

Dear Gardeners – Welcome to our 2018-2019 mail order seed catalogue, our 18<sup>th</sup>.

All our seeds are non-hybrid, open pollinated, non GE or GM, enabling you, if wished, to save your own seed.

It is a unique, personal collection with many rare varieties.

At Running Brook our growing environment is maritime with our 150 acre farm straddling high ridges and steep gullies of Kohekohe on the Awhitu Peninsula. A few kms to the west is the Tasman Sea, to the east and north lies the Manukau Harbour and in between a lot of wind blows.

Gardening here for well over 3 decades has been challenging and over time sturdy corrugated iron fences built and thousands of trees planted have softened the wind, in the gardens at least.

We now have around 35 acres of native bush protected in Queen Elizabeth II National Trust covenants as more land is retired from farming for reforestation. Multiple bird species call the gardens and surrounding environment home with wild and tame alike giving us much joy.

Our soil type is sandy brown loam affording excellent drainage, and with the extensive practice of integrated permaculture systems the gardens are enabled to grow a wide range of varieties. Just the best spring water with back up rain water gets the plants through the drier times.

As regular customers will have noticed over the years my collection of seeds has enlarged and now it takes up to 6 months or more to get all the gardens fully planted. All varieties are grown and tended by hand with maturing seed watched and hand-harvested for up to 9 months of the year. Hand grading and packing goes on year round – a real cottage industry for one person but thankfully I'm always able to call on hubby Paul if extra help is required.

I'm also grateful to my kind friends and neighbours Kiri & Ian for typing of the catalogue this year – one less job and more time in the gardens.

*Regards to all  
Stella*

### *Certified Organic?*

This catalogue is comprised of seeds grown within our permaculture gardens without the use of any chemicals or artificial fertilisers, organically grown – but not officially so.

### *Ordering*

Please see order form within this catalogue for details. When ordering, if you just list one or two alternatives it is appreciated, although generally we're able to fill orders exactly to requirements. Throughout the year though there are always the variables of seed stocks versus demand.

### *Phone contact*

Stella can be reached most evenings between 6.30pm and 8.30pm on 09 2359138 for confirmation of seed availability or other enquiries.

### *Seed packet prices*

All varieties are one price - \$4.50 per packet through our mail order catalogue.

P&P is \$4 for 4 packets or less,

Otherwise \$5 for 5 packets or more

### *Clevedon Farmer's Market*

We are in our 13<sup>th</sup> year at the busy, weekly Clevedon Farmer's Market, Sunday mornings 8.30 to 1pm except Easter, Christmas and New Year.

Our full range of seeds is available plus seasonally – rare seed potato varieties including different Maori types and produce from the gardens.

*To view Catalogue online, visit [www.kirianfarms.co.nz](http://www.kirianfarms.co.nz)*

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# ASIAN VEGETABLES

## BURDOCK

### **Takinogawa Long** *Arctium lappa*

The most popular cultivar grown in Japan, biennial plants require deep soils, smooth slender roots up to 1m long, valuable medicinal properties.

### **CELTUCE** *Lactuca sativa Angustana Group*

Large robust plants, young leaves eaten raw or cooked, thick tender stem is crisp and juicy, peel and slice and eat raw, stir-fried, sautéed, surplus leaves are handy bunched and hung for hens.

### **CHINESE SPINACH/TAMPALA** *Amaranthus tricolor*

Leafy annual to 1m+, green-purple leaves, sweet tangy flavour when young, high in vitamins + protein, plants love a hot site and well manured soil.

### **MIZUNA** *Brassica rapa*

#### **Green**

Abundant green serrated leaves for salads or stir fries, plants are best during the moist spring and autumn seasons, also known as Japanese greens.

#### **Red Coral**

Delicious finely serrated dark-maroon leaves, this Japanese mustard is sweet and tender, mild mustard flavour giving any salad a lift.

#### **Red Coral Wide Leaf**

Very productive form of mizuna, dark maroon-burgundy leaves, sweet and tender, wonderful mustard flavour.

### **PERILLA PURPLE** *Perilla frutescens*

Shiso has reddish-purple aromatic leaves, used to flavour and colour pickled ume plums and much more, pretty plants to 60cm over summer.

### **TAT-SOI** *Brassica rapa chinensis*

Compact plants, layered dense rosettes of dark green white-stalked spoon-shaped leaves, harvest single leaves or whole plants for salads or cooking greens, cold hardy, ideal from spring and autumn sowings.

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## ASPARAGUS

*Asparagus officinalis*

### **Sweet Purple**

This long lived perennial produces large purple spears by year 3, excellent flavour, feed well.

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# BEANS

## **BROAD BEANS** *Vicia faba* 20 Seeds

### **Broad Windsor Long Pod**

Large seeded cultivar, excellent flavour, robust plants to 1m+ tall, long wide pods to 20+ cm oblong flat light-green beans.

### **Bryce's Giant Pea**

Tender round-oval pea-green beans, pods to 12cm long, plants to 1m+ tall, extremely rare selection from Nintoku Giant.

### **Crimson Flowered**

Beautiful old variety popular in England, stunning crimson blooms loved by bumblebees, medium sized green pods and seeds, plants to 1.5m tall.

## **CLIMBING BEANS** *Phaseolus vulgaris*

20 Seeds

### **American Pea Beans**

Pea-beans have fat round, white seeds from 10cm long green pods, eat them three ways – green beans, shell outs or dried, very good flavour, vigorous and prolific vines.

### **Black-Eyed Peas** *Vigna unguiculata*

Green snake-like pods to 20cm long used fresh or as shell outs, or sprouts from dry seeds, vining plants enjoy a warm site.

### **Borlotti**

Strong, easy to grow plants, let pods ripen and dry on vines or pick when pods are leathery for delicious, colourful shell out beans, vines crop well.

### **Cherokee Trail of Tears**

Historic bean of the Cherokee Nation, taken with them over the Trail of Tears when forcibly removed from their lands by the US Army in the 1800's, pods to 12-14cm long, dark green striped purple, excellent eaten as fresh green beans or as a shell out, black seeded, productive and vigorous.

### **Dalmatians**

These ever popular beans have a loyal following due to their fabulous flavour, mauve flowers, pods are light green streaked-purple, fleshy and tender, delicious.

### **Flagg**

Extremely rare, beautiful bean that originated with the Iroquois Indians, large flat seed with black and white streaks, as dried beans they cook quickly, use in soups and stews, productive vines are adapted to short seasons.

### **Good Mother Stallard**

Heirloom from the mid-western United States, very productive, drought-resistant variety, large plump attractive seeds are red-splashed creamy-white, very mild almost sweet flavor and meaty texture, retains colour and design after cooking, add onion, garlic and olive oil – superb.

### **Italian Green**

Vigorous, highly productive vines, flat green pods 10-12cm long are full of flavour, useful also as a shell out for bean salads and more.

### **Jeminez**

Delicious long broad straight flat beans that are green with purple-red stripes, string-less and high quality, vigorous vines are long cropping over summer.

### **Lazy Wife**

Originally a German variety introduced to America around 1810, round, light green, fleshy, stringless pods.

### **Mangere Pole**

Wonderful old variety originally grown commercially in the fertile soil of Mangere much of which is under motorways and industrial development in Auckland, tender flat green beans on very productive vines.

### **Paul Bunyon**

Vigorous, highly productive climber, large broad curved pods, green with distinctive purplish-brown markings, stringless when young, excellent flavour.

### **Romano Pole**

An Italian heirloom with renowned flavour, beautiful purple flowers, long large flat green pods, very productive vines.

### **Turkey Crow**

American heirloom, first cultivated by a hunter who'd removed a bean seed from the gizzard of a turkey, green pods to 10cm long, ideal eaten fresh or for dried use, seeds are frosted buff with brown, vigorous productive vines.

### **Yellow Croatian**

Vigorous, high yielding vines, long flat golden yellow pods to 20cm. Lovely seasoned with butter and pepper.

### **Yoeme Purple String**

Heat tolerant, prolific variety from Mexico, eaten as a fresh green bean, a shell out or dried, seeds are a beautiful purple on beige.

## **DWARF BEANS** *Phaseolus vulgaris* 20 Seeds

### **Anasazi**

Identified as one of the few crops cultivated by the Anasazi cliff dwellers and a strain of Jacob's Cattle beans, white seed is prominently splashed maroon, ideal for baked beans with a sweet flavour and meaty texture, heavy cropping plants are unruly and require 1m wide rows.

### **Cherokee Wax**

Long round yellow beans just keep coming, tender and string-less when regularly picked young, plants are heavy bearing cropping over many weeks.

### **Cowpeas** *Vigna unguiculata* 20 Seeds

Productive, heat loving, short self-supporting bean vines, beautiful large purple flowers, snake-like narrow pods to 15cm, eaten fresh, shell out or dry.

### **Green Pencil**

Slender, green pencil-shaped pods to 9cm, tender, stringless with excellent flavour, abundant cropper all summer long.

### **Hawkesbury Wonder**

An old Australian cultivar, very productive plants, long straight round pods 15-20cm, tender, string-less with excellent flavour.

### **Mini Beans**

Delicious green mini pods to 5-6cm, use fresh or for dried beans, productive bushy plants, keep well picked.

### **Purple Tee Pee**

Small productive plants enjoy a warm sheltered site, rose-pink flowers followed by deep purple pods, excellent flavour.

### **Top Crop**

A favourite home garden choice since 1950, long round light-green pods 12-15cm, good flavour, ideal for freezing and successional sowings.

### **Zuni Shakalo**

A beautiful and unusual heirloom from Mexico, amazing Appaloosa patterned seeds, plants are best with a slightly wider spacing between rows, use as a shell out or dried bean.

## **EDAMAMES**

### **Soya Beans** *Glycine max*

Sow in October and by March plants will be 1m tall requiring light support, they bloom with shortening days (Feb/Mar) rapidly followed by pods, eat as Edamames or mature for soya milk, tofu etc.

