELEPHANT GARLIC**

Allium ampeloprasum **P Z3-8**  
This is not a true garlic — botanically it is closer to leeks than to garlic — yet it produces huge bulbs, sometimes exceeding one pound each. Single cloves can be as big as entire bulbs of true garlics. Flavour is sweeter and much milder than regular garlic. Can be steamed as a vegetable dish with cream sauce, or sliced raw into salads. Large cloves are much simpler to peel and prepare than regular garlic. There are 4-6 cloves per bulb.
R2785 Bulbs (Sept-Oct shipment): 250g/\$23, 1kg/\$50

GARLIC, SOCIETY

Tulbaghia violacea **P Z7-11** 
(Sweet garlic; Pink agapanthus) A more civil version of garlic can hardly be imagined: its lavender-pink flowers are sweet-scented like hyacinths, and are showy, but you don't get bad breath when you eat it. The garlicky rhizomes, leaves and flowers can be used like garlic and chives. Flowers all summer. Prefers full sun and sandy, well-drained soil. Ht. 30-40cm/12-16".
P2790 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



GAYFEATHER

Liatris spicata **P Z4-9**    
(Blazing Star) Features strong spikes of deep rosy-purple flowers. Tuberous roots make a soothing tea valuable in kidney diseases or as a gargle for sore throat.
S2800 Seeds: Pkt/\$3.75, 10g/\$10, 100g/\$65



FERNLEAF GERANIUM



Geranium*(Pelargonium)***ALMOND**

Pelargonium quercifolium 'Pretty Polly' **P Z10-11+**  
Pungent, resinous, nutty odour, possibly reminiscent of almonds. Very showy pink flowers.
P2840-030 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15




APPLE

Pelargonium odoratissimum **P Z10-11+**  
Charming Victorian favourite. Delightful apple and cinnamon fragrance.
P2840-050 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



APRICOT

Pelargonium scabrum 'M. Ninon' **P Z10-11+**  
Strong scent, possibly of apricots. Lovely deep rose flowers; dark glossy leaves.
P2840-070 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



ATTAR OF ROSES

Pelargonium capitatum 'Attar of Roses' **P Z10-11+**   
Vigorous growing plant with deeply cut leaves. Excellent rose scent: useful perfume substitute for attar of roses.
P2840-080 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



CHARITY

Pelargonium 'Charity' **P Z10-11+**  
Very attractive! Leaves are two-toned with variegations of green and lime-green. Excellent pot plant with a robust, dense uniform habit. Delicate rose scent.
P2840-180 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



CHOCOLATE-MINT

Pelargonium quercifolium 'Chocolate-Mint' **P Z10-11+**  
Strong minty scent that some noses swear has a hint of chocolate. Velvety, purple streaked leaves.
P2840-190 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



CITROSA

Pelargonium 'Citrosa' **P Z10-11+**  
Claimed to keep mosquitoes, black flies and other biting insects at bay. Studies suggest that it is not effective. But even if it has no effect, its refreshing citronella scent and ease of culture make it worthwhile.
P2840-205 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



CLORINDA

Pelargonium 'Clorinda' **P Z10-11+**  
Pleasant scent with a hint of eucalyptus. Large showy rose-pink flowers flushed with lilac.
P2840-210 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



COCONUT

Pelargonium grossularioides **P Z10-11+**  
Coconut scent. Self-sows readily. Small dark leaves; compact somewhat trailing habit. Ideal for hanging baskets.
P2840-220 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15




FERNLEAF

Pelargonium denticulatum 'Filicifolium' **P Z10-11+**  
Finely cut leaves resemble fern leaves. Pine scented.
P2840-260 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



FINGERBOWL LEMON

Pelargonium crispum 'Minor' **P Z10-11+**  
Strong lemon scent. Tiny crisped leaves. Stiff upright habit. A fresh sprig added to the after dinner fingerbowl added an elegant touch to the Victorian dinner table.
P2840-290 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



FRENSHAM LEMON

Pelargonium 'Frensham' **P Z10-11+**   
Absolutely delightful lemon scent. Neat compact growth habit.
P2840-300 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



GINGER

Pelargonium 'Toronto' **P Z10-11+**  
Faint ginger scent. Showy rose-lavender flowers.
P2840-340 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



GRAY LADY PLYMOUTH

Pelargonium x asperum 'Gray Lady Plymouth' **P Z10-11+**  
Good rose scent. Deeply cut grey-green leaves with narrow white border.
P2840-390 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15



LEMON SCULPTURE™

Pelargonium 'Bontrosai' **P Z10-11+**  
Like a living sculpture! A very different scented geranium with a pruned and sculpted look like bonsai. The tightly curled leaves and sparse, deliberate branching gives it a neat formal look. It keeps its sculpted look even in lower light, so it works well indoors on windowsills. Its refreshing citrus scent will make it hard to keep your hands off it! Ht. 90cm/3ft.
Unauthorized propagation prohibited. Protected by U.S. patent (USPP#PP15918). Lemon Sculpture is a trademark of Richters; all rights reserved.
P2840-440 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95



LIME

Pelargonium x nervosum **P Z10-11+**  
Excellent lime scent. Small deep green leaves.
P2840-450 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

MABEL GREY

Pelargonium citronellum 'Mabel Grey' **P Z10-11+**  
Outstanding lemon-scented variety with dark green, sharply lobed leaves and showy flowers.
P2840-460 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

MRS. TAYLOR

Pelargonium 'Mrs. Taylor' **P Z10-11+**  
Flowers bright red; very showy; pungent, crinkled leaves.
P2840-485 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

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PRINCE OF ORANGE GERANIUM



GINGER BUSH

NUTMEG

Pelargonium x fragrans

Small dainty plant with a spicy nutmeg scent.
P2840-520 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

P Z10-11+

OLD SPICE

Pelargonium x fragrans 'Logeei'

Spicy like nutmeg geranium, but with a hint of apple.
P2840-560 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

P Z10-11+

ORANGE FIZZ

Pelargonium 'Orange Fizz'

Strong orange-lemon scent is addictive. A fun plant for containers, window boxes, and as a border plant in the scented garden. Light pink and mauve bicolored flowers. Ht. 45-60cm/18-24in.

P2840-565 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

P Z10-11+

PEACOCK

Pelargonium 'Peacock'

Delicious, intense rose fragrance. Foliage is flecked with white markings. Small lavender flowers. Vigorous growth habit. Ht. to 50cm/20in.

P2840-570 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

P Z10-11+

PEPPERMINT

Pelargonium tomentosum

Refreshing mint scent. Large velvety leaves. Its trailing habit makes it ideal for hanging baskets.

P2840-580 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

P Z10-11+

PRINCE OF ORANGE

Pelargonium citrosum

Orange-scented. Compact, showy plant.

P2840-620 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

P Z10-11+

ROBER'S LEMON-ROSE

Pelargonium graveolens 'Rober's Lemon-Rose'

Deeply scalloped leaves resemble tomato leaves. Sweet lemon-rose scent; vigorous growth habit.

P2840-690 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

P Z10-11+

ROSE

Pelargonium x asperum

The traditional rose-scented geranium with deeply cut leaves.

P2840-700 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

P Z10-11+

STRAWBERRY

Pelargonium x scarboroviae

(Countess of Scarborough geranium) Small crisped leaves are pleasantly strawberry-scented. Tends to stay compact in size.

P2840-850 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

P Z10-11+

VARIEGATED NUTMEG

Pelargonium x fragrans 'Variegated'

Attractive variegated version of nutmeg geranium with the same strong nutmeg scent.

P2840-910 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

P Z10-11+

GERMANDER

Teucrium chamaedrys

(Wall germander) Showy edging plant with glossy dark green leaves and rosy flowers. Infusion quiets upset stomach and promotes appetite. Once used in the treatment of gout.

S2858 Seeds: Pkt/\$4.75

P2858 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

P Z5-9 S S E

GINGER BUSH

Tetradenia riparia

(Iboza; Nutmeg bush) Popular remedy throughout southern Africa for colds, flu, fever, and sore throat. It is antibacterial, antifungal and antiviral. Also used for cavities, skin disease, and scabies. The whole plant is highly aromatic in a medicinal way. The scent, some say, is reminiscent of sage and ginger. Just inhaling the aroma of the freshly crushed leaves helps to relieve migraine. Masses of showy white or pinkish plume-like flowers make an impressive show in early fall. Surprisingly easy to grow in containers.

P3482 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

P Z9-11+



GINKGO

GINGER, CARDAMOM

Alpinia nutans

(False cardamom; Dwarf cardamom; Shellflower) Often sold as true cardamom but it is actually a type of ginger with a cardamom scent. While it sometimes flowers and sets seeds in warm tropical conditions, the seeds are not edible like true cardamom. However the strongly scented glossy leaves are edible and can be used like a wrap to flavour food. Try them in tea and in sweet desserts such as rice pudding. The porcelain-like flowers are also edible. The rhizomes and leaves are used in traditional medicine for high blood pressure, ulcers, fungal infections, flu and headache, and as a diuretic. Makes a nice easy-to-grow indoor foliage plant. Ht. 60-150cm (2-5ft).

P2862-200 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

P Z8-11

GINGER, SHELL

Alpinia zerumbet 'Variegata'

(Variegated ginger; Pink porcelain lily) With its large ornamental green and gold leaves this is a popular ornamental house plant and an outdoor landscaping plant in warm areas. It is widely used in East Asia for food and medicine. Rhizomes are used as a substitute for galangal and ginger. In China and Japan the leaves are used to wrap rice or fish for cooking. In Brazil it is one of the most important folk medicines for rheumatism, heart disease, hypertension, and as a diuretic. In the Philippines the leaves are used for fevers and the rhizomes are used to treat dyspepsia, flatulence, vomiting, diarrhea and malaria. The rhizomes have sedative properties owing to the same kavalactones found in kava. Called "shell ginger" because the flowers appearing in the second year resemble sea shells. Requires bright light and humid, moist conditions.

P2862-270 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

P Z8-11

GINGER, WILD

Asarum canadense

(Indian ginger) North American woodland native with aromatic roots like true ginger. Traditional Native American remedy for indigestion, coughs, colds, fever, sore throat, flatulence, and nervous conditions. **CAUTION:** Wild ginger roots have low levels of aristolochic acids, which Health Canada and the FDA warn should not be ingested. While the focus of the warnings has been on Chinese herbs with much higher levels of these compounds, caution is warranted until more is known about the safety of wild ginger.

P2862-300 Plants (Apr-June shipment): \$9.45, 3+/\$8.50, 12+/\$7.55

P Z3-8

GINKGO

Ginkgo biloba

(Maidenhair tree) An extremely hardy tree, resistant to pollution and disease. Very attractive fan-shaped foliage. In the West, the male tree is preferred because the female produces a foul-smelling fruit. However, the fruit contains a delicious nut which is a delicacy in China roasted or added to rice dishes. Medicinally, ginkgo is rapidly gaining a reputation as a brain tonic. According to recent European studies, the leaf extract increases blood supply to the brain and improves neural functioning and memory. Seeds take 3 to 12 months to germinate.

S2862-500 Seeds (Oct-Feb shipment): Pkt/\$7.75, 100g/\$45

P2862-500 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95

P Z5-9 S D



SIBERIAN GINSENG

Ginseng

(*Panax*, *Eleutherococcus*)

AMERICAN GINSENG

Panax quinquefolius

Native of cool hardwood forests throughout eastern and central North America. Extinct in many areas, it is now cultivated to a large extent. Seeds are planted in hardwood forests or under shade in the fall. The seedlings appear in spring, and in 3 to 6 years they mature. We offer high quality stratified seeds. Detailed growing instructions included.

S2863 Seeds (Sept-Dec shipment): Pkt/\$10.75, 10g/\$28, 100g/\$195

P Z4-8 S D

SIBERIAN GINSENG

Eleutherococcus senticosus

(Eleuthero ginseng; Ci wu jia) Possesses powerful tonic and restorative properties. Relieves the effects of mental and physical stress. Its action differs from that of true ginseng as it does not cause insomnia in large doses. Very hardy shrub; requires part shade. Germination takes 1-2 years.

S2864 Seeds: Pkt/\$10.75

P2864 Plants: \$17.45, 3+/\$15.70, 12+/\$13.95

P Z3-8 S S D

GINSENG, JAVA

Talinum paniculatum

Easy-to-grow alternative to true ginseng! (Jewels of Opar; Fame-flower; Tu ren shen) This is an important medicinal herb and food plant in South America, Africa and Asia. It is also a popular ornamental with succulent leaves and wispy sprays of pink flowers. In Brazil it is widely used like ginseng for physical weakness. In Indonesia the roots are considered a good alternative to the much more expensive (and harder to grow) Korean ginseng, and are widely used as an aphrodisiac. Animal studies have confirmed the roots increase libido and strengthen male orgasm. The mucilaginous leaves are popular in soups and salads throughout the tropics.

S2864-800 Seeds: Pkt/\$5.25

P Z9-11+ S S E

GOJIBERRY

Lycium barbarum

(Wolfberry; Gou gi zi; Matrimony vine) Chinese culinary and medicinal herb used to strengthen muscles and bone, liver function, and to improve vision. Increases white blood cell counts, and stimulates tissue development. Young leaves and shoots are popular as cooked greens in China. Sweet berries are eaten raw as a snack or added to soups and stews.

S6925 Seeds: Pkt/\$4.75

P6925 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

P Z3-9 S S E



GREEK MOUNTAIN TEA

GOJIBERRY, BLACK

Lycium ruthenicum **P Z4-7** **☹** **☹** **M**
A promising superfood! (Tibetan gojiberry; Hei guo gou qi) Black berries are very rich in oligomeric proanthocyanidins (OPCs), a class of compounds that gives red wine, grape seeds and blueberries their powerful antioxidant effects. Traditionally used to treat diabetes, anemia, heart disease, impotency, abnormal menstruation, menopause and problems of the liver and kidneys. Reduces cholesterol, helps regulate blood pressure, and improves circulation. Also improves vision problems and dizziness. The berries help prevent or slow the growth of cancer. Black gojiberry does well in dry, well-drained soils, and requires full sun. Ht. 25-100cm.
S2905 Seeds: Pkt/\$7.75
P2905 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95, **Plug pack:** 12/\$29.95

GOLDENROD, EUROPEAN

Solidago virgaurea **P Z3-8** **☹** **☹** **M**
Has excellent diuretic and antiplogistic effects. Used for bladder and kidney stones and inflammation. An infusion of the flowering tops is used, often in conjunction with echinacea for urinary problems, upper respiratory infections, mucus congestion and postnasal drip. Ht. 75cm/30in.
S2908 Seeds: Pkt/\$4.75, 10g/\$75
GOOD KING HENRY
Chenopodium bonus-henricus **P Z3-9** **☹** **☹** **E**
(Mercury) Wholesome potherb rich in iron and vitamin C. In use since Neolithic times. Shoots gathered when 12cm (5in) high are peeled, boiled and eaten like asparagus. Young tender leaves are eaten cooked or in salads like spinach. Flower spikes can be steamed and buttered like broccoli. Remedy for indigestion, constipation. Thrives in full or partial sun. Ht. 60cm (2ft).
S2950 Seeds: Pkt/\$3.75, 10g/\$13
P2950 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

GOTU KOLA

Centella asiatica **P Z8-10** **☹** **☹** **M**
(Pennywort) Small creeping tropical plant used for centuries in India. Believed to have remarkable rejuvenating properties. One or two freshly chopped leaves daily in salads or liquefied in juice are said to be sufficient to revitalize the cells of the brain and to retard the aging process. Research shows that it is valuable for the treatment of burns, wounds, scars and varicose veins because it stimulates the development of connective tissue. Of easy culture in humus-rich soil where humidity is high. May be necessary to enclose plants in plastic bags during dry winter months. Avoid direct sunlight.
P3000 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

GRAVELROOT: See JOE-PYE WEED



HEARTSEASE

GREEK MOUNTAIN TEA

Sideritis syriaca **P Z8-10** **☹** **☹** **M**
(Ironwort) Traditional tea consumed throughout Greece to treat the common cold. Sold in dried form in most Greek markets worldwide. Sideritis species have proven anti-inflammatory properties; research into anti-arthritis and antimicrobial uses is ongoing. In the wild, plants thrive on sunny, rocky, dry hillsides growing to 50cm/20" with attractive grey-woolly leaves.
P3010 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45
GROUND IVY, VARIEGATED
Glechoma hederacea "Variegata" **P Z5-9** **☹** **☹** **M**
(Creeping Charlie) Balsamic leaves make an excellent cooling tea, known as "Gill tea," for the dog days of summer. Useful for kidney problems, indigestion, as a poultice for ulcers and cancers, and as a "blood purifier." Aggressive low creeper for moist, shady areas. This is an attractive white-variegated ground ivy. Excels in hanging baskets, trailing straight down 1m/3ft. or more. Easy to grow.
P3021 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

GYNURA

Gynura procumbens **P Z10-11+** **☹** **☹** **M**
(Leaves of the Gods; Mollucan spinach; Sambung nyawa; Daun dewa) Traditional Asian herb for diabetes. Unlike antidiabetic drugs, it lowers blood glucose only in those suffering from diabetes, not those with normal glucose. And it protects the kidneys and retinas from damage caused by high blood sugar. It also lowers blood cholesterol and triglycerides, lowers blood pressure, and has anti-inflammatory and antiviral activity. The edible young leaves are eaten fresh in salads or stir-fried with garlic and oyster sauce. Gynura will climb if you let it but is happy kept as a small bush with regular pruning.
P3090 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$28.45

HEARTSEASE

Viola tricolor **B Z4-9** **☹** **☹** **E**
(Johnny jump up) Old English favourite with charming small purple, lavender and yellow flowers. Was once a potent symbol of romance for courting couples. Used for dropsy, respiratory catarrh and skin eruptions. Flowers are edible.
S3140 Seeds: Pkt/\$3.25, 10g/\$20, 100g/\$150

HELIOTROPE

Heliotropium arborescens **P Z11+** **☹** **☹** **E**
Sweet scented violet-blue flowers are favourites as pot plants or outdoor bedding plants. Cultivated for perfumery and for scenting bathwaters. Has been used for "clergyman's sore throat."
S3144 Seeds: Pkt/\$5.25, 10g/\$75
P3144 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55



HOLLYHOCK

HOLLYHOCK

Alcea rosea **A/P Z2-9** **☹** **☹** **E**
As a gargle a tea of the flowers helps soothe oral inflammations. Tall majestic flower spikes of red, pink, purple or yellow.
S3274 Seeds: Pkt/\$3.75, 10g/\$8, 100g/\$60
P3274 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

HOLLYHOCK, BLACK

Alcea rosea nigra **P Z2-9** **☹** **☹** **E**
Distinguished from the previous by its silky black-purple flowers which, when added to herb teas, give a lovely, deep rose-purple colour. Like other members of the mallow family, it helps soothe irritated mucous membranes.
S3278 Seeds: Pkt/\$4.25, 10g/\$11, 100g/\$80
P3278 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

HOLLYHOCK, DOUBLE

Alcea rosea "Double" **A/P Z2-9** **☹** **☹** **E**
Soothing herb for irritations on skin and in mouth. Tall majestic flower spikes of double red, pink, purple or yellow blossoms.
S3275 Seeds: Pkt/\$4.25, 10g/\$10

Hops

(*Humulus*)

Beer Hops (*Humulus lupulus*)

These are the classic beer making hops used by European and North American brewers. The bitterness is rated by the alpha acid content — the higher the alpha acid, the more bitter the hop. All plants are female.

CHINOOK HOPS

Humulus lupulus "Chinook" **P Z3-8** **☹** **☹** **E**
Super alpha hybrid variety with high vigour and yield. Popular with both craft and major brewers. Alpha acid 10-14%.
P3301-120 Plants: \$13.45, 3+/\$12.10, 12+/\$10.75

FUGGLE HOPS

Humulus lupulus "Fuggle H" **P Z3-8** **☹** **☹** **E**
American version of the classic English variety introduced by Richard Fuggle in 1875. Alpha acid 4-5.5%.
P3301-190 Plants: \$13.45, 3+/\$12.10, 12+/\$10.75

GLACIER HOPS

Humulus lupulus "Glacier" **P Z3-8** **☹** **☹** **E**
Variety used in American style pale ales. It was developed from an old French variety called "Elsasser" and was released in 2000 by Washington State University. Its well balanced bittering properties and pleasant aroma profile make it an excellent dual purpose hops. Alpha acid 5.5%.
P3301-195 Plants: \$13.45, 3+/\$12.10, 12+/\$10.75



HOPS

DID YOU KNOW?

Hops were traditionally used in beer for their natural antimicrobial properties, which helped extend shelf life before refrigeration. Today, brewers continue this tradition, with the flavor and aroma of hops now essential to many beer styles, especially IPAs.

NORTHERN BREWER HOPS

Humulus lupulus "Northern Brewer" **P Z3-8** **☹** **☹** **E**
Good versatile all-purpose hop with high oils. Popular with eastern USA craft brewers for full-bodied ales. Alpha acid 7-9%.
P3301-380 Plants: \$13.45, 3+/\$12.10, 12+/\$10.75

SOUTHERN CROSS HOPS

Humulus lupulus "Southern Cross" **P Z3-8** **☹** **☹** **E**
A delicious high alpha variety with a spicy, lemon taste and slight hint of pine. The flavour is very "European", and so this variety is used in lagers, pilseners, bitters, red ales, strong bocks and strong stouts. It is a triploid cross between "Smoothcone" and "53-5-61M" developed by the Riwaka Hop Research Centre in New Zealand and released in 1994. Alpha acid 11-14%.
P3301-457 Plants: \$13.45, 3+/\$12.10, 12+/\$10.75

SPALTER SELECT

Humulus lupulus "Spalter Select" **P Z3-8** **☹** **☹** **E**
(Spaulter Select hops) Superior triploid variety developed at the Hüll Hop Research Center in Bavaria from a cross between Spalt and Hallertau Mittelfrüh. Used mainly as an aroma hop, with a floral, fruity, hoppy aroma, with an extra kick of spice. Used for premium German lagers, ales, and pilseners. Alpha acid is 3.5 to 5.5%.
P3301-458 Plants: \$13.45, 3+/\$12.10, 12+/\$10.75

HOREHOUND

Marrubium vulgare **P Z4-8** **☹** **☹** **E**
Horehound candies were once the standard remedy for coughs in Europe and North America. An infusion of the herb is good for weak stomach, lack of appetite and persistent bronchitis.
S3340 Seeds: Pkt/\$3.25, 10g/\$13, 100g/\$100, 1kg/\$700
P3340 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

HORSERADISH

Armoracia rusticana **P Z3-10** **☹** **☹** **E**
Widely known condiment plant. Fleshy roots are grated for use as a pungent relish or appetizer with fish or meats.
P3360 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35



JAVA TEA

HUACATAY Ⓐ Ⓢ Ⓔ
Tagetes minuta
(Black mint marigold; Aji huacatay) Little known outside of the Andes in South America, this herb is essential for traditional Peruvian dishes such as *ocopa*, a potato dish, and in *aji verde*, a Peruvian salsa served with grilled chicken and fish. It features also in *locro*, a stew made with pumpkin and potatoes. The taste is a complex mix of basil, tarragon, mint and lime, with an agreeable bitter edge — which is why it is so intriguing and addictive! Many fall in love with this herb, finding that it works well in just about any savoury dish. Vinaigrette? Yes! Marianades for chicken or pork? Yes! Salsas, pestos? Yes! Soups, stews, even pizzas? Yes, yes and yes! One foodie wrote that for those who cannot stand cilantro it is an excellent stand-in. As an added bonus, it is also a weedkiller plant and can help control nematodes and insect pests. Very easy to grow, but know that it can reach heights of 2m (6ft), so give it space.
S3384 Seeds: Pkt/\$4.75, 10g/\$9, 100g/\$65

HYACINTH BEAN Ⓐ Ⓢ Ⓔ
Lablab purpureus
(Lablab) Most of this legume vine from India is edible: the pods, leaves, flowers, dried seeds, sprouted seeds and roots are all commonly eaten in India. Not only is it versatile in the kitchen, but its purple-veined leaves add ornamental interest in the garden. In traditional Chinese medicine it is used as a tonic and for the treatment of dysentery, bloody stools and ‘summer heat disorders’. Tall twining vine matures in about 75 days.
S3390 Seeds: Pkt/\$5.75, 10g/\$9, 100g/\$60

HYSSOP Ⓐ Ⓢ Ⓔ
Hyssopus officinalis
Decorative plant with a refreshing aromatic scent. Essential oil used in perfumery. Slightly bitter leaves are finely chopped on game meats, and in salads, soups and stews. Helps digestion. Showy blue flower spikes.
S3470 Seeds: Pkt/\$3.25, 10g/\$8, 100g/\$50, 1kg/\$300
P3470 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

INDIAN TOBACCO: See LOBELIA

INDIGO, JAPANESE Ⓐ Ⓢ Ⓔ
Persicaria tinctoria
(Chinese indigo; Dyers knotweed) Source of a blue dye used in East Asia since ancient times. On the Japanese island of Shikoku the art of indigo dyeing known as *aizome* is still practiced following traditional methods that go back centuries. Clothes made with *aizome* fabrics are remarkably cool in summer and warm in winter. The dye is also antimicrobial and anti-inflammatory, which is probably why the samurai wore *aizome* clothing under their armour to help prevent rashes caused by chafing and perspiration. A blue powder called *chung-dae* made from the herb has been used for centuries to treat infectious inflammatory diseases, ulcerative colitis, and fever. Recent studies have confirmed its potent anti-inflammatory properties and its effects on chronic gastrointestinal disease and on atopic dermatitis, a common form of eczema. Easy to grow annual.
S3490-500 Seeds: Pkt/\$5.25



DID YOU KNOW?

Night jessamine releases an enchanting sweet-smelling fragrance at night in the garden or indoors.

NIGHT JESSAMINE

INDIGO, WILD Ⓐ Ⓢ Ⓔ
Baptisia tinctoria
Roots are a valuable antiseptic, useful for bacterial infections of the mouth, throat, respiratory system, and the skin.
S3491-001 Seeds: Pkt/\$5.75, 10g/\$30, 100g/\$210

JACOB’S LADDER Ⓐ Ⓢ Ⓔ
Polemonium caeruleum
Leaflets are assembled in ladder form. Showy bright blue flowers. Remedy for nervous complaints, headaches and heart palpitations.
S3503 Seeds: Pkt/\$3.75, 10g/\$16, 100g/\$110
P3503 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

JASMINE Ⓐ Ⓢ Ⓔ
Jasminum officinale affine
(Poet’s jasmine) The incomparable fragrance of jasmine has been an inspiration for poets throughout the ages. Its white flowers are a mainstay of the perfume industry. Normally vines, they can be kept bushy by pruning. For window or greenhouse.
P3505 Plants: \$12.45, 3+/\$11.20

JASMINE, ARABIAN Ⓐ Ⓢ Ⓔ
Jasminum sambac
Few flowers capture the heart and soul of Asia as *Jasminum sambac* does. It is the national flower of Indonesia and the Philippines and a symbol of purity, beauty and eternal love. The white flowers open at night to emit an intoxicating sweet scent that few can resist. Used as religious offerings and to make welcome garlands for guests. In China the flowers are added to jasmine tea. Grows as a small sprawling shrub, 1-3m (3-10ft) high, but can easily be kept to a more manageable size with pruning. Full or part sun.
P3506 Plants: \$12.45, 3+/\$11.20

JAVA TEA Ⓐ Ⓢ Ⓔ
Orthosiphon aristatus
Powerful medicine for the kidneys! (Cat’s whiskers) This close cousin of basil is widely used in southeast Asia for urinary problems. It is used for kidney and bladder diseases such as rheumatism and gout. There has been considerable research interest in this plant’s many properties, including its anti-inflammatory, diuretic, antihypertensive, antioxidant, anticancer, antimicrobial, and analgesic properties. Commercial interest in this remarkable plant is growing rapidly. It is also an attractive pot plant with striking white flowers that resemble cat whiskers.
P3507 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

JESSAMINE, NIGHT Ⓐ Ⓢ Ⓔ
Cestrum nocturnum
(Night-scented jasmine; Queen of the night) Shrub, spectacular for its intensely fragrant creamy-white flowers which emit waves of perfume at night. The fragrance has been described variously as “resembling orange blossoms” and “sweet musk mingled with heliotrope.” Will bloom repeatedly through the year if well-fed and watered. Can reach 2.5m/8ft in height if not pruned back.
P3508 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95, **Plug pack:** 12/\$28.45

JOE-PYE WEED Ⓐ Ⓢ Ⓔ
Eutrochium purpureum
(Gravelroot) Tall graceful native of the eastern U.S. with showy rosy-purple flowers. Leaves emit a vanilla-scent when crushed. Native Americans and the pioneers used it to induce sweating to break fevers. Valuable remedy for kidney problems.
S3510 Seeds: Pkt/\$4.25
P3510 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

LAMB’S EAR, WOOLLY Ⓐ Ⓢ Ⓔ
Stachys byzantina
Delightful soft, downy foliage resembles lamb’s ears in feel and appearance. Silvery appearance is ideal for contrasting and grey gardens. Formerly used to bandage wounds.
S3605 Seeds: Pkt/\$4.25, 10g/\$22
P3605 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

LANTERN, CHINESE Ⓐ Ⓢ Ⓔ
Physalis alkekengi
Edible berries are borne inside fascinating orange chinese lantern-like calyces. Berries are eaten raw, or in preserves and pies. Recommended for fevers and gout.
S3610 Seeds: Pkt/\$3.75, 10g/\$15, 100g/\$100
P3610 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

Lavender

(Lavandula)

English Lavenders (L. angustifolia)

The true lavender cherished for its delicate sweet aroma.
Note: when raised from seeds English lavenders (e.g. Hidcote, Munstead and Rosea) are not 100% true to type.

ENGLISH LAVENDER Ⓐ Ⓢ Ⓔ
Lavandula angustifolia
Typical form. Compact, narrow foliage; flowers lavender-blue.
S3625 Seeds: Pkt/\$3.25, 10g/\$13
S3625-001 Seeds: Pkt/\$4.25
P3625 Plants: \$4.95, 3+/\$4.45, 12+/\$3.95, **Plug pack:** 12/\$29.95

BIG TIME BLUE LAVENDER Ⓐ Ⓢ Ⓔ
Lavandula angustifolia ‘Armtipp01’
Compact plants, big flowers! An exceptional early blooming compact lavender with masses of big purple flowers, up to 10cm/4in long.
P3625-500 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

FOLGATE LAVENDER Ⓐ Ⓢ Ⓔ
Lavandula angustifolia ‘Folgate’
Neat compact variety with dark mauve, mildly scented flowers on long spikes. Well suited for gardens and borders, and for cutting and drying. Developed at Folgate Nursery in England before 1924. Ht. 60cm/24”.
P3626-600 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$29.95

HIDCOTE LAVENDER Ⓐ Ⓢ Ⓔ
Lavandula angustifolia ‘Hidcote’
Compact silver-grey; flowers deep purple. Ht. 30cm/12”.
S3627 Seeds: Pkt/\$4.25, 1g/\$10, 10g/\$64
P3627 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

MELISSA LAVENDER Ⓐ Ⓢ Ⓔ
Lavandula angustifolia ‘Melissa’
The sweetly fragrant flowers start out pure white but change to a delicate pink as they mature. Flowers are earlier and longer lasting than other pink varieties. In the Lavender Capital of America, Sequim, Washington, there are spectacular displays of Melissa in arching rows interplanted with purple lavender. For cooking, the flowers have a prized mild and delicate flavour. Ht. 70cm/28in.
P3627-970 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$29.95

MUNSTEAD LAVENDER Ⓐ Ⓢ Ⓔ
Lavandula angustifolia ‘Munstead’
Flowers lavender-blue, bluer and earlier than most. Compact narrow green foliage. Ht. 30-45cm/12-18”.
S3628 Seeds: Pkt/\$3.75, 10g/\$55
P3628 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45



ENGLISH LAVENDER



MUNSTEAD LAVENDER



GROSSO LAVENDER

SACHET LAVENDER

Lavandula angustifolia 'Sachet'
American variety from Oregon with a strong heady aroma and excellent oil quality. Large violet-mauve flowers are good for scented use in potpourris and sachets. Blooms in June and again August or September. Nice variety for culinary use. Ht. 70cm/28in.

P3630 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

SUPERBLUE LAVENDER

Lavandula angustifolia 'SuperBlue'
A terrific new lavender from Holland with deep violet-blue flowers and a nice compact mounding growth habit. As the flowers appear in midsummer the strong scent fills the air far and wide. Very hardy and adaptable to both dry and wetter growing conditions. Ht. 25-60cm/10-24".
Propagation prohibited. U.S. patent (USPP#24929).

P3631-300 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$29.95

TWICKEL PURPLE LAVENDER

Lavandula angustifolia 'Twickel Purple'
Deep purple flowers with long stems and outstanding fragrance. Ideal for sachets, for cut-flowers, and for craft work. Needs regular pruning to maintain a neat rounded shape. Developed at Twickel Castle in Holland before 1922. Ht. 60cm/2ft.

P3632 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

Lavandin Lavenders (*L. x intermedia*)

Hybrids between English lavender *L. angustifolia* and spike lavender (*L. latifolia*). Includes the most important varieties for oil production.

FRED BOUTIN LAVENDER

Lavandula x intermedia 'Fred Boutin'
Excellent for crafting! The flower stems are extra long and sturdy, making this one of the best lavenders for making lavender wands and other scented crafts. Flowers are deep lavender blue and strongly scented. Grows in dense silver-grey clumps and is excellent for informal hedges in sunny areas. Named after the California botanist who discovered this variety in the 1980s.

P3636-400 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

GROS BLEU LAVENDER

Lavandula x intermedia 'Gros Bleu'
Outstanding lavender from France and a stiff challenger to Grosso, the current favourite on lavender farms. Gros Bleu is quickly becoming a standard in the Pacific Northwest where it is widely grown for fresh and dried bouquets, potpourris, and for landscape use. Compared to Grosso, its flowers are deeper purple, and the aroma is sweeter. Flower spikes can be 10cm/4in long, on extra long stems making it an excellent choice for cutting. Ht. 1m/3ft.

P3636-480 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$29.95

GROSSO LAVENDER

Lavandula x intermedia 'Grosso'
Commercially important strain from the Vaucluse district of France. Discovered in 1972 when the standard commercial strain was nearly destroyed by disease. Violet flowers, strong scent. Ht. 75cm/30".

P3636-500 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45



PHENOMENAL LAVENDER

HIDCOTE GIANT LAVENDER

Lavandula x intermedia 'Hidcote Giant'
This is altogether different from the well known Hidcote variety that has been grown in gardens for years. Hidcote is an English lavender (*L. angustifolia*) while Hidcote Giant is a lavandin (*L. x intermedia*), and is a much taller plant with beautiful dark purple fat blossoms on long stems, up to 60cm/24in long. The colour holds very well in drying making this an outstanding variety for dried arrangements and bouquets. Ht. 1m/36-40in.

P3636-700 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

PHENOMENAL LAVENDER

Lavandula x intermedia 'Niko'
A truly phenomenal lavender! Has all the beauty and all the brawn of the best — in one plant! It has the beautiful long flower spikes typical of hybrid lavandins but also it is hardier than the toughest of the English varieties. This lavender outperformed all other varieties tested across Europe and the United States. It is tolerant to extreme heat and humidity, and is resistant to common root and foliar diseases. Its silvery foliage and uniform, mounding habit, makes it an excellent choice for ornamental use in gardens, for fragrance, for fresh and dried arrangements, and for oil production. It is also said to be deer-proof. Ht. 60-80cm/24-32"
Unauthorized propagation prohibited. Protected by U.S. patent (USPP#24,193). Phenomenal is a U.S. registered trademark.

P3636-900 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$32.95

PROVENCE LAVENDER

Lavandula x intermedia
(Dutch lavender; Lavandin) Vigorous, long-stemmed variety in cultivation since the 1950s and still widely grown for fresh bouquets, lavender wands, and potpourri. Very fragrant. Not considered suitable for commercial oil production. Ht. 1m/3ft.

P3637 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

SEAL LAVENDER

Lavandula x intermedia 'Seal'
Large bush with dark purple-violet flowers on long spikes. Old favourite for lavender bags. Its soft and pleasant aroma persists for at least two years. Was developed at the Seal Herb Farm before 1935 in England, where it was considered to be the best variety for commercial production, both for drying and for oil. Ht. 120cm/4ft.

P3637-450 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$29.95

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SWEET LAVENDER

French Lavenders (*L. stoechas*)

Despite the name these lavenders are not grown in France for the fragrance industry. Their oils possess a pronounced camphorous note which is undesirable. However they make stunning aromatic bedding plants with showy butterfly-like "wings" dancing atop the flowers. Confusingly also known as Spanish lavender.

FRENCH LAVENDER

Lavandula stoechas
(Spanish lavender) The standard form with narrow, grey downy leaves and dark violet flowers. Camphor-rosemary scent.

P3635 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

KEW RED LAVENDER

Lavandula stoechas 'Kew Red'
Show-stopping pink and cerise flowers on intensely fragrant grey-green plants. Excellent for bedding, edging and container use. Ht. 45-60cm/18-24".