## **LIMAS**

### **Christmas Limas** *Phaseolus lunatus* 15 Seeds

Best grown in our NZ climate as an annual, broad flat green pods to 8cm, stunning buff splashed crimson seeds which are large and flat with a delicious chestnut flavour, extremely vigorous productive vines to 3m, plants require a hot sheltered site and a long season to be at their best, fabulous in my greenhouse over summer.

### **Persian Lima** *Phaseolus lunatus* 15 Seeds

Vigorous vines produce bunches of pods with beautiful purple lima beans inside, start seedlings early in the season with protection and a very hot site, abundant.

## **RUNNER BEANS** *Phaseolus coccineus*

15 Seeds

### **Painted Lady Runner**

Lovely bi-coloured red and white blooms, wide green 15-20cm long beans with very good flavour and are at their best picked young.

### **Scarlet Runners**

Very long podded variety grown by my late Aunty Thora for over 50 years, strong reliable vines, picked young and tender they're delicious.

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## **BEETROOT** *Beta vulgaris*

### **Cylindra**

A unique long cylindrical beet ideal for salads and bottling as the slices fit economically into jars, smooth dark crimson flesh, up to 20cm long, happy to grow spring, summer and early autumn all the while maintaining a sweet flavour and tender flesh.

## **BROCOLLI** *Brassica oleracea*

### **De Cicco**

Wonderful old Italian cultivar, excellent flavour, reliable stout plants mature heads at different times thereby extending the harvest.

### **Purple Sprouting**

Large plants from spring and summer sowings, 220 days, numerous small purple heads, tender and sweet, turning green when cooked, happy to overwinter as it is extremely hardy, edible leaves and stalks also.

## **CABBAGE**

### **Cabbage Dalmatian** *Brassica oleracea*

A tender loose-leaf cabbage with excellent flavour, delicious raw, easily grown in good soil from spring and autumn sowings.

## **CAPSICUMS – SWEET PEPPERS** *Capsicum annuum* 20 Seeds

### **Chinese Giant**

Wonderful American heirloom first offered in 1900, huge sweet fruits turning from green to Chinese red, plants are best supported with short stakes.

### **Corno Rosso**

Vigorous branching plants, long large tapering fruits up to 15cm ripening from green to red, very productive.

### **Friggitello**

Productive branching plants, blunt-ended 10cm long thin-walled red fruits, ideal for roasting whole or stuffing.

### **Jimmy Nardello**

Bushy, productive plants to 60cm, long thin sweet red fruits 10-12cm, ideal sliced into salads or stir fries.

### **Marconi Red**

Long bright red fruits to 30cm on productive plants 1m+ tall, this Italian heirloom is excellent raw or cooked, plants are best supported with short stakes.

### **Small Orange Fox**

Compact, hardy plants up to 60cm tall, heaps of small-medium rich orange 5-6cm long fruits, delicious sweet flavour, this variety was shared with me by a Russian friend Natasha.

### **Small Red**

So popular and deserves to be, bushy plants produce early in the season and for me are still cropping well into June, bright shiny red fruits 5-6cm long, variable shapes, ideal sweet choice for salads, retaining their beautiful colour when cooked.

### **Sweet Chocolate**

Branching plants bear fleshy rich milk-chocolate brown fruits, sweet and tasty, flesh is brick red, tolerant of cool nights.

### **Tomato Paprika**

Rare Hungarian variety dubbed the Vitamin C pepper, productive plants, flattened deeply coloured scarlet fruits, thick sweet flesh is delicious raw, our sweetest variety.

### **Yellow Banana**

Pre-dating 1941, this old reliable variety is extremely productive, long sweet waxy-yellow fruits will become red if left on the plants, ideal for salads or BBQ's.

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## **CARROTS**

### **Egmont Gold** *Daucus carota sativus*

NZ heritage variety bred by Arthur Yates & Co in Kerikeri last century, long tapering golden-orange roots, excellent flavour cooked, nutritious edible tops chopped finely into salads etc, carrot-fly resistant variety, carrots benefit from being earthed up gently as they grow.

## **CELERIAC**

### **Giant Prague** *Apium graveolens*

A close relative of celery with the swollen ball-like stem being eaten in many ways, plants require rich moist soil, remove lower leaves of plants as they grow.

## **CELERY** *Apium graveolens*

### **Green Stemmed**

Growing well from spring sowings into the heat of summer and from early autumn sowings into winter, tender stalks are harvested as required.

## **CHIA** *Salvia Hispanica*

### **Black Seeded**

Easily grown native of Central America, plants 1m+ tall, purple flower spikes, excellent source of nectar for bees and bumblebees, brittle stems so provide support or shelter, nutritious seeds are easily rubbed out from mature dry flowerheads.

## **CHICKORY, ENDIVE & RADICCHIO** *Cichorium intybus*

### **Perennial Green Curled**

Prolific green loose-leaf variety, best sown spring or early autumn, blue-mauve blooms very attractive to bumblebees, plants die away over winter, new growth begins again early spring.

### **Radicchio**

Cool weather loving plants, best from spring and autumn sowings, most plants form deep burgundy-red heads after 10 weeks or so.

### **Red Treviso**

Initially green if grown in hot weather, harvest those leaves once plants are established, 2<sup>nd</sup> growth produces tall bright red cone-shaped heads.

### **Scarola Cornetta d' Bordeaux Endive**

Fine old French cultivar, hardy cold tolerant plants, large broad green leaves can be picked individually or let form good sized heads.

## **CHILLIES – HOT PEPPERS** 20 Seeds

### **Cayenne** *Capsicum annuum*

Bushy plants 1m+ tall, bright red fruits 10cm long, very productive, medium to hot.

### **Jalapeno** *Capsicum annuum*

Blunt-nosed glossy red fruits 7cm long and 3cm wide, very pungent, dark green upright bushy plants, relatively hardy, named after the Mexican city Jalapa, medium heat.

### **Rocoto Manzano Red** *Capsicum pubescens*

One of the oldest domesticated plants dating back 6000-8000 years, growing huge in an ideal sheltered site they are also the most cold tolerant variety, fleshy red small-apple shaped fruits, abundant crops from late summer well into winter, great for chilli sauce 30,000-60,000 SHU.

### **Thai Hot** *Capsicum frutescens*

Bird's-eye type to 1m tall, multiple upright branches, erect thin pointy red fruits 2-3cm long, thin walled, easily dried and ground, very hot.

## **CINNAMON YAMS** *Dioscoreaceae*

5 bulbils

Cinnamon yams can be grown in cooler conditions than larger tropical varieties, start from small bulbils in spring, provide a warm site and support for vines, attractive narrow heart-shaped leaves, carefully dig tubers once vines have dried back in autumn, long club-shaped tubers, always peel before cooking well (use disposable gloves when peeling).

## **CORN & MAIZE** *Zea mays* 60 Seeds

Our non-hybrid corn varieties are some of the most endangered seeds on earth, pervasive modern corns are the most in-bred, sugar enhanced, G.E'd crops on earth!

### **Early Gem**

Early maturing plants, light yellow kernels, sweet, excellent flavour, ideal variety for successional sowings.

### **Golden Bantam**

Short, sturdy plants, 2 yellow tasty cobs each, a very old variety highly suitable for smaller gardens, successional sow for extended summer harvests.

### **Hawaiian**

Extremely rare variety, tall plants produce 2 large yellow cobs each of excellent quality and flavour, striking in flower as silks and tassels are often deeply coloured burgundy-pink.

### **Hopi Blue**

Beautiful blue-black kernels on large cobs when mature, 2 per plant, ideal corn for grinding for polenta or flour, good to eat fresh when cobs are still at milky-white stage, hens adore surplus kernels, long season variety.

### **Indian Corn Red & White**

Plants to 1.8m tall with colourful tassels and silks producing 2 large corn cobs each, large red or white kernels or a mix of both, decorative or grind for polenta, corn meal etc, flinty/flour mix in each kernel, excellent flavour.

### **Rainbow Inka**

A full flavoured sweetcorn with an amazing variety of multi colours per cob, 2 per plant, long season, bred from many ancient lineages of corn.

### **Silver Platinum**

Delicious white full of flavour sweetcorn, cobs 15-17cm long, striking streaked red and green stalks and sheaths.

### **Strawberry Popcorn**

Short conical cobs up to 5 per plant, small dark red kernals that pop white, once harvested and dried popping ability improves after some months of storage, plants to 1.5m, highly decorative variety.

### **White Maize**

Tall robust plants to 2m+, large cobs with white kernals can be eaten young, best matured and dried for grinding, excellent for tamales, polenta, cornbread etc with a delicious flavour, hens also love it.

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## **CUCUMBERS** *Cucumis sativus* 20 Seeds

### **Apple – Peggy's Selection**

Old-fashioned crisp creamy-white oval fruits, eat peel and all when very young, abundant.

### **Gherkin Early Russian**

Originally bred for the American prairies, heavy cropping plants, suitable as cucumbers also.

### **Lebanese**

Wonderful popular old variety, sadly most commercial seed is now F1, not ours! Green tender skin on long fruits, productive in rich soil with moisture and full sun.

### **Lemon**

First introduced in 1894 as True Lemon and known in England as a NZ variety, round yellow fruits, great cucumber flavour, abundant.

### **Port Albert**

Torpedo-shaped creamy-yellow fruits to 10cm long, very good flavour, rich compost and full sun is what all cucumbers love to be at their best.

## **EGGPLANTS** *Solanum melongena* 20 Seeds

### **Black Beauty**

Bush plants produce medium to large, oval, deep-purple smooth-skinned fruits, excellent flavour, fruits hold well after picking.

### **Edirne Purple Stripe**

Vigorous productive plants, 12-15cm long rich-purple and cream striped fruits, a wonderful old variety originally from Turkey.

## **FENNEL FLORENCE** *Foeniculum vulgare*

Large swollen bulb at base of leaf stalks is crunchy and sweet with aniseed flavour, great for salads, plants are best spring and autumn in deeply dug rich soil.

## **FENUGREEK** *Trigonella foenum-graecum*

30-60cm tall annual belonging to the Pea family, Mediterranean native, eaten since ancient times, mature dry pods are easily opened to harvest aromatic seeds.

## **GOURDS**

### **Bottle/Hue** *Lagenaria siceraria* 12 Seeds

Large, heat loving annual vines, can be grown with support or on the ground, harvest gourds once vines die back, air dry on a warm sheltered outside deck all winter, excellent for large handled ladles, scoops etc or carved.

### **Long Necked Dipper** *Lagenaria siceraria* 15 Seeds

Large, heat-loving white flowered annual vines, long necked fruits to 1m+, harvest mature gourds when vines die back, dried fruits can be used for dippers, ladles etc.

### **Loofah Smooth** *Luffa cylindrica* 20 Seeds

Smooth luffas are grown the same way as angled luffas except fruit are usually left to mature, this generally takes 4-5 months from planting, dried fruits are peeled and washed and then used as sponges.

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# GREENS, GREENS, GREENS !

## **ALEXANDERS** *Smyrniolum perfoliatum*

Blanched or raw young shoots and leaf stalks are eaten with a fresh celery flavour, also for soups, sauces and stews, dried seeds are ground and used for extra flavouring, ancient green, biennial plants to 1m tall in flower, also known as Black Lovage.

## **AMARANTH** *Amaranthus retroflexus*

Annual herbaceous plant best grown over summer, use young leaves for juices and salads or add to cooked mixed greens, edible black seeds are ground and added to porridges.

## **AMERICAN LAND CRESS** *Lepidium sativum*

Wonderful hardy plants especially over winter for abundant dark green leaves high in antioxidants, peppery-cress flavour, use for juicing, salads or cooking greens.

## **ARUGULA**

### **Italian Wild Rustic**

Known in Italy as rucola selatica or wild rocket, tender, pungent serrated leaves are delicious in salads, very productive short-lived perennial will grow almost year round, let plants bloom as bees adore the flowers. Self sows.

## **CAIGHUA** *Cyclanthera pedata* 15 Seeds

Small leafed vigorous vines to 1.5m, hardy, clusters of yellow flowers that are very attractive to bees, small green slightly spiky fruits 3-4cm, bean-cucumber flavour, eat raw or stir fried, older fruits are de-seeded and sliced or stuffed, prolific crops over summer, edible leaves.

## **CORN SALAD** *Valerianella locusta*

Small compact plant, smooth green narrow leaves, harvest whole plants young or pick individual leaves as required, ideal cool season crop.

### **Rapunzel**

Larger leafed, darker green variety of the common corn salad enjoying the same cool conditions, given to me by a German lady many years ago.

## **DANDELIONS** *Taraxacum officinale*

Use leaves, flowers and roots for salads (pesto-yum), cooking greens, juicing, wine, marmalades, coffee and more, treated as a vegetable and grown with compost etc, the plants produce abundantly.

## **DOCK** *Rumex crispus*

Valuable perennial plants, very young green leaves are used as vege (always taste first for low levels of oxalic acid), seeds are ground for use in flours, many medicinal uses.

## **DWARF MELLOW** *Malva neglecta*

Small low-growing slightly fuzzy-leafed plants containing a powerhouse of benefits, can be used in salads, pesto, juices and more.

## **EDIBLE CHRYSANTHEMUM** *C. coronarium*

Mediterranean native, prized cool season green in Asia known as Shungiku, plants to 1m tall, use mild flavoured leaves raw or cooked, dry flower buds for herbal teas.

## **GARDEN KRESSE** *Lepidium sativum*

Productive light-green leafy plants growing 20-30cm tall, use tasty leaves 5-10cm long in salads or smoothies, plants can easily be grown in tubs.

## **GIANT RED SALAD MUSTARD** *Brassica juncea*

Wine red-green leaves that are great on sandwiches or used in cooking greens, fresh mustard flavour, plants do best in cooler conditions.

## **GOOD KING HENRY** *Chenopodium bonus-henricus*

The young leaves are always cooked and eaten as a pot herb mixed with cabbage, chard or spinach, plants die back after flowering and reappear in spring.

## **HERBA STELLA or MINUTINA** *Plantago coronopus*

Young leaves are blanched and used in salads, in Italy they are used in a mix of wild and cultivated salads greens that originated in the Marche region.

## **LAMBS QUARTERS**

### **Magentaspreen** *Anenopodium album*

Plants can grow very large and tall over summer, plentiful tasty attractive magenta-green leaves, high brix, use in salads, soup, stews etc., a distinct strain from California where it's grown for the San Francisco restaurants.

## **LOVAGE** *Levisticum officinale*

Leafstalk and stems are eaten like celery, an aromatic tea is made from the dried leaves or grated roots, young leaves into salads etc. and the seeds can be ground, plants are best in deep moist soil, perennial.

## **MINERS LETTUCE** *Montia perfoliata*

Small green dense-leafed plants, succulent leaves, stems and flowers, excellent in mixed salads or mesclun, plants enjoy cool moist spring and autumn weather.

## **PLANTAIN NARROW LEAF** *Plantago minor*

Narrow leafed form also known as ribwort, very productive in good soil, harvest tender young leaves as a vege, edible seeds, medicinal uses.

## **PLANTAIN WIDE LEAF** *Plantago major*

Wide leafed variety preferring a rich moist site, use tender young leaves for juicing or as a pot herb, edible seeds, medicinal uses.

## **PURSLANE** *Portulaca oleracea*

Ground hugging summer-loving, succulent, small-leafed plants, the leaves and stems are rich in Omega 3 fatty acids, the highest in the plant world, can be grown in hanging baskets.

## **ROCKET** *Eruca sativa*

Young leaves have a distinct pungent flavour, best planted in spring and autumn as they run to flower with long hot days.

## **SALTY ICE PLANT** *Mesembryanthemum crysallinum*

Slightly crinkled, somewhat salty, light green leaves are eaten raw in salads, boiled in mixed greens or made into pickles, low growing perennial plants prefer full sun, frost tender.

## **SELF HEAL** *Prunella vulgaris*

Low growing, small-leafed plant, purple flowers all summer are highly attractive to bumblebees, edible leaves and shoots are used raw or cooked.

## **SHEEP SORREL** *Rumex acetosella*

Small, lemony-sour leaves are great in salads etc; folks in the Carpathian Mountains traditionally used them to curdle milk for cheesemaking, very valuable medicinally, plants grow best in a light soil with mulch and form small colonies by way of runners.

## **SHEPHERD'S PURSE** *Capsella bursapastoris*

Small low growing, rosette forming plants, pick green, young, deeply divided leaves for salads, juices or cooking, medicinal properties.

## **STINGING NETTLES** *Urtica urens*

One of the most valuable of the ancient greens, delicious flavour when cooked (harvest with tongs and scissors), plants up to 60cm tall over summer, for rapid relief for an unintentional sting rub with a crushed dock leaf.

## **TREE MALLOW** *Malvaceae*

A powerhouse of a plant up to 2m tall, masses of slightly fuzzy edible green leaves, small pretty mauve flowers in summer and highly attractive to bumblebees, many edible and medicinal uses, mallow leaves are sold as a commercial tea in many places around the world and taste as good or better than commercial black tea.

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## **KALE** *Brassica oleracea*

### **Cavolo Nero**

Long dark green strap-like leaves, popular in Tuscany and central parts of Italy, used in soups and stews, very hardy plants to 1m tall.

### **Portuguese Tronchuda**

Vigorous plants, large flat tender leaves and stalks, excellent for coleslaw or cultured plus lightly cooked, used for the national soup of Portugal – caldo verde.

### **Ragged Jack**

Old-fashioned, branching, ideal for spring and summer growing, abundant crinkled blue leaves, mauve stems, flower buds similarly used to broccoli.

### **Squire**

Productive plants up to 60cm tall, curled green leaves are ideal cooked, juiced or for making kale chips, this old borecole variety is happy to grow year round.

## **LEEKS** *Allium ampeloprasum*

### **King Richard**

Tall high yielding summer and autumn variety, long white stems, green leaves, not suitable for areas with very cold winters.

## **LETTUCE** *Lactuca sativa*

### **Amish Deer Tongue**

Very old green butter-head cultivar, distinctive crisp long tongue-shaped leaves, plants grow well over summer.

### **Brown Golding**

Found to contain 3 times the Vitamin C of typical summer lettuces, medium sized heads, small red-tinged leaves, very sweet and crunchy.

### **Green Cos**

Tall upright-leafed Romaine type to 30cm, most tender when young, ideal grown spring into summer.

### **Green Oak Leaf**

Vigorous, ever popular loose-leaf salad variety, tender cut and come again leaves.

### **Merveille de Quatre Saisons**

Dark reddish-brown butterhead with flavourful, tender leaves, also known as Marvel of Four Seasons and first listed in 1880.

### **Mescher**

Dating back to the 1700's, a Schweitzer family heirloom from Austria, small tight crisp heads of green leaves ringed with red, excellent appearance and flavour, enjoys cool weather.

### **Odells**

A little gem type lettuce with narrow upright green leaves, tender, excellent flavour, great for 1 or 2 servings or pick individual leaves from a number of plants for an extended harvest.

### **Prizehead**

Large plants, wide slightly frilled leaves, outer leaves lightly tinged red, inner leaves green, crisp and tender, great over summer.

### **Red Cos**

Tall heading cultivar, tender brownish-red leaves, very good flavour, heat and cold tolerant, also known as Rogue d'Hiver.

### **Tree**

Growing up to 1m+ tall, cold tolerant cultivar, ideal for winter, harvest green oak-like leaves from individual plants, very productive.