P3635-500 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

Other Lavenders

SWEET LAVENDER

Lavandula x heterophylla
A vigorous fast growing hybrid that dates back to the 1800s or earlier. Has green-grey slightly toothed leaves and violet flowers. Thrives in hot and humid areas where other lavenders fail. In temperate climates it does well in containers.

P3645 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

LEAF OF LIFE

Kalanchoe pinnata
A gift from the gods! (Miracle leaf; Cathedral bells) Wherever this succulent journeyed from its native Madagascar, it earned a reputation as a divine treasure, a medicinal gift from the gods. Names such as "hoja santa", "life plant", and "miracle leaf" hint of its power. Goethe, the renowned German poet and playwright, was so captivated by it that he gave visitors baby plants to take home. Traditionally, it is used for a wide range of ailments, from asthma, coughs, headaches, inflammations, infections, and bruises, to hypertension, diabetes, kidney stones, arthritis, rheumatism, and joint pain. Modern research supports many of these uses, particularly its uses for anxiety, restlessness and sleep disorders. Easy to care for as an indoor plant in any bright window.

P3656 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35



LICORICE

LEMON LEAF

Plectranthus 'Mt Carbine'
Pure seduction! This is an amazing new herbal discovery from the Mt. Carbine area of Queensland in northern Australia. The voluptuous velvety leaves and exquisite fruity lemon scent are absolutely divine. You won't be able to stop yourself from stroking the leaves and enjoying the aroma — and the sheer pleasure of the moment. Soon, though, you will be thinking of ways to enjoy this plant in food, drink and aroma. Some suggestions: try it in dessert syrups, summer ice teas, fruit salads, and spiced drinks. Very vigorous and easy to grow as a container plant in a sunny window. Ht. 60-100cm/2-3ft.

P3686 Plants: \$13.45, 3+/\$12.10, 12+/\$10.75

LEMONGRASS

Cymbopogon citratus
(West Indian lemongrass) Delightful lemon-scented grass grown throughout the tropics and in greenhouses. Tangy enlarged leaf bases are essential in Thai and Vietnamese dishes. Leaves are used to flavour fish, soups, curries and sauces, and to make a pleasant tea, consumed hot or cold.

P3680 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$29.95

LEMONGRASS, INDIAN

Cymbopogon flexuosus
Source of lemongrass oil used to flavour teas, ice cream, candy, pastries, desserts, and chewing gum. Also important in cosmetics and perfumery. Easy to grow and will produce leaves for tea and potpourris.

S3682 Seeds: Pkt/\$4.75, 10g/\$19, 100g/\$130, 1kg/\$900

LEOPARD LILY

Iris domestica
(She-gan) Chinese medicinal herb. Attractive orange-yellow flowers with red-purple spots. Used for throat conditions, cough, wheezing, bronchitis and mumps.

S3690 Seeds: Pkt/\$5.25, 1g/\$17, 10g/\$120

P3690 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

LICORICE

Glycyrrhiza glabra
The source of most commercial licorice used in the making of candy, liquor, and as a sweetener for herbal tea. Extracts flavour tobacco, beer, soft drinks and pharmaceutical products. Powerful anti-inflammatory properties effective for arthritis, gastritis, canker sores. Also a mild laxative. 3 year old roots are harvested in the autumn.

S3701-100 Seeds: Pkt/\$4.75, 10g/\$32, 100g/\$225, 1kg/\$1500

P3701-100 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

LILY OF THE VALLEY

Convallaria majalis
Pure white fragrant flowers. A favourite for moist, shady areas. Strengthens and regulates the heart, but not to be used without medical supervision. Leaves yield green dyes.

P3705 Plants (Mar-June shipment): \$7.95, 3+/\$7.15, 12+/\$6.35



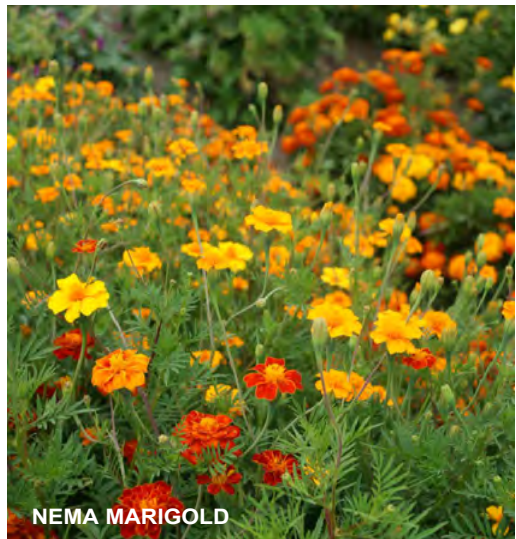
LION'S TAIL




COMMON MALLOW








RED GEM MARIGOLD






NEMA MARIGOLD

LION'S TAIL  **P Z9-10**
Leonotis leonurus
 (Lion's ear; Wild dagga) The botanical species name means 'lion's ear' but the impressive orange flower spikes look more like a lion's tail than an ear! It is a tall native of southern Africa where it is used for epilepsy, headache, hypertension, and for stomach and bronchial problems. It is used like marijuana by Hottentot tribesmen as the resinous tops and leaves have an euphoriant effect. 'Dagga' is a local name for marijuana in southern Africa, hence the name 'wild dagga'. Ht. 90-180cm/3-6ft.
P3733 Plants: \$17.45, 3+/\$15.70, 12+/\$13.95


LOBELIA   **A S E**
Lobelia inflata
 (Indian tobacco) In small doses lobelia acts as a stimulant, especially on the respiratory system. In larger doses it acts as a nerve depressant, and is useful for asthma and whooping cough. Excessive doses can cause severe depression of the central nervous system.
S3744 Seeds: Pkt/\$3.75
P3744 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

LOVAGE    **P Z2-8 S F X E**
Levisticum officinale
 Leaves have excellent flavour for soups, stews and casseroles. Flavour is reminiscent of celery, and of the famous yeast extract, Maggi. Can replace meat and bone stock in soups. Vigorous tall growing herb; one of the first to return in spring.
S3780 Seeds: Pkt/\$3.75, 10g/\$8
P3780 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45



LUFFA   **A S E**
Luffa aegyptiaca
 (Loofah) Known as the 'dishcloth gourd' because the dried over-ripe fruits can be used to scrub dishes. Wonderful for bath and shower as it invigorates the skin without harsh abrasion. Used in Chinese cuisine as a vegetable and in medicine for rheumatic pains.
S3795 Seeds: Pkt/\$4.25, 10g/\$8, 100g/\$60, 1kg/\$385


MADDER  **P Z5-10 S F E**
Rubia tinctorum
 Important dye plant. Roots are source of the best and most enduring red dye of any plant. Was at one time widely cultivated until it was replaced by chemical dyes. For wool, cotton, linen and silk.
S3830-001 Seeds: Pkt/\$5.75


MAIDENHAIR TREE: See GINKGO

MALLOW, COMMON  **B/P Z4-9 S F E**
Malva sylvestris
 The infusion made from the pink flowers or leaves is used externally to moisturize and tone the skin and internally to soothe mucous membranes irritated and inflamed by coughs, stomach upsets and other intestinal problems.
S3850 Seeds: Pkt/\$3.75, 10g/\$7

MALLOW, MAURITIAN    **B Z4-9 S E**
Malva sylvestris mauritanica
 (Tree mallow) Purple flowers yield an excellent natural colouring for drinks and herbal teas. Also great in salads. Medicinally similar to marshmallow. Ht. 1m/40".
S3855 Seeds: Pkt/\$3.75, 10g/\$12, 100g/\$85

MANDRAKE   **P Z6-8 X M**
Mandragora autumnalis
 (Autumn mandrake) A fascinating stemless plant with a subterranean mass of thick roots 3-4 feet deep. Often confused with American mandrake or mayapple (*Podophyllum peltatum*), it is completely different, sharing only the moniker and vaguely similar fleshy yellow-orange edible fruits. Its branched roots uncannily resemble the human form with a head, arms and legs, adding to its mystique as a tool of magic for sorcerers and witches. In ancient times, the roots were used as an anesthetic and to treat melancholy, but their strong emetic and purgative properties make the roots quite poisonous. The seeds germinate nicely, coming up in about 14 days. Mandrake is hardy in USDA zones 6-8, and can be grown in deep planters where it is not hardy. It contents itself with any deep well-drained soil and full or partial sun exposure.
S3863-100 Seeds: Pkt/\$8.75

MARALROOT  **P Z2-7 S F E**
Leuzea carthamoides
 (Leuzea) Siberian plant with remarkable metabolic and tonic effects. Used in the Russian athletic training program for decades. Increases endurance and improves reflexes, concentration, and speeds recovery from exertion. Studies show that the root extract increases the work capacity of muscles and normalizes blood sugar quickly after exertion. Contains ecdysteroids which have anabolic-like growth effects without the negative side effects associated with chemical steroids. Violet flowers appear in the second year. Reaches 80-160cm/30-60in in height. Grows in deep, well-drained fertile soil in full sun. Very hardy.
S3867-001 Seeds: Pkt/\$5.25, 10g/\$14, 100g/\$95
P3867 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

MARGUERITE, GOLDEN  **P Z4-8 S F E**
Cota tinctoria 'Kelwayi'
 (Dyer's chamomile) Fine border plant; profusion of yellow daisies in August. Yields excellent yellow or gold dyes for fabrics.
S3870 Seeds: Pkt/\$3.75, 10g/\$8, 100g/\$55
P3870 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

DID YOU KNOW?

Mallow leaves are naturally soothing. Their gentle mucilage has been used since antiquity to calm irritated skin and throats.

DID YOU KNOW?

Marigolds are a great natural pest control and help to deter aphids, whiteflies and nematodes.

Marigold

(*Tagetes*)

Citrus Marigolds (*Tagetes tenuifolia*)

Known for their showy flowers, they also have lovely citrus-like aroma and flavour. Great in dessert sauces made with wine. Easy to grow.


LEMON GEM MARIGOLD  **A S E**
Tagetes tenuifolia 'Lemon Gem'
 Lemon yellow single flowers: free-blooming. Fine lacy foliage.
S3881 Seeds: Pkt/\$4.25, 10g/\$13, 100g/\$95
P3881 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55


ORANGE GEM MARIGOLD  **A S E**
Tagetes tenuifolia 'Orange Gem'
 Similar to other citrus marigolds; bright orange flowers.
S3882 Seeds: Pkt/\$4.25, 10g/\$13, 100g/\$95
P3882 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

RED GEM MARIGOLD  **A S E**
Tagetes tenuifolia 'Red Gem'
 Like other citrus marigolds, with bright red flowers.
S3884 Seeds: Pkt/\$4.25, 10g/\$20, 100g/\$145
P3884 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

Insecticidal Marigolds (*Tagetes spp.*)

These marigolds control nematodes which attack roots of many plants. Planted throughout the garden, they can reduce nematode infestations by over 90%. Also discourages above-ground insects.


FRENCH MARIGOLD  **A S E**
Tagetes patula
 Preferred variety for insect control. Compact plants ideal for inter-planting. Has double orange and maroon blossoms.
S3886 Seeds: Pkt/\$3.25, 10g/\$7, 100g/\$35, 1kg/\$205

NEMA MARIGOLD  **A S E**
Tagetes patula
 New selection for nematode control, not so much for ornamental use. High foliage mass and double flowers.


Chases away nematodes! Marigolds suppress nematodes, the tiny worm-like parasites that feed on roots and cause serious damage such as wilting, stunting and death. Farmers in India have used marigolds to control nematodes for centuries. This variety, Nema, was specially developed for nematode control. Plant it as a cover crop to clean up infested areas or plant it among the susceptible veggies such as onions, cucumbers, beets, peppers and tomatoes. Ht. 50cm (20").
S3886-100 Seeds: Pkt/\$4.75, 10g/\$7, 100g/\$32

Other Marigolds (*Tagetes spp.*)

BLACK MINT MARIGOLD: See HUACATAY

AZTEC MARIGOLD   **A S E**
Tagetes erecta 'Crackerjack'
 (African marigold) Best known as 'African marigold', this popular garden annual is actually from Central America. Of the many varieties available the 'Crackerjack' variety is especially rich in lutein, a compound that improves vision in patients with retinal degeneration. When added to chicken feed lutein-rich marigold flowers help make egg yolks a richer deeper colour. Ht. 60cm/24".
S3888-100 Seeds: Pkt/\$3.25, 100g/\$23, 1kg/\$150

IRISH LACE MARIGOLD    **A S E**
Tagetes filifolia 'Dropshot'
 Terrific for borders and for fragrance. Fine lacy leaves are intensely anise-scented. Grows in small compact bushes to 15-25cm (6-10"), excellent for edgings. The fresh leaves can be used in drinks, teas, salads, and on seafood. Native of Latin America, from Mexico to Argentina. Why it is called 'Irish Eyes' we have no idea, but we do know that it does not come from Ireland. A very special herb that deserves experimentation in the kitchen!
S3888-500 Seeds: Pkt/\$7.75

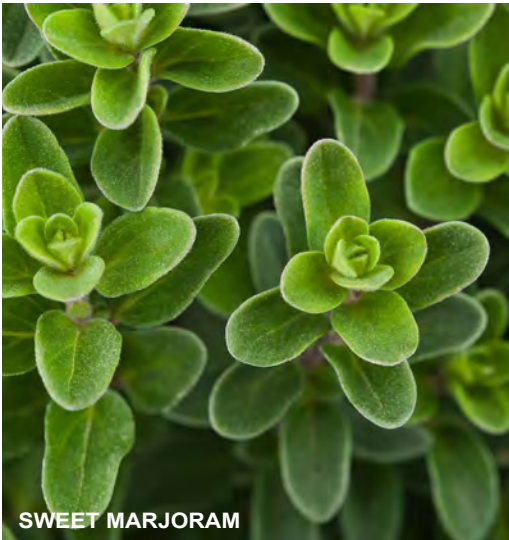
LEMON MINT MARIGOLD  **P Z8-10**
Tagetes lemmonii
 (Mount Lemmon marigold) Mexican native with a spectacular lemon-mint scent and flavour. A robust, fast grower, easily attaining a height of 90cm/30". Produces lots of edible foliage and edible yellow flowers. Effective when used in mass plantings because it blooms freely throughout the summer.
P3888-600 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

SWEET MARIGOLD    **A S M**
Tagetes lucida
 (Mexican tarragon; Mexican marigold) Sweet-smelling leaves and flowers with a flavour similar to tarragon. In warm areas where French tarragon will not grow, this is an excellent substitute. Makes a stimulating tea. Golden yellow flowers. Slow to germinate.
S3889 Seeds: Pkt/\$5.25, 10g/\$18, 100g/\$130

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SWEET MARJORAM

COMMON MARJORAM

Origanum vulgare P Z4-8 E
(Wild oregano) Medicinal variety of oregano lacking true oregano's aroma and flavour. Used for upset stomach, headache, cough, and diarrhea. Also as gargle for mouth and throat inflammation. Hand-some purple or pink flowers attract honeybees.
S3890 Seeds: Pkt/\$3.25, 10g/\$18, 100g/\$125

SWEET MARJORAM

Origanum majorana P Z9-11+ E
Leaves add strong, spicy flavour to soups, sauces, stuffings, stews. Rubbing with fresh leaves before roasting improves all strong meats. Adds special flavour to sausages and meatloaf. A must in German potato soup. Use plant tops to dye wool in shades of yellow, orange, brown and grey.
S3910 Seeds: Pkt/\$3, 10g/\$13, 100g/\$90, 1kg/\$600
 S3910-001 Seeds: Pkt/\$3.75, 10g/\$22, 100g/\$155
P3910 Plants: \$4.95, 3+/\$4.45, 12+/\$3.95

VARIEGATED MARJORAM

Origanum vulgare 'Variegata' P Z4-9 E
(Variegated oregano) Attractive white-yellow variegated leaves; low, prostrate habit. Flavour is similar to common marjoram.
P3914 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35



MEADOWSWEET

MARSHMALLOW

Althaea officinalis P Z3-9 E
Root is used for soothing irritation and inflammation of the skin, throat, eyes, lungs and urinary tract.
S3920 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$47, 1kg/\$320
P3920 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

MARSHMALLOW, ERFURTER

Althaea officinalis 'Erfurter' P Z3-9 E
Improved variety developed for commercial production, with Up to 10% in medicinal mucilage. Very hardy.
S3930 Seeds: Pkt/\$4.75, 10g/\$7, 100g/\$50, 1kg/\$330

MAYAPPLE

Podophyllum peltatum P Z3-9 E
(American mandrake) A derivative of this herb is medically proven against certain cancers. Used by the Native Americans to treat hepatitis, syphilis, fevers, constipation, etc.
P3960 Plants (Mar-May shipment): \$12.45, 3+/\$11.20, 12+/\$9.95

MEADOWSWEET

Filipendula ulmaria P Z3-9 M
Attractive European wildflower with sweet almond-scented, yellow-white or reddish flowers. Contains salicylic acid, chemically similar to ASA. Useful for flu, gout, rheumatism, arthritis, fever, etc. Once added to herbal beers and wine.
S3965 Seeds: Pkt/\$4.75, 10g/\$18, 100g/\$125
P3965 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35



MILKWEED, SHOWY

MILKWEED

Asclepias syriaca P Z2-8 M
Apt name as all parts exude a milky juice when cut. Wild flower growing up to 1m/3ft high. Young shoots are eaten like asparagus. Silk-like down of seeds is used to stuff pillows. Root and rhizome relieve pain. Used for asthma, painful cough and scrofula. Treatment with gibberellic acid improves germination.
S3995 Seeds: Pkt/\$3.75, 10g/\$22, 100g/\$160

MILKWEED, SHOWY

Asclepias speciosa P Z3-8 M
A magnet for bees and butterflies, including monarch butterflies. The flower buds are edible and taste somewhat like peas and can be used to thicken soups. The young shoots and leaves can be cooked and eaten as a substitute for asparagus. The latex removes warts when applied once a day for several weeks. The latex also has antiseptic properties and has been used to treat skin sores, cuts and ringworm. Prefers well-drained dryish soil in full sun. Ht. 60-120cm (2-4ft).
S3995-100 Seeds: Pkt/\$3.75, 10g/\$25, 100g/\$170



SPEARMINT

Mint

(*Mentha*)

Spearmint Mints

ENGLISH MINT

Mentha spicata cv. P Z4-9 E
Traditional favourite for mint jelly, peas, carrots, potatoes, mint julep, lamb sauce. Won't grow in tropics.
P4010 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

MOROCCAN MINT

Mentha spicata P Z4-9 E
An exceptional sweet mint used widely throughout North Africa to brew Moroccan-style mint tea. Much like black tea is in England and India, and green tea is in China, preparing and serving Moroccan tea is a traditional art form and a symbol of hospitality. To prepare Moroccan tea, first brew green tea, then boil with sugar, and then add fresh mint and allow the mixture to steep for several minutes before serving.
P4039 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

SPEARMINT

Mentha spicata P Z4-9 E
Best cooking mint. Excellent with carrots, peas and potatoes, and for making mint sauces for roast lamb.
P4040 Plants: \$4.95, 3+/\$4.45, 12+/\$3.95, **Plug pack:** 12/\$24.45

IMPROVED SPEARMINT

Mentha spicata 'Kentucky Colonel' P Z5-9 E
Also known as 'Kentucky Colonel' mint, this hybrid of applemint (*M. suaveolens*) and true spearmint (*M. spicata*) has a wonderful fruity spearmint aroma and flavour.
P4042 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

SCOTCH SPEARMINT

Mentha x gracilis P Z5-9 E
(American apple mint; Red mint) This mint is one of the back bones of the American mint oil industry. It is the source of spearmint oil used mainly to flavour chewing gum. Has characteristic dark red or reddish purple stems and dark green leaves. Excellent sweet scent and flavour. Ht. 30-45cm/12-18".
P4044 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

VIETNAMESE MINT

Mentha x gracilis P Z7-9 E
Terrific sweet spearmint flavour. Particular strain featured in Vietnamese dishes.
P4053 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45



CHOCOLATE MINT

Peppermint Mints

CHOCOLATE MINT

Mentha x piperita piperita P Z4-9 E
For years we were convinced the 'chocolateness' was a figment of someone's imagination. Peppermint is overlaid by something that adds up to a striking 'peppermint patty' scent. A real treat for discriminating noses!
P4006-300 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

PEPPERMINT

Mentha x piperita piperita P Z5-9 E
(Candymint) Peppermint tea is an old favourite — a refreshing alternative to coffee and regular tea. Excellent for stomach indigestion. Lends its spiciness to many dishes. Don't be fooled by seeds sold as 'peppermint' because its sterile flowers cannot produce seeds.
P4030 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75, **Plug pack:** 12/\$24.45

SWISS MINT

Mentha x piperita 'Swiss' P Z5-9 E
Compared to other peppermint varieties, this has a lighter, more refreshing scent and flavour. It originally came to us bearing the name of a very well known Swiss brand of herbal candies, as the story went, this mint is used to flavour the Swiss company's candies. A few years ago lawyers representing the company demanded that we change the name of the mint, so now we just call it 'Swiss mint'.
P4052 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

Other Mints

APPLEMINT

Mentha suaveolens P Z5-9 E
Soft gray-green round leaves have an apple-menthol fragrance. Delightful for tea.
P4000 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

BANANA MINT

Mentha arvensis 'Banana' P Z5-9 E
This mint from France really smells of bananas! The unexpected fruitiness inspires a creative gastronomic tangent. Dazzle friends and family with banana mint recipes!
P4005-500 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

CORSICAN MINT

Mentha requienii P Z7-9 E
Low carpet-forming mint with tiny leaves. Strongly scented like pennyroyal. Not quite hardy in our area.
P4007 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55



MOJITO MINT



MARGARITA™ MINT



MARILYN'S SALAD™ MINT



MINT, BALKAN

DOUBLEMINT

Mentha x gracilis 'Madelene Hill'
(Red-stemmed apple mint) An unusual mint for the fact that its aroma and flavour are a heady blend of peppermint and spearmint. Theory suggests that this should never happen because peppermint and spearmint oils are produced by separate biochemical pathways that are not supposed to coexist in the same plant. Thankfully nature doesn't always play by the rules, as this is one incredible mint that will easily become the "go-to" mint in your kitchen. It was first popularized by Madalene Hill, a longtime American doyenne of herbs, who grew it at her farm in Texas, where for many years it was the main mint featured in the farm's restaurant. Doublemint has glossy green leaves and red-purple stems, and like most mints it will spread via underground runners if not contained.
P4011 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

GINGER MINT

Mentha arvensis 'Variegata'
Gold-flecked leaves have a fragrance and flavour that is fruity with a hint of ginger.
P4015 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

GRAPEFRUIT MINT

Mentha x piperita 'Grapefruit'
This beguiling mint has a spearmint flavour with a strong grapefruit overtone. Hybrid of *M. suaveolens* and *M. x piperita*.
P4018 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

MOJITO MINT

Mentha x villosa
Cuba's famed *mojito* cocktail, made with rum, sugar, lime juice and Cuba's unique *mojito* mint, is now an essential staple of cocktail lounges everywhere. While recipes call for any available spearmint the real drink can only be made with the true *mojito* mint. Clearly different from other mints — its scent and flavour are agreeably mild and warm, not pungent nor overly sweet like others. In a perhaps typically Cuban understated way its warm embrace lingers until you realize you want more. *Salud!*
P4025 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

ORANGE MINT

Mentha aquatica 'Citrata'
(Eau de cologne mint; Bergamot mint) Treasured for its very special fragrance. Its hint of citrus is tantalizing in fruit punches, teas and potpourris. The oil is an ingredient in chartreuse and perfumes.
P4028 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

PINEAPPLE MINT

Mentha suaveolens 'Variegata'
Similar to apple mint with a sweeter, fruity scent. White streaks vary with the season.
P4032 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

PENNYROYAL MINT: See PENNYROYAL

The Westerfield Mints (*M. spp.*)

Richters is pleased to offer these remarkable mints created by Jim Westerfield, the late innkeeper extraordinaire and passionate breeder of mints.
RICHTERS EXCLUSIVE: Richters holds exclusive propagation rights for all Westerfield mints in Canada. The Westerfield mint names are trademarks of Richters. All rights reserved.

HILLARY'S SWEET LEMON MINT

Mentha 'Hillary's Sweet Lemon'
Developed from apple and lime mint, it has the sweet, fruity, aroma of apple mint lined with a citrus edge. An aggressive female mint with lavender flower spikes. Named after Hillary Clinton.
P4019 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

BERRIES & CREAM™ MINT

Mentha 'Berries and Cream'
Sweet and fruity, like a bowl of fresh berries and cream. Leaves can be used fresh chopped or as a garnish. One of many remarkable mint creations from mint breeder Jim Westerfield.
P4019-100 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

PINK CANDYPOPS™ MINT

Mentha 'Pink Candypops'
We don't normally think of mints as ornamental but the late mint breeder extraordinaire, Jim Westerfield, found a way to make this mint look like a million bucks! Its pink puff flowers appearing in summer look just like pink lollipops. Can be grown in beds or in containers.
P4019-360 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

COTTON CANDY™ MINT

Mentha 'Cotton Candy'
As mint breeder Jim Westerfield once told us, "The first time I smelled this hybrid a voice in my head said 'Cotton Candy'. It had a certain soft, sweet aroma, combined with, of all things, pink flowers! What's interesting is that there exists not one bottle of flavoring ANYWHERE on any shelf in the world, whose label reads 'Cotton Candy'. Nope, such a seasoning has simply NEVER existed."
P4019-370 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

MARGARITA™ MINT

Mentha 'Margarita'
Here's to you! A big bold lime-scented mint for your next margarita. This hybrid is a beauty, with "lots of physical definition" as breeder Jim Westerfield put it. And so it does, with perfectly shaped, groovy leaves, and a hint of dark bronze at the tips at times. This mint means fun. Does not spread by underground rhizomes like most mints, but it still gets around by aboveground runners.
P4019-450 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

MARILYN'S SALAD™ MINT

Mentha 'Marilyn's Salad'
This is a completely different mint with a completely different role in the kitchen — as a fresh salad green! The young leaves are tender and the flavour is mild, sweet and delicate, not at all like other stronger mints that can easily overpower. Quite the sensation in salads! Just pick the leaves, strip them from the stems, and throw them liberally into your salad mix. For tender foliage, grow this mint in partial shade and cut often to keep the young leaves coming.
P4019-470 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

SWEET PEAR™ MINT

Mentha 'Sweet Pear'
This mint will make you laugh. It really gives off an unmistakable hint of ripe sweet pears! How Jim Westerfield managed to cross his mints to produce this remarkable gem is beyond us but we are thrilled to grow it and offer it to our customers. Mature leaves are downy, ovate and silvery grey in colour; flowers are light pink-purple. The delicate flavour is suitable wherever mint is called for.
P4019-800 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

WINTERGREEN™ MINT

Mentha 'Sister Julie's Wintergreen'
This is the first true wintergreen mint ever to be developed. Breeder Jim Westerfield crossed hundreds of mints to produce this one with its remarkable aroma. As Jim once explained: "Although just about EVERYONE connects the wintergreen flavour and aroma to the mint world, the real wintergreen aroma is actually produced by the Gaultheria genus of plants. What's exciting is that the aroma of this new mint is exactly that of the wintergreen mint candy. All of the above equals one hell of a tea mint."
P4019-900 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

MINT, BALKAN

Clinopodium thymifolium
(Issopo del Carso) Highly aromatic herb found wild throughout the Balkans, but mainly in the Dinaric Alps from northeastern Italy south to Albania. The plant is so aromatic that on hot days one can smell it from far away. Since ancient times it was gathered from the wild for use as a condiment in food and as a tea, and was used for its potent antimicrobial and antifungal properties. In recent years a surge of interest in this plant has led to efforts to bring this herb into cultivation. Its masses of white or light pink flowers are very showy and a magnet for bees. Ht. 30-60cm/1-2ft.
S4059 Seeds: Pkt/\$5.25, 1g/\$20

MINT, JAMAICAN

Clinopodium vimineum
A delightful bushy plant with small bright green leaves and a strong peppermint aroma. A favourite in Jamaica for teas and to relieve indigestion.
P4062 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

MINTLEAF, LEMON TWIST

Plectranthus 'Lemon Twist'
Enjoy a whiff of lemon-mint! (Plectranthus; Spurflower) This is an attractive aromatic herb with lush cascading yellow-edged foliage. Perfect for planters on a terrace or for hanging baskets on a porch. The soft yellow and chartreuse variegated leaves contrast nicely with other bright flowering plants. Position it close to human traffic so its unique scent is sure to be noticed when brushed against. *This plant came to us with the name Plectranthus ciliatus which we believe is incorrect. Instead it may be a form of P. madagascariensis.*
P4068-200 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

MITSUBA

Cryptotaenia japonica
(Japanese parsley) Unique flavour of leaves and leafstalks, either fresh or blanched, is pleasing in soups, salads, and fried foods. Of easiest culture; prefers moist, partly shady locations.
S4070 Seeds: Pkt/\$3.75, 10g/\$11, 100g/\$77, 1kg/\$515

MITSUBA, PURPLE

Cryptotaenia japonica 'Atropurpurea'
(Japanese parsley; Honewort) A Japanese parsley grown as much for its attractive bronze-red colour as for its unique flavour. The leaves look a lot like Italian flat-leaf parsley. Used to season soups, poultry, meats, noodles, salads, and dumplings. Prefers moist, partly shady locations but will grow in full sun. Self seeds.
P4071 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

MONKSHOOD: See ACONITE

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MULBERRY

MORINGA

Moringa oleifera

P Z10-11+ X M
(Horseradish tree; Drumstick tree) Small tree native to India and Arabia and widely cultivated throughout the tropics. Almost every part of this tree is used for food. Roots are used like horseradish, and the leaves are eaten as greens, in curries, pickles and as seasoning, and the large immature seedpods, called "drumsticks", are boiled and eaten in South Asia. In the West, moringa has become popular "superfood" for its extraordinary nutritional content and for its powerful anti-inflammatory, antioxidant, and tissue-protective properties. It is a rich source of vitamins, minerals and amino acids. It helps to protect the brain, the liver and the cardiovascular system. While it is a tropical tree, it can withstand a little frost, and does well in containers if the tap root is pruned.

S4083 Seeds: Pkt/\$5.25, 10g/\$7, 100g/\$45

MORMON TEA: See EPHEDRA, AMERICAN

MORNING GLORY

Ipomoea tricolor 'Heavenly Blue'

A S E
Lovely fast growing vine with dark sky-blue flowers. Ideal for walls, trellises or tall fences. Used by the Aztecs as a hallucinogen in religious ceremonies.

S4085 Seeds: Pkt/\$3.25, 100g/\$16, 1kg/\$90

MORNING GLORY, MEXICAN: See OLOLIUQUI

MOTHERWORT

Leonurus cardiaca

P Z4-8 S F E
Especially valuable for PMS, menstrual pain and delayed menstruation. Gentle sedative. Helps calm the entire nervous system. Strengthens the heart and often prescribed for palpitations.

S4100 Seeds: Pkt/\$3.75, 10g/\$15

P4100 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

MOUNTAIN-MINT

Pycnanthemum pilosum

P Z4-6 S F X E
Hardy U.S. native. Leaves possess a wonderful menthol fragrance; may be used just like peppermint. Excellent beeplant.

S4064 Seeds: Pkt/\$4.75

P4064 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

MUGWORT

Artemisia vulgaris

P Z4-10 S F E
Bitter flower buds improve digestibility of rich meat, poultry or fish dishes. Used in Japan for moxibustion.

S4120 Seeds: Pkt/\$3.75, 10g/\$13, 100g/\$93

P4120 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

MULBERRY

Morus nigra

P Z5-9 S M
Handsome tree bearing sweet, juicy berries that make fine preserves and wine. Rootbark decoction is a traditional remedy for tapeworms. Hardy in southwestern Ontario and B.C. coastal regions.

Please note that a small percentage of seedgrown plants will be non-flowering and therefore non-fruiting.

P4122 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95

MULLEIN

Verbascum thapsus

B Z4-9 S F E
Striking yellow flower stalks rise from a woolly leaf base in the second year. Good remedy for coughs, hoarseness and bronchitis. All plant parts can be used to produce yellow, bronze and grey dyes.

S4125-001 Seeds: Pkt/\$4.25

P4125 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

MUSHROOM HERB

Rungia klossii

P Z11+
Tastes like mushrooms! (Acanth spinach) This is a traditional favourite in Papua and New Guinea, and its fresh leaves and shoots really do taste and smell like mushrooms. The fresh greens are delicious raw or cooked. Australians love to throw the fresh leaves in tossed salads and sandwiches, and in stir fries, stews and soups (added at the last minute to preserve flavour). For those suffering from candida and thrush, this herb is a nice alternative to mushrooms. Mushroom herb is tropical, but it does well in temperate gardens. The first harvest is ready in 60-90 days. Prefers part shade but will grow in full sun.

P4140 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

MYRTLE, GREEK

Myrtus communis

P Z9-10 X M
Classic evergreen shrub from the Mediterranean. Fragrant white flowers and leaves are used in potpourri. Spicy leaves can be used in cooking like bay leaf. Essential oil is used for fragrance.

P4200 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

NASTURTIUM, BLACK VELVET

Tropaeolum minus 'Tom Thumb Black Velvet'

A S E
Dwarf variety with the same delicious peppery leaves and flowers as other varieties. The double flowers are a majestic deep red and the leaves are darker.

S4251-750 Seeds: Pkt/\$4.25, 10g/\$7, 100g/\$32

NASTURTIUM, CHERRY ROSE JEWEL

Tropaeolum minus 'Cherry Rose Jewel'

A S E
Stunning cherry-rose semi-double flowers. Peppery leaves and flowers are delicious in salads. Freeze the flowers in ice cubes for a fun addition to drinks. High in vitamin C. Flowers all summer in full sun or partial shade. Dwarf non-climbing growth habit is ideal for borders, window boxes and hanging baskets. Ht 30cm/12"

S4251-500 Seeds: Pkt/\$4.25, 100g/\$32

NASTURTIUM, CLIMBING

Tropaeolum majus

A S E
Young leaves make a pleasant pepper substitute in pepper-restricted diets and are unusually high in vitamin C. Immature green seeds substitute for capers, and in tossed salads the gorgeous spicy flowers add a spectacular touch. Climbs trellises, fences or poles up to 2m/6ft high. Mixed colours.

S4250 Seeds: Pkt/\$3.25, 100g/\$20, 1kg/\$130



NASTURTIUM, DWARF

NASTURTIUM, DWARF

Tropaeolum minus 'Jewel Mix'

A S E
Peppery leaves and fragrant flowers are delicious added fresh to salads. Freeze the flowers in ice cubes for a fun addition to drinks. High in vitamin C. Flowers all summer in full sun or partial shade. Dwarf non-climbing growth habit is ideal for borders, window boxes and hanging baskets. Double flowers of light yellow, orange and deep red. Ht 30cm/12"

S4251 Seeds: Pkt/\$3.25, 100g/\$16, 1kg/\$90

NASTURTIUM, EMPRESS OF INDIA

Tropaeolum minus 'Empress of India'

A S E
With its brilliant crimson-scarlet flowers set on a canvas of dark blue-green foliage, this variety quickly became a Victorian era favourite when introduced to English gardeners in 1882. At the time *Gardeners' Magazine* proclaimed it to be "without question the most valuable annual for bedding purposes introduced in recent years". It is still popular today, not just among the flowers, but also in the kitchen garden, for use in salads and as a garnish. Like other nasturtiums, it is very rich in vitamin C, a fact that led to the widespread use of nasturtiums to prevent scurvy among the seafaring nations of Europe in the 16th and 17th centuries. Easy to grow in any sunny or partly shaded area. Ht. 30cm/1ft.

S4251-300 Seeds: Pkt/\$4.25, 100g/\$22, 1kg/\$140

NEPITELLA

Calamintha nepeta

P Z5-10 S F E
(Lesser calamint) A regional favourite in Tuscany where it is added to mushroom dishes and green vegetables for its distinctive minty flavour. Sautéed zucchini or mushrooms with fresh nepitella, tomatoes, and garlic is served with roast or boiled meat dishes. Easy to grow.

S4264 Seeds: Pkt/\$5.25

P4264 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

NETTLE, STINGING

Urtica dioica

P Z3-10 S F E
Drying or cooking removes stinging effect of the leaves. Use in salt-reduced diets. Cooked young shoots are rich in iron. Important bio-dynamic herb: increasing the potency of neighbouring herbs, stimulating humus formation. Fresh whole leaves produce green, gold and chartreuse tones. Fresh nettles keep a larger free of flies and discourage frogs when planted near beehives.

S4270 Seeds: Pkt/\$3.75, 10g/\$11, 100g/\$75

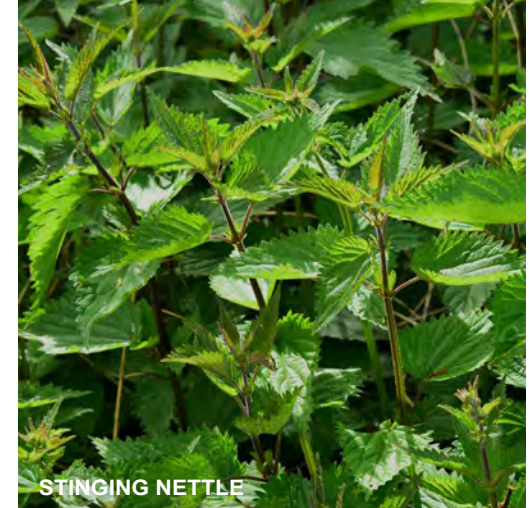
P4270 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

NIGELLA

Nigella damascena

A S F E
(Love-in-a-mist) Finely divided leaves create a mist effect surrounding the lovely blue flowers. Seeds used in curries and bread, although its close cousin black cumin is better. Seeds stored with clothing repel insects. Valued in perfumery trade.