### **Yugoslavian Red**

A peasant family heirloom from Marburg, productive reddy-green leafed butterhead, easy to grow from spring to autumn.

## **LUPINI** *Lupinus albus* 10 Seeds

Branching plants to 1m tall produce numerous pods, once seeds inside mature they're soaked for 2-3 days, then cooked and eaten, used in soups, or toasted + salted as they do in Egypt and enjoyed as snacks.

## **MILLET**

### **Foxtail** *Setaria italica*

Sacred in China as early as 2700BC and known to the Lake Dweller in Europe, robust annual 1-1.5m tall, erect in florescence, spike-like to 30cm, ripe seed is easily rubbed from dry heads, can be ground or used for birdseed.

## **ONIONS** *Allium cepa*

### **Pukekohe Long Keeper**

Medium to large brown skinned bulbs, will often keep up to 7-8 months in storage, reliable and popular old variety.

### **Red & Brown Onion Mix**

This is a unique offering of long keeping red and brown heritage onions from Pukekohe, many of the genetics of the old varieties are being lost, this mix keeps them available.

### **Roja de Zalla**

Medium to large reddy-brown flattened bulbs, sweet, flavoursome and long keeping, very attractive when bunched.

## **PARSNIPS** *Pastinaca sativa*

### **Hollow Crown**

Introduced prior to 1852, reliable, smooth long tapered roots, direct sow into deeply dug warm moist soil.

## **PEANUTS** *Arachis hypogaea* 15 Seeds

### **Peanuts Red Skinned**

Compact bush plants love warm, moist soil over summer, weed them well, plants are lifted once died back in autumn, pods contain 3-4 kernals, peanuts used to be regularly grown in NZ, commercially also.

## **PEAS** *Pisum sativum*

### **PEAS SHELLING**

#### **Aldermans** 60 Seeds

These amazing old peas were an early introduction around 1878, large vigorous plants to 1.5m tall with the longest pods of all at 10-12cm, easily shelled out for delicious meals.

#### **Cesar's Purple Shelling** 60 Seeds

Rare and unique NZ bred purple podded shelling peas, 6-7cm long pods, tender and tasty peas inside, plants to 1m tall.

#### **Dutch Blue Shelling** 60 Seeds

Productive vines to 2m tall, very attractive flowers, pod out fresh as shelling peas or mature and dry for tasty soups.

#### **Dwarf Massey** 60 Seeds

Bush peas that are best with light staking, good crops of tasty peas, ideal variety for smaller gardens.

#### **Greenfeast** 60 Seeds

Maincrop shelling pea, productive old cultivar, plants 1m+ tall, tasty and tender peas.

#### **Onward** 60 Seeds

Very productive main crop variety, vigorous plants to 1m+ tall, well-filled blunt-nosed 7cm long pods, great for freezing.

#### **Oregon Trail** 60 Seeds

Productive maincrop variety, plants to 1m tall and powdery mildew resistant, tasty peas.

#### **Picket Fence** 60 Seeds

Large well-filled pods, very good flavoured maincrop peas, growing over 1m tall this is a selected tall offspring from Progress Peas originally bred by Thomas Laxton.

### **PEAS SNOW**

#### **French Mangetout**

Tall plants 1.5m+, pretty purple flowers, abundant harvests of green pods used young and flat for salad and stir fries, this strain originally from the Southern Seed Exchange.

#### **Golden Snow** 60 Seeds

Vigorous plants to 1m+ tall, abundant early cropper, tender golden-yellow pods are picked flat and tender, ideal for salads or snacking, known from the 18<sup>th</sup> century.

#### **Oregon Giant Snow** 30 Seeds

Huge flat green pods with a mild sweet flavour, very productive vines grow up to 1.5m tall.

#### **Purple Flowered Snow** 60 Seeds

A wonderfully prolific small podded snow pea, sow spring, early summer and autumn, plenty of extra flowers for salads too.



## PEAS SUGAR

### **Bohemian Sugar** 60 Seeds

Strong, tall plants to 1.5m, large sweet fleshy pods, heavy cropping in good soil.

### **Mega Sugarsnap** 30 Seeds

Productive plants up to 1.5m tall, harvest sweet, curved pods when peas inside have filled out, delicious raw for salads etc.

### **Sugarsnaps** 60 Seeds

Tall plants may reach 2m, crisp and sweet round tender pods, ideal raw or cooked, best from spring sowing.

## PEAS SOUP

### **Carlins** 60 Seeds

One of the oldest pea cultivars grown for its distinctive flavoured mottled-brown seeds, tall growing and productive, mature and dry pods on vines before harvest.

### **Marrowfats** 60 Seeds

Vigorous plants to 1m tall, plentiful pods, mature and dry on plants before harvest, shell out light-green starchy peas; to make "mushy peas" soak dried peas overnight, boil until tender which doesn't take long, toss with butter and salt to serve.

### **Tall Caupucijners** 60 Seeds

Strong tall plants may reach 2m, striking purple pods, mature and dry on plants, use shelled out dried peas for delicious pea soup.

### **Yellow Soup** 60 Seeds

Heavy crops of short pods with round yellow peas inside, commercially these become yellow split peas, plants to 1m tall, shell out dried peas from mature pods for sprouts or soup.

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## PUMPKINS, MARROW, SQUASH & ZUCCHINI

15 Seeds except where noted

### **Austrian Oil Seed** *Cucurbita pepo*

Grow your own delicious, healthy hull-less pumpkin seeds, big zucchini-like plants with short vines, let fruits mature then harvest fresh seeds, eat fresh or wash and air dry for long term storage.

### **Golden Nugget** *Cucurbita maxima*

A bush variety ideal for smaller gardens, up to 6-8 small light-orange skinned fruits per plant, long keeping.

### **Hopi Grey Winter** *Cucurbita maxima*

Distinctive grey oval "Hubbard" shaped fruits, 2-3kg, easily peeled, delicious buttercup flavour, ideal roasting, mashing or soup, very long keeping variety.

### **Jack Be Little** *Cucurbita pepo*

Bright orange mini pumpkin-shaped fruits, 6-8cm wide, great for roasting or decoration, small rambling vines can be closely (30cm apart) planted in well manured soil. Believed to be a long lost cultivar from the 17<sup>th</sup> century, JBL reappeared suddenly in the 1980's thanks to Larry Hollar of the Hollar Seed Co. in Rockyford, Colorado.

### **Kamokamo** *Cucurbita pepo*

Round or oval ribbed fruits, yellow/green striped skin, eat delicious young fruits when light green.

### **Marina di Chioggia** *Cucurbita maxima* 10 Seeds

Original tender-skinned Italian sea pumpkin, hefty dark-green knobbly fruits 2-4kgs, thick, firm, delicious bright-orange flesh, widely grown near Venice, long keeping.

### **Paporo** *Cucurbita pepo*

Vining plants produce delicious squash in abundance over summer, eat young and green at tennis ball size as zucchini, or mature, the oval 10 x 12cm fruits develop rich ochre-orange skin over deep green, great sliced and roasted, long keeping.

### **Red Kuri** *Cucurbita maxima*

Also called Baby Red Hubbard, this Japanese variety produces nearly globular fruits 2.5-3.5kgs, thick, dry, sweet yellow-orange flesh, excellent roasted or raw grated for salads, productive vining plants.

### **Spagetti Squash** *Cucurbita pepo*

Vegetable spaghetti originated in China, was commercialized in Japan and brought to America around 1936, productive vines, oval fruits to 3kg, mature on vines before harvesting.

### **Sunshine** *Cucurbita maxima*

Delicious red-skinned, orange fleshed 2-2.5kg fruits, excellent texture, good all rounder, edible skin, long keeping.

### **Triamble** *Cucurbita maxima*

Distinctive 3-lobed 1.5-3kg fruits, smooth grey-blue skin, best sliced and roasted skin and all, very long keeping, this strain used to be grown commercially near Dargaville.

### **White Vegetable or English Marrow** *Cucurbita pepo*

Large, vigorous semi-vining plants, abundant young green fruits are delicious eaten as zucchini, mature fruits are creamy-white, 40cm long and up to 2-3kg, long keeper.

## ZUCCHINI *Cucurbita pepo* 15 Seeds

### **Black Beauty**

Beautiful prolific plants, abundant dark green long fruits, for best fruit set grow at least 3 plants, this grand old variety has been available for 50 years.

### **Romanesco**

Large bush plants are very productive, long slightly ribbed green-striped fruits, distinctive Italian flavour, keep well picked.

### **Tromboncino** *Cucurbita moschata*

Delicious bright green snake-like fruits eaten around 25cm long, productive vining plants can easily be trellised, mature fruits reach 1m+ long and can be used in winter stews or casseroles etc.

### **White Patty Pan Scallopini**

Compact, highly productive bush plants, plentiful fruits are eaten very young, if left to mature they reach up to 18cm wide and can be sliced and added to the winter line up of roast veges.

## QUINOA *Chenopodium quinoa*

Extremely nutritious, easy to grow, delicious edible green leaves and colourful seed heads producing abundant quinoa grains, yellowish seed is easily rubbed free from mature dry heads, plants to 1.5m tall, best spring grown with shelter initially, our variety is Brightest Brilliant Rainbow.

## RADISH

### **Daikon** *Raphanus sativus*

Crisp white radish, 10cm to 30cm long, mildly pungent, great cooked in stir-fries, salads or cultured.

### **French Breakfast**

Popular easy to grow variety, harvest approximately 5cm in length or as required for a delicious addition to salads etc.

### **Misato Green**

Long cylindrical roots 15-20cm, bright green upper 2/3rds, white at base, prized for juiciness and sweetness, use roots and leaves in salads or cooked.

### **Round Black Spanish**

Succulent, round white-fleshed black-skinned European winter radish up to tennis ball size, mild in heat, good flavour, ideal as a cooked vege, grated into salads or for quick pickles.