S4275 Seeds: Pkt/\$3.75, 100g/\$35



STINGING NETTLE

OAT

Avena sativa

Oats, of course, have been an important staple food for humans and their livestock for millennia. Less well known is the fact that the straw of the oat plant is an important medicinal plant with antispasmodic, nervine, and stimulant properties. A tea made from the oat straw is widely used to ease chest problems and is useful in the bath for a variety of complaints such as rheumatism, lumbago, gout, liver and kidney problems.

S4285-001 Seeds: Pkt/\$3.25, 100g/\$8, 1kg/\$27

OLD MAN ARTEMISIA: See SOUTHERNWOOD

OLOLIUQUI

Turbina corymbosa

P Z11+
(Mexican morning glory) Sacred hallucinogenic herb used by the Aztecs in divination rituals. Once thought to be exterminated by the Spaniards in their zeal to exorcise "demonic" practices but the plant and the rituals were found alive in the mountains among the Mazatecs of Oaxaca, Mexico. Climbing vine with white flowers.

P4292 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

ONION, EGYPTIAN

Allium x proliferum

P Z3-10 F E
(Walking onion; Tree onion) This fascinating mild-flavoured onion develops bulbs at the top of its stem, not at the base like ordinary onions. Excellent for pickling and for seasoning soups and stews.

P4300 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

R4300 Bulbs (Sept-Oct shipment): 10/\$25, 100/\$150

ONION, KUJO NEGI

Allium fistulosum 'Kyoto Kujō'

P Z3-9 S F E
(Leaf negi) Known as *kujō negi* in Japan, the fresh leaves of this bulbless onion are traditionally used in salads, soups, stir-fries, noodles, and many other dishes. Picture it as a giant version of chives but with a stronger flavour. Foodies are discovering just how versatile this herb is both fresh and cooked. Highly stress tolerant: it can take drought, cold or heat with little trouble. In Japan, plants are typically blanched by hilling up soil as they grow to produce a creamy white base that is used like leeks.

S4308 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$45

ONION, NEGI RED BEARD: See NEGI, RED BEARD

ONION, NEGI SHIMONITA: See NEGI, SHIMONITA

ONION, WELSH

Allium fistulosum 'Evergreen'

P Z3-9 S F E
(Onion green; Bunching onion) A bulbless perennial onion green like chives, but has larger leaves and a stronger, zesty flavour. Ideal for cooked vegetables, soups, stews, casseroles and quiches. Try them in homemade potato soup for a real treat. Easy to grow; and can be picked anytime ground is not frozen. Contrary to what the name suggests this onion is not actually from Wales; rather it came to Europe from China, probably in the Middle Ages. The name derives from the German *welsche* which means "foreign".

S4310 Seeds: Pkt/\$3.25, 10g/\$7, 100g/\$35



Oregano

(*Origanum*)

WILD OREGANO: See COMMON MARJORAM

VARIEGATED OREGANO: See VARIEGATED MARJORAM

GOLDEN OREGANO

Origanum vulgare 'Aureum' **P Z6-9**
Golden foliage is a nice colour contrast for rock gardens and edges of flower beds. Mild oregano flavour.

P4314 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

GREEK OREGANO

Origanum vulgare hirtum **P Z5-11+ S X E**
This is the true oregano collected wild in the mountains of Greece. White flowers; very hardy. Excellent flavour.

S4315 Seeds: Pkt/\$3.75, 10g/\$22, 100g/\$165

P4315 Plants: \$4.95, 3+/\$4.45, 12+/\$3.95, **Plug pack:** 12/\$24.45

KALITERI OREGANO

Origanum 'Kaliteri' **P Z6-11+**
'Kaliteri' means 'the best' in Greek, an apt nickname for this terrific oregano that first came to us without a name. Specially selected for its high oil content, this strain is grown commercially in Greece for the high quality oregano market. Spicy, silver-grey foliage.

P4315-150 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

HERRENHAUSEN OREGANO

Origanum laevigatum 'Herrenhausen' **P Z5-9**
Sweet, fruity scented oregano with dark green leaves and purple flowers. Forms beautiful dense carpets covered with masses of purple flowers in late summer. Very effective as an edging for gardens and along pathways. Flowers dry well for arrangements. Ht. 30-60cm/1-2ft.

P4315-200 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

BRISTOL CROSS OREGANO

Origanum 'Bristol Cross' **P Z6-10**
Striking ornamental variety with a mild oregano flavour and aroma. Forms almost perfect globe-like balls when grown in baskets. Showy hop-like pink flowers similar to Kent Beauty but longer and more impressive. Ht. 20cm (8").

P4315-220 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

ITALIAN OREGANO

Origanum x majoricum **P Z6-9**
(Hardy marjoram) Strong spicy flavour, similar to sweet marjoram. It is actually a hybrid of sweet marjoram and oregano (*O. majorana* x *O. vulgare* virens) and the mixed parentage makes it a wonderfully versatile herb in the kitchen. Use it like you would oregano — or use it like marjoram! White flowers appear in summer. Ht. 45-60cm/18-24in.

P4315-300 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45



KENT BEAUTY OREGANO

Origanum 'Kent Beauty' **P Z6-9**
Round leaves on almost trailing branches and attractive pink or purple flower bracts. Good aroma and sharp, bitter oregano flavour. A hybrid between *O. rotundifolium* and *O. scabrum*.

P4315-350 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

PROFUSION® OREGANO

Origanum vulgare 'OV12' **P Z5-9**
Super hardy! Found growing in amongst the native grasses and herbs in the back field of the farm. These were descendants from a planting more than a quarter century ago when Otto Richter, co-founder of Richters Herbs, planted oregano seeds from a highly aromatic strain from Greece that was not expected to survive the Canadian winter. A few hardy individuals from that planting eeked out an existence hidden by taller grasses for more than 25 years until they were discovered a few years ago. This is a super hardy strain that is intensely aromatic and flavourful — and is tough enough to elbow out the competitors. We are very excited and proud to offer this super hardy oregano!

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P4315-600 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

SYRIAN OREGANO

Origanum spp. **P Z8-10**
This is not *Origanum syriacum*, the plant usually called "Syrian oregano" or "true zaatar," but we think this is one of several wild Middle Eastern plants used like true zaatar to make the traditional zaatar spice blends that are so loved throughout the region. The flavour is strong and spicy, and its leaves can be used fresh or dried wherever oregano is used. In the garden, it is harder and more vigorous than true zaatar.

P4316 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

TURKESTAN OREGANO

Origanum vulgare gracile **P Z5-10**
A beautiful dark oregano from the mountains of Tajikistan and Uzbekistan in Central Asia. It is used for cooking and for its aromatic oil which has antimicrobial properties against a broad spectrum of bacteria. The attractive dark look of the plant is due to reddish glands in the leaves. The aroma is mild and almost perfume-like in a way, and the flavour is earthy and mild. Ht. 40-80cm/16-32in

P4316-200 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

OREGANO VERDE

Origanum vulgare virens **P Z5-8 S X E**
(Spanish marjoram; Moroccan oregano) Related to Greek oregano but charmingly more delicate and refined. It is found throughout Spain and Portugal where it is used to season traditional *salmorejo*, a gazpacho-like cold soup, and classics such as hearty *puchero* stew, *pincho moruno* grilled pork, and the marinated fried fish *cazón en adobo*. Has a nice floral and herbal touch that makes it a little less hot and spicy compared to the Greek variety. Easy to grow perennial for any sunny well-drained location. Ht. 35cm.

S4316-500 Seeds: Pkt/\$4.75

ZORBA RED OREGANO

Origanum vulgare 'Zorba Red' **P Z5-9**
An entirely different oregano! Excellent for gardens, hanging baskets, and container gardens. Spectacular red-purple sprays dotted with pure white flowers appear in early summer and keep on coming well into the autumn. Its spreading growth habit, dark green aromatic foliage, and waves of flowers create an impressive floral display. Ht. 90cm/36"; spread 70cm/28".

P4316-800 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

OREGANO, CUBAN

Plectranthus sp. **P Z11+**
Fleshy small almost round leaves with small shallow rounded teeth on edges. Scent reminiscent of oregano, but it is not used in cooking. An attractive houseplant that releases a pleasant odour when brushed against.

P4317 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

OREGANO, MEXICAN

Lippia graveolens **P Z9-11**
Often sold as true oregano in Mexico and southern U.S. where its fine oregano flavour is used to great advantage in chilis and other Mexican dishes. Properly pruned, it will grow into a miniature tree in a bright window or solarium.

P4318 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

PANSY, HORNED

Viola cornuta 'King Henry' **P Z6-9 S S E**
(Tufted violet) Showy native of the mountains of northern Spain with masses of edible dark purple flowers appearing in early summer. They taste a bit of wintergreen and are fun to add to soups, fruit and potato salads, ravioli, and desserts, or used as a garnish. Ht. 15-30cm/6-12".

S4333 Seeds: Pkt/\$3.25, 10g/\$20, 100g/\$130

PANSY, RED

Viola x wittrockiana 'Clear Crystals Scarlet' **B Z6-9 S S E**
Brilliant red edible flowers for salads and desserts! A panel of experts rated pansies as among the best of all edible flowers in salads and desserts. The soft texture and unique flavour of the flowers were judged to be excellent. Try whole fresh flowers pressed into cakes and cookies before baking, or candy them in sugar. Research shows that red pansies in particular have the highest antioxidant activity among all the varieties of pansies available probably due to their high carotenoid content. Does well in most soils in sun or part-shade. Start seeds early indoors for spring planting, or better yet, start them in summer for fall planting and mulch for winter to come up early in spring. Ht. 20cm/8in.

S4333-300 Seeds: Pkt/\$4.25, 10g/\$43, 100g/\$295

PANSY, WILD

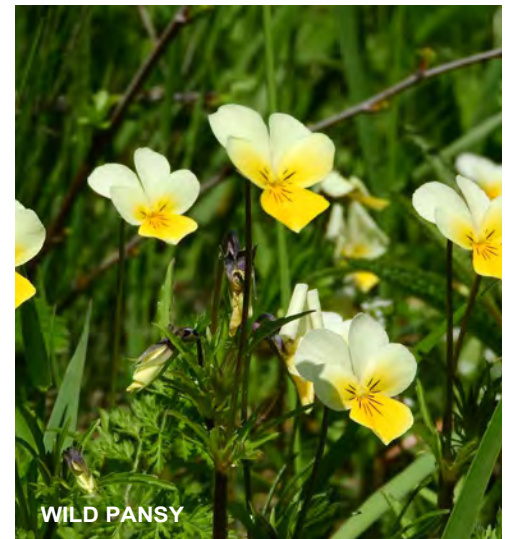
Viola arvensis **A S E**
Rich in resveratrol! (European field pansy) The health benefits of resveratrol in red wine and red grapes are well known to many. But few know that the flowers of wild pansy have 50 to 100 times as much resveratrol as the skin of red grapes. This polyphenol protects the body against cancer, heart disease and diabetes, and slows the ageing process. There is no more fun way to take your resveratrol! Sprinkle the tiny edible creamy-white flowers on salads, open sandwiches and crackers with cheese or pate. The flavour hints of wintergreen, throwing a surprising and delightful loop to any meal. Easy to grow annual wildflower found growing throughout North America from Greenland to the Deep South of America. Ht. 20cm/8in.

S4333-500 Seeds: Pkt/\$3.75, 10g/\$18, 100g/\$130

PAPRIKA

Capsicum annuum 'Alma' **A S E**
Best known for making paprika, the quintessential flavouring for Hungarian goulash and paprikash. The stout 5cm/2" red peppers are dried and ground to make the spice. The fruits mature from cream-white to orange to red, becoming mildly spicy. As many don't know, they are quite delicious as a fresh pepper for stuffing and salads. Like all peppers, they need to be started early indoors, 6-8 weeks before outdoor planting time.

S4342-181 Seeds: Pkt/\$3.75, 10g/\$40, 100g/\$275



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DID YOU KNOW?

Parsley is packed with vitamin C, making it a great addition to immune-boosting diets.

FESTIVAL 68 PARSLEY

Parsley

(*Petroselinum*)

Parsley cannot be surpassed for its versatility in the kitchen. It underlines the flavour of foods without being dominant, and compliments almost every dish. Fresh green appearance and fragrant aroma delight the eye and stimulate the appetite.

Curled Parsley

EVERGREEN PARSLEY

Petroselinum crispum crispum 'Evergreen' **B Z5-9** This was an All-America Selection back in 1940 and is still a favourite in home gardens today. It is a very nice dark green double curled variety with excellent flavour, perfect for fresh use and as a garnish. In the garden it is more vigorous and more tolerant of hot and cold weather than other varieties. Ht. 30-35cm/12-14". 70-80 days. **S4347-501 Seeds:** Pkt/\$4.25, 100g/\$25

MOSSCURLLED PARSLEY

Petroselinum crispum crispum **B Z6-9** Standard curled variety. Bright green, deeply cut and finely divided leaves. **S4350 Seeds:** Pkt/\$3.75, 100g/\$16, 1kg/\$95 **S4350-001 Seeds:** Pkt/\$4.25, 100g/\$19, 1kg/\$115 **P4350 Plants:** \$5.95, 3+/\$5.35, 12+/\$4.75, **Plug pack:** 12/\$24.45

Plainleaf Parsley

Our favourite type because flavour is extra rich. Adds true European character to soups and stews.

FESTIVAL 68 PARSLEY

Petroselinum crispum 'Festival 68' **B Z6-9** A very nice flat leaf variety with an unusual parentage. During the Iron Curtain era Bulgarian scientists crossed a celery with a parsley and got plants that looked like parsley but had a richer, more pleasant flavour with subtle hints of celery. Eventually they succeeded in stabilizing the variety so it reproduces consistently by seed. More than 40 years later this unique variety is still widely grown in Europe for fresh and dried use. **S4365-800 Seeds:** Pkt/\$4.25, 100g/\$16, 1kg/\$95

ITALIAN PARSLEY

Petroselinum crispum neapolitanum **B Z6-9** Our favourite type because flavour is extra rich. Adds true European character to soups and stews. Dark green, glossy leaves, strong flavour. Taller, has larger leaves than standard strain. Very popular. **S4367 Seeds:** Pkt/\$3, 100g/\$14, 1kg/\$80 **S4367-001 Seeds:** Pkt/\$3.75, 100g/\$16, 1kg/\$100 **P4367 Plants:** \$4.95, 3+/\$4.45, 12+/\$3.95, **Plug pack:** 12/\$24.45

PLAIN PARSLEY

Petroselinum crispum neapolitanum **B Z6-9** Standard variety for flavouring, slightly earlier maturing than above. Deeply cut, bright green leaves with excellent flavour. **S4370 Seeds:** Pkt/\$3.25, 100g/\$18, 1kg/\$125 **S4370-001 Seeds:** Pkt/\$3.75, 100g/\$21, 1kg/\$130

Root Parsley

Both leaves and its slender, parsnip-like root are used. Roots are excellent for flavouring soups, stews, or steamed to serve with butter or sauce.

Other Parsley

JAPANESE PARSLEY: See MITSUBA



PASQUE FLOWER

PARSLEY BLEND

Petroselinum crispum **B** **When space is tight!** For those who don't have a lot of space but want to grow different types of parsley for seasoning and for garnish, this is a perfect blend of three classic flat-leaf, curled, and moss-curved varieties. **S4343 Seeds:** Pkt/\$4.25, 10g/\$8

PARTRIDGEBERRY

Mitchella repens **P Z5-9** (Checkerberry) Attractive low growing evergreen herb common in forests throughout eastern North America. According to native American practice the tea taken in the last few weeks of pregnancy promotes easier childbirth. The tea is also used as a wash for sore nipples. **P6020 Plants (Mar-May shipment):** \$13.45, 3+/\$12.10, 12+/\$10.75

PASQUE FLOWER

Anemone pulsatilla **P Z5-7** Pretty rock garden plant with masses of purple flowers appearing early in spring. Valuable in correcting membrane disorders of the respiratory and digestive passages. Slow to germinate. **S4400 Seeds:** Pkt/\$4.75, 1g/\$10, 10g/\$70 **P4400 Plants:** \$7.95, 3+/\$7.15, 12+/\$6.35

PASSION FLOWER, AMERICAN

Passiflora incarnata **P Z6-9** (Maypop) Important sedative used to treat insomnia, anxiety, restlessness, nervous disorders — especially in children. The herb is taken as a tea or in tablet or tincture form. Now incorporated in many commercial products, this herb has become a significant American herbal crop. Grows as a vine. Produces showy, sweet-scented flowers and edible fruits. **P4440-100 Plants:** \$9.45, 3+/\$8.50, 12+/\$7.55



PURPLE SNOWCONES PENNYROYAL

PASSION FRUIT

Passiflora edulis **P Z8B-11+** Unusual vine bearing spectacular star-like lavender flowers. Edible purple fruits possess pleasant flavour. Used as table fruit and in sherbet, jam, and beverages. Grow in sunniest window or greenhouse and provide support of trellis. Slow to germinate. **P4441 Plants:** \$9.45, 3+/\$8.50, 12+/\$7.55

PATCHOULI

Pogostemon cablin **P Z11+** One of the definitive perfumes of the Orient and of India in particular. Widely used in perfumes and soaps, and even to perfume India ink. Leaves are excellent in potpourris and sachets. **P4450 Plants:** \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$29.95

PENNYROYAL

Mentha pulegium **P Z6-9** Once used to flavour puddings and sauces. The tea is still used today to ease headache. Strong minty aroma. Has insect repelling properties. The essential oil has abortifacient properties and should not be used by pregnant women. **S4460 Seeds:** Pkt/\$3.75, 10g/\$63, 100g/\$440 **P4460 Plants:** \$6.95, 3+/\$6.25, 12+/\$5.55

PENNYROYAL, PURPLE SNOWCONES

Mentha pulegium 'Purple Snowcones' **P Z5-9** Pennyroyal, the forgotten maiden among the mints, has long needed a makeover to match its big minty aroma and taste. Now with this variety it is ready to take its place in gardens, hanging baskets, and container gardens. 'Snowcones Purple' has a cascading growth habit and sends up flowering branches that look like purple scoops of snow. Ht. 60cm/24". **P4463-500 Plants:** \$7.95, 3+/\$7.15, 12+/\$6.35

PENNYROYAL, SPICE BALL

Mentha pulegium 'Spice Ball' **P Z5-9** No wonder it's called 'Spice Ball': in hanging baskets and containers it develops spherical displays of tightly-woven foliage with an intense, almost spicy, mint aroma. Exceptional! **P4463-700 Plants:** \$7.95, 3+/\$7.15, 12+/\$6.35

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CAYENNE CHILE

Pepper, Chile

(*Capsicum*)




Ah — the chile pepper! What would the great cuisines of Mexico, India, China, Japan, Southeast Asia, Indonesia, and the Middle East be without this fiery gift from the New World? What about the enchiladas, curries, dhals, stir fries, salsas, and the proto-typical chile dish, chili con carne? In cultivation for at least 8,500 years, chiles come in all shapes, colours and pungencies to suit every temperament. “Heat” is measured in Scoville units: anything under 5,000 Scoville units is mildly hot and anything over 100,000 units is scorching hot. ranging from the mildly hot Jalapeno pepper at 2,500 to 8,000 units to the impossibly hot Bhut Jolokia at more than a million units.




Per USDA rules, pepper seeds and plants cannot ship to the U.S.





For sweet peppers please see our VEGETABLE section.

Mexican Chiles




Mexican chiles do best where the growing seasons are long and hot, but do not let that stop you from trying them in less torrid areas. In Canada and the northern U.S., start chiles indoors early (Jan-Mar) and transplant out after the danger of frost is over.





ANAHEIM CHILE   
Capsicum annuum ‘Anaheim’
About 15cm/6” long, 5cm/2” across. Used fresh either green or ripe red, or dried ripe. Excellent stuffed fresh (*chiles rellenos*), and in stews and sauces. Dried in *ristras* and powdered as *chile colorado*. Heat: 500-2,500 Scoville units.
S4470-100 Seeds: Pkt/\$3.25, 10g/\$10, 100g/\$70
P4470-100 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55




ANCHO POBLANO CHILE   
Capsicum annuum ‘Poblano Ancho’
The most commonly used dried chile of Mexico; essential for sauces and moles. In fresh form it is known as Poblano and in dried form it is known as Ancho. Brick-red to black-purple when dry; 10cm/4in long by 7cm/3” wide. Mild, sweet flavour. Heat: 1,000-2,000 Scoville units.
S4470-120 Seeds: Pkt/\$3.25
P4470-120 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

CAYENNE CHILE   
Capsicum annuum
The red hot chiles, about 3 inches long, are indispensable in Mexican, Indonesian and Italian dishes. Dried powder adds zest and piquancy to soups, sauces, egg and meat dishes. Ground pods and a little soap in water is a useful insect-repellent for the garden. Heat: 30,000-50,000 Scoville units.
S4470-320 Seeds: Pkt/\$3.25, 10g/\$8, 100g/\$54
 **S4470-321 Seeds:** Pkt/\$3.75, 10g/\$29
P4470-320 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

HABANERO CHILE   
Capsicum chinense ‘Habanero’
The fiery habanero chile goes back at least 8,500 years according to evidence found in a cave in Peru. It is a classic hot chile of Mexico, especially on the Yucatan Peninsula where it is widely cultivated. At 30-50 times hotter than jalapeño, it was once rated the world’s hottest by Guinness World Records. The wrinkled lantern-shaped pods are used fresh or dried in salsas, chutneys, marinades. This is the standard variety which ripens to a fiery golden-orange or red. Thrives in hot sunny spots, a little on the dry side. As the seeds can be slow to germinate start indoors 8 weeks early. Ht. 60-90cm/2-3ft. 100 days. Heat: 100,000-350,000 Scoville units.
S4470-450 Seeds: Pkt/\$3.75, 1g/\$14, 10g/\$95, 100g/\$650
 **S4470-451 Seeds:** Pkt/\$4.25
P4470-450 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55




CHOCOLATE HABANERO CHILE   
Capsicum chinense ‘Chocolate Habanero’
Fiery habanero chile from Trinidad. Wrinkled lantern-shaped pods are used fresh or dried in salsas, chutneys, marinades. Matures into a deep orange-chocolate colour. Thrives in hot sunny spots, a little on the dry side. Heat: 100,000-350,000 Scoville units.
S4470-455 Seeds: Pkt/\$5.25, 1g/\$12, 10g/\$70

JALAPEÑO CHILE   
Capsicum annuum ‘Jalapeno’
Best known hot chile, 5-7cm/2-3” long, 2-3cm/1-1.5” in diameter. Used fresh either green or ripe red in salsa, stews, breads, sauces, dips, or just about anything that needs spicing up. Known as *chipotle* when dried by smoking. Heat: 2,500-8,000 Scoville units.
 **S4470-501 Seeds:** Pkt/\$3.75, 10g/\$30, 100g/\$190
P4470-500 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55




SERRANO CHILE   
Capsicum annuum ‘Serrano’
Use when green or ripened to scarlet. Small: 2cm/1” long, 1cm/0.5” across. Thick flesh; clean biting heat. Salsas, pickled, or roasted for sauces. Heat: 10,000-23,000 Scoville units.
S4470-800 Seeds: Pkt/\$3.25, 10g/\$8, 100g/\$55
P4470-800 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55








CHOCOLATE HABANERO CHILE

TABASCO CHILE   
Capsicum annuum ‘Tabasco’
The chile pepper used to make the famous hot sauce of the same name. Its origin is the southern Mexican state of Tabasco, but it is now mainly grown in Louisiana and other Gulf states. Attractive: fruits point upright, changing from yellow to orange and finally to bright red at which stage they are harvested. Compact bushes 60-90cm/24-36” high can bear as much as 100 chiles each. Heat: 30,000-50,000 Scoville units.
S4470-950 Seeds: Pkt/\$5.25, 1g/\$12, 10g/\$68
P4470-950 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

Other Hot Peppers




BHUT JOLOKIA PEPPER   
Capsicum annuum ‘Bhut Jolokia’
One of the world’s hottest! (Ghost pepper) By the Scoville system this pepper is rated at over one million Scoville heat units. That’s 400 times hotter than Tabasco sauce! Back in 2007 this was the world’s hottest pepper according to Guinness World Records. Native to northeastern India, bhut jolokia is a hybrid of *C. chinense* and *C. frutescens*. Brilliant red when mature. Seeds require warm soil to germinate, and peppers do best in light, well-drained soil in areas where there is a long hot growing season to allow them to come to their fiery best. Wear protective gloves to harvest ripe fruit. Heat: 1,500,000 Scoville units.
P4470-250 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55




BIG JIM PEPPER   
Capsicum annuum ‘Big Jim’
Anaheim type with huge peppers that get up to 20cm/8” long and 5cm/2” wide and weigh up to 4oz each. It is not uncommon to get 25-30 of these from a single plant. The heat is mildly hot, about 2,000-4,000 Scoville units. Excellent for *chile relleno*. 70-80 days.
 **S4470-256 Seeds:** Pkt/\$3.75, 10g/\$29
P4470-255 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

BIQUINHO RED PEPPER   
Capsicum chinense ‘Biquinho Red’
These teardrop-shaped peppers from Brazil are the cutest little things, less than an inch in size. The name translates as “little beak” in reference to the small pointy ends at the bottom of the fruits. Brazilians pickle them in vinegar and love to toss them in salads, on pizzas, or any spicy dish in need of a kick. The flavour is fruity and smokey, and while they have some heat, the pickled fruits are perfect for those who do not like their chiles to start a fire. When covered in orange and red fruits, the plants can be very pretty for the patio. Heat: 1,000 Scoville units. 100 days.
S4470-258 Seeds: Pkt/\$5.25





BIG JIM PEPPER

BISHOP’S CROWN PEPPER   
Capsicum baccatum ‘Bishop’s Crown’
(Friar’s hat; Joker’s hat) Originally from Barbados where they are known as “peri peri”. Unique three or four-sided shape resembles a hat or a crown — or maybe a flying spaceship. Famous for its gorgeous flavour: sweet and tangy, and fruity, with the heat building slowly and never getting unpleasant. Great chile for salads, for stuffing, pickles and salsa. Heat 10,000-30,000 Scoville units. 90-100 days.
S4470-260 Seeds: Pkt/\$4.75, 10g/\$72, 100g/\$510
P4470-260 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

BLACK HUNGARIAN PEPPER   
Capsicum annuum
Similar to jalapeño pepper in shape and size. Pods start off green, turn jet black, and slowly ripen to red. Mildly hot and absolutely delicious. Chile fans say this variety is better than the traditional jalapeño variety for smoked chipotles. Black fruits and large purple flowers create quite a nice ornamental effect. Heat: 2,500 Scoville units. 65-80 days.
P4470-310 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

HOT PORTUGAL PEPPER   
Capsicum annuum ‘Hot Portugal’
Looks like a cayenne pepper with long glossy scarlet pods 15-17cm/6-7” but the flavour is sweet and tart with undertones of strawberry and apples and no bitterness. Medium-hot at 5,000 Scoville units. Excellent in soups, chilli, and stews. Heavy yields, about twice as much as cayenne.
S4470-470 Seeds: Pkt/\$3.75
P4470-470 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

HUNGARIAN HOT WAX PEPPER   
Capsicum annuum ‘Hungarian Hot Wax’
Versatile hot banana pepper that can be served stuffed, fried, pickled, or just added fresh to salads. Pods, about 12cm/5” long, turn yellow, then orange, and then bright red. Mildly hot at 6,000 Scoville units. A good dependable choice for cooler areas where other hot peppers do not do well. 60-85 days.
S4470-480 Seeds: Pkt/\$3.25, 10g/\$7, 100g/\$50
 **S4470-481 Seeds:** Pkt/\$3.75
P4470-480 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

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PERILLA, GREEN

SANTAKA JAPANESE PEPPER

Capsicum annuum 'Santaka'

When this pepper ripens in Tochigi Prefecture, about two hours north of Tokyo, the fields turn a spectacular fiery red. The cone-shaped fruits, about 5cm (2") long, point prominently upward in clusters that locals call "three hawk talons". The ornamental effect alone makes it a great addition to the garden, and yet it is also excellent for sauces, chutneys, salsas, stir-fries and curries. It has an intense but uncomplicated heat that blends well with other bold ingredients such as cilantro, garlic and lemongrass. The fruits can be strung together to create beautiful wreaths that provide peppers as needed. Heat: 30,000 Scoville units.

S4470-740 Seeds: Pkt/\$4.25, 10g/\$15

SCOTCH BONNET PEPPER

Capsicum chinense 'Scotch Bonnet'

The famous hot pepper of the Caribbean with more or less spherical fruits about 4cm/1.5" in diameter. Has a fiery, apple-cherry tomato flavour. Great for salsas and sauces. Closely related to 'Habanero' chile. 120 days. Heat: 150,000-325,000 Scoville units.

S4470-750 Seeds: Pkt/\$5.75, 1g/\$8, 10g/\$45

P4470-750 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

PERILLA, GREEN

Perilla frutescens 'Seika'

(Shiso; Aoshiso) Highly aromatic ornamental, culinary, and medicinal herb, known in Japan as *aoshiso*. Cinnamon-scented green leaves are sharply serrated and deeply curled as if crisped by the sun. Fresh-picked leaves are used to flavour raw fish, tofu, pickles, tempura, etc. High in antioxidants which work to reduce oxidative stress and help to prevent cancer. Thrives in hot, sunny locations but can withstand some light shade. Before sowing, soak seeds in water for 24 hours. Height 30-90cm.

S4474-100 Seeds: Pkt/\$3.75, 10g/\$8, 100g/\$60, 1kg/\$420

New! PERILLA, OHBA

Perilla frutescens 'Ohba'

In Japan, *ohba* refers to green *shiso* that is commonly sold in small neat bundles of stacked leaves. The leaves of this variety are flatter and less wavy and lend themselves well for display at markets in this way. Has classic flavour, excellent for *tempura*, *sushi* and *sashimi*. Before sowing soak in water for 24 hours.

S4474-300 Seeds: Pkt/\$4.25, 10g/\$12, 100g/\$80



PINEAPPLE FLOWERS

PERILLA, RED

Perilla frutescens

(Shiso; Akajisho) Purplish-red variety reminiscent of coleus. Cinnamon-scented leaves are used in Japan to give a scarlet colour to pickled plums (*umeboshi*) and preserved ginger (*beni shoga*). Before sowing, soak seeds in water for 24 hours. Preferred variety for pickling.

S4474-200 Seeds: Pkt/\$3.75, 10g/\$9, 100g/\$62

PINEAPPLE FLOWERS

Helenium aromaticum

Scented of pineapples, apples, mangoes and strawberry all in one! (Pineapples; Manzanilla del cerro) Fascinating native herb of Chile. Traditionally used as a tea for fevers and indigestion, it is now a rising star in the fragrance industry in products such as soaps and it is used in food products such as processed cheeses, candies, vinegars, soft drinks, infused wines and vermouth. In the kitchen it can be added to marinades, sauces, pastries, jellies, pickles, and to fish and vegetable dishes, but it can be bitter and is best used sparingly. A pinch goes a long way. Easy to grow in any sunny garden. Produces a sea of tiny yellow pom-pom flowers from June to September. Ht. 40-60cm (16-24in).

S4487-500 Seeds: Pkt/\$3.75, 10g/\$35, 100g/\$240

PINEAPPLE WEED

Matricaria discoidea

(Wild chamomile) This wild form of chamomile has a marvelous, sweet pineapple-chamomile scent. Both the leaves and flowers are used to brew a delicious tea similar to true chamomile. Used as an aid to digestion, and to promote relaxation and to aid sleep. Contains apigenin, a compound known to help reduce stress and improve sleep. When applied externally, it provides pain relief and soothes insect bites and irritated skin. Its unique pineapple flavour isn't just for tea it works remarkably well in the kitchen too. Try it as a seasoning for roasted carrots and meats, in vinegars, or in sweet syrups and marmalade. The possibilities are endless.

S4487-600 Seeds: Pkt/\$4.25, 10g/\$11, 100g/\$85

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PISS-OFF PLANT

PISS-OFF PLANT

Plectranthus 'Sumcol 01'

Cats and dogs won't go near it. As much as we love our feline and canine friends, they can be a royal pain in the you-know-where when they carouse in our gardens. They romp around damaging plants, dig holes, and otherwise 'do their business' where they shouldn't. But dogs and cats (and rabbits too) stay away if a Piss-Off Plant is nearby. For some reason not yet understood they detest the odour of this plant. When planted three feet apart, the Piss-Off Plant will protect a whole garden. Not offensive to humans, and does not harm children or pets.

Unauthorized propagation prohibited. Protected by U.S. patent (USPP#13,843)

P4490 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

PLEURISY ROOT

Asclepias tuberosa

(Butterfly weed) Bright orange-red flowers are worthy of attention as an ornamental. Roots act specifically on the lungs as an expectorant and anti-inflammatory. Valuable for all chest complaints, including pleurisy.

S4510 Seeds: Pkt/\$4.75, 10g/\$40, 100g/\$280

POKEROOT

Phytolacca americana

(Pokeweed) The young unfolded leaves in early spring (older leaves are poisonous) can be boiled and eaten like asparagus. Used to treat cancerous ulcers, rheumatism, arthritis and respiratory infections.

S4600 Seeds: Pkt/\$4.75

P4600 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

POMEGRANATE, DWARF

Punica granatum 'Nana'

Showy orange-red fuchsia-like flowers are followed by miniature fruits. Considered an excellent remedy for tapeworms since ancient Greek times. Needs occasional pruning.

P4651 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

POPPY, BREADSEED

Papaver somniferum

(Opium poppy) Source of opium and the narcotic alkaloids, morphine and codeine, used to control pain, coughs and diarrhea. The plant is far more important for its culinary uses. Its seeds, which do not contain alkaloids, are widely used on breads, cakes, bagels and in Middle Eastern delicacies. The seeds also yields a good quality oil used for salads, soap, ointments and paints. A beautiful cool season annual with a mixture of single and double flowers in a riot of colours from pink to purple but most are blood red.

S4733-001 Seeds: Pkt/\$4.25



RAISIN TREE

POPPY, CALIFORNIA

Eschscholzia californica

Mildly narcotic colourless juice was used by Californian natives to treat toothache. Brilliant orange flowers. Best sown direct very early in spring as it prefers cool weather.

S4720 Seeds: Pkt/\$3.75, 100g/\$35, 1kg/\$220

POPPY, Red

Papaver rhoeas

The Flanders poppy of Great War! (Corn poppy) The red poppy immortalized in the wartime poem "In Flanders Fields" and now a prominent symbol of Remembrance Day. Its seeds are delicious on cookies, breads, rolls, and cakes, adding texture and a mild nutty flavour. For a special treat try adding seeds to buttered noodles!

S4730 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$35, 1kg/\$225

QUEEN ANNE'S LACE

Daucus carota

(Wild carrot) Infusion is used in the treatment of dropsy, chronic kidney disease and bladder afflictions. Leaves applied with honey soothe external sores and ulcers.

S4800-001 Seeds: Pkt/\$4.25, 10g/\$8, 100g/\$60, 1kg/\$380

RAISIN TREE

Hovenia dulcis

Helps to sober up! (Japanese raisin tree; Candy tree; Beizhiju) This fascinating tree, native to China, Korea and Japan, has long been used to help sober up and cure hangovers after excessive drinking. Numerous studies show that this herb is powerful medicine for liver diseases. Its oddly-shaped swollen fruit stalks contain dihydromyricetin, a compound that significantly lowers blood alcohol, reduces liver inflammation, and promotes healing. An old folk song says, "A thousand cups of wine will not make you drunk with candy from the candy tree." Indeed, the fruit stalks are incredibly sweet, like candy — almost 50% sugar by weight — and make a delicious chewy treat to enjoy any time. While it is known to be hardy in several southern and western coastal states, and in southern B.C., we believe that it will prove to be hardy in more regions.

S4817 Seeds: Pkt/\$7.75, 10g/\$35



RASPBERRY, BLACK

RASPBERRY, BLACK

Rubus occidentalis P Z3-8
(Thimbleberry) Native berry found throughout northeastern North America. The distinctive flavour is really special: sweet, slightly tart, with an agreeable added complexity compared to other raspberries. The berries start out red but turn dark purple-black as they accumulate anthocyanins. These pigments are very powerful antioxidants with anticancer and anti-inflammatory properties. First Nations peoples use for coughs, toothache, ulcers, gonorrhea, diarrhea and dysentery. Thrives in any sunny or partly sunny location. Ht. 90-120cm (3-4ft).
P4831 Plants: \$15.45, 3+/\$13.90, 12+/\$12.35

RASPBERRY, RED

Rubus idaeus P Z3-8
Raspberry is not only a delicious native fruit, its leaves have astringent properties and are useful for painful menstruation and diarrhea. The Cherokee and Cree used a tea of the leaves to prepare the uterus for childbirth and to help recover after birth. The tea controls contractions while minimizing blood loss. Easy to grow in any sunny spot. Ht. 90-120cm (3-4ft).
P4830 Plants: \$15.45, 3+/\$13.90, 12+/\$12.35

RAU OM

Limnophila aromatica P Z10-11+
(Rau ngo) A refugee of war, this remarkable little herb came to North America with the thousands who fled Vietnam in the 1970s. The scent and flavour of rau om have a beguiling floral character that is entirely unique among herbs. Its fresh leaves are essential in several sweet and sour Vietnamese dishes, including a delightful soup made with tamarind and cantaloupe.
P4840 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

RHODIOLA: See ROSEROOT

ROCKET, SWEET

Hesperis matronalis B Z3-9 S E
The flower of deceit: its lovely perfume is released only in the evening. The flowers stimulate the glands and are aphrodisiac. Leaves picked before flowering are nutritious greens for salads.
S5010 Seeds: Pkt/\$3.75

Rosemary

(*Rosmarinus*)

ROSEMARY

Rosmarinus officinalis P Z8-10 S X M
Regular variety. Upright bush habit.
S5030 Seeds: Pkt/\$3.75, 1g/\$7, 10g/\$50
P5030 Plants: \$4.95, 3+/\$4.45, 12+/\$3.95, **Plug pack:** 12/\$24.45

ARP ROSEMARY

Rosmarinus officinalis 'Arp' P Z7-10
This is one of the hardiest varieties, reliable in zone 7, even surviving some years in zone 6 with protection. Interestingly, it not only takes the cold well, it thrives better in the U.S. South where summer heat can be a problem. Foliage is grey-green with good flavour and aroma.
P5031 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

BARBEQUE ROSEMARY

Rosmarinus officinalis 'Barbeque' P Z8-10
Make skewers for kebabs with sticks of rosemary! Produces nice long, straight branches that can be cut to skewer lengths to grill meats, veggies, and even fruits such as strawberries or pineapple. The savoury essence of rosemary comes through beautifully without overpowering the food. After one try you won't want to go back to ordinary skewers again. Neat upright growth habit, reaching up to 1.5m (6ft) high.
P5031-700 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

BLUE BOY ROSEMARY

Rosmarinus officinalis 'Blue Boy' P Z8-10
Diminutive, compact size and free flowering habit makes it ideal for indoor pot culture. Excellent flavour. Ht. 60cm/24"
P5033 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

BLUE RAIN ROSEMARY

Rosmarinus officinalis 'Blue Rain' P Z8-10
An outstanding trailing variety for hanging baskets and patio pots. The "runners" reaching 45-60cm (18-24") become loaded with light blue flowers and stay in bloom for longer than most other rosemary varieties.
P5033-300 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

FOXTAIL ROSEMARY

Rosmarinus officinalis 'Foxtail' P Z8-10
Dense branches arise from the base making an impressive show for planters and hanging baskets. The eye-catching plume-like growth habit is unique among rosemaries. Mid-blue flowers. Ht. 1m (3ft).
P5033-800 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

GORIZIA ROSEMARY

Rosmarinus officinalis 'Gorizia' P Z8-10
This is an outstanding variety from well-known herb grower and author Tom DeBaggio. It is tall, upright, with long straight branches, and large luscious leaves, and it produces showy clusters of light blue flowers in summer. It gives the overall impression of strength and robust health, a kind of inspiring vigour that gardeners and cooks like to have around. DeBaggio describes the aroma as "gentle, sweet, and a bit gingery." Can reach up to 150cm/5ft.
P5034-500 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

HILL HARDY ROSEMARY

Rosmarinus officinalis 'Madeline Hill' P Z7-10
One of the hardiest rosemaries available. It survives winters in zone 7 reliably. Even in zone 6 it survives most winters, developing into a low shrub. Some say this variety is hardier than 'Arp' but we think the jury is still out on which is the hardiest of them all. But 'Hill Hardy' is without a doubt an elite variety with a fine scent, delicate grayish leaves, and a nice compact growth habit.
P5034-600 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

HUNTINGTON CARPET

Rosmarinus officinalis 'Huntington Carpet' P Z8-10
Very popular as a ground cover in California. The dense ground-hugging foliage and masses of deep blue flowers create a dramatic flowing "waterfall" effect. Excellent in containers, window boxes and baskets also. Ht. 30-45cm/12-18".
P5034-700 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

PINK MAJORCA ROSEMARY

Rosmarinus officinalis 'Pink Majorca' P Z8-10
Lovely pink-flowered version of 'Majorca'. Upright growth habit; prolific bloomer.
P5037-420 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

REX ROSEMARY

Rosmarinus officinalis 'Rex' P Z8-10
Stately variety with large, dark green leaves and deep blue flowers; vigorous upright growth habit. Preferred culinary variety.
P5037-500 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

ROSY ROSEMARY

Rosmarinus officinalis 'Rosy' P Z8-10
Improved variety bred for faster, more reliable germination and robust growth habit. Rose-pink flowers. Use like any other rosemary for cooking, potpourri, etc. Ht. 60cm/2ft.
S5037-550 Seeds: Pkt/\$5.25

SPICE ISLAND ROSEMARY

Rosmarinus officinalis 'Spice Island' P Z8-10
Some have suggested that this variety was developed for the Spice Islands company for production of dried rosemary but we don't believe there is any connection. It has a full-bodied aroma with a warm woody note and less camphor than other varieties. Strong upright growth habit. Covered with dark blue flowers in spring or late winter. Ht. 1m/3ft.
P5038-500 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

TUSCAN BLUE ROSEMARY

Rosmarinus officinalis 'Tuscan Blue' P Z8-10
Gorgeous upright columnar form with thick stems, succulent broad leaves, and large clear-blue flowers. The flavour and aroma is a little milder than others, but its sheer majesty is a thing to behold. Excellent variety for topiary use and for hedging in warm zones. Ht. 125-180cm/4-6ft.
P5039 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15, **Plug pack:** 12/\$28.45

DID YOU KNOW?

Emerging studies have shown that rosemary aromatherapy enhances short and long-term memory.





SAFFRON



BERGGARTEN SAGE



GARDEN SAGE

ROSEROOT

Rhodiola rosea **P Z1-7** **Adaptogenic like ginseng.** (Rhodiola; Golden root) Has the ability to restore the body and mind after physical and mental exertion and stress. Its rose-scented roots improve learning and memory, and act as a tonic. In folk medicine the leaves were used like aloe on cuts and burns, and the Inuit made a decoction of the flowers for stomach and intestinal problems. Attractive flowers are greenish-yellow with reddish and purplish tones competing for attention. One of the hardiest medicinal plants known: it survives in the Arctic with ease! Ht. 5-40cm/2-16".

S5040 Seeds: Pkt/\$7.75
P5040 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

RUE

Ruta graveolens **P Z5-9** Pungent bitter leaves used sparingly in stews, salads, sandwiches and vegetable juice. Two chewed will quickly relieve nervous headache. In early times judges relied on fresh sprigs of rue to repel fleas brought into court by prisoners.

S5050 Seeds: Pkt/\$3.75, 10g/\$15, 100g/\$115
P5050 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

RUE, MEXICAN

Ruta chalepensis **P Z5-9** (Ruda; Fringed rue) This attractive Mediterranean plant, known as *ruda*, was brought to Mexico after the Spanish Conquest and has since become deeply embedded in Mexican herbal folklore. It is widely used for digestive problems, such as stomach pain, worms, constipation, nausea, diarrhea, and flatulence. Women use it to tone the uterus, regulate menstruation, and promote lactation — and they know to avoid it when pregnant. Externally, it is used for venous insufficiency, varicose veins, hemorrhoids, wounds and skin ulcers. It is also used in spiritual healing, to clear *mal aire* ("bad air"), which is believed to emanate from the spirits of the deceased. Has antioxidant, antimicrobial, anti-inflammatory and antispasmodic properties.

S5051 Seeds: Pkt/\$4.75

RUE, MOUNTAIN

Ruta montana **P Z7-9** Rare narrow leaf variety of rue. Said to be used as a condiment but Disocorides, the Greek physician, warned long ago that it is unfit for consumption. Either way, it is used to treat problems of a circulatory origin, such as memory, vision and blood problems. Believed by some to be the magical herb 'moly' used by Ulysses in Greek mythology to resist the charms of the sorceress, Circe, who liked to turn men into "grovelling swine" with herbal potions. Is this somehow related to mountain rue's long history as an antidote for deadly poisons and snakebites? Contact with the fresh foliage can cause photodermatitis in some individuals. Ht. 30-60cm/12-24"

S5052 Seeds: Pkt/\$4.25, 10g/\$20

SAFFRON

Crocus sativus **P Z6-8** Saffron is the world's costliest spice; it takes the stigmas of 150,000 flowers to make one kilo. It is quite easy to grow in the garden; but north of zone 6, winter indoors in a cool place. Six plants will produce enough spice for one recipe. Lovely lavender blossoms in fall. Pistils produce yellow dye used for Buddhist monks' robes in Far East. Also produces copper and olive tones with mordants.

NOTE: Order early to avoid disappointment.
R5162 Bulbs (Sept-Oct shipment): 10/\$19, 100/\$110

Sage

(*Salvia*)

Garden Sages

GARDEN SAGE

Salvia officinalis **P Z4-9** (Dalmatian sage) The main culinary varieties popular for poultry stuffing and for flavouring rich meats like pork or duck. Also in homemade sausage, omelettes, cheese and bean dishes. Sage tea gargle is valuable for sore throat. Grey-green pebbly leaves, pale blue flowers. The most common culinary variety.

S5170 Seeds: Pkt/\$3, 10g/\$12, 100g/\$85, 1kg/\$550
S5170-001 Seeds: Pkt/\$4.75, 10g/\$45, 100g/\$335
P5170 Plants: \$4.95, 3+/\$4.45, 12+/\$3.95, **Plug pack:** 12/\$24.45

BERGGARTEN SAGE

Salvia officinalis 'Berggarten' **P Z5-8** Choice strain, similar to Holt's Mammoth but with larger grey-blue silvery leaves and robust, low habit.

P5170-300 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

EXTRAKTA SAGE

Salvia officinalis 'Extracta' **P Z5-8** Improved strain for commercial production. Contains up to 2.5% essential oil; yields up to 3 tonnes/ha (1.2 ton/acre).

S5170-550 Seeds: Pkt/\$3.75, 10g/\$10, 100g/\$70

GOLDEN SAGE

Salvia officinalis 'Aurea' **P Z7-9** Leaves a lovely chartreuse-yellow enhanced by dark green splashes around the veins. Best grown in zones 7-9.

P5171 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

HOLT'S MAMMOTH SAGE

Salvia officinalis 'Holt's Mammoth' **P Z5-8** Similar to the standard variety, but leaves are larger.

P5171-500 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

PURPLE SAGE

Salvia officinalis 'Purpurea' **P Z6-9** Aromatic purple foliage. Used in stuffings, sausages, omelettes, soups, stews. Winter mulch.

P5172 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

TRICOLOR SAGE

Salvia officinalis 'Tricolor' **P Z6-9** Aromatic foliage with white and pink streaks. Grow in/outdoors in full sun. Winter mulch.

P5173 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

WHITE DALMATION SAGE

Salvia officinalis 'White Dalmation' **P Z5-8** A superior selection for commercial field production. Has a clean aroma and flavour, with little of the bitterness found in other varieties. Leaves are smaller and have a whiter appearance compared to standard garden sage.

P5173-500 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

Autumn Sages (*Salvia greggii*)

Called autumn sage because early fall brings on a glorious spurt of autumn flowers to cap off a continuous display that begins in June. The aromatic leaves are used as a seasoning in Mexico, and the edible flowers are excellent in salads, even adding to the 'crunch!' Magnet for hummingbirds. Does well in full or half sun. Ht. 75-100cm/30-40in.

BIG PINK SAGE

Salvia greggii 'Big Pink' **P Z7-10** Large violet-pink flowers, nearly 3.5 cm (1.5 in) across, are set on dark maroon calyces. Flowers appear May-July and later from September until frost. Shiny foliage and neat upright habit.

P5164-055 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

CHERRY CHIEF SAGE

Salvia greggii 'Cherry Chief' **P Z7-10** Many scarlet flowers, 2.5cm/1" Does better than most during hot summer months.

P5164-060 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

LOWRY'S PEACH SAGE

Salvia greggii 'Lowry's Peach' **P Z9-10** Orange-peach flowers, 2.5cm/1".

P5164-070 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

RASPBERRY ROYALE SAGE

Salvia greggii 'Raspberry Royale' **P Z8-11** *Salvia* collector Richard Dufresne discovered this growing in his sage garden. It turned out to be one of his best releases, dishing out an abundance of raspberry-purple colour spring, summer and fall. Ht. 30-45 cm (12-18 in).

P5164-073 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

Other Sages

CARDINAL SAGE

Salvia fulgens **P Z9-10** (Mexican red sage) Showy scarlet flowers; pungent scent. Height: 60-90cm/2-3ft. Infusion of leaves is used for colic in Mexico.

P5164-100 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

FRUIT SAGE

Salvia dorisiana **P Z10-11** The strong aroma of mixed fruits makes this plant an ideal ingredient for potpourri and other fragrant concoctions. Its large velvety leaves and shocking pink flowers make it an attractive houseplant. Needs good light. Pinch to keep bushy.

P5165 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

GRAPE-SCENTED SAGE

Salvia melissodora **P Z9-10** (Tarahumara indian sage) Leaves and seeds are used medicinally by the Tarahumara of Mexico. Thought to contain the same psychotropic compound found in divinens sage (*S. divinorum*). Foliage is pleasantly aromatic but it is the lavender flowers that possess the remarkable grape scent. In bloom from late spring until frost, it is a perpetual magnet for bees, butterflies and hummingbirds. Ht. 1.5-2m/5-6ft.

P5169 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

HONEY MELON SAGE

Salvia elegans 'Honey Melon' **P Z9-10** Looks and grows much like pineapple sage but has a stunning honeydew melon scent. There is nothing else like it in the world of herbs! Red flowers are edible, and they are favourite haunts of hummingbirds. Prefers filtered light but can tolerate full sun. Reaches 1-1.3m/40-50", but can be grown in hanging baskets.

P5175 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

HUMMINGBIRD SAGE

Salvia guaranitica 'Black and Blue' **P Z7-10** (Anise-scented sage; Guarani sage) This is the best of the sages for attracting hummingbirds. Praised for its brilliant deep blue and black flowers on 38cm/15" spikes appearing from early summer until frost. Ht. 1-1.3m/3.5-4.5ft.

P5175-500 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

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HUMMINGBIRD SAGE

HOLYLAND SAGE

Salvia judaica **P Z8-11** **SE** **E**
(Menorah plant; Judean sage) This beautiful native of the Holy land, with its flowering branches divided into seven, is the inspiration for the biblical menorah. Its importance as a spiritual symbol, however, predates the Jewish bible because dried flowers were found lining a grave more than 13,000 years old in Israel. It has long symbolized wisdom. Since ancient times it was used as a poultice to treat "foul lesions" according to one account. Surprisingly there has been little research work on this plant, but initial reports are showing that it has potent antioxidant properties much like those reported in other sages. **S5175-700 Seeds:** Pkt/\$5.25, 10g/\$35, 100g/\$248

MEXICAN BUSH SAGE

Salvia leucantha **P Z8-10**
Increasingly popular as accent and contrast plants because the green-grayish pointed lanced-shaped leaves and velvety purple flower spikes are very showy. Good cut or dried flower. Removing spent flowers or 'deadheading' will promote more flowering and help keep plants more upright. Aromatic leaves. Ht. 1.2m/4ft. **P5178 Plants:** \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

PINEAPPLE SAGE

Salvia elegans **P Z9-10**
Fabulous pineapple scent. Brilliant red flowers. Use for drinks, chicken, cheese and in jams and jellies. Grow indoors in good light. Pinch to keep bushy. **P5180 Plants:** \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

PERUVIAN SAGE

Salvia discolor **P Z9-10**
Scent is a rather pleasant complex of fruit, eucalyptus and resin. Striking deep purple flowers. **P5186-500 Plants:** \$7.95, 3+/\$7.15, 12+/\$6.35

PRAIRIE SAGE

Salvia azurea **P Z4-9** **SE** **M**
(Pitcher sage; Blue sage; Kansas sage) Tall azure-blue sage of the American prairies with aromatic, astringent, and tonic properties. It was once used for fever and malaria. Herbalists today use it as a detoxifier, especially in support of Lyme disease and other chronic illnesses. Ht. 90-120cm/3-4ft. **S5186-600 Seeds:** Pkt/\$5.25

CHINESE SAGE: See RED SAGE



PRAIRIE SAGE

RED SAGE

Salvia miltiorrhiza **P Z9-10** **SE** **D**
(Tan shen; Chinese sage; Red-rooted sage) Important herb in Chinese medicine. Traditionally used to stabilize the heart and calm the nerves. Clinical experience shows that the roots are effective against angina pectoris, cerebral atherosclerosis, intravascular clotting and phlebitis. **S5186-701 Seeds:** Pkt/\$5.75, 1g/\$20, 10g/\$120

TANGERINE SAGE

Salvia elegans 'Tangerine' **P Z9-10**
This is actually a type of pineapple sage but the aroma is citrusy. The plant forms dense clumps in the garden with bright scarlet flowers that appear in May or June and keep coming until the killing frosts in fall. Like other sages, it helps to relieve anxiety and can be used to brew a relaxing tea. **P5189 Plants:** \$7.95, 3+/\$7.15, 12+/\$6.35

WHITE SAGE

Salvia apiana **P Z7-9** **S** **D**
Important ceremonial herb among the California Native Americans, used for purification much like wormwood (*Artemisia ludoviciana*). Roots were used for afterbirth to heal and to clean the womb. Leaves were smoked, taken as a tea, or used in sweat lodges to cure colds. **P5190 Plants:** \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$29.95

SAGE, RUSSIAN

Perovskia atriplicifolia **P Z3-9** **SE** **M**
Not exactly sage nor Russian, this hardy native of Crimea, Afghanistan and Pakistan was named Perennial Plant of the Year for 1995. Has beautiful purple-blue flowers that dry well for dried arrangements. Leaves are pleasantly aromatic with a strong camphor scent works well in potpourris. Excellent beeplant. **P5191 Plants:** \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

DID YOU KNOW?

The leaves of white sage contain essential oils that not only smell amazing but also help repel pests like mosquitoes.



WHITE SAGE

SALTBUSH

Atriplex canescens **P Z5-9** **SE** **M**
(Fourwing saltbush; Chamisa) Hardy native shrub found throughout western North America, from southern Alberta to Mexico. Used by the Navajo, Hopi and Zuni for food, medicine, and spiritual uses. The leaves cooked or raw have a wonderful salty tangy taste. They can also be crushed and applied as a poultice to insect bites. When soaked in water the leaves produce a soapy lather that can be used to wash hair. When burned the ashes can be used like baking soda. The plant is ecologically important because it thrives in dry areas, helping to stabilize the soil with its massive root system — and will even grow in salty areas where little else grows. Does well in wetter areas if soil is well drained. Ht. 60-180cm (2-6ft). **S5197 Seeds:** Pkt/\$3.75, 10g/\$9, 100g/\$57

SANTOLINA

Santolina chamaecyparissus 'Dwarf' **P Z6-8** **SE** **M**
(Lavender cotton) Attractive low bushy herb with aromatic grey-green leaves. Traditionally planted in knot gardens or low hedges. Leaf oils are used in perfume. Hang dried bunches in closets to repel moths. Dried flowers are used in floral arrangements. **P5280-200 Plants:** \$6.95, 3+/\$6.25, 12+/\$5.55

Savory

(*Satureja*)

SUMMER SAVORY

Satureja hortensis **A** **S** **X** **E**
Most preferred, having the most delicate flavour. Easiest to grow. **S5290 Seeds:** Pkt/\$3, 100g/\$21, 1kg/\$140

WINTER SAVORY

Satureja montana **P Z5-8** **SE** **X** **E**
Strong, pungent flavour. A low bush for borders and edgings. **S5300 Seeds:** Pkt/\$3.25, 10g/\$26, 100g/\$175 **P5300 Plants:** \$4.95, 3+/\$4.45, 12+/\$3.95, **Plug pack:** 12/\$24.45

WINTER CARPET SAVORY

Satureja montana illyrica **P Z3-8** **SE** **E**
Beautiful carpet forming savory! This is a form of winter savory from the Carpathian Mountains of Europe. In the wild it grows in neat low patches on dry rocky slopes. In gardens it makes a spectacular fragrant ground cover or edging plant with rose-purple flowers appearing in late summer. The leaves can be used in cooking like winter savory but the flavour and aroma are not as strong. Ht. 15cm/6in. **S5301-300 Seeds:** Pkt/\$4.75



WINTER SAVORY

WINTER LEMON SAVORY

Satureja montana citriodora **P Z3-8** **SE** **E**
Incredible lemon scent! This plant is a complete surprise. It is a form of winter savory, with the same dark green leaves and robust growth habit, but the scent is so unexpected you think your nose is playing tricks. The scent is not simply savory suffused with lemon, it is actually a clean lemon scent of all its own. After a moment to recover from the shock, you soon begin to think of fun ways to use this unique herb in cooking and in tea. **S5301-500 Seeds:** Pkt/\$4.75

SCULLCAP

Scutellaria lateriflora **P Z3-8** **SE** **E**
Effective, reliable remedy for headache and neuralgia. Good sedative for insomnia, restlessness, hysteria and convulsions. **S5360 Seeds:** Pkt/\$5.25, 1g/\$10, 10g/\$60 **S5360-001 Seeds:** Pkt/\$5.75, 1g/\$11, 10g/\$70 **P5360 Plants:** \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

SCULLCAP, BAIKAL

Scutellaria baicalensis **P Z4-8** **S** **E**
(Huang qin) Important Chinese medicinal herb for fevers, colds, hypertension, insomnia, headaches, hepatitis, shingles, and other ailments. Many of its traditional uses are supported by clinical studies. Showy blue flowers. Ht. 40cm/15in. **S5361-001 Seeds:** Pkt/\$4.75, 1g/\$16, 10g/\$105 **P5361 Plants:** \$7.95, 3+/\$7.15, 12+/\$6.35

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CITRUS GOLD
SEABUCKTHORN

Seabuckthorn

(*Hippophae*)

Edible orange berries are rich in vitamins A, C and E, and in amino acids, carotenoids, and antioxidants. Used in sauces, juices, jellies and marmalades, and in skin creams for their potent healing effects, especially for skin eruptions. One of the hardiest and toughest fruit-bearing trees known, surviving even the rocky slopes of Tibet. A nitrogen-fixer, it grows in almost any well-drained soil.

Our elite cultivars are recommended for fruit production with larger and sweeter fruits. Only female varieties produce berries but male plants must be present to pollinate the females. For every 5 females or fewer, plant at least 1 male. Commercial orchards need 1 male for every 10 females.

CITRUS BLAZE

Hippophae rhamnoides 'Citrus Blaze' **P Z3-8**
Superior female cultivar, bushier than others. With pruning, bushes can be kept to 120cm/4ft high which makes for easier harvesting. Berries are a little redder and rounder than 'Huron Sunset', and slightly smaller. Excellent for freezing berry-laden branches to store for winter usage. This Healing Arc variety is a selection from the European variety 'Juliet'.
P5370-200 Plants: \$15.45, 3+/\$13.90, 12+/\$12.35

CITRUS GOLD

Hippophae rhamnoides 'Citrus Gold' **P Z3-8**
Female cultivar from The Healing Arc. Rapid grower, slightly earlier than other varieties. Has the largest berries and produces the most juice. Can be kept pruned to 150cm/5ft high for easier harvesting. Large berries, weighing about a gram when fresh, are nice and tasty. Children love them straight out of the freezer! Ripens late July to early August. This is a Healing Arc selection from the Russian variety 'Chuskaya'.
P5370-220 Plants: \$15.45, 3+/\$13.90, 12+/\$12.35

HURON SUNSET

Hippophae rhamnoides 'Huron Sunset' **P Z3-8**
A superior female cultivar from The Healing Arc. Like 'Citrus Gold', the orange berries are large, weighing a gram when fresh, with a nice tinge of red at the tops. Excellent for juice, and for salsa, salads and as a garnish on hospitality plates. Best kept pruned to 150cm/5ft high for easier harvesting.
P5370-400 Plants: \$15.45, 3+/\$13.90, 12+/\$12.35

LORD

Hippophae rhamnoides 'Lord' **P Z3-8**
Male pollinator variety required to get good fruit set among the elite female varieties. Commercial growers need to plant about 10% of the orchard with male plants. Home gardeners need 1-3 males for every 5 female plants.
P5370-500 Plants: \$15.45, 3+/\$13.90, 12+/\$12.35

SHALLOT, ZÉBRUNE

Allium cepa (*Aggregatum*) 'Zébrune' **P Z6-9**
Grow shallots from seeds! (Banana shallot; Échalion) Known in France as *échalote cuisse de poulet*, or "chicken thigh shallot", this elegant heritage variety came to the French province of Poitou years ago from Eastern Europe and has since become popular throughout the country. And no wonder: the elongated bulbs are sweet, juicy and fragrant, something of a cross between shallot and onion in taste, and are excellent raw, cooked or marinated. Try them in salads, soups, shallot vinegar, or as a compote served with cheese or cold meats. Also excellent caramelized. The leaves too can be used like green onions or chives. Bulbs will store for months through winter. 150 days.
S5410 Seeds: Pkt/\$5.75, 10g/\$11, 100g/\$75

SHISO, GREEN: See PERILLA, GREEN

SHISO, OHBA: See PERILLA, OHBA

SHISO, RED: See PERILLA, RED

SOAPWORT

Saponaria officinalis **P Z3-9**
(Bouncing bet) Excellent shampoos, skin rinses and washes for delicate fabrics are made by steeping roots in water. Lathers like soap when agitated. Skin rinse helps to relieve itchiness.
S5490 Seeds: Pkt/\$3.75, 10g/\$10, 100g/\$74
P5490 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

SOLOMON'S SEAL

Polygonatum biflorum **P Z5-6**
American First Nations people used the root for upset stomach, excessive menstruation, general debility, lung problems, cough, insomnia, and as a laxative. Has also been used for rheumatism, arthritis and skin irritations. Woodland native, 30-90cm/1-3ft.
P5580 Plants (Mar-May shipment): \$12.45, 3+/\$11.20, 12+/\$9.95

Sorrel

(*Rumex*)

GARDEN SORREL

Rumex acetosa 'Green de Belleville' **P Z4-8**
Most famous for sorrel soup. This cultivar is the standard variety esteemed in France. Large, slightly tangy-tasting leaves add a refreshing tartness to salads and any dish it appears in! Deserves a spot in the kitchen garden for any meal requiring a lemony twist! Remove flowering tops to keep the leaves tender. Plant in moist well drained soil.

S5680 Seeds: Pkt/\$3, 100g/\$50, 1kg/\$340

P5680 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

PROFUSION® SORREL

Rumex acetosa 'TM683' **P Z4-8**
Unlike standard sorrel varieties, Profusion does not go to seed at all. Produces bushels of tender, fleshy leaves all season, long after standard varieties turn tough and bitter.
RICHTERS EXCLUSIVE. Profusion is a registered trademark of Richters; all rights reserved.

P5683 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

SHEEP SORREL

Rumex acetosella **P Z4-8**
Traditionally used for fevers, inflammation, diarrhea, excessive menstruation and cancer. One of the four ingredients of the Essiac® anti-cancer remedy. Although leaves are small and time-consuming to gather, they are delicious to eat.

S5688 Seeds: Pkt/\$3.75, 10g/\$8, 100g/\$55

TRUE FRENCH SORREL

Rumex scutatus **P Z4-8**
True French sorrel, although garden sorrel is much more commonly used for sorrel soup. Smaller leaves are more concentrated in flavour and a little will go a long way.

S5696 Seeds: Pkt/\$4.75

P5696 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

SOUTHERNWOOD

Artemisia abrotanum **P Z5-9**
(Old man artemisia) Leaves can be used in sachets and potpourris, and as a moth repellent. Try a leaf in salads or throw on the fire to refresh the air.

P5710 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

SOUTHERNWOOD, CITRUS

Artemisia abrotanum cv. **P Z5-9**
Some people say the scent of the delicate foliage is tangerine and others say it's more like lemon. We can't decide which but it does have a lovely fresh citrusy scent with a dash of pine. Ht. 1.2-1.8m/4-6ft.

P5720 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

SPEEDWELL, CREEPING

Veronica filiformis **P Z4-8**
(Slender speedwell) Low ground cover for sun or shade. Grows in dense mats that produce masses of light mauve-blue flowers in late spring. It is a fast grower but it is also easy to contain because it does not spread by seed. Very hardy in our zone 5, with no dieback occurring in over a decade of growing it. Has become naturalized in Europe and parts of North America. Ht. 3-8cm (1-3in).

P5811 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

ST JOHN'S WORT

Hypericum perforatum **P Z4-8**
Old remedy for insomnia, depression and bedwetting, now touted as a natural alternative to antidepressant drugs. Clinical evidence suggests that the flowering tops are effective in controlling mood and mild depression. Liniment made with tops in vegetable oil is soothing and healing when rubbed on painful joints and muscles.

S5195 Seeds: Pkt/\$3.75, 10g/\$12, 100g/\$85

P5195 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55



SOUTHERNWOOD



SOLOMON'S SEAL



STEVIA

STEVIA

Stevia rebaudiana

P Z11+ X D

Herbal sugar substitute containing steviolides that are hundreds of times sweeter than sugar without the calories. Leaf powder can be used in place of sugar in drinks, baked goods, desserts, preserves, etc. Has a pleasant flavour of its own that never dominates or overwhelms.

\$6030 Seeds: Pkt/\$5.75

P6030 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$28.45

STEVIA, CANDY

Stevia rebaudiana 'Candy'

P Z11+ X D

Supersized stevia! The most robust variety of stevia we have seen. The whole plant has a sturdy upright look with strong thick stems and monstrous leaves that can exceed 10cm/4" long and 5cm/2" across. Even when grown in pots the plants reach heights of 90cm/36" or more. Taste is similar to regular stevia.

Note: Our Candy variety is not the same as an Israeli variety sold by the same name.

P6032 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$28.45

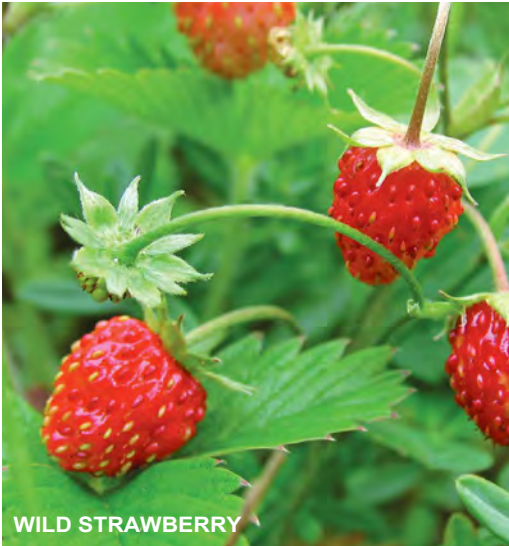
STEVIA, SWEETIE STAR

Stevia rebaudiana 'Sweetie Star'

P Z11+ X D

Best tasting stevia! This is by far the best tasting stevia on the market. There is almost none of the metallic bitterness normally associated with stevia. This lingering bitterness is a common knock against stevia, and many who have tried stevia in the past have been disappointed because of it. 'Sweetie Star' shifts the natural balance of steviol compounds from the bitter toward the sweet, and the result is pure joy for the palate. This is a major improvement for stevia. Plants are vigorous, with large broad leaves up to 8cm/3" long. Ht. 30-60cm/1-2".

\$6032-800 Seeds: Pkt/\$7.75



WILD STRAWBERRY

WILD STRAWBERRY

Fragaria vesca

P Z5-9 S F E

Infusion of leaves and rootstock is effective for diarrhea, dysentery and problems of the urinary tract. Especially useful for convalescents and children. Cultivated varieties are much less potent medicinally.

\$6075 Seeds: Pkt/\$4.25, 1g/\$27, 10g/\$170

ALPINE STRAWBERRY

Fragaria vesca 'Ruegen'

P Z5-6 S F E

Sweet, tangy berries about twice the size of the wild ones on compact, runnerless plants. Bears fruit from June till frost. Will bear in first year. Can even be grown indoors in direct sun.

\$6080 Seeds: Pkt/\$4.25, 10g/\$42, 100g/\$295

P6080 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

WHITE SOUL STRAWBERRY

Fragaria vesca 'White Soul'

P Z5-6 S F E

This variety is heavy cropping, bearing white fruit all season long on runnerless plants. Berries are very sweet, with a faint pineapple tang, excellent for eating fresh out of hand, or for use in jams. Can be direct sown outside. A perfect border plant for the garden, it does best in part shade.

\$6081 Seeds: Pkt/\$5.25, 1g/\$15, 10g/\$95

P6081 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

YELLOW WONDER STRAWBERRY

Fragaria vesca 'Yellow Wonder'

P Z5-9 S F E

(Sow-teat strawberry) Hard to believe that this small white strawberry can be so incredibly sweet and delicious! As if they never reach maturity, devoid of any red colour, the berries melt in the mouth with a wondrous burst of flavour. Coated with a patina of small yellow seeds, the berries look as if they could glow in the dark. But birds are fooled thinking these berries are not ready to eat, thankfully leaving them for human folk to enjoy. Like other alpine strawberries, this variety does not spread by runners but rather grows in neat small clumps. Start seeds early indoors for planting out in spring. Ht. 15-30cm/6-12".

\$6082 Seeds: Pkt/\$4.25, 10g/\$38

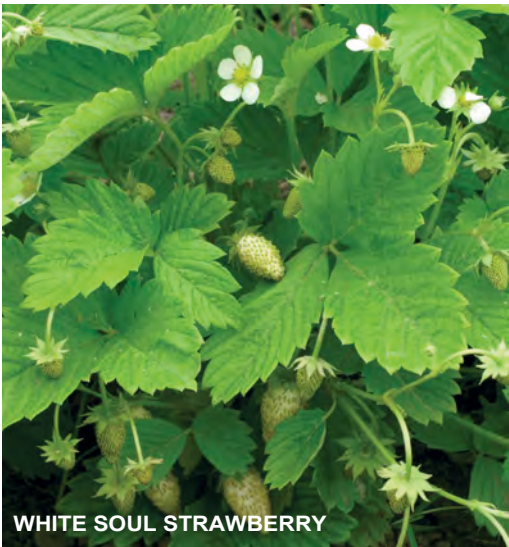
CLIMBING STRAWBERRY

Fragaria 'Albion'

P Z5-9

Day neutral variety that produces large sweet berries from June till frost. In gardens, trained to fences, or in hanging baskets.

P6085 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55



WHITE SOUL STRAWBERRY



YELLOW WONDER STRAWBERRY

SUNFLOWER

Helianthus annuus

A S E

Familiar large yellow sunflowers are a favourite valued for the highly nutritious seeds eaten roasted or raw. Source of an excellent quality cooking oil. Large seeded variety well filled with meat.

\$6140 Seeds: Pkt/\$3.25, 100g/\$14, 1kg/\$82

SUSHNI

Marsilea minuta

P Z8-11+

Brain food! (Watercress; Fern Clover; Sak) Gotu kola, bacopa, and sushni make a trinity of South Asian herbs used to enhance brain function. Sushni is commonly sold in vegetable markets as a medicinal leafy green to help overcome insomnia. Fresh leaves are ground into a paste and eaten as chutney, or the whole leaves are eaten in salads or cooked like spinach. Contains marsiline, a substance with sedative and anticonvulsant properties. Has a powerful anti-cholesterol effect also. Grows into beautiful mats like clover but is actually a type of miniature fern. Like mimosa the leaves fold up at night. Prefers full sun.

P5430 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

SWEET ANNIE: See SWEET ANNIE WORMWOOD

SWEET VERNAL GRASS: See VANILLA GRASS

SWEET WILLIAM

Dianthus barbatus

B Z3-9 S F E

Sweet clove-scented flowers are edible. Adds striking red, pink and white colour to salad, fish dishes, tea, marmalade and sorbet.

\$6150 Seeds: Pkt/\$3.25, 100g/\$28

SWEETGRASS

Anthoxanthum nitens

P Z3-9

Traditional ceremonial grass used by the First Nations in peace and healing rituals. Vanilla-like scent.

P6160 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

TANSY

Tanacetum vulgare

P Z4-9 S F E

Pretty yellow button flowers were once used to induce abortions. Now used in cosmetic preparations. Repels ants from counters or around baseboard. Repels cockroaches as well. Blooming flower heads and leafy shoots produce yellow and green fabric dyes.

\$6180 Seeds: Pkt/\$3.75, 10g/\$13, 100g/\$90

P6180 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55



TEASEL, FULLER'S

Tarragon

(*Artemisia, Tagetes*)

MEXICAN TARRAGON: See SWEET MARIGOLD

TARRAGOLD™ TARRAGON

Tagetes lucida

P Z11+

(Pot tarragon; Mexican tarragon) Improved tarragon substitute for southern and tropical gardens, for indoor growing, and for commercial greenhouse production. The flavour is very close to true tarragon (*Artemisia dracunculus*) — a little less biting and anise-y, but otherwise almost indistinguishable from the real thing. Excellent choice for warm climates where true tarragon does not thrive.