## SALSIFY *Tragopogon porrifolius*

Long, slender, oyster-flavoured roots, grows easily with slender green leaves, very beautiful in flower with large purple blooms opening each morning and closing by noon, all parts edible.

## SORGHUM *Sorghum bicolor saccharatum*

### **Mennonite**

2m tall corn-like plants, stalks can be crushed and the juice used to make a light-coloured syrup, seeds can be ground to make porridge or fried cakes.

## SPINACH

### **MALABAR SPINACH**

#### **Basella alba**

Frost sensitive vine, thick large flat green leaves are mild-flavoured, it requires hot humid conditions to produce fast, luxuriant growth, brilliant

dark crimson-red juice from the flesh seed coat is used as an ink substitute in India, wonderful plant in my greenhouse over summer – so tropical but still producing some leaves right into June.

#### **Basella rubra**

Beautiful red stemmed form of Malabar spinach, large tender mild-tasting green leaves, as with the green form it can be grown outdoors in a hot sheltered site.

### **MOUNTAIN SPINACH** *Atriplex hortensis*

#### **Green Orach**

Tall annuals best from spring and summer sowings, tender mild tasting leaves, plants to 1.5m in flower, will self sow following spring.

#### **Red Orach Melde**

Brilliant red-leafed form, bushy to 1.5m tall, cook like spinach or use in salads or smoothies, one of Monty Don's favourite plants in his Jewel Garden.

### **NEW ZEALAND SPINACH** *Tetragonia tetragoniodes* 15 Seeds

Plentiful, fleshy, dark green leaves, large sprawling plants by mid summer in good soil, spring sown plants may continue on until cut down by frosts, NZ native.

### **STRAWBERRY STICKS SPINACH** *Chenopodium Foliosum*

An ancient heritage vegetable, ideal grown in tubs or as clumps, delicious light green leaves, edible slightly sweet red fruits.

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### **SPRING ONIONS MULTIPLYING** *Allium fistulosum*

70-80cm tall plants with round, hollow leaves and indistinct bulbs, easy to start from seed, quickly dividing into clump for repeated harvest, originally domesticated from Russia and Mongolia.

### **SWEDES** *Brassica napus*

Hardy vege sown spring and autumn, purple shoulders, yellow flesh, sweet rich flavour, green tops are used just like kale.

### **SWISS CHARDS** *Beta vulgaris*

#### **Perpetual**

Mild tender green leaves and stems, can be grown year round in mild climates, if allowed to flower and set seed new plants will readily self-sow.

#### **Sea Beet**

Long narrow dark-green leaves, narrow stems are pale green often with pinky-red streaks, very productive, a New Zealand heirloom from Akaroa.

### **TOMATILLO** *Physalis ixocarpa*

#### **Amarylla**

Extremely productive sweet yellow tomatillo, bushy plants around 50cm tall, firm ripe fruits with split husks fall to the ground over many weeks, eat raw in salads, make salsa or jam.

## **TOMATOES**

*Lycopersicon lycopersicon* 25 Seeds

### **BEEFSTEAKS**

#### **Firm favourites**

##### **Beefsteak**

Large red fruits to 500g, solid meaty flesh, very good flavour, indeterminate vines, popular old variety.

##### **Brandy wine**

Large pink-red beefsteak fruits, very distinct flavour, indeterminate, famous heirloom from 1895.

##### **Dwarf Cheviot Beefsteak**

Red 6-7cm wide fruits, flavourful, productive and vigorous plants, ideal in large tubs or raised beds, South Island heirloom.

##### **Jack Cider**

Large golden-orange smooth-skinned beefsteak fruits, outstanding flavour, productive indeterminate vines.

#### **Kellog's Breakfast**

Meaty yellow-orange beefsteak fruits, excellent flavour, large hardy vines require staking.

#### **Magnum**

Large red fruits over 500g, superbly flavoured, indeterminate plants have considerable disease resistance.

#### **Mrs Costello's Beefsteak**

Big red beefsteak fruits with excellent flavour, strong productive indeterminate vines, this variety has been growing well in Auckland for many decades.

### **BIG FRUITED**

**Full of flavour varieties for sandwiches, toast, bottling and more.**

#### **Abe Lincoln**

Large, smooth dark-red fruits, sweet solid flesh, indeterminate, American home garden favourite since 1923, productive.

#### **Aker's West Virginia**

Large smooth round red fruits, rich sweet flavour, heavy cropper, family heirloom from West Virginia USA, vigorous vines need staking.

#### **Bogatar**

Big, round red fruits on strong vines, very good flavour, a favourite of a Russian friend who kindly shared her seeds.

#### **Cherokee Purple**

Large fruited beefsteak, dark purplish skin with green shoulders, sweet and full of flavour, indeterminate vines.

#### **Dr. Walters**

Large, round, red fruits, very good flavoured solid flesh, ideal for slicing, bred in the South Island for colder conditions, hardy, indeterminate.

#### **Druzba**

Perfect red fruits 250-500g, great flavour, heavy cropper over an extended season, indeterminate.

#### **Earl of Edgecombe**

High levels of beneficial lycopene, round orange medium-sized fruits, very good flavoured firm, meaty flesh, indeterminate.

#### **Edith's Giant**

Deep red wide shouldered top-shaped fruits up to 1kg, very good flavour, lanky plants require extra support for such amazing fruits.

#### **1880's**

Large round deep pinky-red juicy fruits, excellent flavour, productive, indeterminate, believed to be the first tomato grown in NZ.

#### **Firesteel**

Large red round juicy fruits well flavoured, indeterminate vines with considerable disease resistance.

#### **Grosse Lisse**

Old fashioned German variety, big and bold, red, good-flavoured fruits, indeterminate.

#### **Homestead**

Medium to large red globe shaped fruits, firm meaty and flavourful, plants are resistant to fusarium wilt, a good selection for hot, humid conditions, strong semi-determinate vines.

#### **Hungarian Heart**

Huge pink oxheart fruits, delicious flavour, brought to the USA in 1901 from a village 20 miles from Budapest, productive vines need staking.

#### **Jeff Davis**

Large pink fruits up to 500g, creamy tasty flesh, large potato-leafed disease resistant plants, heirloom from southern USA, indeterminate vines.

#### **Marmande**

Medium to large irregularly shaped scarlet-red fruits, meaty, full of flavour, good cropper, resistant to wilt, vigorous semi-determinate vine from France.

#### **Moonglow**

Beautiful large round golden yellow fruits, high in beneficial lycopene, excellent flavour, indeterminate vines; for more information on the health benefits of eating raw yellow/orange tomatoes contact Mark Christensen, Research Director, Central Tree Crops Research Trust, 19 Downes Avenue, Wanganui 4501, [mark@christensen.co.nz](mailto:mark@christensen.co.nz)

#### **Mountain Princess**

Early ripening variety grown for generations in West Virginia, medium sized, red-orange fruits, excellent flavour, indeterminate.

### **Old Virginia**

Large, meaty red fruits, sweet and intense flavour, one to remember, American family heirloom, vines need staking.

### **Oxheart**

Familiar, large, smooth-skinned, pink heart-shaped fruits, very good flavour in years of high sunshine, contains beneficial lycopene, indeterminate.

### **Peron Sprayless**

Medium to large, deep globe-shaped bright scarlet fruits, solid flesh, very good flavour, reliably productive, highly disease resistant, first introduced from South America in 1951, indeterminate vines.

### **Potentate**

Medium to large, smooth, red globe-shaped fruits, very good flavour, heavy cropper, traditional glasshouse variety but fine outside also, indeterminate.

### **Queensland Red**

Large, flattened-globe red fruits, very good flavour, good all rounder, productive vines need staking.

### **Rutgers**

Medium to large bright red fruits, excellent for slicing with rich full bodied flavour, tolerant of a wide range of conditions, stake.

### **San Francisco Fog**

Medium round red fruits, good flavour, legendary variety well adapted to cool wet coastal conditions, indeterminate vines.

### **Schmeig Creg**

Excellent stuffing tomato with unusual boxy, stripey-red fruits, productive indeterminate vines.

### **Scotland Yellow**

Rich yellow 6cm wide fruits, very good flavour, productive indeterminate vines.

### **Thorpii**

Large red fruits with delicious Italian flavour from the Thorby family of Clevedon, NZ, strong indeterminate vines.

### **Yellow Delicious**

Flavourful medium to large yellow fruits, strong indeterminate vines need staking.

## **BLACK TOMATOES**

### **Sweet and full of flavour**

#### **Black from Tula**

Medium to large beefsteak fruits ripening rich blacky-red, excellent flavour, productive indeterminate vines.

#### **Black Krim**

Medium to large reddy-purple fruits, blackish shoulders are often cracked, delicious intense flavour, from the Isle of Krim on the Black Sea, up to 500g, strong vines need staking.

#### **Black Omega Cherry**

Unique to Running Brook this absolutely delicious variety produces abundant trusses of black ripening to rich-brick red 2-3cm fruits, very sweet, firm favourite, indeterminate vines.

#### **Black Plum**

Plentiful trusses of mahogany-red plum-shaped fruits, very good flavoured variety, indeterminate vines.

#### **Black Russian**

Medium to large round black-red fruits, sweet juicy flesh full of flavour, popular indeterminate variety.

#### **Japanese Black Trifele**

Rich full flavoured pear-shaped and sized fruits, high yields, one of the best black tomatoes bred in Russia, cold tolerant potato-leafed, indeterminate vines.

## **CHERRY TOMATOES**

### **For salads and eating out of hand**

#### **Christmas Grapes**

Bush plants, good flavoured, little bright-red cherry fruits, very productive from Christmas onwards.

#### **Gardener's Delight**

Small sweet full flavoured red fruits on numerous trusses, very productive, vines need staking.

### **Gold Nugget**

Small to medium round golden fruits, sweet and tasty, productive early ripening bush plants.