Tarragold is a trademark of Richters. All rights reserved.

P3889-500 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

FRENCH TARRAGON

Artemisia dracunculus sativa

P Z4-7

The true tarragon, which does not propagate by seeds. Dark green, shiny leaves possess distinctive flavour. Grows to 90cm/36". Requires light, well-drained soil in a sunny location.

P6200 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

TEA TREE

Melaleuca alternifolia

P Z11+ X M

Valuable antibacterial, antifungal and antiviral oil used for skin infections, burns, bruises, cuts, herpes, warts, gingivitis and many other conditions. Can be applied directly on sensitive tissues without irritation.

\$6250 Seeds: Pkt/\$7.75

TEASEL, FULLER'S

Dipsacus sativus

B Z3-9 S F E

Comb-like flowerheads were once used for raising nap on woolen cloth. Excellent in dried arrangements. Water trapped in leaf basins is valued as an eyewash.

\$6260 Seeds: Pkt/\$3.25, 10g/\$17

THISTLE, BLESSED

Cnicus benedictus

A S E

Main value is a tonic, particularly for the digestive system. Improves circulation, strengthening the brain and memory.

\$6290 Seeds: Pkt/\$3.75, 10g/\$12, 100g/\$80, 1kg/\$550









FREDO THYME



SILVER THYME



CREeping LEMON THYME










THISTLE, MILK      
Silybum marianum **A/B Z7-8**
Striking plant with glossy leaves painted with creamy white strokes. According to biblical legend the milk of the Virgin fell upon a thistle plant forever leaving it with her mark. Today, the seeds of this thistle is an important tonic herb for the liver supported by studies that have shown they can repair damage caused by toxins.
\$6310 Seeds: Pkt/\$3.75, 100g/\$28, 1kg/\$170










Thyme










(Thymus)










Garden Thymes










Indispensable in French cooking. There is almost no stew, soup, or ragout that does not call for a pinch or two. Appropriate seasoning for rich meats and fish, improving their digestibility. Essential in bouquet garni.

ENGLISH THYME         
Thymus vulgaris
(German thyme; Winter thyme) Most popular variety. Broad dark green leaves. Robust growth habit.
\$6450-001 Seeds: Pkt/\$3.75, 10g/\$8, 100g/\$48, 1kg/\$320
P6450 Plants: \$4.95, 3+/\$4.45, 12+/\$3.95, **Plug pack:** 12/\$24.45

COMPACT THYME         
Thymus vulgaris 'Compactus'
Attractive compact variety of English thyme. Very uniform growth habit. Excellent as pot plants.
P6452 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35










FRENCH THYME         
Thymus vulgaris
(Summer thyme) Narrow leaves, distinctly greyer and sweeter than English. Preferred by the French. Needs some winter protection.
\$6455 Seeds: Pkt/\$3.75, 10g/\$23, 100g/\$160
\$6455-001 Seeds: Pkt/\$4.75, 10g/\$33, 100g/\$235
P6455 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75, **Plug pack:** 12/\$24.45










FREDO THYME         
Thymus vulgaris 'Fredo'
A cute little English thyme that grows into beautiful dense mounds. Its strong flavour and aroma make it an excellent seasoning for meat dishes, stuffings and salad dressings. Ht. 20-25cm/8-10in.
P6455-100 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35










SILVER THYME         
Thymus vulgaris 'Argenteus'
Same flavour and fragrance as English thyme. Lovely accent plant. For hanging baskets and as garden edging.
P6456 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

Citrus Thymes

Delightful citrus flavour for fish, chicken, meat, salads and tea.










LEMON CARPET™ THYME         
Thymus herba-barona cv.
Here is something special! This ground hugging lemon thyme is the lowest yet, and with its wiry stems it tolerates trampling better than others. The wonderful fragrance and flavour is lemon with a hint of spice. Excellent choice to plant between paving stones in walkways and patios.
Lemon Carpet is a trademark of Richters; all rights reserved.
P6458 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

CREeping LEMON THYME         
Thymus pulegioides 'Lemon'
Similar to wild thyme — aggressive creeper, up to 20cm/8in thick. Strong lemon scent.
P6459 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

LEMON THYME         
Thymus x citriodorus
Small upright bushy habit; dark green leaves.
P6460 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45





















ORANGE THYME











GOLDEN LEMON THYME         
Thymus x citriodorus 'Aureus'
Scattered yellow edges on some leaves create an attractive foliage contrast.
P6462 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45










MYSTIC LEMON THYME         
Thymus x citriodorus 'Mystic Lemon'
Like green eyes lined with gold eyeliner, the gold-variegated elliptical leaves of this bushy lemon thyme add an elegant but watchful effect to the garden. The scent and flavour is unmistakably lemon. An out-standing new variety from Europe. Ht. 20-25cm/8-10in.
P6462-630 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

PURPLE CARPET LEMON          
Thymus praecox 'articus' 'Purple Carpet'
Terrific low mat-forming lemon thyme, similar to 'Magic Carpet', except the flowers are bright mauve-purple. Dark green foliage never exceeds 5cm/2" in height.
P6462-700 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

ZAMBESI LEMON THYME         
Thymus 'Sambesi'
Apparently named after the Zambesi River of Africa, this new lemon thyme from Germany is a low spreader that looks equally good in gardens and in hanging baskets. It forms dense masses of gold-flecked leaves that tumble out beautifully over the edges of planters and hanging baskets. Ht. 20-25cm/8-10in.
P6462-950 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35





LIME THYME         
Thymus sp.
Scented leaves hint of lime. Low creeping habit; excellent ground cover. Lime-green coloured leaves.
P6464-250 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35







ORANGE THYME          
Thymus fragrantissimus 'Orangelo'
True orange-scented thyme from seed. Visually it resembles French thyme with its grey-green foliage, but with a distinct citrusy orange scent and flavour. Try it fresh or dried in soups, sauces, stews, on roasts, fish and vegetables. Tends to sprawl, in a good way, spreading in the garden or cascading over the edges of hanging baskets, window boxes or planters. Ht. 15-25cm (8-10").
\$6465-300 Seeds: Pkt/\$6.25

ORANGE BALSAM THYME         
Thymus 'Orange Balsam'
Sensational orange scent and flavour. Deserving of experimentation in tea, cooking, and as a garnish. A favourite among West Indians.
P6465-700 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

















ORANGE SPICE™ THYME

ORANGE SPICE™ THYME       
Thymus 'TM95'
Wonderful orange and spice scent, a rare combination in the world of herbs. The remarkably strong clear orange flavour lingers in the mouth pleasingly without the harsh aftertaste of other thymes. This has all manner of possibilities in the kitchen and in tea. Forms dense ground-hugging mats.
RICHTERS EXCLUSIVE. Orange Spice is a trademark of Richters; all rights reserved.
P6465-800 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55, **Plug pack:** 12/\$28.45

SPANISH LEMON THYME      
Thymus baeticus
(Tomillo limonero) A highly aromatic low-growing thyme from the dry mountains of southern Spain. The heady aroma can vary among individual plants, with pronounced sweet and spicy, lemony, and floral elements usually dominant. However, the essential oil of the foliage, responsible for its aroma and flavour, is known to range even further, with notes of eucalyptus and even camphor sometimes prominent. Traditionally used as a medicinal tea, studies have shown it is a strong antimicrobial. It also has a potent antispasmodic effect, which helps calm the digestive system. Best grown in a sunny, sandy, well-drained location. Creamy white flowers.
\$6468-400 Seeds: Pkt/\$5.75

Other Thymes

CARAWAY THYME       
Thymus herba-barona
Delightful sweet caraway scent and flavour. Ideal in rock gardens.
P6440 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

CREeping THYME       
Thymus praecox 'articus'
Low mat-forming thyme splashed with either white or rose flowers in July. Perfect complement to woolly thyme.
P6463 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

Over 30 thyme varieties.
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ORANGE SPICE™ THYME

IBERIAN WHITE THYME

Thymus mastichina
(Mastic thyme; Spanish marjoram; Tomillo blanco) A spectacular thyme from the dry mountains of Spain and Portugal. Its unusual aroma is floral with a surprising touch of eucalyptus. That hint of eucalyptus would seem to make it more suited for the medicine cabinet than the spice rack, but it actually works incredibly well in the kitchen. It is one of those herbs that is immediately addictive once one tries it. Throughout the Iberian peninsula the leaves are used fresh or dried in soups, stews, meat dishes, and as a seasoning for olives. It is also used as a salt substitute and as a flavour enhancer. Infusions are used to treat colds and flus, sore throat and indigestion. Known as *tomillo blanco*, or white thyme, because its cream-white flowers are so dense they look like snow. Will do well in a sunny, well-drained spot. Ht. 30cm/1ft.

S6463-500 Seeds: Pkt/\$5.75

LAVENDER THYME

Thymus thracicus
Strong lavender scent. Forms dense low bushes; lavender-purple flowers. Very attractive.

P6464 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

MINUS THYME

Thymus praecox arcticus 'Minor'
Ground hugging thyme, lower than other varieties. Dense, tight-fitting foliage, pink flowers. Excellent for pathways. Never exceeds 2cm/1".

P6464-500 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

NUTMEG THYME

Thymus praecox arcticus
Pretty small leaved trailing species with an aroma and flavour of nutmeg.

P6465 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

ROSE PETAL™ THYME

Thymus 'TM122'
A beautiful thyme that comes up smelling like roses! Low bushes emit a scent very similar to the scent of rose geranium when brushed against. Excellent along walkways and in rockeries.

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P6467-500 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45



WILD THYME

SPANISH RED THYME

Thymus zygis gracilis
(Hierba de la sangre) This native of Spain is called *hierba de la sangre* or "blood herb" because the foliage yields an essential oil with a deep red glow when distilled in traditional iron stills. Phenols in the oil are believed to react with iron to produce the striking red pigment. The herb is very rich in thymol, one of nature's most potent antiseptics, and the essential oil is commonly added to baths to relieve coughs and colds, especially when accompanied by thick mucus. The fresh and dried herb is terrific for kitchen use just like English or French thyme. Thrives in any sunny, well-drained location, forming lovely mounds that attract butterflies and pollinators. Ht. 30cm (1ft).

S6469 Seeds: Pkt/\$5.75

WILD THYME

Thymus praecox
(Mother-of-thyme) A creeper, well suited as ground cover. Perfumes the air when trodden upon. Helps to clear mucous congestion. Used in cooking.

S6470 Seeds: Pkt/\$3.25, 10g/\$24, 100g/\$180

P6470 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

WOOLLY THYME

Thymus pseudolanuginosus
Lovely low carpets of grey, woolly leaves and pale pink flowers. Lacking scent or flavour, its virtues are mainly visual and tactile. Superb contrast plant for greener herbs.

P6472 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

ROYAL THYME

Thymra capitata
Intense flavour that defies categories! (Spanish oregano; Cone-head thyme; Pink savory; Persian hyssop; Tomillo real) It's been called an oregano, a savory, a hyssop, and a thyme — but it is none of these. Yet it is related to all of them, and shares elements of their aromas and flavours. Found in nearly every country on the shores of the Mediterranean, it has rich tradition of use that spans the centuries and the diverse cultures of that fabled region. And the flavour is amazing! It's spicy. It tingles the tongue. It offers up a crescendo of savory notes and finishes with a hint of licorice. Used as a seasoning on meats, fish and boiled potatoes, in salads and soups, and with olives or sardines. Will thrive in any sunny well-drained location. Excellent bee plant. Ht. 30cm (1ft).

S6481 Seeds: Pkt/\$5.75



ONTARIO BOLD TOBACCO

THYME, BROADLEAF

Plectranthus amboinicus
Quite unlike other thymes, this favourite of tropical America has large fleshy leaves. A keynote flavour in Jamaican cuisine.

P6478 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

THYME, SILVER EDGE BROADLEAF

Plectranthus amboinicus 'Variegata'
(Spanish thyme) Although it is called thyme, it doesn't look like thyme at all, with its large fleshy white-edged leaves. Makes a great indoor potted houseplant in a sunny window. Has been used in folk medicine to treat a wide variety of ailments including colds, asthma, constipation, headache, cough, and skin diseases. Has antibacterial, antifungal, antiviral, antitumor, anti-inflammatory and analgesic properties. Leaves can be eaten raw or cooked but usually in small doses and combination with other herbs, especially in Jamaican cuisine. Height up to 1m tall.

P6478-700 Plants: \$9.45, 3+/\$8.50, 12+/\$7.55

TOBACCO, ONTARIO BOLD

Nicotiana tabacum 'CT572'
(Flue-cured Tobacco; Bright Tobacco) A leading commercial variety in Ontario. It was developed by crossing Canadian and American varieties to improve quality and disease resistance and to lower nicotine. Its slightly heavier, thicker leaves cure nicely with a high percentage of mahogany and orange leaves. The flavour is said to be somewhat stronger than other varieties.

S6492-750 Seeds: Pkt/\$4.75, 1g/\$35

TOBACCO, ONTARIO LIGHT

Nicotiana tabacum 'CT157'
(Flue-cured Tobacco; Bright Tobacco) Commercial variety grown in Ontario, developed by crossing Delgold, the longtime industry standard, with an American variety. Improvements include lower nicotine content and better resistance to disease. Its slightly thinner and lighter leaves cure well, producing a high quality tobacco with a light flavour.

S6492-800 Seeds: Pkt/\$4.75, 1g/\$45

TOBACCO, WILD

Nicotiana rustica
(Aztec Tobacco) The wild tobacco used by North American Indigenous peoples for thousands of years and still in use in native ceremonies. Higher in nicotine than cultivated tobaccos.

S6493 Seeds: Pkt/\$3.75, 1g/\$10



VALERIAN

TOOTHACHE PLANT: See TOOTHACHE CRESS

TULSI, KAPOOR: See CAMPHOR BASIL

TULSI, KRISHNA: See PURPLE SACRED BASIL

TULSI, RAMA: See GREEN SACRED BASIL

UVA URSI

Arctostaphylos uva-ursi
(Bearberry; Kinnikinnik) Used for kidney and bladder infections on account of its diuretic and antiseptic properties. Likes damp, acidic soil. Attractive glossy green leaves and pink bell-shaped flowers.

P6565 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95

VALERIAN

Valeriana officinalis
Valerian roots have excellent sedative action that is non-addictive. Widely used to allay pain, nervous unrest, migraine, and insomnia. For insomnia valerian doesn't "knock you out" but it works more subtly by settling the nerves and relaxing the body so that sleep comes more easily. Valerian roots harvested in the second or third year can be made into tinctures, teas, or extracts.

S6580 Seeds: Pkt/\$3.75, 10g/\$23

P6580 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

VALERIAN, LUBELSKI

Valeriana officinalis 'Lubelski'
The most popular commercial variety of valerian grown in Poland, the top producer of valerian worldwide. This cultivar is high yielding, thick-rooted, and high in essential oil (0.7% or higher). Each plant yields about 1kg of fresh root. The typical Polish practice is to sow in seed beds outdoors and then transplant seedlings to the field in autumn. Studies show that yields and quality are the highest when grown this way. Ht. 160cm/5ft.

S6581-100 Seeds: Pkt/\$5.25, 10g/\$18, 100g/\$125

VANILLA GRASS

Anthoxanthum odoratum
(Sweet vernal grass) European grass with a sweet vanilla aroma, similar to woodruff. Pollen causes hay fever, but interestingly, a tincture of its flowers in wine is said to give immediate relief from hay fever.

S6600 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$50, 1kg/\$345



LEMON VERBENA

VERBENA, LEMON

Aloysia citrodora

This plant is a "must"! Its sweet, strongly lemon-flavoured leaves blend well with most other tea herbs. Leaves enhance all drinks, salads, jellies, sauces, soups, fish or meat dishes and desserts which call for lemon as an ingredient or a garnish.

P6620 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

VERVAIN

Verbena officinalis

Aphrodisiac, said to "secure the favour of the ladies". Historically associated with sorcerers and witches, bestowing magical powers to those who use it. Slightly bitter tisane is of very old usage as a digestive and sedative nightcap. Also used in Chinese medicine.

S6630 Seeds: Pkt/\$3.75, 10g/\$16, 100g/\$120

P6630 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

VERVAIN, BLUE

Verbena hastata

Native North American wildflower found growing in damp areas. Has a tranquilizing effect; useful for insomnia and other nervous conditions. Needs cold period (5°C/40°F; 4-8 weeks) followed by warm (20°C/70°F) and exposure to light (do not bury seeds) for successful germination.

S6631 Seeds: Pkt/\$3.75, 10g/\$38, 100g/\$285

P6631 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

VICKS PLANT

Plectranthus purpuratus

An apt name, as the odour of the fleshy leaves closely resembles that of the chest cold remedy, and can be used for that purpose. Easy houseplant.

P6645 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

WASABI

Eutrema japonicum 'Mikado'

(Japanese horseradish) Glorious wasabi, that pungent green horseradish-like condiment from Japan, a must for sushi and sashimi. Myths that wasabi would not grow outside of Japan have been firmly rebuked in recent years by American growers who are growing better wasabi than the often adulterated product sold in the stores. Will grow quite happily in any moist, organic-rich soil where there is shade and protection from the summer heat. After 18-24 months the rhizomes are harvested, washed, peeled and grated for fresh use. In zones colder than zone 8, it is possible to overwinter plants by heavy mulching or by moving them indoors over winter.

P6720 Plants: \$17.45, 3+/\$15.70, 12+/\$13.95



WINTERGREEN

WELD

Reseda luteola

Known since antiquity as a yellow dye source of great importance. For wool, cotton or silk.

S6800 Seeds: Pkt/\$3.75, 10g/\$30

WHEATGRASS

Triticum aestivum

Many believe that the humble wheatgrass, in its live freshly sprouted form, pressed into juice, is a powerhouse of nutrients, enzymes and biotic factors that jumpstart the body and bring it up to top running condition. Fresh wheatgrass juice is believed to replenish the body starved of nutrients by years of poor diet and helps to restore the body's ability to fight diseases, especially cancer. With our seeds, growing and making your own fresh wheatgrass juice at home is easy.

S6810-001 Seeds: Pkt/\$3.75, 100g/\$8, 1kg/\$35

WINTERGREEN

Gaultheria procumbens

Aromatic low shrub used for headaches and other aches and pains, inflammations and rheumatism. Common flavouring for chewing gum, toothpaste, mouthwash. Needs cold 60 days at 5°C/40°F followed by warmth to germinate.

P6850 Plants: \$12.45, 3+/\$11.20, 12+/\$9.95

WOAD

Isatis tinctoria

For ages the main source of blue dye in Europe, until the introduction of indigo in the 17th century. Contains the same dyestuff as indigo, though in lower concentration. Because it is hardy (unlike indigo) woad is still grown for natural dyeing.

S6920 Seeds: Pkt/\$4.75, 10g/\$12, 100g/\$85

WOLFBERRY: See GOJIBERRY

WOODRUFF, SWEET

Galium odoratum

Vanilla-scented leaves are essential in Maybowl, a traditional German punch. Helpful for migraine, nervous conditions, stomach pain. Needs shade.

P6940 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

WORMSEED: See EPAZOTE

Wormwood

(*Artemisia*)

WORMWOOD

Artemisia absinthium

Bitter leaves were important in absinthe, vermouth, and other liqueurs. Has great reputation for stimulating the appetite and improving digestion. One of the oldest known remedies for worms.

S6960 Seeds: Pkt/\$3.75, 10g/\$16, 100g/\$110

P6960 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

ROMAN WORMWOOD

Artemisia pontica

Attractive tufted low growing herb with small, silvery fern-like leaves. Used for stomachache and in vermouth.

P6980 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

SILVER KING WORMWOOD

Artemisia ludoviciana 'Silver King'

Lovely white ghost-like flowers and attractive silver foliage, excellent for dried arrangements. Used for diarrhea, headaches, stomachache, menstrual problems. Native Americans use it for ceremonial smudging.

P6981 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

SWEET ANNIE WORMWOOD

Artemisia annua

A modern medical star! (Sweet annie; Qing-guo) This Chinese antimalarial herb is our last line of defence in parts of the world where the malaria parasite has become resistant to all other drugs. The compound artemisinin extracted from the leaves has potent antimalarial activity. Has been cultivated in China for at least 2000 years, but its development as an antimalarial drug was recent and was honoured with a Nobel Prize in 2015. Its highly aromatic branches are also used in dried floral arrangements and to make scented wreaths.

S6983-001 Seeds: Pkt/\$5.25

Yarrow

(*Achillea*)

WHITE YARROW

Achillea millefolium

The most medicinally active variety. White flowers and feathery foliage. Proven mosquito repellent.

S7000 Seeds: Pkt/\$3.25, 10g/\$7, 100g/\$40, 1kg/\$250

P7000 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

MOONSHINE YARROW

Achillea taygetea 'Moonshine'

Choice variety for everlastings. Leaves silver-white, flowers soft lemon-yellow, large. Up to 60cm/24in high.

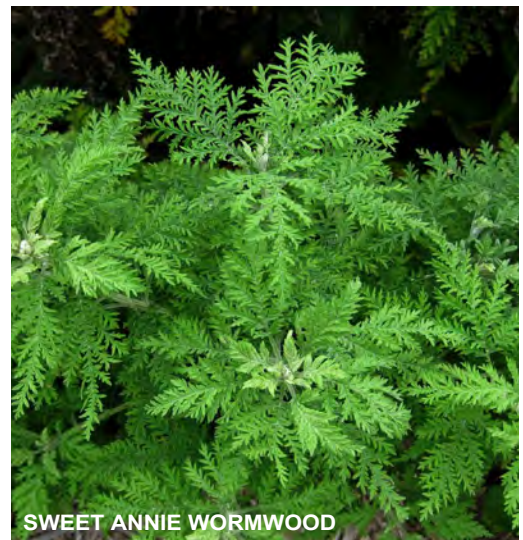
P7001 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

MONGOLIAN YARROW

Achillea asiatica

Hardy native of grasslands and mountain slopes in northern China, Mongolia and Siberia. Has showy light pink flowers fading to white. The whole herb is used to treat fever, enteritis, rheumatic pain and the pain of bone fractures. Ht. 15-50cm/6-20".

P7003 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35



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RED YARROW



YELLOW YARROW



Gourmet Vegetables

RED YARROW

Achillea millefolium 'Cerise Queen' **P Z5-10** A close cousin of the common white yarrow, with similar fern-like foliage, and clusters of fragrant red-pink flowers. Like white yarrow it has wound-healing properties when used topically, and it helps resolve fevers, promotes circulation and improves digestion. Makes great cutflowers and will retain their colour when dried. Very hardy and easy to grow, as it is low maintenance and grows almost anywhere. Ht 20-30 inches.

S7005 Seeds: Pkt/\$3.75, 10g/\$45, 100g/\$290

P7005 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55, **Plug pack:** 12/\$24.45

WESTERN YARROW

Achillea millefolium occidentale **P Z4-9** This native of western North America is similar to common white yarrow but its leaves are densely hairy. It is a mat-forming herb, incredibly low maintenance and highly drought-tolerant, yet adaptable enough to grow in wetter areas. Flowers almost continuously from May to October. Native people such as the Shoshoni, Cheyenne and Navajo used it for colds and headaches, and as a wash or poultice for sores and rashes. They also rubbed it on themselves to repel mosquitoes. Sheep and goats forage on it, as do deer, antelope and grouse. Pollinators love it!

S7008 Seeds: Pkt/\$3.75, 10g/\$8, 100g/\$45

YELLOW YARROW

Achillea filipendulina 'Cloth of Gold' **P Z2-10** Aromatic hardy native of central and southwestern Asia. With its large showy yellow flowers and ferny leaves, it is perfect for any border garden. In central Asia it is used to treat stomachache and coughs in children. Also used externally to treat scabies and wounds. Studies have shown that the leaves possess strong antimicrobial and antioxidant properties. Thrives in well-drained sandy, chalky and loamy soil in full sun. Drought tolerant which makes it great for xeriscaping. Also an excellent choice for cut flowers fresh and dry, as they retain their colour long after harvesting. Ht. 150cm/5ft.

S7010 Seeds: Pkt/\$3.75, 10g/\$22

YERBA BUENA

Micromeria douglasii **P Z7-10** (Indian mint) Trailing mint-scented plant, excellent in hanging baskets, windowboxes and as a fragrant ground cover. Yerba buena is Spanish for 'good herb', and so it is — for insomnia, colds, fever, and stomach problems. Delicious as a tea for everyday enjoyment. Also an aphrodisiac according to Native American lore.

P7015 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

ZAATAR

Origanum syriacum **P Z8-10** One of the world's great seasonings. Throughout the Middle East it gives life to hummus, dips, and soups, and it is mixed with olive oil on the traditional flatbreads served with meals. Each region has its own version of zaatar: in some areas it is a blend of herbs and spices while in others it is just one herb from among several varieties depending on the region. Our zaatar is from the mountains of northern Israel where it is popular among both Arabs and Jews. The attractive greyish-green foliage has a spicy aroma and flavour that is truly divine. Easy to grow from seeds. Ht. 40cm/16".

P7130 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35, **Plug pack:** 12/\$28.45

ZAATAR, CLEOPATRA

Origanum syriacum 'Cleopatra' **P Z8-10** One of the world's great seasonings. Throughout the Middle East it gives life to hummus, dips, and soups, and it is mixed with olive oil on the traditional flatbreads served with meals. Each region has its own version of zaatar: in some areas it is a blend of herbs and spices while in others it is just one herb from among several varieties depending on the region. This zaatar is from Israel where it is popular among both Arabs and Jews. The attractive greyish-green foliage has a spicy aroma and flavour that is truly divine. Easy to grow from seeds. All-America Winner 2015. Ht. 12-15cm/5-6".

P7130-200 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

ZUTA LEVANA

Micromeria fruticosa **P Z9-11** (Little mint; Tea hyssop) One of the most popular tea and spice herbs of Israel and the Middle East. Makes a refreshing sweet minty tea. A popular bread dip is made with the leaves mixed with olive oil and salt. In Turkey, the tea is used to treat stomach ulcers. Contains pulegone; should not be taken by women who are pregnant or while trying to conceive. Ht. 25cm/10".

P7190 Plants: \$8.95, 3+/\$8.05, 12+/\$7.15

ARTICHOKE, GLOBE

Cynara scolymus 'Green Globe' **P Z8-11+** European delicacy. Flowerbuds made up of thick fleshy scales and solid hearts are cooked and served drenched with melted butter. Artichokes are usually grown as annuals. Start early indoors Feb/ March and transplant out in April/May when frosts are past. Beautiful artichokes are ready in August/Sept.

S8016 Seeds: Pkt/\$4.25, 10g/\$7, 100g/\$40, 1kg/\$260

P8016 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

ARUGULA

Eruca vesicaria sativa **A** (Roquette) Strong tasting spinach-like green common in Mediterranean markets. Popular in salads, or cooked and served like spinach. 40 days.

S8630 Seeds: Pkt/\$3.25, 100g/\$18, 1kg/\$140

S8630-001 Seeds: Pkt/\$3.75, 100g/\$22

ARUGULA, WASABI

Eruca vesicaria sativa **A** **Attention wasabi lovers!** (Roquette) If you like wasabi you will love this. The fresh leaves have a hot, hot, hot nose-tingling wasabi-like effect. The taste starts with the familiar bitterness of arugula and then the heat kicks in. Use in salads, wraps, sandwiches and even on pizza and pasta. Even the white flowers are edible. Prefers cool conditions, best for early spring or fall planting. Plant every two weeks for continuous harvest. 45 days.

S8631 Seeds: Pkt/\$3.75

ASPARAGUS, MILLENIUM

Asparagus officinalis 'Millenium' **P Z3-8** **Plant this year and harvest next spring!** All-male variety. Uniform, medium sized spears are green with purple-tips. Growers love this variety because it is very hardy, high yielding, long lasting, and it does well even in heavy soils. Similar to the well known Ontario variety Guelph Millenium.

Order early to avoid disappointment.

R8022-200 Roots (Apr-May shipment): 10/\$25, 100/\$175

ASPARAGUS, SWEET PURPLE

Asparagus officinalis 'Sweet Purple' **P Z5-9** **Something different for asparagus lovers!** Deep burgundy spears have a nice nutty flavour and is a touch sweeter than other varieties owing to its higher sugar content.

S8023 Seeds: Pkt/\$7.75

BALSAM PEAR

Momordica charantia **A** (Foo gwa; Bitter gourd) Squash-like fruit with an agreeably bitter, tangy flavour and edible peel. Excellent stuffed or stir fried. For stir fried dishes, parboil for 3 minutes to reduce bitterness. Grows like cucumbers.

S8030 Seeds: Pkt/\$4.75, 10g/\$12, 100g/\$80, 1kg/\$540

Bean

(Phaseolus, Vigna, Vicia)

RED POD ASPARAGUS BEAN

Vigna unguiculata 'Red Pod' **A** A red-podded variation on the yardlong or asparagus bean. The long beans are like young string beans without the annoying string. The deep magenta colour persists with cooking. The sweet and mild flavour is reminiscent of asparagus, mushrooms, and beans. Excellent for stir fries. Grow like pole beans or on a trellis and sow in June when the ground is warm. Yields can be huge if pods are picked often to encourage more to come. Tolerates hot weather well. 75 days.

S8035-401 Seeds: Pkt/\$4.25, 10g/\$9, 100g/\$65

BLUE LAKE POLE BEAN

Phaseolus vulgaris 'Blue Lake Pole' **A** Heirloom snap bean with great flavour and texture. Heavy yields and good disease resistance. Vines reach a vigorous 5-6ft. Excellent canned, frozen, or eaten fresh. 65-70 days.

S8037-501 Seeds: Pkt/\$3.75, 100g/\$25, 1kg/\$160

GOLDEN WAX BEAN

Phaseolus vulgaris 'Golden Wax' **A** Stringless, tender yellow pods with a light and delicate buttery flavour, good fresh, canned or frozen. Bush bean. 50 days.

S8041-001 Seeds: Pkt/\$3.75, 100g/\$14, 1kg/\$80

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SCARLET RUNNER BEAN

JACOB'S CATTLE BEAN

Phaseolus vulgaris 'Jacob's Cattle' **A S E**
(Appaloosa bean; Trout bean) One of the oldest and most visually striking beans in North America. With conspicuous white and deep maroon spots, the beans look uncannily like Hereford cattle. Mainly grown as a dry shell bean but it can also be eaten like a string bean when picked young. Many are finding that this is the only bean they need for fresh and dry use. The dry bean is fruity and nutty with a nice meaty texture, and its shape and flavour hold up well with cooking. Excellent in soups, stews and baked beans. One legend has it that the First Nations people shared this bean with European settlers as early as the 16th century. But it likely goes back much further because the First Nations had a sophisticated system of agriculture based on the "Three Sisters": corn, beans and squash. Sow direct in spring. Grows as a bush bean, up to 60cm (2ft). 80-90 days

🌱 **S8041-201 Seeds:** Pkt/\$5.75, 100g/\$30, 1kg/\$190

ROYAL BURGUNDY BEAN

Phaseolus vulgaris 'Royal Burgundy' **A S E**
Purple pods turn green when cooked. A reliable, heavy producing bush bean with excellent flavour and keeping qualities. Performs better in areas of cooler daytime temperature. 40-50 days.

🌱 **S8042-001 Seeds:** Pkt/\$4.25, 100g/\$20, 1kg/\$120

SCARLET RUNNER BEAN

Phaseolus coccineus **A S E**
Originally from the mountains of Central America, the runner bean has firmly planted itself in gardens and cuisines far and wide. It features prominently in regional dishes in Greece, Spain, Germany and Austria, and is a perennial favourite in British gardens. Not only is it a versatile food plant with edible flowers, beans, and roots, it has eye-catching scarlet flowers that add a wonderful "cottage garden" look to the vegetable patch. The young tender beans are cooked like snap beans while the mature beans can be shelled and eaten either fresh or dried. Easy to grow. Needs a trellis or pole for support. 65 days.

S8044 Seeds: Pkt/\$4.25, 100g/\$14, 1kg/\$75

TENDERGREEN BEAN

Phaseolus vulgaris 'Tendergreen' **A S E**
Highly productive bush bean producing deep green, stringless, fleshy tender pods of excellent quality, terrific for eating raw with dips or lightly steamed and served whole. 25cm/10". 55 days.

🌱 **S8045-001 Seeds:** Pkt/\$3.25, 100g/\$22

WINDSOR FAVA BEAN

Vicia faba 'Windsor' **A S E**
An English heirloom grown since at least the 1800s. When the glossy green pods are 10-18cm/4-7in long they are ready to shell. Each pod contains 5-7 flat oblong beans for fresh or dry use. Also the leaves can be cooked like spinach, and the young pods, 5-7cm/2-3in long, can be eaten like snap beans. Grow like garden peas. Ht. 90-120cm/3-4ft. 75-85 days.

S8046-900 Seeds: Pkt/\$3.25, 100g/\$12, 1kg/\$70

BEAN, WINGED

Psophocarpus tetragonolobus **A S E**
(Goa bean) From Papua and New Guinea but widely cultivated throughout the tropics. Distinctive pods have four wings along their lengths and can be eaten like string beans. Flowers and flower-buds taste like mushrooms and can be eaten raw, fried or steamed. Young shoots and leaves can be eaten raw or cooked like spinach. Even the tuberous roots can be eaten like potatoes. In North American gardens, winged bean often fails to produce before the frosts arrive in autumn; but our variety is a much earlier (day-length neutral) and will produce in just 75 days. Needs a warm, sunny location, moist soil, and a trellis to climb on.

S8047 Seeds: Pkt/\$4.25, 10g/\$10, 100g/\$70



TENDERGREEN BEAN



WINGED BEAN



BULLS BLOOD BEET

Beet

(Beta)

CHIOGGIA BEET

Beta vulgaris 'Chioggia' **A S E**
An heirloom Italian cultivar with sweet flavour, bright red nicely rounded shape. The interior flesh, when sliced, is beautifully marked in alternating rings of cherry red and creamy white, making it very attractive sliced raw. Very mellow flavour when cooked with mild tasting bright green tops. 50 days.

🌱 **S8050-001 Seeds:** Pkt/\$4.25, 10g/\$8, 100g/\$60

GOLDEN DETROIT BEET

Beta vulgaris crassa 'Golden Detroit' **A S E**
Attractive, bright golden-orange roots, are best eaten when small, but retain their sweet flavour and do not become fibrous when larger. Tops are used as cooked greens. Excellent pickled, in salads, gourmet borscht or grilled. 55 days

🌱 **S8051-001 Seeds:** Pkt/\$3.75, 10g/\$11, 100g/\$75

BULLS BLOOD BEET

Beta vulgaris 'Bulls Blood' **A S E**
An heirloom variety introduced in 1840, producing stunning dark red leaves. Leaves are tender and sweet for use in salads. The beets can be harvested when young, at the 2-3 inch size. Glossy foliage makes it an attractive bedding plant, providing contrast. 35-40 days for leaves, 55-65 days for roots.

🌱 **S8051-301 Seeds:** Pkt/\$4.75

BROCCOLI SPIGARIELLO

Brassica oleracea (Italica) **A S F E**
(Cavolo broccolo spigariello; Leaf broccoli; Spigarello) This fresh green from southern Italy has become a hot item among foodies and top chefs. It is technically a broccoli but without dense heads. Instead it is something like a miniature kale but sweeter and milder. It is actually the ancient parent of the Italian green *rapini* but with a less pronounced bitter edge. You can cut it all season and it keeps coming back. Try the leaves sauteed or braised with garlic, shallots or onions, with feta or cheddar cheese. In Naples it is traditionally added to *minestra maritata* or "married soup", made with leftover meats, vegetables and bitter greens found locally. Start transplants indoors 4-6 weeks before outdoor planting time or sow direct in the garden after last frosts. Also can be cut as a baby leaf green when 10-15cm (4-6") high. 45 days.

🌱 **S8058-001 Seeds:** Pkt/\$4.25, 100g/\$35



BROCCOLI, WALTHAM 29

BROCCOLI, CALABRESE

Brassica oleracea (Italica) 'Calabrese' **A S E**
Heirloom Italian variety producing small, deep blue-green central heads with numerous side shoots throughout the season. Very tender and mild tasting, good raw in salads and with dips, or lightly steamed, drizzled with herb butter. Seeds are used as sprouts, similar to alfalfa, for a nutritious addition to sandwiches or salads. 50cm/20". 60 days.

🌱 **S8052-001 Seeds:** Pkt/\$3.75, 100g/\$30, 1kg/\$185

P8052 Plants: Plug pack: 12/\$19.95

BROCCOLI, DE CICCIO

Brassica oleracea (Italica) 'De Ciccio' **A S E**
Rich tasting old Italian cultivar with small heads projected well above the foliage. Long harvesting period. Ideal for dips, stir fries, or steamed. For spring or fall crops. 50cm/20". 60 days.

🌱 **S8055-001 Seeds:** Pkt/\$3.75, 10g/\$6, 100g/\$35

BROCCOLI, MINESTRA NERA

Brassica oleracea (Italica) 'Minestra Nera' **A S E**
(Cavolo broccolo a getti) A traditional form of broccoli from southern Italy known as *minestra nera* or "black soup". It does not have the dense heads typical of ordinary broccoli but has instead numerous small loose heads that keep coming as they are picked. These heads, along with the nearby tender young leaves, are delicious cooked, steamed, fried, or baked — sort of like a less bitter version of *rapini*. They can be added to salad, pizza or served as an appetizer. Traditionally they are added to Neapolitan black bean soup. Sow in late spring for fall harvest. 90-100 days.

S8056 Seeds: Pkt/\$4.25, 10g/\$8

New! BROCCOLI, WALTHAM 29

Brassica oleracea (Italica) **A S F E**
Long time favourite for late season autumn harvest, suitable in both cool and warm areas, with excellent frost tolerance. Heads are 8-15cm (3-6") across, and once picked, numerous side shoots develop for up to 4 weeks after. When this open-pollinated blue-green broccoli was introduced by the Massachusetts Agricultural Experiment Station in 1950, it quickly become a favourite for farms and home gardens. A 2011 study showed that it has higher nutritional mineral content than all available hybrid varieties. Sow in midsummer for fall and early winter harvest. 85-90 days.

🌱 **S8060-001 Seeds:** Pkt/\$3.75, 10g/\$7, 100g/\$32

CABBAGE, CHINESE

Brassica rapa (Pekinensis) 'Michihli' **A F E**
Tall cylindrical heads are pure white inside. Tender, crisp leaves are sweet and spicy. Delicious cooked or served raw. A unique addition to coleslaw. Freezes well. Best sown out at mid-summer as heads bolt during hot weather.

S8100 Seeds: Pkt/\$3.25, 100g/\$12, 1kg/\$50



CABBAGE, GOLDEN ACRE

Brassica oleracea (Capitata) 'Golden Acre' **A S E**
After a century in America, this is still a top performer in home gardens. It produces large dense heads, yet plants are compact, and take up relatively little space in the garden. It is very early, and it has a long harvest window. In a trial by the Organic Seed Alliance, its texture and sweet taste were rated the best of all cabbage varieties tested. Excellent for slaw, sauerkraut and cooking. Believed to be of Danish origin. 50-70 days.
🌱 **S8094-001 Seeds:** Pkt/\$3.25, 100g/\$30, 1kg/\$190

CALLALOO

Amaranthus tricolor **A S E**
(Chinese spinach) Callaloo is a popular Caribbean dish made from different leafy plants depending on local custom. In Jamaica and in Guyana the preferred leaf is from the amaranth. The association between the dish and amaranth is so strong that the plant itself is often called "callaloo". The young leaves are sweet and slightly tangy to the taste and are used like spinach in soups, salads and in meat and fish dishes. Very easy to grow. Sow direct in the garden in spring. Comes in green and red forms. 60 days.

—GREEN

S8160 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$30

—RED

S8161 Seeds: Pkt/\$4.25, 10g/\$7, 100g/\$35

Carrot

(*Daucus*)

BLACK NEBULA CARROT

Daucus carota sativus 'Black Nebula' **A S E**
Eat it or use it as a natural dye! Stunning dark purple roots can be eaten raw, boiled, roasted or steamed just like other carrots. They can also be used as a natural dye for textiles and other materials. 80 days.
🌱 **S8200-501 Seeds:** Pkt/\$4.75, 10g/\$17

NANTES CARROT

Daucus carota sativus 'Nantes' **A S E**
Rich in vitamin A, this early maturing, brilliant orange colour, coreless crispy variety is of exceptional sweet flavour! Great for juicing, freezing or fresh use. 70 days.
🌱 **S8204-001 Seeds:** Pkt/\$3.75, 10g/\$8, 100g/\$55



RAINBOW BLEND CARROT

Daucus carota sativus 'Rainbow Blend' **A S E**
A beautiful blend of purple, red, orange, yellow and white — five different varieties in one blend. Purple has orange flesh, red has high lycopenes, yellow, white and orange have flesh of the same colours. 58-65 days.
🌱 **S8204-701 Seeds:** Pkt/\$3.75, 10g/\$22, 100g/\$150

New! RED SAMURAI CARROT

Daucus carota sativus 'Red Samurai' **A S E**
Sweeter than orange carrots, Japanese kids and adults alike love this red carrot raw, steamed or boiled. Its origin probably traces back to the 16th century when *kintoki ninjin* red carrots were introduced from China. Its red colour comes from lycopene, an antioxidant ten times as powerful as vitamin E and known to prevent cancer, especially prostate cancer. Red carrots are used in many ways. They are used in *kohaku namasu*, a popular side dish made with pickled carrots and daikon. They can be steamed, sliced and boiled served in soup, fried in tempura, or stir-fried lightly to caramelize them. They are even used to make candies. Best sown in summer for late fall harvest when cooler autumn temperatures help prevent bolting. Confusingly both hybrid and non-hybrid versions of this variety are sold under the same name. Ours is the non-hybrid heirloom version. 75 days.
S8204-800 Seeds: Pkt/\$4.75, 10g/\$20, 100g/\$140

ROYAL CHANTENAY CARROT

Daucus carota sativus 'Royal Chantenay' **A S E**
Heirloom variety, good for heavier soils. Broad tapered roots with red core, light orange flesh. Keeps well in storage, retaining its 'real' carrot flavour, sweet and smooth! 65 days
🌱 **S8205-001 Seeds:** Pkt/\$3.75

CAULIFLOWER, DI SICILIA VIOLETTO

Brassica oleracea (Botrytis) 'Di Sicilia Violetto' **A S E**
Traditional cauliflower, or *cavolfiore*, of eastern Sicily, particularly in the area of Catania. The compact heads turn to a beautiful violet hue in autumn. The colour is due to the accumulation of anthocyanins which turn to a rich green when cooked. Raw or cooked, the sweet mild taste is *squisito!* Even after the main head is cut, it keeps on producing numerous side shoots that are just as tasty. This is an heirloom variety that will easily become a favourite. Typically planted in the summer for late fall harvest, and in milder areas, it will often come back to produce more shoots in the spring. 100 days.
S8205-940 Seeds: Pkt/\$4.25, 10g/\$18



CAULIFLOWER, SNOWBALL

Brassica oleracea (Botrytis) 'Snowball' **A S E**
Heritage variety from the 1800s with compact growth of medium size pure white heads, mild flavour, excellent keeper and suitable cooked, raw or frozen. Plant seeds in early spring for fall harvest. 70 days.
🌱 **S8206-001 Seeds:** Pkt/\$4.25, 10g/\$8, 100g/\$55

CELERY, RED STALK

Apium graveolens 'Red Stalk' **A S M**
An old English cultivar from the 1700s that was once found only in the gardens of the wealthy. The stalks are beautifully tinged with red, and the colour persists even after cooking. The stalks are thinner than modern celery and the flavour is more robust. Start seeds early. 80-90 days.
🌱 **S8206-901 Seeds:** Pkt/\$4.75, 10g/\$25, 100g/\$170

COLLARD, GEORGIA SOUTHERN

Brassica oleracea (Acephala) 'Georgia Southern' **A S E**
Collard greens are a classic African American staple throughout the southeastern United States. Leaves are chopped into one inch pieces and simmered in water with smoked or salted meats such as ham hocks, pork or turkey necks, together with sauteed onions, garlic, Serrano chile pepper, vinegar and salt. Traditionally served on New Years Day with black-eyed peas and cornbread. Closely related to kale though it has a stronger flavour. It goes back at least 2000 years to the ancient Greeks and Romans, and was likely brought to America from Africa by the slaves. Easily adapted to most gardens with rich soil and full sun. 75 days.
S8207-780 Seeds: Pkt/\$3.75, 100g/\$13, 1kg/\$80

CORN, DOUBLE RED

Zea mays 'Double Red' **A S E**
Stunningly beautiful red corn! The intense red colour will turn your fingers purple while eating this corn right off the cob. Even the stalks, husks and tassels are a striking dark red colour. The flavour is sweet, but not overly so. Excellent fresh on the cob, or dried and ground into flour or cornmeal. Makes amazing purple cornbread! Bred by Alan Kapuler, a pioneer in the modern organic seed movement in America. Fun fact: Kapuler discovered that the tassels can be used to dye wool beautiful shades of purple and turquoise. 85-100 days.
🌱 **S8207-901 Seeds:** Pkt/\$4.75, 100g/\$50, 1kg/\$340

CORNSALAD

Valerianella locusta 'Broadleaf Dutch' **A S F E**
(Mache; Feldsalat) Frequently found in summer salads in France and Germany. Pleasant alternative to lettuce or endive, possessing its own special piquant flavour. Ready to use when 3-4 leaves have developed. Repeat sowings till mid-August for continuous supply.
S8285 Seeds: Pkt/\$3.25, 100g/\$20, 1kg/\$135



CUCAMELON

Melothria scabra **A S E**
Cute little grape-sized cukes! (Mousemelon; Sandita; Mexican sour gherkin) Known in Mexico as "Sandita" or "little watermelon", these cute melons have been a staple in the local diet since pre-Columbian times. They are about the size of a large grape and taste like cucumber with a sharp tinge of lime. They can be a little slow from seeds but once the warm weather arrives they take off. Eat them straight off the plant or try them in salads, on bruschetta, in stir-fries, sauces, or pickle them with mint and dill. Easy to grow, pest-free, and hugely productive. 65 days.
S8287 Seeds: Pkt/\$5.25

Cucumber

(*Cucumis*)

LEMON CUCUMBER

Cucumis sativus 'Lemon' **A S E**
Heirloom variety producing 3"/8cm oval fruits on vigorous vines. Very prolific, delicate flavour with slight lemony fragrance in late stages of development. Adds colour to salads, good for slicing and pickling. Slice, blend with fennel/seed dill and sour cream or yogurt for a quick, tasty appetizer! 65 days.
S8289 Seeds: Pkt/\$3.25, 100g/\$24
🌱 **S8289-001 Seeds:** Pkt/\$3.75, 100g/\$55

MUNCHER CUCUMBER

Cucumis sativus 'Muncher' **A S E**
Bitter free cucumber at all slicing stages. Harvest young fruits at 8cm/2-3" for making pickles. Mature fruits are attractive, smooth skinned, medium green in colour 18cm/6-7" long, 5cm/2" diameter. 60 days.
🌱 **S8289-301 Seeds:** Pkt/\$3.75, 100g/\$50

ARMENIAN CUCUMBER

Cucumis melo flexuosus **A S E**
(Snake melon) This striped snake-like delicacy is actually a melon, not a true cucumber. But the thin skinned melons can be chopped and used just like cucumbers. Excellent tossed in salads or just eaten raw. Sweet and refreshing with a crunchy texture. Ideal for pickling too. Popular traditional vegetable throughout the Persian Gulf and north to Armenia. Thrives in fertile, well-drained soil in a warm sunny spot. Grows best when trained to climb a vertical structure. 60 days.
S8290-250 Seeds: Pkt/\$4.25, 100g/\$47



KALE, LACINATO



GOBO

STRAIGHT EIGHT CUCUMBER

Cucumis sativus 'Straight Eight' **A S E**
Vigorous productive vine produces straight, deep green fruit, 20cm/8" long, bright white flesh with bitter-free flavour. Excellent for slicing, in salads and also used for pickling when small. 60 days.
🌱 **S8292-001 Seeds:** Pkt/\$3.75, 100g/\$48

TOKIWA JAPANESE CUCUMBER

Cucumis sativus 'Tokiwa' **A S E**
(Tokyo Green) This Japanese variety is excellent for salads. Cucumbers are long and usually straight when grown on a trellis, about 25cm (10") long and 2cm (1.5") in diameter. Crisp on the outside and more tender inside with a nice clean fresh flavour. No need to peel! Marinate them sliced in rice vinegar dressing for a delicious salad. Superb for pickles and relish. A traditional pickle called *kyurizuke* is made with sliced cucumbers brined in soy sauce, salt and sugar for 1-2 weeks. Best grown on a trellis. 55-60 days.
S8294 Seeds: Pkt/\$4.75, 10g/\$16, 100g/\$120

DANDELION, FRENCH

Taraxacum officinale sativum 'Thick' **P Z3-10 S F E**
This strain of the lowly dandelion boasts tender fleshy leaves, topping all other fruits and vegetables for iron content. Enjoy in a spring salad, or cooked like spinach. Treat as a biennial — sow one year, pick the next. 90 days.
S8310 Seeds: Pkt/\$3.25, 10g/\$26, 100g/\$185

EGGPLANT, BLACK BEAUTY

Solanum melongena 'Black Beauty' **A S E**
Introduced by Burpee over 100 years ago this large-fruited variety is still popular today. Smooth black oval fruits are 16cm/6.5" long, 13cm/5" across, and average 1kg/2lb. Holds well and retains good color. 72-85 days.
S8318 Seeds: Pkt/\$3, 100g/\$30
🌱 **S8318-001 Seeds:** Pkt/\$3.25, 10g/\$11, 100g/\$75
P8318 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

EGGPLANT, KURUME LONG PURPLE

Solanum melongena 'Kurume Long Purple' **A S E**
(Japanese eggplant) Slender fruits are excellent for frying, cooking and pickling. Plants are highly productive and disease resistant. Yields of 40-50 fruits per plant are not unusual. 75 days.
🌱 **S8320-001 Seeds:** Pkt/\$3.75, 10g/\$10, 100g/\$70
P8320 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

EGGPLANT, LISTADA DE GANDIA

Solanum melongena 'Listada de Gandia' **A S E**
This stunning heirloom looks as though it was painted by an impressionist master in brushstrokes of deep purple. It comes from the area near the Spanish city of Gandia, on the Mediterranean coast. It is known for its excellent flavour, tenderness, and its thin skin that does not need peeling. Fruits are about 15cm (6") long, and they keep coming even in drought and heat. Try them sauteed, roasted or baked like other eggplants, or grilled with goat cheese and *mojama* dry-cured tuna. 70-80 days.
🌱 **S8318-701 Seeds:** Pkt/\$4.75, 10g/\$10

ENDIVE, TRES FINE

Cichorium endivia 'Tres Fine' **A S E**
Extra finely cut, lacy leaves with mild, nutty-flavour, delicate crispy ribs and cream coloured hearts are fast growing and are a great addition to salads, adding flavour, body and crunchy texture. Cool weather crop, so harvest leaves young during hot weather to avoid bitterness. 60 days.
🌱 **S8322-001 Seeds:** Pkt/\$4.25, 10g/\$10, 100g/\$70

GOBO

Arctium lappa 'Takinogawa Long' **B Z2-10 S E**
(Japanese burdock) Japanese vegetable with powerful medicinal properties. Slender, smooth-skinned roots up to 1m/40" long have a delightful oyster-like flavour similar to salsify, but stronger. Peel, slice, and cook 30 minutes, drain and cook again for 10 minutes. Season with butter, salt and herbs and serve. Japanese research shows that this variety has potent anti-tumour effects. Commonly used as a blood purifier.
S8370 Seeds: Pkt/\$3.25, 10g/\$9
P8370 Plants: \$7.95, 3+/\$7.15, 12+/\$6.35

KALE, LACINATO

Brassica oleracea (Acephala) 'Lacinato' **A S E**
(Black cabbage; Cavolo nero) Large, dark green, serrated leaves growing to a height of 60cm/2', are useful for culinary purposes as well as ornamental. Very winter hardy. Freezing temperatures tenderize it bringing out its full flavour. Wonderful raw, in soups, stews, steamed or stir-fried, especially blended with fresh, chopped chives and coriander! 100 days.
S8421 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$28
🌱 **S8421-001 Seeds:** Pkt/\$3.75
P8421 Plants: Plug pack: 12/\$19.95

KALE, RED RUSSIAN

Brassica napus (Pabularia) 'Red Russian' **A S E**
Tender sweet leaves of excellent flavour are highly nutritious and the attractive blue-green/red frilly leaves are cold hardy, making it possible to harvest during the winter. Tasty steamed, stir-fried or in salads. 65 days.
🌱 **S8422-001 Seeds:** Pkt/\$4.25, 10g/\$7, 100g/\$35
P8422 Plants: Plug pack: 12/\$19.95

LEEK, AMERICAN FLAG

Allium ampeloprasum 'American Flag' **B Z4-9 S E**
A cornerstone of French cuisine. Sweeter, milder and more delicate than the mildest onion. Start in March. Very hardy — may be gathered even after light snow, or left in the ground until spring.
🌱 **S8460-001 Seeds:** Pkt/\$3.75, 10g/\$8, 100g/\$60
P8460 Plants: Plug pack: 12/\$19.95

Lettuce

(*Lactuca*)

Butterhead Lettuce

BUTTERCRUNCH LETTUCE

Lactuca sativa 'Buttercrunch' **A S E**
A long time favourite of gardeners with crisp, dark green, red-dish-tinged leaves and a yellowish-white heart. Keeps its buttery sweetness well even in the heat of summer and is more bolt-resistant than other butterhead varieties. 50-75 days.
S8470-100 Seeds: Pkt/\$3, 100g/\$18, 1kg/\$100
🌱 **S8470-101 Seeds:** Pkt/\$3.25, 10g/\$11, 100g/\$80

Leaf Lettuce

LOLLO ROSSO LETTUCE

Lactuca sativa 'Lollo Rosso' **A S E**
(Lolla Rossa lettuce) Attractive heavily-frilled, medium green leaves tipped with a strong, warm red make this mild flavoured, heat tolerant lettuce a great garnish or addition to salads. Used as cut and come again greens or left to head up for a single serving. 52 days.
🌱 **S8471-001 Seeds:** Pkt/\$4.25, 10g/\$12, 100g/\$90

RED OAKLEAF LETTUCE

Lactuca sativa 'Red Oakleaf' **A S E**
Lovely oakleaf-shaped leaves in hues of burgundy, maroon and crimson. Stands heat well and does not become bitter. 45 days.
🌱 **S8472-301 Seeds:** Pkt/\$3.75, 10g/\$12, 100g/\$75, 1kg/\$535

ROYAL OAKLEAF LETTUCE

Lactuca sativa 'Royal Oakleaf' **A S E**
Terrific oak leaf lettuce introduced by Burpee seeds in 1978 and still popular today. It was a significant improvement over the standard green variety with its dense rosettes of crisp tender dark green leaves and their thick succulent mid-ribs. Unlike other varieties it resists turning bitter even in hot weather, and will regrow repeatedly after cutting. 45 days.
🌱 **S8472-321 Seeds:** Pkt/\$3.75, 10g/\$11, 100g/\$80

OUTREDGEIOUS LETTUCE

Lactuca sativa 'Outredgeous' **A S E**
This red leaf lettuce maintains its dark colour even in partially shaded conditions. It mainly harvested young like leaf lettuce but when it matures it reveals itself to be more like a loose-headed romaine lettuce. It is fast becoming a favourite. For baby lettuce greens start cutting at 4 weeks. 55-60 days.
🌱 **S8472-501 Seeds:** Pkt/\$4.75, 10g/\$12

SALAD BOWL LETTUCE

Lactuca sativa 'Salad Bowl' **A S E**
Large rosettes of tender, deep-lobed oak-like leaves. Good resistance to bolting and good heat tolerance. Does not get bitter in hot weather. Baby leaves ready in 28 days and full size in 60 days.
🌱 **S8475-001 Seeds:** Pkt/\$3.25, 10g/\$9, 100g/\$65

RED SALAD BOWL LETTUCE

Lactuca sativa 'Red Salad Bowl' **A S E**
A loose type with a striking bronze burgundy oak-shaped leaves. Very popular for all season use. Stays bitter-free and is heat tolerant. For baby leaf use in 28 days or full-size use in 51-58 days.
🌱 **S8475-101 Seeds:** Pkt/\$3.25, 10g/\$11, 100g/\$85



BUTTERCRUNCH LETTUCE



OUTREDGEIOUS LETTUCE



SALAD BOWL LETTUCE



MINNESOTA MIDGET MELON



MOLOKHIA



RED GIANT MUSTARD



NEGI, RED BEARD

Romaine Lettuce

PARRIS ISLAND COS LETTUCE

Lactuca sativa 'Parris Island'

A S E

Romaine lettuce that forms long, deep green, upright leaves with that delicious juicy crunch, creamy white midribs that are sweet and crisp. Great for use in sandwiches, salads, garnish or wraps. Heat tolerant, heavy heads. 65 days.

🌱 **S8473-001 Seeds:** Pkt/\$3.75, 10g/\$11, 100g/\$80

MACHE: See CORNSALAD

MELON, HEARTS OF GOLD

Cucumis melo 'Hearts of Gold'

A S E

Produces firm, round fruit weighing 1-2kg/3-4 lbs. with deep salmon coloured flesh that is thick and firm and has a sweet, intense flavour. Good for short season gardeners. 90 days.

🌱 **S8480-001 Seeds:** 10g/\$7, 100g/\$40

MELON, HONEY DEW GREEN

Cucumis melo 'Honey Dew Green'

A S E

Long time standard honey dew variety for home gardens and farms. Fruits are large, up to 6 lbs, with a pale-green rind that ripens to light gold. The sweet flesh is a luscious lime-green with high sugar content, and seed cavities are small so you get plenty of flesh per fruit. 105-115 days.

🌱 **S8483-001 Seeds:** Pkt/\$3.75, 10g/\$7, 100g/\$40

MELON, MINNESOTA MIDGET

Cucumis melo 'Minnesota Midget'

A S E

Perfect for small gardens! Unlike other melons with vines that can sprawl everywhere, this cute little melon is much more compact and better behaved. Vines get only 90cm/3ft long which makes it a good choice for small urban gardens. The melons get only 4 inches (10cm), which fits nicely in the palm of the hand. The orange flesh is thick, meaty and very sweet. 60-100 days.

S8484 Seeds: Pkt/\$4.25, 100g/\$35

MELON, NOIR DES CARMES

Cucumis melo 'Noir des Carmes'

A S E

This melon has a long history! The Carmelite monks in France grew it from at least the early 1500s. Later the renowned French seedsmen, Vilmorin-Andrieux et Cie, acquired it and sold it under the name Noir des Carmes. In 1898 Peter Henderson & Co. of New York introduced it to Americans under the name The Carmes. Today, this variety is experiencing a resurgence for the same reasons it was so popular over the many centuries: it is a delicious sweet melon with ample orange-red flesh and an addictive spicy, fruity wine-like taste. And it is very productive and easy to grow. But take note: as melons ripen and the green-black skin turns to orange don't wait to enjoy them because they are not long keepers. 75 days.

🌱 **S8484-701 Seeds:** Pkt/\$4.75, 10g/\$17, 100g/\$115

Mesclun

Mesclun is a mixture of salad greens harvested at a very young stage. Sow successively every ten days to produce a regular supply of tasty baby greens.

RICHTERS SPECIAL MESCLUN

Mixed species

A S E

Contains Kagraner lettuce, red leaf lettuce, roquette, radicchio, corn salad, borage, mizuna, mustard spinach, chervil and curled cress. Sow in early spring or late summer.

S8495 Seeds: Pkt/\$5.75, 10g/\$10

HERBAL MESCLUN

Mixed species

A S E

Sweet basil, borage, roquette, sweet fennel, red leaf lettuce. Heat tolerant; suited for mid-summer sowings.

S8496 Seeds: Pkt/\$5.75, 10g/\$12

SPICY MESCLUN

Mixed species

A S E

Contains pak-choi, chinese mustard, mustard spinach, shungiku, curled cress, roquette and mizuna. Sow in early spring or late summer.

S8497 Seeds: Pkt/\$5.75, 10g/\$12

MOLOKHIA

Corchorus olitorius (*Olitorius* group)

A S E

(Egyptian spinach; Jew's mallow) Vegetable green popular throughout the Middle East, Africa and Asia. Its use dates to ancient Egypt where it was called "food of the kings." The plant has anticancer and anti-inflammatory properties, and is highly nutritious, even more so than kale. Leaves are minced and cooked with coriander and garlic and served as a puree on rice with chicken, rabbit, lamb or fish. It has a slightly mucilaginous texture that may take some getting used to but millions will tell you it is well worth it. Sow direct in spring or start early indoors and transplant out. 60 days.

S8488 Seeds: Pkt/\$4.75, 10g/\$24

MUSHROOM, OYSTER

Pleurotus ostreatus

P Z5-8 S

Oyster mushrooms look, smell and taste like oysters. The fragrant smoky-gray caps have a soft, chewy texture and are delicious cooked in omelettes, casseroles, pasta, kebabs, soup, stews. Try them in a simple stir fry with garlic, butter, soy sauce, white wine and rosemary. Contains statins which help to control cholesterol. Oyster mushrooms are so effective at breaking down organic compounds they are being used for mycoremediation, the rehabilitation of contaminated soils. Easy to grow: we supply live colonies in ready-to-grow sawdust blocks.

R8490-700 Colony (Apr-May shipment): \$55

Mustard

(*Brassica*)

MIZUNA MUSTARD

Brassica rapa (*Nipposinica*)

A S E

(Japanese mustard) Attractive, finely-cut curled leaf mustard with pleasant, mild flavour. Japanese favourite for sukiyaki-like dishes. Also great in salads and as a garnish. Unlike other mustards, will regrow after cutting. 65 days.

🌱 **S8500-001 Seeds:** Pkt/\$3.75, 10g/\$7, 100g/\$30

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KOMATSUNA MUSTARD

Brassica rapa (*Perviridis*) 'Wase'

A S E

(Spinach mustard) Traditional Japanese green related to mustard but milder and sweeter. The spoon-shaped leaves can be picked at any stage. When young they are very tender with a mild mustard bite, and as they mature they develop a crunchier texture with a sharper flavour. Young leaves are wonderful in salads, spring rolls, stir-fries and pasta, while mature leaves can be added to soups and stews, steamed or pickled. During the Edo period, it was a specialty of the village of Komatsugawa, now part of Tokyo. According to tradition, the local shrine offers komatsuna to the deities on New Year's Eve and to those who come to pray on New Year's Day. A quick and easy crop. Thrives in containers, even in winter if protected from hard frost. 25-40 days.

S8502 Seeds: Pkt/\$3.75, 100g/\$28, 1kg/\$180

RED GIANT MUSTARD

Brassica juncea 'Red Giant'

A S S E

(Chinese mustard; Indian mustard) A splash in the salad bowl and in the garden! Brilliant maroon leaves with light green midribs are both delicious and strikingly ornamental. Spicy leaves are excellent in mixed salads or alone, and they are delicious steamed and tossed with sesame oil and soy sauce or stir fried with ginger and bok choy and chicken. Sow in early spring. Can even be grown in containers. Cold tolerant. 45 days.

🌱 **S8511-001 Seeds:** Pkt/\$3.25, 10g/\$10, 100g/\$75

NEGI, KUJO: See ONION, KUJO NEGI

New! NEGI, RED BEARD

Allium fistulosum 'Red Beard'

P Z5-9 S S E

(Negi onion) A traditional Japanese *negi*, or bunching onion, of the *senju* type from Saitama in the Kanto region of central Japan. When plants are hilled up with soil the stems turn white, and later turn a spectacular bright reddish-purple as temperatures cool in fall. The flavour is unique, mild and slightly sweet. Delicious in *sukiyaki* hot pot, or in stir fries, soups, and grilled dishes. Often added fresh to salads or made into fresh condiment. The tender green leaves are gathered and used to make *yakitori* skewered chicken or *nuta*, a dressing for seafood made with miso and vinegar. Repeat harvests are possible with successive sowings. 80 days.

S8519-100 Seeds: Pkt/\$4.25, 10g/\$7, 100g/\$48



NOZAWANA

NEGI, SHIMONITA

Allium fistulosum 'Shimonita'

P Z3-9 S F E

(Negi onion; Kaga negi) The farming area around the town of Shimonita in central Japan is famous for a special type of bulbless onion known as *kaga negi*. As soil is hilled up against the base of the plants, a thick white base develops. Only one base forms per plant, which is an desired trait of this traditional variety. The bases are chopped and grilled, or added to dishes such as Japanese hot pot, *sukiyaki*, *ohitashi*, and *kushiyaki*, or fried in batter as *tempura*. Or simply use them as you would leeks. Sow in spring and transplant seedlings in rows in early summer. Harvest in late fall or the following season. 120-140 days.

S8519 Seeds: Pkt/\$4.25, 10g/\$11, 100g/\$75

NOZAWANA

Brassica rapa hakabura

A F E

(Japanese turnip) Traditional leafy vegetable from Nozawa, a small village in the Nagano mountains in central Japan. A Buddhist master is said to have brought seeds to the local temple in the 1700s and eventually the area became famous for the delicacy. The fresh leaves are something like a turnip green or a mustard green but milder, very tender, and very tasty. They can be added fresh to salads and soups, or added to stir-fries. Because the season for fresh *nozawana* is short, most of the harvest is pickled. Pickled *nozawana* is wonderful straight out of the jar or it can be used as a filling for *onigiri* rice balls and for *oyaki* dumplings made with buckwheat. Pickling recipes vary according to each family's traditions. When lightly pickled for a short time, the result has a bluish colour and a crunchy texture; when pickled for a longer period, the colour turns amber and the flavour deepens. Easy to grow. 40 days.

S8521 Seeds: Pkt/\$4.75, 10g/\$7

OKRA, BURGUNDY

Abelmoschus esculentus 'Burgundy'

A S E

Deep-red "baby" pods make very attractive menu additions and older pods remain tender even at 20cm/8" length, and retain their red colour when cooked. The attractive red stems and branches, red-veined green leaves are ornamental as well as tasty! 60 days.

S8522-001 Seeds: Pkt/\$3.75, 100g/\$22, 1kg/\$125

ONION, AILSA CRAIG

Allium cepa cepa 'Ailsa Craig'

A S E

Named after a craggy island off the Scottish coast with a domed top that some say resembles a giant onion partially submerged in the sea. The island is visible from Culzean Castle on the mainland where in the late 1800s the head gardener for the Marquis of Ailsa created this exceptional variety by crossing two varieties widely grown in British gardens at the time. The onions are huge, up to two pounds each, with honey brown skin and mild-flavoured sweet flesh. Excellent for cooking and in salads and burgers. Like other mild onions, it does not store for long. 95-100 days.

S8523-101 Seeds: Pkt/\$4.25, 10g/\$37

ONION, EVERGREEN: See ONION, WELSH

ONION, WALLA WALLA

Allium cepa var. cepa 'Walla Walla'

A S E

Old fashioned variety from France, and although not a long-keeper, these are one of the sweetest onions to grow. Large globes with light brown skin are ultra-mild and the crunchy, white flesh is delicious either raw or cooked. Try baking them like potatoes in their own skin! 110 days.

S8524 Seeds: Pkt/\$3.75

P8524 Plants: Plug pack: 12/\$19.95

PAK-CHOI, WHITE-STEMMED

Brassica rapa (Chinensis) 'White Stemmed'

A S F E

(Bok choy) Popular standard ingredient in many Chinese dishes like chow mein and wonton soup. Leaves are thick and glossy with a hint of mustard flavour. Stalks are pure white, crisp and very tender. Try bite-sized slices stir fried with tofu, meat and seasonings. Grows 25cm/10" in 45 days.

S8529-001 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$40



CASCADIA PEA



DWARF GREY SUGAR PEA

Pea

(*Pisum*)

PEA, CASCADIA

Pisum sativum 'Cascadia'

A S E

Versatile snap pea! Extra thick juicy pods are sweet and delicious when picked young and also used like shell peas when left to mature. Nice to have a choice! A dwarf "semi-climber" with short vines reaching only 60-75cm/24-30" makes it a good choice where space is limited or for containers though it needs staking. Sow in spring for midsummer harvest or sow in August for fall harvest. Resistant to powdery mildew and several virus diseases. 60-70 days.

S8529-301 Seeds: Pkt/\$4.25, 100g/\$15, 1kg/\$90

PEA, DWARF GREY SUGAR

Pisum sativum macrocarpon 'Dwarf Grey Sugar'

A S E

An American heirloom pea from at least the 1770s, still popular today. And why not? It is one of the earliest snow pea varieties — and its lovely reddish lavender blossoms produce the most delicious sweet tender edible pods, excellent for stir-fries, steamed, or just served raw. The flowers are edible too: try them in salads or just toss them on soup or a quiche just before serving. Although it is a dwarf pea, it normally grows 60-90cm (2-3ft) high but can reach as high as 1.5m (5ft), so tying vines to a trellis is beneficial. As a cool season crop, it is best planted early in spring about 2-4 weeks before the last frost. It can also be sown late in the season two months before the first frost. 65 days.

S8529-401 Seeds: Pkt/\$4.25, 100g/\$9

PEA, MAMMOTH MELTING

Pisum sativum 'Mammoth Melting'

A S E

Thick, succulent light green edible pods with a distinct, sweet flavour. Grows to 120-150cm/4-5ft, so some staking is required... very prolific. Excellent for stir fries, steaming, freezing and fresh in salads. 75 days.

S8530-001 Seeds: Pkt/\$3.75, 100g/\$20



PATIO PRIDE PEA

PEA, OREGON SUGAR POD

Pisum sativum 'Oregon Sugar Pod'

A S E

Light green, smooth edible pods 10cm/4" long by 2cm/3/4" diameter with a mild flavour good for eating raw, in stir fries or steamed. Freezes well, retaining the full, sweet flavour and colour. Sets double pods, very productive vines over a long period of time. Height 60cm/24-30". 65 days.

S8530-201 Seeds: Pkt/\$3.75, 100g/\$20

PEA, PATIO PRIDE

Pisum sativum 'Patio Pride'

A S E

Perfect for small spaces! This compact pea performs well in containers and small gardens. The pods are sweet and tender when harvested early, and they start coming in as few as 40 days. Patio Pride can be planted for early spring harvests, or planted in succession to yield a continual harvest over many weeks. Makes a great display in patio containers when combined with cool-season flowers. All-America Selection for 2017.

S8530-251 Seeds: Pkt/\$5.25, 100g/\$20, 1kg/\$115

PEA, SUGAR SNAP

Pisum sativum macrocarpon 'Sugar Snap'

A S E

Sugar snap peas are also known as "mangetout" peas, meaning that both the pod and the peas can be eaten. Sugar Snap is an exceptional variety that produces sweet, succulent pods that can be allowed to mature to produce peas. Good eaten fresh out of hand, or boiled, steamed or stir-fried. Fusarium resistant. 70 days.

S8530-300 Seeds: Pkt/\$3.75, 100g/\$10, 1kg/\$55

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MINI BELL PEPPER

Pepper

(*Capsicum*)

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For chiles and other hot peppers please see our HERBS section.

Sweet Pepper

CAL WONDER PEPPER

Capsicum annuum 'Cal Wonder'

A S E

Early maturing, old fashioned variety of bright red pepper with thick walls of juicy, sweet and tender fruits. Can be harvested at green stage for use in salads, stir fries, as a crudite or stuffed! Resistant to tobacco mosaic virus, a common disease in peppers. 75 days.

S8531 Seeds: Pkt/\$3.75, 10g/\$8, 100g/\$55

S8531-001 Seeds: Pkt/\$4.25, 10g/\$28

P8531 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

CORNO DI TORO ROSSO PEPPER

Capsicum annuum 'Corno di Toro Rosso'

A S E

(Red Bulls Horn) One of the most loved sweet peppers of Italy. The long curved pepper looks like, as the name suggests in Italian, the "horn of the bull". It is absolutely delicious cooked on the grill, fried, stuffed, or pickled. The thin skins combined with the thick, sweet flesh, makes this variety an extra special treat. These red (rosso) peppers are huge, up to 20cm/8" in length. 75 days.

S8533-110 Seeds: Pkt/\$3.75, 10g/\$12

FUSHIMI SWEET LONG PEPPER

Capsicum annuum 'Fushimi Sweet Long'

A S E

It looks like a cayenne pepper — tapered, thin and long — but with none of the heat. And that's part of the magic. The peppers are so tender and mild, you can eat them right off the plant. Sweet and fruity, with a hint of edamame, even as the green fruits develop and ripen to a bright red, they are absolutely delicious at any stage. The flavour holds up well whether roasted, fried, grilled or pickled. A fun Japanese finger food is to blister them in oil and season with sea salt. Or once blistered, you can chop and sprinkle on sushi, omelettes, stir-fries or salads. This pepper is one of 21 traditional *kyoyasai* vegetables recognized by Kyoto Prefecture in Japan as healthy traditional food choices that are high in vitamins, minerals and fibre. Easy to grow and very productive. 70-80 days.

S8531-700 Seeds: Pkt/\$4.25, 10g/\$20, 100g/\$140



STRAWBERRY SPINACH

GOLDEN CAL WONDER PEPPER

Capsicum annuum 'Golden Cal Wonder'

A S E

Old fashioned variety that matures to a golden-yellow at maturity. Sweet, thick walled fruits add splash of colour to salads, vegetable trays, and stir fries. Resistant to tobacco mosaic virus, a common disease in peppers. 72 days.

S8532-001 Seeds: Pkt/\$5.25

P8532 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

HUNGARIAN SWEET WAX PEPPER

Capsicum annuum 'Hungarian Sweet Wax'

A S E

Often called banana pepper, this is a milder version of the 'Hungarian Hot Wax' pepper (listed in the herb section). The shape, size, glossy skin and color are similar without the heat. The fruits go from green to yellow, to orange and red as the fruits ripen, but they are best used when bright yellow. Good for stir-fries, stuffings, pickles, and raw in salads. 60-75 days.