### **Humboltii**

An immensely productive truss tomato, each one carrying dozens of small sweet yellow fruits, excellent flavour, stake well.

### **Little Stuffer**

Sweet flavourful 2cm wide and long brick striped red fruits, great sliced raw and stuffed with cream cheese or cottage cheese as finger food, bred by Tom Wagner, indeterminate.

### **Pink Boy Cherry**

Unusual pink cherry-sized fruits, very good flavour, tall productive plants require staking, bred by Tom Wagner.

### **Red Cherry**

Small to medium red fruits, excellent flavour, vigorous indeterminate vines produce an abundance over a long harvest period, resists fruit worms and high temperatures, introduced prior to 1865.

### **Red Robin**

Stocky, dwarf, upright plants produce bright red cherry fruits, ideal for salads whole, or for snacking, great in tubs.

### **Sweetheart**

Unique glossy red 2-3cm wide heart-shaped fruits, multiple trusses can have up to x30 fruits each, just amazing laid out as a table centerpiece, lovely sweet flavour, stake well.

### **Sweet Yellow Tumbler**

Sweet yellow cherry fruits, produced all summer, low growing vines are ideal for tubs or raised beds, bred by Tom Wagner.

### **Yellow Canary**

Small sweet yellow fruits, excellent flavour, compact bush plants only 30-40cm tall, amazingly productive – a glimpse of yellow usually results in a bowlful regularly, ideal for tubs etc.

## **GREEN TOMATOES**

### **Flavoursome and sweet**

#### **Aunty Ruby's German Green**

Luscious green beefsteak fruits, juicy and sweet, ripe when fruits turn chartreuse and soften to touch, large vines need staking.

#### **Green Dragon**

Medium sized red and green striped round fruits, sweet and juicy, vines to 1m+ tall, stake.

#### **Green Zebra**

Very popular, medium sized round greeny-yellow striped fruits, delicious sweet flavour, stake.

#### **Lime Green Salad**

Productive dwarf plants to 60cm approximately, medium sized round full of flavour green fruits, ideal for salads or frying.

## **SALAD TOMATOES**

### **Productive and versatile**

#### **Acid Free Charlie Selection**

Medium sized pinky-red fruits 8-9cm in length, good flavour, indeterminate vines, stake.

#### **Bloody Butcher**

Early ripening potato-leafed variety, consistent crops of small to medium roundish red good tasting fruits, indeterminate vines.

#### **Chocolate Tom**

Medium sized, slightly flattened reddy-brown fruits ripen to smokey-red, excellent flavour, fresh and rich, shorter vines are best staked.

#### **Jaune Flamme**

Beautiful apricot-shaped heirloom, great flesh or for drying, retains deep orange colour, medium sized fruits, indeterminate vines.

#### **Judy's Red Truss Tomato**

Deliciously sweet 3cm long fruits, grape-like in trusses of 10-20, very healthy vines to around 1m tall.

#### **Kootenai**

Wonderful stocky bush plants, thin-skinned tasty red fruits 5-8cm wide, abundant cropper all summer, plus cold tolerant and early ripening.

### **Manyel**

Medium sized round clear-yellow fruits, excellent flavour, heavy cropper, good disease resistance tall vines, manyel means “many moons” in American Indian dialect.

### **Moneymaker**

Medium sized red round thin skinned fruits, solid tasty flesh ideal for salads etc, old English variety first listed in Australia in 1927, indeterminate.

### **Oregon Spring**

Excellent variety for early tomatoes, medium sized, round red fruits, great flavour, bush plants are tolerant to fusarium and verticillium wilts.

### **Purple Russian**

Long purplish shaped fruits, smooth, thin skinned, outstanding flavour and sweetness, very productive, originally from Irma Henkel of the Ukraine, indeterminate vines.

### **Russian Red**

Distinctive sturdy vines up to 1m tall, medium sized round red fruits, tasty, cold tolerant.

### **Stupice**

An early productive variety, small to medium slightly flattened juicy red fruits, originally from Czechoslovakia, stake vines.

### **Sweet William**

Small to medium sized red oval fruits, excellent flavour, tall productive vines need staking.

### **Tangella**

Intensely orange medium round fruits, great flavour, heavy cropper, indeterminate vines.

### **Tigerella**

Medium red/orange striped fruits, excellent flavour, productive English heirloom, indeterminate vines.

### **Yellow Pear**

First described in 1805 but believed to be much older, large vines can produce masses of small pear-shaped fruits, ideal whole in salads, indeterminate.

### **Yellow Plum**

Plentiful, sweet, plum-shaped fruits, ideal for summer salads, short-vined plants are still best staked.

## **THE ITALIAN TOMATOES**

### **Beefheart**

Heavily ribbed red fruits, great flavour, productive and early, Italy’s favourite tomato, also known as Granny’s Throwing Tomato, indeterminate vines.

### **Charlie Scott’s Wartime Italian**

Long, pinky-red fruits, excellent flavour, brought home to NZ as seeds in his socks after WWII, indeterminate, many thanks to Ross Wedge who shared this wonderful variety.

### **Costoluto Fiorentino**

Medium to large bright red fruits, excellent flavour, indeterminate, heirloom from Tuscany.

### **Cuor du Bue**

Large red Italian oxheart, very good flavour, productive indeterminate vines.

### **Dali**

Delicious old variety, large drop-shaped, pinky-red fruits, believed to be a strain of an Italian low acid, vines need staking.

### **Isle of Capri**

Italian heirloom with ribbed deep pink medium to large fruits, great flavour, tall vines need staking.

### **Italiano**

Medium to large pinky-red fruits, ribbed shoulders, wonderful savoury flavour, very good cropper, indeterminate.

*Please note: Dali, Isle of Capri and Italiano are all different strains of very similar tomatoes, but one may do better in your environment than another.*

### **Roma**

Long red oval fruits to 7cm, very good flavour, traditionally used for drying or paste, popular old variety, indeterminate.

### **San Marzano**

Vigorous vines produce long flat-sided, blunt-ended red fruits, mild flavoured, excellent drying variety by slicing in half to remove small seed cavity, indeterminate vines.

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## **FLOWERS**

### **ANNUALS & PERENNIALS**

Many of the flowers that grace our gardens are now naturalized and growing where they will. The benefits they confer on us and the insects with scent, colour, nectar and pollen are enjoyed most months of the year.

The old fashioned varieties contain pollen and reproductive ability as nature intended, unlike some varieties now so altered by man from their original form they offer nothing to the natural insect world.

### **ALYSSUM SWEET** *Lobularia maritima*

Cheerful familiar little plants happy to grow in warm cracks and crevices, sweetly scented white blooms, edible leaves and flowers for salads, their seeds are much loved by my doves over summer.

### **ANISE HYSSOP**

#### **Purple** *Agastache foeniculum*

Upright compact plants to 60cm tall, pretty mauve/purple flower spikes loved by bees.

#### **White** *Agastache foeniculum*

Aromatic white flowered plants somewhat bushier than the purple form.

### **AQULEGIA MIX** *Aquilegia sp*

Colourful mix of deep purple, tall stately pink or wine red blooms, long lived, hardy perennial plants.

### **ASIATIC LILY**

#### **“Cooks Beach”**

Tall, stately perennial plants flowering from seed in their 2<sup>nd</sup> year, huge trumpet-shaped white/tinged pink blooms, evening scented, they enjoy compost and excellent drainage, wonderful at the back of the border.

### **BONNET BELLFLOWER** *Codonopsis lanceolata*

Native to East Asia bonnet bellflower has very attractive and abundant green-purple 3cm long blooms over summer, a small vigorous vine best in a warm moist site, some shade ok.

### **BORAGE** *Borago officinalis*

Bright blue starry flowers loved by bees and bumbles, light blue-green bristly leaves, edible when young and finely chopped – they have a cucumber flavour, plants can grow 1m tall in rich soil, annual.

### **CALENDULA** *Calendula officinalis*

#### **Dwarf Orange**

Brilliant shows of single bright orange flowers, the variety for making anti-flam ointments, use edible petals in salads, herbal teas, soups and porridges, good in hen food as well.

#### **Rotoroa Island**

Small single yellow or orange flowers on hardy plants, our original seed was gathered from beside the simple historic chapel on a visit with the Auckland Botanical Society, the Island at that time was still owned by the Salvation Army.

### **CALIFORNIAN POPPY** *Eschscholtzia californica*

Abundant fluro-orange blooms over summer, light blue feathery leaves, ideal wildflower.

### **CANNA**

#### **Indian Shot**

Green leafed plants to 1.5m tall, single red, yellow-throated flower borne in clusters, clump forming habit, long lived perennial.

## **CINERARIA** *C. senecio*

Brightly coloured single or double clustered, daisy-like flowers of purple, violet or pink, highly scented, 30-50cm tall, these natives of the Canary Islands love good soil, useful for shady areas.

## **COSMOS** *Cosmos bipinnatus*

Attractive free flowering plants to 1m+ tall, pretty single pink, mauve or white blooms.

## **COSMOS**

### **Orange** *Cosmos spp.*

Vibrant rich orange flowers for a wonderful splash of colour, very attractive, plants grow 30-60cm tall, annual.

## **CRIMSON FINGERS** *Amaranthus sp*

Striking deep-maroon leafed plants to 50cm in full flower, multiple erect 'fingers' of beautiful crimson blooms, very showy, edible seeds.

## **ECHINACEA PURPUREA**

Perennial plants bloom over summer to die back in winter and reappear in spring, rich purple flowers with the florets seated around a high cone giving this variety its other name Purple Coneflower.

## **EVENING PRIMROSE** *Oenothera biennis*

North American native, clear yellow flowers on spikes to 1m tall, scented by late afternoon, readily self-sows.

## **FLANDERS POPPY** *Papaver rhoeas*

Single red blooms with black centres over spring and summer, soft light green leaves, very pretty grown in drifts.