S8533-300 Seeds: Pkt/\$3.75

P8533-300 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

MINI BELL PEPPER

Capsicum annuum 'Mini Bell'

A S E

Cute bite-sized bell peppers! Masses of miniature bell peppers, in red, yellow and brown, just one inch across. Toss them in salads just as they are! Sweet firm flesh. 100 days.

S8532-600 Seeds: Pkt/\$4.25

ORANGE SUN PEPPER

Capsicum annuum 'Orange Sun'

A S E

Dazzling orange bell pepper with thick flesh, crunchy texture, and exquisite sweet flavour. For grilling, stuffing, roasting, stir fries. Makes a nice splash in salads and fresh veggie trays. Compact plants, under 60cm/24", work well in large containers or in the garden. 75-80 days.

S8532-701 Seeds: Pkt/\$4.25

P8532-700 Plants: \$6.95, 3+/\$6.25, 12+/\$5.55

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SWEET POTATO

New! POTATO, SWEET

Ipomoea batatas

P Z9-11

Grows almost anywhere! Although sweet potatoes are a staple in tropical and subtropical regions, we were surprised by how easy they are to grow in Canada. We planted them in grow bags, placed them in a sunny, south-facing spot sheltered from the wind, and by autumn, we harvested a bumper crop of large orange and purple tubers. No digging required — we simply opened the bags and pulled out the sweet tubers. We were so excited that we immediately washed them, cut them into bite-sized pieces, and roasted them with a bit of seasoning. Absolutely delicious! Sweet potatoes thrive in almost any soil, even poor soil, as long as it drains well. What's great about grow bags is that, even though sweet potatoes can't tolerate cold, the bags are easy to move indoors on cooler days and nights. Fun fact: Thousands of years ago, a bacterium inserted its DNA into a non-tuber-bearing ancestor of this plant, ultimately giving rise to the thick, tuber-producing plant we know today. It's the earliest known example of a naturally transgenic food plant.

—**ORANGE** Prolific unnamed cultivar with light-orange flesh.

P8533-810 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

—**PURPLE** Unnamed cultivar with dark-purple flesh.

P8533-820 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

PUMPKIN, BIG MAX

Cucurbita pepo 'Big Max'

A S E

Large pumpkin often weighing up to 45kg/100lb ripening to a pinkish orange with very thick flesh. Flesh is used for pie filling, soups, delicious with onion, garlic, lovage and sweet peppers. Can be used as jack-o-lantern and is ideal for entering into fairs for competition on heaviest squash! 120 days.

S8534-001 Seeds: Pkt/\$3.75, 100g/\$55

PUMPKIN, SMALL SUGAR

Cucurbita pepo 'Small Sugar'

A S E

Heirloom variety from the 1800s. Fruit is small-22cm/9" diameter and weighing 2-3kg/5-6 lbs with deep orange, thick hard skin. Moderately thick flesh is yellow-orange, fine-grained, sweet and well flavoured. This is the standard pie pumpkin, also used for soups, grilling and mini jack o'lanterns. 100 days.

S8535-001 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$50

RADISH, FRENCH BREAKFAST

Raphanus sativus 'French Breakfast'

A S E

Heirloom variety, rose skin fading to white with crisp, tender mildly pungent flavour that is wonderful in salads, sliced thin on buttered bread, as a garnish or appetizer. 25 days.

S8576-001 Seeds: Pkt/\$3.25, 10g/\$7

RADISH, RATTAIL

Raphanus caudatus

A S E

What a fun revelation this was for us. The fresh seed pods are absolutely incredible! They have a sharp but pleasant radishy taste, with a very nice crunchy texture. It turns out this little known veggie is from the Orient where it is not grown for roots like regular radish but for the seed pods only. How this escaped wider attention we don't know, but we are sure that it will become a staple in home gardens in the coming years. Easy to grow: sow direct in the garden in spring and harvest seed pods in 50-55 days.

S8578 Seeds: Pkt/\$4.75, 10g/\$11, 100g/\$75

ROQUETTE: See ARUGULA

SPINACH, BLOOMSDALE

Spinacea oleracea 'Bloomdale'

A S E

Long standing variety with thick, textured, dark green leaves very rich in iron and perfect for salads, soup or lightly steamed. Rich flavour without the strong metallic overtone as some heat tolerant varieties have. 43 days.

S8662 Seeds: Pkt/\$3.75, 100g/\$12, 1kg/\$80

SPINACH, STRAWBERRY

Chenopodium foliosum

A S E

(Strawberry sticks; Leafy goosefoot) Not a true spinach but a distant cousin. Like spinach, the leaves can be eaten fresh or cooked. But the novel thing about this plant is that late in the season red, juicy strawberry or raspberry-like "berries" appear along the stems. These "berries" are quite edible, and the taste is a bit like mulberries. Try throwing them in salads just for fun. Easy to grow. Best sown directly in the garden in spring. Ht. 40-50cm/16-20".

S8662-950 Seeds: Pkt/\$3.75, 10g/\$12, 100g/\$90



DELICATA SQUASH

Squash

(Cucurbita)

Summer Squash

GREEN ZUCCHINI

Cucurbita pepo

Very dark green skin covers flesh of greenish white, delicate tasting and tender whether picked early with their blossoms still attached or allowed to mature. Used sliced fresh at all stages in salads or as crudite, steamed or sauteed with herbs and garlic, grilled on the barbecue or in tantalizing zucchini bread. Young blossoms are edible as well! 55 days.

🌱 **S8664-001 Seeds:** Pkt/\$3.75, 10g/\$8, 100g/\$55

GOLDEN ZUCCHINI

Cucurbita pepo 'Golden Zucchini'

Golden yellow version of the versatile staple of modern kitchens. Used interchangeably with the green variety in salads or it is steamed, boiled, sauteed, grilled, baked — the possibilities are really endless. Best picked when young when the flesh is most tender. Zucchini is a bush cucurbit so it does well where space is limited. 55 days.

🌱 **S8664-101 Seeds:** Pkt/\$4.25, 10g/\$12, 100g/\$75

BLACK BEAUTY SQUASH

Cucurbita pepo

A zucchini squash with greenish-black skin and tender creamy-white flesh. Excellent for cooking and for freezing. Fruits are ready to eat when 15-20cm/6-8" long. Bushy plants take minimum space, perfect for crowded city gardens. Matures in 50 days and keeps producing for an extended time.

🌱 **S8666-001 Seeds:** Pkt/\$3.25, 10g/\$7, 100g/\$45

PATTYPAN SQUASH

Cucurbita melopepo 'Pattypan'

This is a distinctive small disk-like squash with scalloped edges, like a toy top or a flying saucer. The flavour is pleasantly nutty. It is most tender when just 5-8cm (2-3") across. Can be steamed whole, or hollowed out, stuffed and baked, or can be sliced, sauteed in butter until golden brown. Also makes a most decorative container at the dinner table for other foods when scooped out. Easy to grow. 49 days.

🌱 **S8668-201 Seeds:** Pkt/\$5.25, 10g/\$7, 100g/\$48

Winter Squash

DELICATA SQUASH

Cucurbita pepo 'Delicata'

First introduced to the European settlers by Indigenous peoples, this beautiful squash has become a favourite in home gardens. Known for its creamy texture and nutty sweet potato flavour, it is excellent served baked, sauteed, steamed or stuffed. The seeds can be roasted and eaten also. The cylindrical-oblong fruits are a beautiful cream-yellow colour with dark green stripes and, at about 20cm/8" long and 10cm/4" in diameter, they are just shy of a kilo (2 lbs) in weight when ready to harvest. Unlike most other winter squashes that need to be cured for a few weeks before use, this squash is ready right from the garden. Vines are short so this variety can be squeezed into small city gardens. 90-100 days.

🌱 **S8663-200 Seeds:** Pkt/\$4.75, 10g/\$8, 100g/\$55, 1kg/\$375

GALEUX D'EYSINES SQUASH

Cucurbita maxima 'Galeux d'Eysines'

(Peanut squash) A crazy looking French heirloom from Eysines in the Bordeaux region of southwestern France. It goes back to at least the 1880s. The skin turns pink when ripe and warty protrusions appear that look like peanut shells — which is why this squash is known as "peanut squash". The protrusions develop as the sugar content accumulates, so the more "peanuts" there are, the sweeter the squash is. When cooked, the bright orange flesh has a smooth velvety texture and a sweet taste of sweet potato and apple. Can be cooked and pureed for soups, sauces, preserves and pies, and can be grilled, roasted or baked. Vigorous and productive. 95-100 days.

🌱 **S8663-351 Seeds:** Pkt/\$4.75, 10g/\$15, 100g/\$103

KABOCHA SQUASH

Cucurbita maxima 'Kabocha'

(Japanese pumpkin) Traditional Japanese squash much loved for its unique sweet nutty flavour and texture — a bit like sweet potato and pumpkin. Fruits average around 1 to 1.5 kg (2-3 lbs) but can get much bigger. Under the knobby dark-green skin is an intense yellow-orange flesh that is truly addictive. In Japan kabocha is used for tempura and in soup, in Korea it is used for a pumpkin porridge dish, and in Thailand it is used in desserts and curries. Sliced wedges with olives and seasoning can be roasted with the skin, or the peeled flesh can be steamed. Traditionally harvested fruits are kept in a warm place for 13 days at 25C/77F and then in a cool place for about a month at 10C/50F. This converts starch to sugar so that the flesh becomes sweet and delicious. 85-100 days.

🌱 **S8663-370 Seeds:** Pkt/\$4.75, 10g/\$10

MARINA DI CHIOGGIA SQUASH

Cucurbita maxima 'Marina di Chioggia'

A famous Italian squash that goes back more than 300 years, to the seaside village of Chioggia near Venice. In Goldini's 18th century comic play, *Le Baruffe Chiozzotte*, set in Chioggia, women fight over hot slices of this squash drenched in olive oil and herbs. Today it is still a popular street food along the canals of Venice. The bright orange flesh is tender, nutty and sweet. It can be roasted, baked, steamed or grilled. It is commonly added to risotto, minestrone, stews and sauces, or pureed and used as a filling for ravioli and tortellini or as a batter for gnocchi. The distinctive grey-blue, knobby fruits store very well and the flavour noticeably improves with age. 95-100 days.

🌱 **S8663-380 Seeds:** Pkt/\$4.25, 10g/\$11, 100g/\$80

STRIGOLO

Silene vulgaris

A unique Italian spring green. (Stridolo; Sclopit; Bladder campion) Young leaves are used in risotto, soups, salads, ravioli, cannelloni, and egg dishes. They are also eaten raw, or simply cooked like spinach and seasoned with oil, lemon and salt. To the uninitiated the taste seems bland at first, but to those who know and love *strigoli* the slightly sweet and delicate herbal flavour hints of tarragon, arugula and radicchio. The texture is pleasantly succulent, and persists with cooking. The taste that lingers in the mouth reminds one of artichokes. The leaves are gathered only in spring when they are their most tender, before the balloon-like flowers appear in summer. Ht. 60cm/2ft.

🌱 **S8671 Seeds:** Pkt/\$4.25

SUNFLOWER, MONGOLIAN GIANT

Helianthus annuus 'Mongolian Giant'

This sunflower is huge! It soars as high as 14ft (4.3m), topped by massive flower heads 16-18in (40-45cm) across. It is hard to contemplate seeds sprouting and growing to such nose-bleed heights in just one season! Even the seeds get big, about 1.5in (4cm) long, and they are edible just like "normal" sunflowers. If you have the room, this is a fun plant to grow. 90 days.

🌱 **S8671-500 Seeds:** Pkt/\$3.75, 100g/\$32, 1kg/\$205

SWISS CHARD, RAINBOW

Beta vulgaris cicla 'Rainbow'

Beautiful technicolour ornamental edible Swiss chard with big bright green leaves and stems in shades of either red, orange, purple, yellow or white. Very tender, delicious flavour and crunch. Real show stoppers in the garden and for flower arrangements. Succulent leaves used in salads, stir fries, sauteed or in casseroles. 60 days.

🌱 **S8672-001 Seeds:** Pkt/\$3.75, 10g/\$8, 100g/\$55, 1kg/\$375

SUNFLOWER, MONGOLIAN GIANT



RAINBOW SWISS CHARD

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TOMATILLO, VERDE

SWISS CHARD, RUBY RED

Beta vulgaris cicla 'Ruby Red'

A S E

With a prominent display of bright crimson stalks and dark green crinkly leaves veined in red, this Swiss chard is highly ornamental. Impressive in borders, cottage gardens, containers, and in vegetable gardens. Leaves are delicious when young in salads, and larger leaves can be steamed, stir fried, or sautéed. Easy to grow. 55-60 days.

🌱 **S8672-101 Seeds:** 100g/\$40, 1kg/\$265

TOMATILLO, VERDE

Physalis philadelphica 'Verde'

A S E

Tomatillo is the main ingredient of salsa verde. For salsas, tomatillos are often used to tone down the hotness of chilies. This traditional variety is a mixture of two distinct forms: an upright branching form and a lower, more compact form. 60-80 days.

🌱 **S8685-101 Seeds:** Pkt/\$4.75

Tomato

(*Solanum*)

Per USDA rules, tomato seeds and plants cannot ship to the U.S.

AMISH PASTE TOMATO

Solanum lycopersicum 'Amish Paste'

A S E

Heirloom paste tomato with very large, heart shaped fruit, meaty interior with very little juice or seeds. Excellent flavour for sauces, catsup, purees, bruschetta and soups. 85 days.

🌱 **S8686-001 Seeds:** Pkt/\$5.25, 10g/\$35, 100g/\$255

P8686 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

BEEFSTEAK TOMATO

Solanum lycopersicum 'Beefsteak'

A S E

Prolific producer of very large, brilliant crimson scarlet fruit that has solid, meaty, deep red flesh, and nearly seedless. Good old fashioned "real" tomato flavour is excellent for slicing, soups, sauces, baked and more. Determinate growth habit. 85 days.

🌱 **S8688-001 Seeds:** Pkt/\$4.25, 10g/\$27, 100g/\$190

P8688 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75, **Plug pack:** 12/\$19.95



BLACK CHERRY TOMATO

BLACK CHERRY TOMATO

Solanum lycopersicum 'Black Cherry'

A S E

Hugely prolific, the plant produces clusters of purple-black mini tomatoes that are so sweet and delicious, they may not make it from the garden into the house! Plants are very tall, early producers. The tiny black tomatoes make a beautiful addition to salads. 70 days to maturity.

🌱 **S8688-301 Seeds:** Pkt/\$4.25

P8688-300 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75, **Plug pack:** 12/\$19.95

BLACK KRIM TOMATO

Solanum lycopersicum 'Black Krim'

A S E

Popular heirloom from the Isle of Krim, off the Crimean coast in the Black Sea. It has become a favourite of gardeners and cooks, and there are even recipes that call for it specifically. Fruits are large and very juicy. How dark they get depends on where they are grown: the hotter the area the darker the fruit. In cooler areas the colour is a dark purple with green shoulders. And the taste — ah, the taste — is intense, full-bodied, with a satisfying hint of saltiness. The vines are indeterminate and need to be staked or caged. 69-90 days.

🌱 **S8688-331 Seeds:** Pkt/\$5.25, 10g/\$35

P8688-330 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

BLACK PRINCE TOMATO

Solanum lycopersicum 'Black Prince'

A S E

A must-have for the heirloom aficionado. Black Prince is native to Irkutsk in Siberia, making it well suited to cooler, shorter seasons. A prolific and early producer, it bears masses of stunning dark red tomatoes with brown shoulders. The sweet taste makes it perfect for eating fresh sprinkled with chopped basil. Excellent for sauces and canning. 70-80 days to maturity.

🌱 **S8688-351 Seeds:** Pkt/\$4.25

P8688-350 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75



BONNY BEST TOMATO

BONNY BEST TOMATO

Solanum lycopersicum 'Bonny Best'

A S E

First introduced in 1908 by seedsman Walter P. Stokes of Philadelphia. He described Bonny Best as a "vigorous grower, enormously prolific" with tomatoes of "an intense velvety glowing scarlet" and a "marvelous uniformity in size and smoothness in shape". Indeed it quickly became a garden and farm favourite. Its meaty fruits are excellent for slicing and canning. Can be staked or allowed to sprawl. "There is no handsomer looking tomato than Bonny Best," Stokes wrote in his catalogue. 66-85 days.

🌱 **S8688-701 Seeds:** Pkt/\$5.25, 10g/\$70

BRANDYWINE TOMATO

Solanum lycopersicum 'Brandywine Pink'

A S E

Heirloom variety from the 1800s producing medium-large fruits of dark reddish pink with an extremely fine distinctive flavour, of gourmet quality. Good for slicing, in salads and sandwiches. 74 days.

🌱 **S8689-001 Seeds:** Pkt/\$5.25

P8689 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

CANDYLAND RED TOMATO

Solanum lycopersicum 'Candyland Red'

A S E

Outstanding currant tomato with loads of small berry-sized fruits about 1cm (0.5in) in diameter. Dark red and oh so sweet and delicious! You will want to pop them in your mouth right from the garden. More than 100 tomatoes per plant. All America Selection winner in 2016. 95 days.

P8689-300 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

CUORE DI BUE TOMATO

Solanum lycopersicum 'Cuore di Bue'

A S E

(Oxheart tomato) For the true dirt cognoscenti this is the only tomato worth growing. It is a big meaty beefsteak type, almost seedless, with smooth skin and a distinctive shape like a heart. And *che sapore!* The flavour is so very good. The pink-red flesh is succulent and aromatic. This Italian classic is unsurpassed in salads such as *Insalata Caprese*, and it is great for sauces, salsas and canning. Needs staking. 70 days.

S8689-780 Seeds: Pkt/\$3.75, 10g/\$22, 100g/\$160



CANDYLAND RED TOMATO

GOLD RUSH TOMATO

Solanum lycopersicum 'Gold Rush'

A S E

Masses of golden yellow tomatoes smaller than a dime, in tumbling clusters of 12 or more. Juicy sweet tomato flavour, perfect for salads and snacking. Strong producer. Indeterminate. 70-75 days.

S8689-822 Seeds: Pkt/\$5.25, 1g/\$18

GET STUFFED TOMATO

Solanum lycopersicum 'Get Stuffed'

A S E

Hollow like a bell pepper! The gold streaked fruits look like those of a typical heirloom tomato except they are completely hollow — like a bell pepper. The walls have the classic tomato taste but all that empty space is perfect for stuffing. Stuff them with crushed croutons and herbs, herbed rice, cheese and artichokes, or ground meat such as beef, pork, veal or lamb. So good! A tomato oddity from Tom Wagner, a renowned breeder of quirky heirloom-like tomato varieties that go on to become garden favourites. 75 days from transplant.

🌱 **S8689-836 Seeds:** Pkt/\$5.25

PURPLE CHEROKEE TOMATO

Solanum lycopersicum 'Purple Cherokee'

A S E

An heirloom variety believed to be over a hundred years old, a legacy of the Cherokee Indigenous people. Resembling a beefsteak tomato in size and shape, with dramatic, dusky pink-purple fruit. Sometimes has green "shoulders." Indeterminate. 72 days.

🌱 **S8689-881 Seeds:** Pkt/\$4.25

YELLOW CURRANT TOMATO

Solanum pimpinellifolium 'Yellow'

A S E

Yellow currant-sized fruits grow in clusters, and have intense sweet flavour, and are less acidic than the red variety. Perfect for relish trays, salads and snacking. Some staking required. Indeterminate, vigorous vines with heavy foliage. 75 days.

P8689-900 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75



**YELLOW
CURRANT TOMATO**



PINEAPPLE TOMATO



RIESENSTRAUBE TOMATO

MORTGAGE LIFTER TOMATO

Solanum lycopersicum 'Mortgage Lifter' **A S E**
Called the "Mortgage Lifter" because, in the 1920s, William Estler in Virginia was able to avert bankruptcy by selling enough plants to pay off his mortgage. His beefsteak-like variety was in such demand because it produced so well. The meaty tomatoes are not the prettiest around but they get up to 1-2 pounds in size. Indeterminate. 95 days.
🌱 **S8689-921 Seeds:** Pkt/\$5.25, 1g/\$7, 10g/\$35

PINEAPPLE TOMATO

Solanum lycopersicum 'Pineapple' **A S E**
Beefsteak heirloom variety with massive ribbed yellow, orange and red fruits. The juicy sweet yellow flesh has streaks of pink and red radiating throughout, making each slice a unique canvas. Tomatoes can get up to a whopping 2 pounds. Indeterminate vines. 75-95 days.
P8689-960 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

RIESENSTRAUBE TOMATO

Solanum lycopersicum 'Riesenstraube' **A S E**
The name of this German heirloom translates as "giant bunch of grapes." It produces clusters of grape-sized tomatoes, up to 20-40 per cluster. The flavour is rich, something like the weighty flavour of a beefsteak tomato. Compact, indeterminate vines. 76-85 days.
S8689-990 Seeds: Pkt/\$4.75, 10g/\$108
🌱 **S8689-991 Seeds:** Pkt/\$5.25
P8689-990 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

ROMA TOMATO

Solanum lycopersicum 'Roma' **A S E**
Small, plum shaped bright red fruit that is thick walled with meaty interior and few seeds. Fine tomato flavour that is excellent for paste, sauce, canning or freezing whole. Determinate variety. Very prolific. 75 days.
🌱 **S8690-001 Seeds:** Pkt/\$4.25, 10g/\$14
P8690 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75, **Plug pack:** 12/\$19.95

ROSELLA TOMATO

Solanum lycopersicum 'Rosella' **A S E**
In his book *Grow for Flavour*, celebrity gardener Jamie Wong raves about this cherry tomato's "bold, fruit flavour", "intensely sugary", with a "distinct raspberry/blackberry jamminess". It is so sweet that it is "almost more of a dessert fruit than a vegetable," he adds. The Royal Horticultural Society also thought highly of it, honouring it with its coveted Award of Garden Merit in 2017. Rosella produces masses of rose-brown tomatoes with green shoulders, averaging over 750 tomatoes per plant! You will find yourself loving them raw right off the vine. But save some for salads, or, to really bring out the amazing flavour, grill them lightly with feta cheese or roast them in the oven. Start seeds indoors and transplant to a sunny garden spot when after the last frost. 95 days.
🌱 **S8690-025 Seeds:** Pkt/\$5.75

ROSSO SICILIAN TOMATO

Solanum lycopersicum 'Rosso Sicilian' **A S E**
A traditional stuffing tomato frequently found on display in the fresh food markets of Sicily, especially in Palermo, the capital. The flattened, deeply ribbed, and partly hollowed tomatoes are commonly used for stuffing, sauces and pastes. When sliced and served with mozzarella, basil, olive oil and vinegar, they are a veritable feast to the eyes! The hefty fruits can get up to 6 ounces in size. Indeterminate: needs staking. 105 days.
🌱 **S8690-035 Seeds:** Pkt/\$6.75

STUPECE TOMATO

Solanum lycopersicum 'Stupice' **A S E**
It may have a funny name but it is a seriously good heirloom tomato from the old Czechoslovakia. The name is pronounced "stoo-peet-zeh". Tomatoes are bright red, the size of golf balls, and come even in cool weather. Excellent for salads and sandwiches. Indeterminate vines, potato-leaf type. 52-85 days.
🌱 **S8690-901 Seeds:** Pkt/\$5.25
P8690-900 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

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BLACK TAIL MOUNTAIN WATERMELON

SWEETIE TOMATO

Solanum lycopersicum 'Sweetie' **A S E**
Bright red fruit of over 2.5cm/1" in diameter are unusually sweet and flavourful with a high vitamin C content. Plants grow tall, so staking is recommended as the vine bears fruit in long clusters of 12 to 20 fruits. Great for snacking, salads and low sugar preserves. One of our favourite cherry tomatoes! 65 days.
P8691 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

WATERMELON BEEFSTEAK TOMATO

Solanum lycopersicum 'Watermelon Beefsteak' **A S E**
Developed more than 100 years ago by American seedsman George Gleckler, this is one whopping big tomato! A single tomato can weigh up to 2 pounds or more, and a single vine can produce 50 pounds of fruit. Tomatoes are meaty and absolutely delicious, with deep pink skins and purple-red flesh. Vines are indeterminate, so be sure to stake them. 75-95 days.
S8691-800 Seeds: Pkt/\$4.75, 10g/\$37
P8691-800 Plants: \$5.95, 3+/\$5.35, 12+/\$4.75

TURNIP, HIDABENI

Brassica rapa (Rapa) 'Hidabeni' **A S E**
This elegant turnip is an iconic vegetable of the Hida area in the highlands of central Japan. Its flattened globe-like roots are a distinctive scarlet-red colour, the result of a chance mutation discovered in a farmers field in 1918. It quickly became the preferred variety among growers as its fame spread throughout the country. The flesh is white with red streaks, and has a wonderful mild, sweet flavour. Even turnip haters love it! Terrific sliced raw in salads, added to soups and stews, or just boiled and served with butter and seasoning. The Japanese make a beautiful red-hued pickle using traditional fermentation methods from the Edo period. The fresh greens are also very good to eat. 45-50 days.
S8693-100 Seeds: Pkt/\$4.25, 10g/\$12, 100g/\$80

WATERMELON, BLACK TAIL MOUNTAIN

Citrullus lanatus 'Black Tail Mountain' **A S E**
One of the best tasting watermelons and a reliable producer. Melons are round, dark green, and 25-30cm (10-12") across. Flesh is like candy — red and sweet! Tolerates cool weather better than most. Developed in Idaho where summertime night temperatures can get down to a frigid 5C (45F). 70 days.
🌱 **S8694-501 Seeds:** Pkt/\$4.25, 10g/\$18, 100g/\$125



YUKINA SAVOY

WATERMELON, SIBERIAN SWEET

Citrullus lanatus 'Sweet Siberian' **A S E**
Peter Henderson, the American seedsman who introduced this watermelon in 1898, raved that it is "as sweet as any variety in cultivation". The dark green oblong fruits are medium-sized, up to 4.5 kg (10 lbs). The apricot-orange flesh is juicy and, of course, very sweet. As one might expect from its Siberian origin, it produces well in northern areas where seasons are short. 80-85 days.
S8696-050 Seeds: Pkt/\$4.25, 10g/\$11, 100g/\$75

WHEAT, KHORASAN

Triticum turanicum **A S X E**
An ancient wheat variety from the Khorasan, an area that stretches across parts of Iran, Afghanistan, Turkmenistan and Uzbekistan. The grain is twice the size of modern wheat and is much prized for its sweet, nut-buttery taste and smooth texture. It is believed to possess important nutritional and health traits lost in modern wheat after years of modification by breeding. It is used mainly for bread but it is also found in breakfast cereals, cookies, pancake mixes, pastas, and beer. It grows best in dry fertile areas such as southern Alberta and Saskatchewan and the northern Plains states. But even where it doesn't grow well there is rising interest in growing it at home for wheatgrass juicing.
🌱 **S8700-401 Seeds:** Pkt/\$4.25, 100g/\$12, 1kg/\$72

YUKINA SAVOY

Brassica rapa (Pekinensis) **A S G E**
Not many know this mustard spinach from Asia. Yet it's a real gem in the garden and in the kitchen. The foot-long wrinkled leaves, arranged in rosettes, add surprising aesthetic interest to the garden. They are magic in the kitchen where their delicate sweet flavour, hinting of butter, are used raw or cooked in so many ways. Add them chopped, stems and all, to salads, soups, and stews, or try them steamed, sautéed or stir-fried. Very cold tolerant! Withstands temperatures as low as -12°C (10°F) and can be picked well into winter. Fast and easy crop; can be planted successively throughout the season. 45 days.
S8780 Seeds: Pkt/\$4.25, 10g/\$8, 100g/\$60

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Twelve PotMaker display merchandizer, easy to set up and takes up little space. Excellent impulse seller next to the cash!
N3900-012 Display: (case of 12)/\$130



Home & Garden

MAXICROP LIQUID SEAWEED

Contains natural growth hormones, vitamins and all trace elements needed by plants. Used in conjunction with your regular fertilizer it will increase yields, improve frost and disease resistance, retard senescence, and increase chlorophyll content. Seeds soaked in seaweed germinate better and develop thicker roots. Applied when growing conditions are extreme it relieves stress and encourages new growth.

T1110 Liquid: 910mL (makes 100L)/\$29



MAXICROP SEAWEED POWDER
Contains natural growth hormones, vitamins and all trace elements needed by plants. Will increase yields, improve frost and disease resistance, retard senescence, and increase chlorophyll content. Applied when growing conditions are extreme it relieves stress and encourages new growth.
T1120 Powder: 15g/\$5, 100g/\$15

ROOT-A-MAKER™ Natural Rooting Powder

If you start your own cuttings, this is the best rooting aid we have ever seen - and it's 100% natural! Compared to synthetic chemical rooting hormones, our tests show that Root-A-Maker makes cuttings root faster, and they grow on to be healthier and stronger plants. Made with Canadian organic humic acids and a special naturally fungicidal clay, Root-A-Maker not only stimulates root formation, it protects the cut tissue from infection as the callus and roots form. Use it exactly like conventional artificial rooting hormones: just dip the cutting in the powder and plant.

T1200 Rooting powder: 40g/\$12

QR-HERBAL COM- POST MAKER

An amazing compost maker from England, made from 7 herbal ingredients which break down vegetable waste, manure and even garbage into rich organic compost. Satisfied customers tell us they use QR in the barn to control odour and flies.

T1300 Compost maker: \$15

VINYL LABELS

Long lasting, weatherproof labels made of sunproof vinyl. Will outlast any styrene, plastic or wood labels. Mixed colours — not available in separate colours. Comes with waterproof, sunproof, permanent black marker.

T3500 Labels: Pkg of 50/\$11, Pkg of 1000/\$95



The Herbal Chef



HERB SCISSORS
Five stainless steel blades make short work of cutting fresh herbs. It is so simple: with just a few snips you have fresh herbs for salads, soups, omelettes, etc. Comes with a blade cleaner. Colour may vary.
T4030 Kitchen: \$24

THE GARLIC CHOP
The Garlic Chop is an ingenious hand tool for mincing garlic cloves with just a few simple twists of the hands. Within seconds fresh garlic is perfectly chopped and ready to use. There are two parts with strong plastic teeth that rotate to cut up the garlic. Easy to use, easy to clean, and dishwasher safe. Colour may vary.
T4040 Kitchen: \$19



FRESH HERB MILL
Put away the knife and use the Herb Mill to cut your fresh herbs instead. You will love how it minces fresh herbs like parsley, dill, cilantro, sage and mint easily and cleanly with hundreds of tiny scissors without bruising or blemishing. Simply place herbs in the chamber and twist with an action like a pepper grinder. Holds a generous supply of herbs and can sit on your dining table for everyone to use. As an added bonus it cleverly strips herbs from stems too. Dishwasher safe. Colour may vary.
T4050 Kitchen: \$36

Herbal Oils

Essential Oils
Pure essential oils from natural sources. Highly concentrated and hazardous if misused; always dilute with a carrier oil such as almond oil before use. A little goes a long way!

T5040	Basil	5mL/\$8, 30mL/\$40
T5050	Bergamot	5mL/\$7, 30mL/\$30
T5050-500	Cajeput	5mL/\$6, 30mL/\$20
T5052	Camphor	5mL/\$6, 30mL/\$20
T5055	Caraway	5mL/\$6, 30mL/\$20
T5062	Cedarwood	5mL/\$6, 30mL/\$20
T5065	Cinnamon, Leaf	5mL/\$6, 30mL/\$20
T5070	Citronella	5mL/\$6, 30mL/\$20
T5080	Clove	5mL/\$7, 30mL/\$30
T5100	Eucalyptus	5mL/\$6, 30mL/\$20
T5156	Ginger	5mL/\$7, 30mL/\$25
T5156-300	Grapefruit, Pink	5mL/\$7, 30mL/\$28
T5173	Joboba	5mL/\$6, 30mL/\$20
T5180	Lavender	5mL/\$6, 30mL/\$20
T5200	Lemongrass	5mL/\$6, 30mL/\$20
T5225	Litsea	5mL/\$6, 30mL/\$20
T5250	Nutmeg	5mL/\$7, 30mL/\$30
T5290	Sweet Orange	5mL/\$6, 30mL/\$20
T5295	Oregano	5mL/\$10, 30mL/\$45
T5300	Patchouli	5mL/\$6, 30mL/\$24
T5310	Peppermint	5mL/\$6, 30mL/\$25
T5321	Pine, White	5mL/\$9, 30mL/\$40
T5330	Rosemary	5mL/\$7, 30mL/\$28
T5342	Rose Geranium	5mL/\$8
T5350	Sage	5mL/\$7, 30mL/\$28
T5370	Spearmint	5mL/\$6, 30mL/\$20



T5380	Tangerine	5mL/\$6, 30mL/\$20
T5382	Tea Tree	5mL/\$6, 30mL/\$20
T5385	Thyme	5mL/\$7, 30mL/\$35
T5388	Vetiver	5mL/\$18, 30mL/\$85
T5390	Wintergreen	5mL/\$12, 30mL/\$50
T5395	Ylang-Ylang	5mL/\$9, 30mL/\$40

Infused Oils

Infused oils are medicinal oils made by infusing herbs in a carrier oil such as soy oil. Often applied to skin as a liniment.

T5010	Aloe Vera	113mL/\$22
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Carrier Oils

Pure vegetable oils used to dilute essential oils or to infuse herbs for medicinal use.

T5020	Almond, Sweet	113mL/\$18
T5082	Coconut	113mL/\$18

Plug Packs & Trays

Please allow at least 8 weeks for delivery.

Richters plugs make it easy and economical to plant a beautiful landscape. If you are a commercial grower they make it simple to plant a field or grow potted plants to sell. Plug packs come 12 plugs per pack and are shipped April-October. Minimum pack order is 2 packs. Order early to avoid disappointment! Plug trays are planted to order in 96 cell trays (counted as 90 plugs). Shipped from April to October. No cancellations after 4 weeks of order. Check our Ordering Information page for our plug tray cancellation policy.