## **GRANNY'S BONNET** *Aquilegia sp*

Very hardy, spring flowering perennial, deep purple flowers, blue-green leafed plants which enjoy compost and a little lime, semi-shade or sun.

## **HEARTEASE** *Viola odorata*

Beautiful small rich purple faces, lovely in a hanging basket or tub, this little plant has been in the gardens since 1893, they do enjoy a cool position and good moisture.

## **HIMALAYAN FORGET ME NOT** *Cynaglossum*

Small light greeny-blue leafed plants to 50cm tall, plants have either intense blue or white flowers on branching stems, hardy and happy in average soil, a good wildflower.

## **HOLLYHOCK** *Alcea rosea*

### **Fyffe House**

Large single blooms of either bright or soft pink, scarlet or maroon, very tall and very beautiful old fashioned variety which can reach the eaves of the house in flower, plants like good soil.

## **HONESTY** *Lunaria annua*

### **Purple & White Mix**

Purple or white flowered plants 60-90cm tall, best in average soil, decorative dried seed heads.

### **White**

Pretty white blooms over summer followed by decorative seed heads, plants flower well in average soil with some shade, will self sow if seed is allowed to fall.

## **ISRAELI LUPIN** *Lupinus*

Stiffly branching plants to 1m, spikes of violet-red velvety-blue blooms, plants can be sown spring or autumn, the latter giving the best show, also called Blue Admiral.

## **KISS ME OVER THE GARDEN GATE** *Polygonum sp*

Strong erect branching plants up to 2m tall, small clustered bright pink nodding flowers, seeds loved by wild birds, seeds need a period of chilling before germination.

## **LARKSPUR** *Consolida ambigua*

Bright purple showy flowers attracting beneficial insects to the garden, ideal wildflower, let seed for early flowering plants the following spring.

## **LION'S TAIL** *Leonotis menthifolia*

Striking drought tolerant plants up to 2m tall in flower, rich dark orange blooms attractive to bees and butterflies.

## **LOVE IN A MIST** *Nigella*

Old fashioned soft misty-blue flowers, small annuals that happily reappear in spring if allowed to go to seed.

## **LOVE LIES BLEEDING** *Amaranthus caudatus*

Striking light-green leafed annual to 1.2m tall, red flowers clustered in attractive hanging tassels, edible seeds.

## **MANDEVILLA** *Chilean Jasmine*

Tender climbing plant bearing masses of fragrant flowers summer and early autumn, ideal on a north-facing pergola, loses its leaves over winter, very attractive.

## **MARIGOLD**

### **African** *Tagetes erecta*

6-8cm wide double flowers of yellow or orange, large plants to 1m in good soil, early and long flowering, great for cut flowers or pluck fresh petals into salads, soups or dry for winter use.

### **French Dwarf** *Tagetes patula*

Long flowering plants with colourful orange-red blooms, 30cm tall, ideal companion for beans, tomatoes, potatoes and strawberries.

### **Single Gold** *Tagetes erecta*

Hardy light-weight plants to 60cm tall, beautiful single gold flowers, the most beneficial variety for nematode control.

### **Striped** *Tagetes erecta*

Large bushy plants to 1m, brightly striped red and yellow flowers, cheerful, our original seed from Pompalier House, Russell, Northland.

## **MARVEL OF PERU** *Mirabilis jalapa*

Bush plants to 1m tall, beautiful scented magenta striped yellow blooms, perennials dying back over winter, also known as Four O'clock Flower, striking.

## **MEXICAN SUNFLOWERS** *Tithonia rotundifolia*

Heat-loving bushy plants 90cm-1.5m tall, brilliant scarlet-orange flowers 3-4cm wide, flowers all summer and loved by Monarch butterflies for nectar, annuals.

## **MIGNONETTE** *Reseda odorata*

Highly fragrant bushy annual to 1m tall, masses of small creamy flowers on long spikes, very attractive to bees and other beneficial insects.

## **NICOTIANA LANGSDORFII**

Delightful lime-green tubular flowers on cold tolerant fast growing plants to 1m tall, excellent for summer and winter colour, ideal wildflower.

## **NORTH CAPE HIBISCUS** *Hibiscus diversifolius*

Naturalised in the Far North around Spirits Bay where our original seed was collected, perennial plants to 1m tall, beautiful large clear-yellow flowers over summer, plants to require a warm site, prune back in autumn.

## **PEONY POPPIES**

### **Double Pink** *Papaver paeoniflorum*

Striking double blooms of soft-pink tones, 10cm wide, soft blue-green leafed plants to 1m tall, edible poppy seeds.

### **Single Pink** *Papaver paeoniflorum*

Large petaled rosy-pink blooms, 10cm wide, soft blue-green leafed plants to 1m tall, edible poppy seeds.

### **Single Red** *Papaver paeoniflorum*

Large red petaled blooms sometimes with a dark centre like giant Flander's poppy flowers, soft blue-green leafed plants to 1m tall, edible poppy seeds.

### **Double Salmon Red** *Papaver paeoniflorum*

Huge salmon-red blooms, soft blue-green leafed plants to 1m tall, this variety from my grandmother's garden of the 1960's in Whangarei – the one that started it all for me ☺

### **Double White** *Papaver paeoniflorum*

Big bold double white blooms on light-green leafed plants, best shows of blooms in well manured soils.

*Please note- all the Peony poppies provide huge amounts of nutritious pollen for hungry bumblebees in the spring*

### **PHACELIA** *Phacelia tanacetifolia*

Also known as Purple Tansy this is an ideal plant for attracting beneficial insects into the garden, copious light purple flowers over summer.

### **PINK LAVATERA** *Malvaceae*

Summer loving, free flowering branching plants 60cm+ tall, bright warm-pink blooms giving a splash of cheerful colour.

### **PURPLE LINARIA** *Linaria sp.*

Narrow leafed slightly bushy plants, spikes up to 1m tall of small bright purple blooms all summer, ideal for a cottage garden.

### **QUEEN ANNE'S LACE** *Daucus carota*

Abundant lacy flowers of light cream on plants to 1-1.5m tall, all parts of this plant are edible and nutritious from flowers to roots when young.

### **SHOOFLY** *Nicandra physaloides*

Native of Peru, abundant lavender and cream flowers, plants are bushy and up to 1.5m tall in good soil, a plant grown at the doorway of a greenhouse is said to discourage whitefly, vigorously self-sows.

### **SILENE RED CAMPION**

Native wildflower of England forming long lived small clumps, small warm-pink flowers on stems up to 40cm tall, often flowers almost year round in warm gardens.

### **STOCK**

#### **Brompton** *Matthiola sp*

Beautiful highly-scented, long lasting purple blooms, strong plants 60-70cm tall, may flower in its first summer season from an early summer sowing and again the following summer.

#### **Pitt Island** *Matthiola sp*

A more prostrate form of Brompton Stock original seed was harvested from a wild plant on a Pitt Island beach in the Chathams, hardy with beautiful highly scented purple blooms.

### **SUNFLOWERS**

#### **Bronze-Red** *Helianthus annuum*

Red-bronze petaled blooms 10-12cm wide, lovely fragrance, multi-headed plants flowering most of summer, up to 2m tall, just opened buds make good cut flowers.

### **SWEET PEAS**

#### **Rose's Purple** *Lathyrus odoratus*

Highly scented rich purple blooms, long flowering plants require good support, best in good soil and a warm site, if kept picked every 10 days they will bloom the whole season.

#### **Scarlet Nessie** *Lathyrus odoratus*

Brightly coloured highly scented flowers for a real splash over summer, strong plants up to 2m tall.

### **TOBACCO**

#### **Virginian** *Nicotiana tabacum*

From tiny seedlings requiring care to self-supporting 2m giants by late summer, soft pink sweetly scented flowers, this is a commercial tobacco variety also known as Golden Newt.

### **VERBASCUM**

Single tall stems of bright yellow flowers on dark green leafed single rosette plants, attractive to beneficial insects.

### **VERBENA** *Verbena bonariensis*

An old favourite for its brilliant purple flowers all summer, wonderful for attracting butterflies especially Monarchs, plants to 1m tall enjoy a well drained sunny aspect and some lime.

### **VIOLETS** *Viola odorata*

Single highly scented violets from winter through to spring, plants form perennial clumps, edible flowers and leaves.

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## FRUITS

### **ALPINE STRAWBERRIES**

#### **Red** *Fragaria vesca semperflorens*

Small abundant pointy red fruits, excellent flavour, very high pectin content makes them well suited for jam making, long lived clump forming plants.

#### **White** *Fragaria vesca semperflorens*

Small pointy white fruits with an explosion of delicious sweet flavour, feed plants well for abundant crops, please note – alpine strawberries have tiny seeds and patience and care are required for successful germination – well worth it, instructions on packet.

### **CAPE GOOSEBERRIES** *Physalis peruviana*

Delicious tart golden sweet fruits, also now called Goldenberries, for many a happy reminder of childhood with new health benefits being discovered, unruly, perennial plants to 1m x 1m, easily pruned.

### **FEIJOA** *Sellowiana*

Good fruiting trees can easily be grown from seed with the best seedlings selected for growing on, large fruits are produced when trees are well fed with a rich compost.

### **MOUNTAIN PAWPAW** *Carica pubescens*

Trees form single or multiple trunks, fruits are generally set from spring to autumn, flesh is juicy, yellow and sharp, well fed trees can produce 50-60 fruits a season, more or less.

### **PASSIONFRUIT**

#### **Fijian Yellow** *Passiflora edulis*

Closely related to the common purple-fruited passionfruit, with sweeter yellowy fruit and more flavourful, vines live 5-7 years or so, best with regular additions of compost and mulch.

#### **Vanilla** *Passiflora antioquiensis*

Long pointed yellowy/green skinned fruits 10-12cm, absolutely packed with delicious pulp, outstanding flavour, beautiful hanging red petaled flowers are pollinated by wax eyes or by hand, well behaved vines need a warm frost free site for best production, fruits ripen for many months, long lived, mulch and feed regularly.