Herb Plugs

P1130	Angelica	Pack/\$28.45
P1145	Anise-Hyssop	Pack/\$24.45, Tray/\$110
P1149	Arnica, American	Pack/\$28.45, Tray/\$110
P1210	Ashwagandha	Pack/\$28.45
P1235-600	Bacopa	Pack/\$28.45, Tray/\$110
P1240	Balm, Lemon	Pack/\$24.45, Tray/\$110
P1273	Basil, Genovese	Pack/\$24.45, Tray/\$110
P1273-700	Basil, Red Genovese	Pack/\$24.45
P1280	Basil, African Blue	Pack/\$28.45, Tray/\$110
P1280-700	Basil, Ajaka	Pack/\$28.45, Tray/\$110
P1290	Basil, Thai	Pack/\$24.45, Tray/\$110
P1300	Bay Laurel	Pack/\$32.95, Tray/\$180
P1380	Bergamot	Pack/\$28.45, Tray/\$110
P1380-050	Bergamot, Blue Stocking	Pack/\$28.45, Tray/\$110
P1380-500	Bergamot, Marshalls Delight	Pack/\$28.45, Tray/\$110
P1380-800	Bergamot, Rose-Scented	Pack/\$28.45, Tray/\$110
P1381	Bergamot, Red	Pack/\$28.45, Tray/\$110
P1390	Betony	Pack/\$24.45, Tray/\$110
P1670	Catnip	Pack/\$24.45, Tray/\$110
P1678-800	Chamomile, Double	Pack/\$28.45, Tray/\$110
P1682	Chamomile, Roman	Pack/\$24.45, Tray/\$110
P1790	Chives	Pack/\$24.45, Tray/\$110
P1793	Chives, Garlic	Pack/\$24.45
P1825	Clove-Pink	Pack/\$24.45
P1829	Clover Dragons Blood	Pack/\$28.45, Tray/\$110
P1891	Coriander, Vietnamese	Pack/\$24.45, Tray/\$110
P2182	Dock, Bloody	Pack/\$28.45, Tray/\$110
P2280	Echinacea	Pack/\$24.45, Tray/\$110
P2281	Echinacea, Narrowleaf	Pack/\$28.45, Tray/\$130
P2480	Feverfew	Pack/\$24.45
P2725	Fo-Ti	Pack/\$28.45, Tray/\$110
P2840-050	Geranium, Apple	Tray/\$150
P2840-080	Geranium, Attar of Roses	Tray/\$150
P2840-205	Geranium, Citrosa	Tray/\$150
P2840-565	Geranium, Orange Fizz	Tray/\$150
P2840-570	Geranium, Peacock	Tray/\$150
P2840-700	Geranium, Rose	Tray/\$150
P2840-850	Geranium, Strawberry	Tray/\$150
P2858	Germander	Pack/\$24.45, Tray/\$110

P2905	Wolfberry (Gojiberry), Black	Pack/\$29.95, Tray/\$130
P2950	Good King Henry	Pack/\$28.45, Tray/\$110
P3000	Gotu Kola	Pack/\$28.45, Tray/\$110
P3010	Greek Mountain Tea	Pack/\$28.45, Tray/\$130
P3090	Gynura	Pack/\$28.45, Tray/\$110
P3274	Hollyhock	Pack/\$24.45
P3278	Hollyhock, Black	Pack/\$24.45
P3340	Horehound	Pack/\$24.45, Tray/\$110
P3470	Hyssop	Pack/\$24.45, Tray/\$110
P3508	Jessamine, Night Blooming	Pack/\$28.45, Tray/\$110
P3605	Lamb's Ear, Woolly	Pack/\$24.45, Tray/\$110
P3625	Lavender, English	Pack/\$29.95, Tray/\$130
P3626-600	Lavender, Folgate	Pack/\$29.95
P3627	Lavender, Hidcote	Pack/\$28.45, Tray/\$130
P3627-970	Lavender, Melissa	Pack/\$29.95
P3628	Lavender, Munstead	Pack/\$28.45, Tray/\$130
P3631-300	Lavender, SuperBlue	Pack/\$29.95
P3632	Lavender, Twinkle Purple	Pack/\$28.45
P3635-500	Lavender, Kew Red	Pack/\$28.45, Tray/\$130
P3636-400	Lavender, Fred Boutin	Pack/\$28.45
P3636-480	Lavender, Gros Bleu	Pack/\$29.95, Tray/\$160
P3636-500	Lavender, Grosso	Pack/\$28.45, Tray/\$130
P3636-900	Lavender, Phenomenal	Pack/\$32.95
P3637	Lavender, Provence	Pack/\$28.45, Tray/\$130
P3637-450	Lavender, Seal	Pack/\$29.95
P3680	Lemongrass	Pack/\$29.95, Tray/\$150
P3780	Lovage	Pack/\$24.45, Tray/\$110
P3920	Marshmallow	Tray/\$110
P4000	Mint, Apple	Pack/\$24.45, Tray/\$110
P4005-500	Mint, Banana	Pack/\$24.45, Tray/\$110
P4006-300	Mint, Chocolate	Pack/\$24.45, Tray/\$110
P4010	Mint, English	Pack/\$24.45, Tray/\$110
P4015	Mint, Ginger	Pack/\$24.45, Tray/\$110
P4019-100	Mint, Berries and Cream	Pack/\$28.45
P4019-450	Mint, Margarita	Pack/\$28.45, Tray/\$110
P4019-800	Mint, Sweet Pear	Pack/\$28.45
P4019-900	Mint, Wintergreen	Pack/\$28.45, Tray/\$110
P4025	Mint, Mojito	Pack/\$24.45, Tray/\$110
P4028	Mint, Orange	Pack/\$24.45, Tray/\$110
P4030	Mint, Peppermint	Pack/\$24.45, Tray/\$110
P4032	Mint, Pineapple	Pack/\$24.45, Tray/\$110

P4039	Mint, Moroccan	Pack/\$24.45, Tray/\$110
P4040	Mint, Spearmint	Pack/\$24.45, Tray/\$110
P4042	Mint, Improved Spearmint	Pack/\$24.45, Tray/\$110
P4053	Mint, Vietnamese	Pack/\$24.45, Tray/\$110
P4064	Mountain-mint	Pack/\$24.45
P4270	Nettle, Stinging	Pack/\$28.45, Tray/\$110
P4315	Oregano, Greek	Pack/\$24.45, Tray/\$110
P4315-150	Oregano, Kaliteri Greek	Pack/\$28.45, Tray/\$110
P4315-300	Oregano, Italian	Pack/\$24.45, Tray/\$110
P4316-800	Oregano, Zorba Red	Pack/\$28.45
P4317	Oregano, Cuban	Tray/\$110
P4350	Parsley, Mosscurled	Pack/\$24.45, Tray/\$110
P4367	Parsley, Italian	Pack/\$24.45, Tray/\$110
P4450	Patchouli	Pack/\$29.95, Tray/\$130
P4463-700	Pennyroyal, Spice Ball	Tray/\$110
P5030	Rosemary	Pack/\$24.45, Tray/\$130
P5031	Rosemary, Arp	Pack/\$28.45, Tray/\$130
P5031-700	Rosemary, Barbecue	Pack/\$28.45, Tray/\$130
P5034-500	Rosemary, Gorizia	Pack/\$28.45, Tray/\$130
P5034-600	Rosemary, Hill Hardy	Pack/\$28.45, Tray/\$130
P5034-700	Rosemary, Huntington Carpet	Pack/\$28.45
P5037-500	Rosemary, Rex	Pack/\$28.45, Tray/\$130
P5038-500	Rosemary, Spice Island	Pack/\$28.45
P5039	Rosemary, Tuscan Blue	Pack/\$28.45, Tray/\$130
P5164-060	Sage, Cherry Chief	Pack/\$28.45
P5164-073	Sage, Raspberry Royale	Pack/\$28.45, Tray/\$110
P5170	Sage, Garden	Pack/\$24.45, Tray/\$110
P5170-300	Sage, Berggarten	Pack/\$24.45, Tray/\$110
P5172	Sage, Purple	Pack/\$24.45, Tray/\$110
P5173	Sage, Tricolor	Pack/\$24.45, Tray/\$110
P5178	Sage, Mexican Bush	Pack/\$24.45, Tray/\$110
P5180	Sage, Pineapple	Pack/\$28.45, Tray/\$110
P5190	Sage, White	Pack/\$29.95, Tray/\$130
P5191	Sage, Russian	Pack/\$24.45, Tray/\$110
P5195	St. John's Wort	Tray/\$110
P5300	Savory, Winter	Pack/\$24.45, Tray/\$110
P5360	Scullcap	Pack/\$28.45, Tray/\$110
P5680	Sorrel, Garden	Pack/\$24.45, Tray/\$110
P5696	Sorrel, True French	Pack/\$28.45, Tray/\$110
P5811	Speedwell, Creeping	Pack/\$24.45, Tray/\$110
P6030	Stevia	Pack/\$28.45, Tray/\$110
P6032	Stevia, Candy	Pack/\$28.45

P6080	Strawberry, Alpine	Pack/\$24.45, Tray/\$130
P6200	Tarragon, French	Pack/\$24.45, Tray/\$130
P6440	Thyme, Caraway	Tray/\$110
P6450	Thyme, English	Pack/\$24.45, Tray/\$110
P6455	Thyme, French	Pack/\$24.45, Tray/\$110
P6456	Thyme, Silver	Pack/\$28.45, Tray/\$110
P6458	Thyme, Lemon Carpet	Pack/\$28.45, Tray/\$110
P6459	Thyme, Creeping Lemon	Pack/\$28.45
P6460	Thyme, Lemon	Pack/\$24.45, Tray/\$110
P6462	Thyme, Golden Lemon	Pack/\$28.45, Tray/\$110
P6462-700	Thyme, Purple Carpet	Pack/\$28.45, Tray/\$110
P6463	Thyme, Creeping	Pack/\$24.45, Tray/\$110
P6464	Thyme, Lavender	Pack/\$28.45, Tray/\$110
P6464-500	Thyme, Minus	Pack/\$28.45, Tray/\$110
P6465-700	Thyme, Orange Balsam	Pack/\$28.45
P6465-800	Thyme, Orange Spice	Pack/\$28.45, Tray/\$110
P6467-500	Thyme, Rose-Petal	Pack/\$28.45, Tray/\$110
P6470	Thyme, Wild	Pack/\$24.45, Tray/\$110
P6472	Thyme, Woolly	Pack/\$24.45, Tray/\$110
P6580	Valerian	Pack/\$24.45, Tray/\$110
P6620	Verbena, Lemon	Pack/\$28.45, Tray/\$130
P6631	Vervain, Blue	Pack/\$28.45
P6925	Wolfberry, Chinese (Gojiberry)	Pack/\$28.45, Tray/\$130
P6940	Woodruff, Sweet	Pack/\$24.45, Tray/\$110
P6960	Wormwood	Tray/\$110
P6981	Wormwood, Silver King	Pack/\$28.45, Tray/\$130
P7000	Yarrow	Pack/\$24.45, Tray/\$110
P7005	Yarrow, Red	Pack/\$24.45, Tray/\$110
P7130	Zaatar	Pack/\$28.45
P7190	Zuta Levana	Tray/\$130

Veggie Plugs

P8052	Broccoli, Calabrese	Pack/\$19.95
P8421	Kale, Lacinato	Pack/\$19.95
P8422	Kale, Russian Red	Pack/\$19.95
P8460	Leek	Pack/\$19.95
P8524	Onion, Walla Walla	Pack/\$19.95
P8688	Tomato, Beefsteak	Pack/\$19.95
P8688-300	Tomato, Black Cherry	Pack/\$19.95
P8690	Tomato, Roma	Pack/\$19.95

Dried Herbs

Organic and Wildcrafted Dried Herbs!

Richters dried herbs are from the best sources. They are either organic, wild-crafted, or grown without chemicals by trusted growers. They are never fumigated or irradiated and are never grown from genetically modified stock.



H1012	Agrimony herb cut	100g/\$20, 1kg/\$135
H1016	Ajowan seeds whole	100g/\$20, 1kg/\$135
H1020	Alfalfa leaf cut	100g/\$18, 1kg/\$120
H1110	Allspice berries whole	100g/\$25, 1kg/\$180
H1130-100	Angelica root whole	100g/\$20, 1kg/\$125
H1130	Angelica root cut	100g/\$35, 1kg/\$250
H1140	Anise seeds whole	100g/\$15, 1kg/\$85
H1210-100	Ashwagandha root cut	100g/\$20, 1kg/\$150
H1240	Balm, Lemon leaves cut	100g/\$16, 1kg/\$105
H1251	Barberry root cut	100g/\$18, 1kg/\$125
H1270	Basil, Sweet leaves cut	100g/\$20, 1kg/\$135
H1282	Basil, Indian (Vana Tulsi) leaves whole	100g/\$13, 1kg/\$75
H1285-100	Basil, Sacred (Rama Tulsi) leaves whole	100g/\$20, 1kg/\$135
H1285-500	Basil, Sacred (Krishna Tulsi) leaves whole	100g/\$15, 1kg/\$105
H1298	Bayberry rootbark cut	100g/\$55, 1kg/\$420
H1300	Bay Laurel leaves whole	100g/\$40, 1kg/\$320
H1360	Benzoin gum powder	100g/\$20, 1kg/\$140
H1390	Betony herb cut	100g/\$25, 1kg/\$180
H1410-050	Bilberry berries whole	100g/\$52, 1kg/\$390
H1410	Bilberry leaves cut	100g/\$15, 1kg/\$110
H1438-500	Bladderwrack herb cut	100g/\$24, 1kg/\$170
H1438	Blackberry, Wild root cut	100g/\$35, 1kg/\$275
H1450	Bloodroot root cut	100g/\$88, 1kg/\$675
H1467	Boneset herb cut	100g/\$25, 1kg/\$165
H1470	Borage herb cut	100g/\$35, 1kg/\$275
H1540	Buchu leaves whole	100g/\$72, 1kg/\$555
H1550	Buckthorn bark cut	100g/\$15, 1kg/\$110
H1567-100	Burdock roots cut	100g/\$18, 1kg/\$110
H1600-100	Calamus roots cut	100g/\$20, 1kg/\$140
H1630	Calendula flowers whole	100g/\$15, 1kg/\$85
H1650	Caraway seeds whole	100g/\$12, 1kg/\$80
H1658-100	Cardamom fruits (green) powder	100g/\$50, 1kg/\$385
H1658	Cardamom fruits (green) whole	100g/\$60, 1kg/\$450
H1664	Cascara Sagrada bark cut	100g/\$20, 1kg/\$165
H1670	Catnip herb cut	100g/\$28, 1kg/\$195
H1672-100	Cat's Claw bark powder	100g/\$18, 1kg/\$120
H1672-500	Cedar branches cut	100g/\$35, 1kg/\$255
H1676-100	Celery seeds whole	100g/\$12, 1kg/\$70
H1678	Centauy herb cut	100g/\$19, 1kg/\$125
H1680	Chamomile, German flowers whole	100g/\$18, 1kg/\$130
H1700	Chaga conk cut	100g/\$42, 1kg/\$330
H1710	Chaparral herb cut	100g/\$15, 1kg/\$100
H1712	Chastetree berries whole	100g/\$14, 1kg/\$85
H1715	Cherry, Wild bark cut	100g/\$22, 1kg/\$155
H1725	Chia seeds whole	100g/\$12, 1kg/\$70
H1730	Chickweed herb cut	100g/\$15, 1kg/\$95
H1740	Chicory, Wild root cut	100g/\$14, 1kg/\$75
H1790	Chives leaves cut	100g/\$50, 1kg/\$400
H1798-500	Cinnamon bark whole	100g/\$35, 1kg/\$275
H1798-510	Cinnamon bark cut	100g/\$25, 1kg/\$185
H1798-520	Cinnamon bark powder	100g/\$23, 1kg/\$150
H1798-600	Cinnamon, Indonesian bark whole	100g/\$22, 1kg/\$145
H1798-610	Cinnamon, Indonesian bark cut	100g/\$18, 1kg/\$125
H1798-620	Cinnamon, Indonesian bark powder	100g/\$17, 1kg/\$115
H1820	Clivers herb cut	100g/\$18, 1kg/\$115
H1830	Clover, Red tops cut	100g/\$25, 1kg/\$180
H1831-050	Cloves buds powder	100g/\$26, 1kg/\$190
H1831-800	Cochlospermum root pieces	100g/\$9, 1kg/\$48

H1831	Cloves buds whole	100g/\$32, 1kg/\$240
H1839	Cohosh, Black root cut	100g/\$35, 1kg/\$250
H1840	Cohosh, Blue roots cut	100g/\$35, 1kg/\$260
H1870-100	Comfrey, Common leaves cut	100g/\$20, 1kg/\$145
H1870-200	Comfrey, Common roots cut	100g/\$20, 1kg/\$135
H1890-100	Cilantro leaves cut	100g/\$22, 1kg/\$145
H1890	Coriander, Spice seed whole	100g/\$12, 1kg/\$80
H1980	Crampbark bark cut	100g/\$20, 1kg/\$140
H1990	Geranium, Wild root cut	100g/\$30, 1kg/\$215
H2020	Watercress herb cut	100g/\$22, 1kg/\$160
H2042	Cryptolepis root whole	100g/\$15, 1kg/\$90
H2050	Cumin seeds whole	100g/\$15, 1kg/\$95
H2098	Damiana leaves cut	100g/\$25, 1kg/\$175
H2100-050	Dandelion leaf cut	100g/\$20, 1kg/\$115
H2100	Dandelion root pieces	100g/\$20, 1kg/\$145
H2130	Devil's Claw roots cut	100g/\$25, 1kg/\$175
H2140-100	Dill seeds whole	100g/\$15, 1kg/\$95
H2140	Dill herb cut	100g/\$15, 1kg/\$100
H2185	Dock, Curled roots cut	100g/\$20, 1kg/\$130
H2190	Dong Quai root powder	100g/\$45, 1kg/\$335
H2201	Dragons Blood resin cut	100g/\$115, 1kg/\$900
H2240	Dulse fronds flakes	100g/\$60, 1kg/\$450
H2280-050	Echinacea herb cut	100g/\$18, 1kg/\$120
H2280-100	Echinacea pur. roots cut	100g/\$35, 1kg/\$275
H2281-050	Echinacea ang. roots cut	100g/\$45, 1kg/\$355
H2300-050	Elder berries whole	100g/\$15, 1kg/\$80
H2300	Elder flower petals whole	100g/\$22, 1kg/\$150
H2320	Elecampane roots cut	100g/\$30, 1kg/\$225
H2330-050	Elm, Slippery bark cut	100g/\$40, 1kg/\$295
H2330-100	Elm, Slippery bark powder	100g/\$38, 1kg/\$285
H2360	Eucalyptus leaves cut	100g/\$18, 1kg/\$130
H2420	Fennel, Sweet seeds whole	100g/\$12, 1kg/\$75
H2460	Fenugreek seeds whole	100g/\$11, 1kg/\$65
H2480	Feverfew leaves cut	100g/\$28, 1kg/\$205
H2700	Flax seeds whole	100g/\$8, 1kg/\$42
H2725	Fo-Ti root cut	100g/\$22, 1kg/\$150
H2740	Frankincense gum cut	100g/\$30, 1kg/\$205
H2760	Garcinia fruit whole	100g/\$12, 1kg/\$70
H2780	Garlic powder	100g/\$20, 1kg/\$130
H2820	Gentian roots cut	100g/\$28, 1kg/\$205
H2862-100	Ginger root powder	100g/\$18, 1kg/\$120
H2862-500	Ginkgo leaves cut	100g/\$20, 1kg/\$145
H2862	Ginger root cut	100g/\$18, 1kg/\$115
H2863-600	Ginseng, Red root whole 10g/\$29, 100g/\$165, 1kg/\$1300	
H2863	Ginseng roots whole	10g/\$28, 100g/\$165
H2864-100	Ginseng, Siberian root cut	100g/\$18, 1kg/\$120
H2920-050	Goldenseal roots cut	10g/\$26, 100g/\$150, 1kg/\$1100
H3000	Gotu Kola herb cut	100g/\$22, 1kg/\$155
H3048	Gum Arabic gum powder	100g/\$20, 1kg/\$125
H3120-200	Hawthorn leaf & flower cut	100g/\$14, 1kg/\$90
H3120	Hawthorn haw whole	100g/\$12, 1kg/\$75
H3300	Hops flowers whole	100g/\$50, 1kg/\$380
H3340	Horehound leaves cut	100g/\$18, 1kg/\$130
H3360-110	Horseradish root powder	100g/\$18, 1kg/\$120
H3365	Horsetail herb cut	100g/\$12, 1kg/\$70
H3400	Hydrangea, American root cut	100g/\$35, 1kg/\$275
H3470	Hyssop herb cut	100g/\$22, 1kg/\$150
H3491	Indigo, Wild root cut	100g/\$40, 1kg/\$295

H3496	Irish Moss herb cut	100g/\$30, 1kg/\$250
H3505	Jasmine flowers whole	100g/\$28, 1kg/\$210
H3510	Joe-Pye Weed root cut	100g/\$30, 1kg/\$200
H3520	Juniper berries whole	100g/\$20, 1kg/\$135
H3522	Juniper, One-seed berries whole	100g/\$25, 1kg/\$175
H3531	Kava Kava root cut	100g/\$75, 1kg/\$595
H3532	Kelp powder	100g/\$11, 1kg/\$60
H3600	Lady's Mantle herb cut	100g/\$25, 1kg/\$180
H3625-050	Lavender flowers whole	100g/\$45, 1kg/\$335
H3670	Lemon peel cut	100g/\$25, 1kg/\$170
H3680	Lemongrass herb cut	100g/\$12, 1kg/\$70
H3701-100	Licorice root cut	100g/\$15, 1kg/\$95
H3701-200	Lichen, Lungwort thallus whole	100g/\$28, 1kg/\$205
H3715	Linden leaves & flowers cut	100g/\$25, 1kg/\$180
H3867	Maralroot roots whole	100g/\$14, 1kg/\$85
H3910	Marjoram, Sweet leaf cut	100g/\$16, 1kg/\$105
H3920	Marshmallow root cut	100g/\$20, 1kg/\$135
H3965	Meadowsweet herb cut	100g/\$15, 1kg/\$105
H3991	Astragalus root cut	100g/\$30, 1kg/\$215
H4030	Mint, Peppermint leaves cut	100g/\$15, 1kg/\$95
H4040	Mint, Spearmint leaves cut	100g/\$15, 1kg/\$95
H4069	Mistletoe leaves cut	100g/\$15, 1kg/\$90
H4078	Mondia root whole	100g/\$10, 1kg/\$52
H4100	Motherwort herb cut	100g/\$16, 1kg/\$105
H4120	Mugwort leaves cut	100g/\$18, 1kg/\$125
H4125-050	Mullein flowers whole	100g/\$32, 1kg/\$230
H4125	Mullein leaves cut	100g/\$14, 1kg/\$80
H4150	Mustard, White seeds whole	100g/\$12, 1kg/\$70
H4153	Mustard, Black seeds whole	100g/\$8, 1kg/\$35
H4180	Myrrh gum cut	100g/\$32, 1kg/\$225
H4270	Nettle, Stinging herb cut	100g/\$16, 1kg/\$105
H4273	New Jersey Tea root cut	100g/\$18, 1kg/\$115
H4278-100	Nutmeg nuts powder	100g/\$35, 1kg/\$255
H4280	Oak, White bark cut	100g/\$15, 1kg/\$100
H4285-100	Oat tops whole	100g/\$35, 1kg/\$260
H4285	Oat straw cut	100g/\$18, 1kg/\$125
H4291	Olive leaves cut	100g/\$16, 1kg/\$110
H4299	Onion bulbs powder	100g/\$15, 1kg/\$95
H4311	Orange peel cut	100g/\$18, 1kg/\$125
H4315	Oregano, Greek leaves cut	100g/\$18, 1kg/\$125
H4318-500	Oregon Grape root cut	100g/\$20, 1kg/\$135
H4319-500	Orris roots cut	100g/\$12, 1kg/\$75
H4319	Orris roots powder	100g/\$40, 1kg/\$295
H4332	Pamprana bark whole	100g/\$9, 1kg/\$47
H4342	Paprika fruit powder	100g/\$15, 1kg/\$90
H4370	Parsley leaves cut	100g/\$18, 1kg/\$120
H4440-100	Passion Flower, American herb cut	100g/\$24, 1kg/\$165
H4455-200	Paulinia root cut	100g/\$9, 1kg/\$47
H4455	Pau D'Arco bark cut	100g/\$15, 1kg/\$95
H4460	Pennyroyal herb cut	100g/\$25, 1kg/\$170
H4469	Pepper, Black corns whole	100g/\$15, 1kg/\$105
H4470-300	Pepper, Bird's Eye fruits whole	100g/\$30, 1kg/\$230
H4470-320	Pepper, Cayenne Chile chile powder	100g/\$18, 1kg/\$135
H4489	Pipsissewa herb cut	100g/\$60, 1kg/\$470
H4495	Plantain, Ribgrass herb cut	100g/\$25, 1kg/\$170
H4510	Pleurisy Root root cut	100g/\$75, 1kg/\$600
H4600	Pokeroot root cut	100g/\$18, 1kg/\$130
H4720	Poppy, California herb cut	100g/\$45, 1kg/\$350

H4733	Poppy, Breadseed seeds whole	100g/\$18, 1kg/\$125
H4755-100	Psyllium husks whole	100g/\$15, 1kg/\$100
H4755	Psyllium seeds whole	100g/\$11, 1kg/\$70
H4830	Raspberry, Red leaves cut	100g/\$13, 1kg/\$75
H4845	Reishi Mushroom herb sliced	100g/\$40, 1kg/\$320
H4900-100	Rhubarb, Chinese root powder	100g/\$30, 1kg/\$220
H4900	Rhubarb, Chinese root cut	100g/\$30, 1kg/\$220
H5014-100	Rose flowerbuds whole	100g/\$50, 1kg/\$375
H5014	Rose buds and petals whole	100g/\$25, 1kg/\$135
H5020-050	Rose, Dog hips whole	100g/\$16, 1kg/\$115
H5020	Rose, Dog hips cut	100g/\$18, 1kg/\$120
H5028	Hibiscus calyces cut	100g/\$12, 1kg/\$80
H5030	Rosemary leaves cut	100g/\$10, 1kg/\$60
H5050	Rue herb cut	100g/\$30, 1kg/\$225
H5160	Safflower threads cut	100g/\$30, 1kg/\$225
H5162	Saffron stamens whole	1g/\$35
H5170	Sage, Garden leaves cut	100g/\$15, 1kg/\$110
H5190	Sage, White herb pieces	100g/\$35, 1kg/\$260
H5195-050	St John's Wort tops cut	100g/\$16, 1kg/\$105
H5320	Saw Palmetto berries cut	100g/\$38, 1kg/\$285
H5345	Schisandra berries whole	100g/\$47, 1kg/\$360
H5360	Scullcap herb cut	100g/\$45, 1kg/\$330
H5390	Sesame seeds whole	100g/\$10, 1kg/\$55
H5420	Shepherd's Purse herb cut	100g/\$11, 1kg/\$65
H5475	Sopbary nuts whole	100g/\$14, 1kg/\$85
H5580	Solomon's Seal roots cut	100g/\$75, 1kg/\$565
H5688-100	Sorrel, Sheep herb powder	100g/\$20, 1kg/\$135
H5688	Sorrel, Sheep herb cut	100g/\$21, 1kg/\$155
H5900	Spinach leaves powder	100g/\$28, 1kg/\$200
H5920	Spirulina herb powder	100g/\$28, 1kg/\$205
H6025	Star Anise fruit whole	100g/\$31, 1kg/\$225
H6030-050	Stevia herb powder	100g/\$17, 1kg/\$115
H6030	Stevia herb cut	100g/\$15, 1kg/\$100
H6050	Stoneroot roots whole	100g/\$17, 1kg/\$120
H6075	Strawberry, Wild leaves cut	100g/\$18, 1kg/\$120
H6180	Tansy herb cut	100g/\$15, 1kg/\$95
H6200	Tarragon, French leaves whole	100g/\$35, 1kg/\$275
H6290	Thistle, Blessed herb cut	100g/\$28, 1kg/\$200
H6310	Thistle, Milk seeds whole	100g/\$18, 1kg/\$120
H6450	Thyme herb cut	100g/\$14, 1kg/\$85
H6560-100	Turmeric root cut	100g/\$13, 1kg/\$75
H6560	Turmeric root powder	100g/\$14, 1kg/\$90
H6565	Uva Ursi leaves cut	100g/\$22, 1kg/\$155
H6580	Valerian roots cut	100g/\$22, 1kg/\$150
H6620	Verbena, Lemon leaves cut	100g/\$18, 1kg/\$120
H6631	Vervain, Blue herb cut	100g/\$26, 1kg/\$190
H6810	Wheatgrass herb powder	100g/\$22, 1kg/\$140
H6820	Willow, White bark cut	100g/\$12, 1kg/\$70
H6870-100	Witch-Hazel bark cut	100g/\$30, 1kg/\$220
H6870-200	Witch-Hazel leaves cut	100g/\$28, 1kg/\$210
H6925	Wolfberry / Gojiberry berries whole	100g/\$25, 1kg/\$150
H6960	Wormwood herb cut	100g/\$15, 1kg/\$120
H6995	Yam, Wild roots cut	100g/\$28, 1kg/\$175
H7000	Yarrow, White tops cut	100g/\$18, 1kg/\$115
H7030	Yerba Santa herb whole	100g/\$20, 1kg/\$140
H7050-100	Yohimbe bark whole	100g/\$12, 1kg/\$75
H8655	Shiitake Mushroom herb whole	100g/\$65, 1kg/\$500

HerbWild

Tea Blends



COMFORT TEA

A comforting and strengthening tea blended to offer support when a little help is needed. Enjoy a cup and relax. Contains Nettle leaf, Red Clover blossoms, Elder berries, Alfalfa leaf, Red Clover herb, St. Johns Wort, Sage, and Ginger root.

HW001 Tea Blend (50g): \$11

THROAT TEA

A warm and soothing blend for a hoarse voice and a dry and scratchy throat. Contains Licorice root, Marshmallow root, Echinacea purpurea root, Orange peel, Cinnamon bark, Ginger root, Fennel seed, and Cloves.

HW002 Tea Blend (50g): \$11

ENERGIZER TEA

Uplifting and energizing, beautiful to look at, and deliciously tasty! Can be enjoyed either hot or iced. Contains Nettle leaf, Ginkgo leaf, Red Clover herb and blossoms, Meadowsweet herb, Calendula blossoms, Lavender flowers, Chamomile flowers and Scullcap herb.

HW003 Tea Blend (50g): \$11

TURMERIC CHAI

An exotic herbal chai spice blend with an added pinch of cayenne. Enjoy with milk. Contains Cinnamon bark, Ginger root, Turmeric root, Cardamom, Fennel seed, Cloves, Black Pepper and Cayenne powder.

HW004 Tea Blend (50g): \$11

MY GUARDIAN ANGEL TEA

Full flavored with a rich yet smooth and mellow taste. Blended to help support your natural resistance all year round. Contains Peppermint, Elder flowers, Rosehips, Ginger root, Anise seed, Thyme, Calendula flowers, and Yarrow herb.

HW005 Tea Blend (50g): \$12

NIGHT TIME TEA

Relax with this full flavoured blend at the end of the day. Contains Lemon Balm, Hibiscus flowers, Skullcap, Passionflower, Hops flowers, Valerian root, and Lavender flowers.

HW006 Tea Blend (50g): \$11

MEGA VOLTAGE TEA

A morning jolt without the caffeine! Our own blend of 8 organic herbs and spices. Helps to fight the flu and colds too! Contains Ginger root, Cilantro leaf, Fennel seed, Sage leaves, Cardamom, Nutmeg, Cinnamon bark, Anise seed.

HW012 Tea Blend (50g): \$14

MY FEEL GOOD™ TEA

When the children are feeling a little off, maybe with the chills or a cold, this simple blend of four garden herbs is just what is needed to brighten up their day. The taste is minty and yummy, with a nice orangey colour. Grown ups like it too! Contains Lemon Balm leaves, Peppermint leaves, European Elder berries, Dog Rose hips.

HW014 Tea Blend (50g): \$14

GOT MY BACK™ TEA

This tea protects you when you need it — like having your own personal bodyguard! It's a very nice tasting blend of five herbs known for their protective qualities. Not bitter or medicinal at all. Just a clean, well-balanced taste. Contains Echinacea, Peppermint leaves, European Elder berries, European Elder flowers, Yarrow, Ginger root.

HW017 Tea Blend (50g): \$16

FAIRY TALE TEA

A customer favourite! A rich blend of aromatic flowers with a hint of mint. Can be enjoyed hot or cold. A truly delicious brew worthy of fairies everywhere. Contains Calendula, Meadowseet, Red Clover herb, Spearmint, Lavender, Lemon Balm, Catnip, Oatstraw, Lemon peel, Skullcap, Chamomile, and Thyme.

HW019 Tea Blend (50g): \$12

CHOCOLATE CHAI

Exudes decadence with every sip. Chocolate chai brings the richness of dark chocolate to the silky smoothness of Rooibos tea. Contains Rooibos tea, Ginger, Cardamon, Chocolate chips and Chocolate flavouring.

HW031 Tea Blend (50g): \$12

TULSI TEA PLUS

Throughout India Tulsi is acclaimed as "The Queen of Herbs." It is base of this delicious nourishing tea blend of Tulsi Basil, Mint, Rose petals, Jasmine blossoms, Cardamon, Star Anise and Citrus.

HW032 Tea Blend (50g): \$16

BREATHE CLEAR TEA

Sweet and succulent with a honey-like linger. It is a rich blend of nine roots and spices that warms the body and soul. Contains cassia cinnamon bark, fennel seed, ginger root, licorice root, orange peel, elecampane root, echinacea root, marshmallow root and white oak bark.

HW035-001 Tea Blend (50g): \$11

WICCAN BREW

A tonic blend designed for health, happiness and harmony. Floral and fruity, the luscious taste and feel connect us back to our natural selves. Contains Raspberry leaf, Nettle, Lemon peel, Vitex, Lemon Verbena, Linden flower, Cinnamon, Rose petals and Stevia.

HW035-032 Tea Blend (50g): \$11

GET SMART TEA

A blend of herbs that work together to help stimulate the mind and improve concentration and memory. Contains Peppermint, Gotu Kola, Lemongrass, Ginkgo, Calendula, Siberian Ginseng, Licorice, Damiana and Fo Ti.

HW035-034 Tea Blend (50g): \$12

EARL GREY ROOIBOS TEA

A smooth and sweet tea with floral undertones and a subtle citrus finish. Contains carefully fermented Red Rooibos with a touch of Bergamot Citrus essential oil to give a distinctive Earl Gray taste. Caffeine-free.

HW035-039 Tea Blend (50g): \$12

PINEAPPLE-PAPAYA SENCHA

Exotic flavours and colours make this tea a unique pleasure to brew and partake. It has Chinese Sencha as its base, a green tea with slender leaves that delivers a yellow cup and a naturally sweet flavour. Added are pineapple pieces and natural papaya flavour, plus a sprinkling of cornflower petals for colour. A sensational tea!

HW035-043 Tea Blend (50g): \$11

RENESSANCE™ TONIC TEA

Rene Caisse's famous tonic tea prepared according to Dr. Gary Glum's recipe. Our blend contains high quality organically grown or wildcrafted herbs mixed exactly to Dr. Glum's directions. Contains burdock, slippery elm, sheep sorrel and Chinese rhubarb (also known as 'Turkey rhubarb').

N5000 Tea Blend (50g): \$22

N5000 Tea Blend (1kg): \$210

MRS. RICHTER'S SPECIAL HERBAL TEA

Exquisite blend of five herbs, painstakingly harvested and dried in Mrs. Richter's special way. Its unique flavour and aroma will please all who try it. Both refreshing and relaxing — a special delight for anytime.

N7000 Tea Blend (50g): \$15

Ordering Information

What is the minimum order?

Except for plants, there is no minimum order. The plant minimums are: Potted plants: 6; Plug Packs: 2; Plug Trays: 1; Colosso plants: 2.

What shipping charges apply?

Please visit our website for details about shipping charges: www.richters.com/ordering-and-shipping.

What are the applicable taxes?

No taxes apply to U.S. and international orders. For customers in ON add 13% HST. For customers in NB, NL, NS and PE add 15% HST. For customers elsewhere in Canada add 5% GST.

What payment methods do you accept?

Cheque or money order in either Canadian or US currency, or Visa and Mastercard credit card. Interac e-transfer in Canada. No COD orders accepted.

Do you accept returns?

All perishable goods such as seeds, rootstock, bulbs and plants cannot be returned. With prior authorization, all non-perishable goods may be returned for credit. A 20% re-stocking charge will apply. Contact customer service for authorization.

How do you handle back orders?

Perishable seeds, rootstock, bulbs and plants may be back ordered and shipped when ready. All back ordered items will be charged at time of order. Out of stock items will be back ordered if expected within a few months.

How will my order be shipped?

Seeds are generally shipped by mail, plants by UPS or Canada Post and all other items by surface mail. No matter where you live in Canada or the United States, we can deliver herb plants safely. We use our own custom designed shipping container that withstands the tough handling of today's delivery services.

When will my order be shipped?

We ship perishable items such as plants, bulbs, etc. when our weather permits. Seasonal items (e.g. short-lived seed or rootstocks) are shipped in season. The main plant shipping season is April to June. This may not coincide with the planting season in your area. Because of sheer volume in spring, some plant orders may not be shipped until early June. If you wish to specify an earlier shipping date on your order, we will try to accommodate you, but we cannot guarantee that date. We ship plants until October, weather permitting.

What if I have problems with my order?

Occasionally shipments are delayed, damaged, or lost in transit, or there may be packing, invoicing, or other errors. If you experience any issues with your order, please contact our customer service department and we will be happy to assist you.

What is the Healthy Plant Guarantee?

Our Healthy Plant Guarantee means that if your plants don't arrive in good condition, we're committed to making it right with a replacement, refund, or recovery support. Please inform our team and provide photos of any damaged plants within 48 hours of receiving your order.

How do I contact customer service?

By email at custserv@richters.com. Or call us at 1-800-668-4372 or 1-905-640-6677.



For Commercial Growers

Prices: While we try to hold the line on prices, in the face of fluctuating market conditions, we reserve the right to change prices without notice.

Billing: Plug trays are invoiced at 100% at time of order booking. Freight is also charged at this time. If paying by cheque, please include full payment including the freight charge with your order. Customers with established accounts with credit terms are billed at time of shipping.

Cancellations: Orders must be cancelled in writing. Because plug trays are planted to order there is no credit or refund if cancelled after 4 weeks. Plug tray orders will be fully credited or refunded if cancelled within 2 weeks of ordering; or 50% if cancelled within 4 weeks.

Delivery: Seeds are shipped year round, but some seeds are only available seasonally. Plug trays are shipped weather permitting and depending on availability. Please specify your preferred shipping date and we will do our best to meet your requirements, but we cannot guarantee that we will ship on that date.

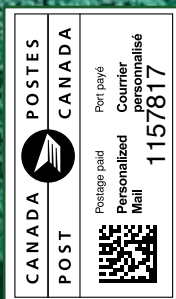
Shipping: Shipping method is at the discretion of Richters based on your location, cost and the time of year. Our standard method for plug trays is either Canada Post, select regional couriers, or UPS; for seeds and other goods, surface mail.

Pick up: If you opt to pick up your order a fee will be assessed if your order requires special packing.

Claims: Occasionally shipments are delayed, damaged or lost in transit. Claims must be made within 48 hours of delivery and claims for damage must be substantiated by photos emailed to custserv@richters.com (maximum 10MB email size). Richters Customer Service staff will be happy to assist you.

Phytosanitary certificates: CANADA: Not required. USA: Supplied free of charge for all seed and plant orders. INTERNATIONAL: If your country requires a phytosanitary certificate you will be notified and a fee will be charged.

Warranty: Richters guarantees plants to be healthy when shipped. Plants may vary in appearance depending on season and stage of growth. While we endeavour to supply only the highest quality seed and plant material, no warranty concerning the identity or productiveness of seeds and plants sold, or guarantee of delivery, is expressed or implied. Any liability is strictly limited to the purchase price; we do not assume responsibility for incidental loss.



NEW

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HARDY CHICAGO FIG page 23



CALENDULA page 12



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