### **PEPINO** *Pepino dulce*

Native of the temperate mountainous regions of western South America, perennial branching plants around 1m x 1m, large heart shaped gold-stripey fruits, delicious sweet flavour, can be grown well trained/supported on wires.

### **WATERMELON**

#### **O'dham's Yellow Fleshed** *Citrullus lanatus*

Heritage Native American Indian variety, small weighty round fruits up to 1.5-2kg, delicious sweet flesh, long keeping. 10 Seeds.

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# HERBS

## CULINARY

### BASIL

**Mrs Burn's Lemon** *Ocimum spp.*

A pure strain grown for 60 years in south-eastern Mexico, excellent flavour, especially good with chicken.

**Sweet** *Ocimum spp.*

Traditional Genovese green-leafed basil ideal for pesto etc; productive branching plants 40-60cm tall.

**Thai** *Ocimum spp.*

Vigorous bushy plants, deep purple flowers, strong licorice – anise flavour, widely used in south-east Asian cuisine, also known as anise, licorice or Oriental basil.

**CHERVIL** *Anthriscus cerefolium*

Green lacy-leafed annual 20-30cm high, aromatic leaves used in egg dishes, potato salads, soups and more, the basis of fine herbs, plants enjoy a cool shady site from spring onwards.

**CORIANDER** *Coriander sativum*

Young aromatic leaves are widely used plus flowers and fresh or dried seeds, plants require deeply dug moist fertile soil and resent over crowding.

**DILL** *Anethum graveolens*

Upright plant to 1m+ tall in flower, delicious fine ferny leaves, use fresh in salads, fish dishes and more, seeds are used in curries and herbal teas.

**EPAZOTE** *Chenopodium ambrosioides*

Strong flavoured Mexican herb used to flavour beans, stews, chilli sauces and more, dried foliage ideal for lining chooks nests to reduce parasites.

**GARLIC CHIVES** *Allium tuberosum*

Garlic chives have been used for centuries in China and Japan, long-lived perennial plants, green strap-like leaves to 40cm, clumps can be dug and replanted every few years.

**MOTHERWORT** *Leonurus cardiaca*

Striking aromatic herb to 1.5m tall, fresh or dried flowers are added to lentil or split-pea soups, brewed for tea or for flavouring beers, ales, etc.

**OREGANO** *Origanum vulgare*

Popular culinary and medicinal herb, plants can be long lived and prefer well drained alkaline soil and a sunny site.

### PARSLEY

**Dalmatian** *Petroselinum crispum*

Flat, robust, shiny, dark-green leaves, sweet and full of flavour, vigorous hardy plants.

**Parsley Traditional** *Petroselinum crispum*

Deeply curled dark-green leaves are perfect for parsley sauce, plants do best in rich moist soil with shade.

**THYME** *Thymus vulgaris*

Productive upright plants to 30cm, leaves and flowering tops, fresh or dried, are widely used for flavouring, plants love warm light soils and lots of sun, this is a French Summer variety.

# HERBS

## MEDICINAL

### ANISE HYSSOP

**Purple** *Agastache foeniculum*

Upright compact plants to 60cm tall, pretty mauve/purple flower spikes loved by bees, anise-flavoured leaves are used to make a pleasant tea, plants die back in winter reappearing in spring.

**White** *Agastache spp.*

Similar to the purple, although this pretty white flowered form is bushier and up to 70-80cm tall, flower spikes are extremely attractive to bees, anise flavoured leaves are used in herbal teas.

**CATNIP** *Nepeta cataria*

Bushy plants to 1m+ tall in flower, perennial, prune back in autumn, soft blue/green leaves and young shoots are used in salads plus seasoning for soups and more in France, makes a pleasant calming herbal tea, and loved by cats.

**CEDRONELLA** *Agastache cana*

Large shrubby perennial plants, pleasing highly scented fragrant leaves ideal in pot pourri, prune back after flowering, great for bumblebees.

### CHAMOMILE

**German** *Matricaria chamomilla*

Fragrant summer loving plants, small yellow and white flowers produced in abundance, pick and air dry for use in herbal teas etc.

### DOCK

**Yellow** *Rumex crispus*

Valuable perennial plants, slender green leaves are best gathered young, use as a vege in mixed greens, known as a blood purifier, a good liver and spleen herb plus many more medicinal uses.

### ECHINACEA PURPUREA

Perennial plants bloom over summer to die back in winter and reappear in spring, rich purple flowers with the florets seated around a high cone giving this variety its other name Purple Coneflower.

**EVENING PRIMROSE** *Oenothera biennis*

North American native, clear yellow flowers on spikes to 1m tall, scented by late afternoon, readily self-sows.

**FEVERFEW** *Tanacetum parthenium*

Short-lived perennial 50cm tall, abundant daisy like flowers over summer, pungent bitter leaves.

**KAWAKAWA** *Micropiper excelsum*

Aromatic leafed shrubby tree to 3m tall, extensively used for herbal teas and preparations.

### LEMON BALM

**Melissa**

Green aromatic lemony leaves for herbal teas etc, perennial plants to 1m tall, dying back in winter, copious small flowers are loved by bees.

### MULLIEN

**Greater or Giant** *Verbascum thapsus*

Striking biennial plants to 2m tall in flower, large soft blue-grey leaves, dried leaves can be made into a herbal tea, a sweeter tea can also be made from the fresh or dried flowers.

**THE HOLY HERB** *Siegesbeckia orientalis*

Shrubby hardy plants to 1m in flower, arrowhead-shaped leaves, the Creole Indians call it "Colle-Colle" meaning stick-stick, a reference to its seed, naturalized in NZ.

**VERVAIN** *Verbena hastata*

A plant of the Druids sometimes seen growing wild, upright to 1m+, small purple-lilac flowers over summer, attractive to beneficial insects.

**YARROW** *Achillea millefolium*

White flowered clumping aromatic perennial, green and feathery leaves, florets are used to make medicinal herbal wines and teas, leaves contain many complex compounds, one of the most beneficial plants for us, insects and all the other plants in the garden as a whole.

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# NATIVES & NATURALIZED

## CAREX MAORICA

Attractive native grass to 50cm tall, plants form an arching-leafed clump and prefer damp conditions, easily grown from seed.

## HIBISCUS

**North Cape** *Hibiscus diversifolius*

Collected from the wild at Spirits Bay this beautiful plant grows up to 1m tall in flower, multiple hand-sized, clear yellow dark-centred blooms, best in warm sites, prune back in autumn, perennial.

## HIBISCUS TRIONUM

Perennial branching native hibiscus 90-100cm tall, creamy petalled flowers with dark maroon centres, long flowering over summer.

**KAWAKAWA** *Micropiper excelsum*

Shrubby tree to 3m tall, aromatic heart-shaped leaves extensively used in herbal preparations and teas, sweet edible fruits.

**NATIVE CELERY** *Apium prostratum*

**Tutaekoau**

A small creeping plant of coastal regions, aromatic salty celery-flavoured leaves are used finely chopped in salads, ideal grown in a tub where it can happily drape over the sides.

**POHUTAKAWA** *Metrosideros excelsa*

New Zealand Christmas tree, common in coastal areas of the North Island, tiny seedlings can potentially grow into massive trees, bright red blooms although each tree is an individual and some may have yellow or apricot flowers.

**PUHA** *Sonchus oleraceus*

European Sow Thistle once commonly seen growing in the NZ countryside, traditionally eaten boiled, use 'young' leaves in salads in smoothies.



*Limited liability to purchase price of seed for 1 year from purchase, please return seed packet and any unused seed.*



## Germination Times and Temperatures

This chart shows the number of days required for vegetable seeds to sprout at different temperatures

Crop	0°c	5°c	10°c	15°c	20°c	25°c	30°c	35°c
Beans	0	0	0	16	11	8	6	6
Beets	-	42	17	10	6	5	5	5
Cabbage	-	-	15	9	6	5	4	-
Carrots	0	51	17	10	7	6	6	9
Cauliflower	-	-	20	10	6	5	5	-
Corn	0	0	22	12	7	4	4	3
Cucumbers	0	0	0	13	6	4	3	3
Eggplant	-	-	-	-	13	8	5	-
Lettuce	49	15		4	3	2	3	0
Muskmelons	-	-	-	-	8	4	3	-
Onions	136	31	13	7	5	4	4	13
Parsley	-	-	29	17	14	13	12	-
Peas	-	36	14	9	8	6	6	-
Peppers	0	0	0	25	13	8	6	9
Radishes	0	29	11	6	4	4	3	-
Spinach	63	23	12	7	6	5	6	0
Tomatoes	0	0	43	14	8	6	6	9

0 = little or no germination

- = not tested

Adapted from J. F. Harrington, *Agricultural Extension Leaflet 1954*

## Percentage of Germination

This chart indicates the percentage of normal seedlings produced at different temperatures.

Crop	0°c	5°c	10°c	15°c	20°c	25°c	30°c	35°c
Beans	0	0	1	97	90	97	47	39
Cabbage	0	27	78	93	-	99	-	-
Carrots	0	48	93	95	96	96	95	74
Corn	0	0	47	97	97	98	91	88
Cucumbers	0	0	0	95	99	99	99	99
Eggplant	-	-	-	-	21	53	60	-
Lettuce	98	98	98	99	99	99	12	0
Muskmelons	-	-	-	-	38	94	90	-
Onions	90	98	98	98	99	97	91	73
Parsley	-	-	63	-	69	64	50	-
Peas	-	89	94	93	93	94	86	0
Peppers	0	0	1	70	96	98	95	70
Radishes	0	42	76	97	95	97	95	0
Spinach	83	96	91	82	52	28	32	0
Tomatoes	0	0	82	98	98	97	83	46

0 = little or no germination

- = not tested

*Adapted from J. F. Harrington, Agricultural Extension Leaflet 1954*