

A publication of Ujamaa Cooperative Farming Alliance

SEED CULTURE

We are living the dream...collectively!

Quarterly

Volume 1, Issue 1 Winter 2024

**Heirloom Seeds
Sharing and You**

**Okra Oyl
Jordan Collins**

**Chef Marley
Foodie Delights**

**GERTRUDE'S
GREENS**

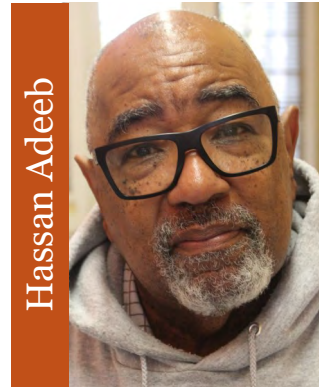


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SEED CULTURE

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Cover photo by
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SEED CULTURE is a magazine dedicated to highlighting Ujamaa Cooperative Farming Alliance events and culturally relevant seeds. UFCA covers all things seeds and agriculture related information through articles. The content produced by contributors are not necessarily the views of UFCA. We welcome letters and news items from readers. All request for permission to reprint articles must be directed to ujamaa@gmail.com.

We Have Been Blessed!

By Bonnetta Adeeb

Dear Friends and Growers,

As we look back over the past year, I can truly say that the Ujamaa Cooperative Farming Alliance (UCFA) has been blessed. We are holding true to our mission of increasing the number of BIPOC growers of heirloom seeds. Thanks to dedicated growers and friends, the Ujamaa Cooperative Farming Alliance has grown to include more and more BIPOC growers across the country and the diaspora.

During 2023 we provided equipment, training, and technical assistance to UCFA Seed Hubs in Georgia, Minnesota, Washington state, and New Jersey. In November of 2023 UCFA sponsored its third annual Fall Workshops and Convening along the Potomac River in Accokeek, Maryland. During the convening we began accepting deliveries of bulk seed from UCFA growers nationwide. We are looking forward to launching the Ujamaa Academy, a series of online workshops and trainings, and the Ira Wallace Seed School, as another strategy that will increase the number of BIPOC growers of heirloom seeds.

In early December of 2023 we launched our first online newsletter, *THE SEED CAST*. The 2024 online catalog of culturally meaningful heirloom seeds is being featured in this UCFA publication, *SEED CULTURE*. The sale and distribution of culturally meaningful heirloom seeds featured here contributes to biodiversity as we continue to withstand the onslaught of climate change.

In collaboration with the Northeast Sustainable Agriculture Research and Education (NESARE), and the University of Vermont, in 2023 we expanded our Novel Approaches Project by conducting focus groups and a nationwide online survey. Let your voice be heard by participating in this survey research project. Just search for the “*Novel Approaches Project*” on our website. Through the *Heirloom Gardens Oral History Project*, a collaboration of Princeton University, Spelman



BONNETTA ADEEB
Founder

College, and UFCA, we are collecting oral histories of people who have worked to preserve Black and indigenous seed and foodways through the South-eastern United States and Appalachia.

We are also reclaiming our agricultural heritage, by rematriating seeds to the families and communities who have lost that precious connection. The act of saving a seed or planting a seed is a demonstration of faith in the future, just like our ancestral mammas who braided seeds into the plaits of their children’s hair as they departed onboard ships bound for enslavement in the Americas. They were providing their children tools to survive and thrive. At UCFA we are also reaching into the future with our new initiative COLLARDZ 4 KIDZ. For more information, search for COLLARDZ 4 KIDZ on our website.

At UCFA we thank you for your continued support of our mission of increasing the number of BIPOC growers of culturally meaningful heirloom seeds. As we continue to farm and garden, we can all reconnect with our traditions as we communicate with our elders and pass on our traditions to the youth in our communities.

~ Bonnetta Adeeb,
Founder, Ujamaa Cooperative Farming Alliance

UJAMAA COOPERATIVE FARMING ALLIANCE

“Cooperative Economics”



Ujamaa Cooperative Farming Alliance (UCFA), is a program under the non-profit organization STEAM ONWARD Inc. UCFA is a collective of emergent and seasoned BIPOC growers, farmers, and gardeners who cultivate and distribute heirloom seeds as well as grow culturally meaningful crops for food, healing, and textiles.

UCFA recognizes the need for increased diversity in agriculture and farming and diversity in the \$15 billion dollar U.S. seed industry. UCFA works to provide more opportunities and support for growers from historically oppressed and marginalized communities. To this end the Ujamaa Cooperative Farming Alliance is working to bridge the gap between prospective growers and seed companies.

Heirloom seed farming can be a lucrative business opportunity for farmers, gardeners, and growers as demand far outstrips supply. Farmers and gardeners can make a profit from seed farming on just a small plot of land. Many folks take up seed growing as a side business, rather than as their sole source of income.

In addition to plant types, our culturally meaningful seed collections are organized by regional and ethnic/cultural traditions.

As a community of creatives UCFA includes growers, makers, teachers, and bakers. We are committed to the collection, preservation, advancement, and dissemination of agricultural and environmental practices that will benefit and sustain current and future generations.

UCFA supports a healthier way of living for our youth and adults through agriculture. UCFA utilizes environmentally sustainable practices for gardening and farming that will support a more nutritious diet and more active lifestyle.

To learn more, reach out to UCFA at ujamaafarmingcoop@gmail.com. Support UCFA by purchasing seeds at ujamaaseeds.com.



HEIRLOOM SEEDS

SHARING AND YOU

Written by Kathy Anderson



From Our Southern Soul Garden

“Hi, neighbor!”

“Hey, you!”

“What are you doing?”

“I’m harvesting the seeds from these heirloom collards to plant next season.”

“I’m sure you’ve had enough of me “borrowing” a few collards leaves for dinner. Can I have a few seeds to plant my own?”

“Hmm, well, um, ...”

Imagine the rest of the story. How does the grower answer?

Historic sharing of seeds has been replaced by selling and purchasing new seeds each year. A few large companies control most of the seed market and they grow what is most population ruling and profitable. Industrial seed interests dictate the use of seeds as well as the kind (genetic or chemical modified (GMO)) of seeds in the marketplace. They also command the political process to counter laws that may adversely impact profits. There are high-moned efforts to prevent local laws against use of seeds coated with neonicotinoids which are neuro-active insecticides and bio-stimulants, as well as against efforts to require notification of use of GMO seeds adjacent to an organic farming operation.

Market consolidation and domination resulted in a severe lack of biogenetic diversity in the foods we eat. National efforts to prevent seed related local regulations have hampered locality specific efforts to maintain ecological diversity and engage in healthy food commerce from farm to table, fresh nutrient dense produce food pantries, to health-conscious specialty restaurants. State government regulation of seeds vary across jurisdictions. There are rules for selling seeds and some of those rules refer to selling as bartering, exchanging, or vending seeds. The seed authorities have not been tagging folks for violations

and we cannot claim ignorance of the law, but, as soon as someone gets their underclothing in a bunch, local seed libraries, seed giveaway events, and any other type of non-commercial seed ventures may be impacted by current or future laws where you reside.

We recognize seeds sold via intrastate through to international commerce should meet certain standards for quality, truth-in-labeling, and advertising to allow informed decision-making. In fact, we send seeds out for germ testing and ensure our seeds are properly stored and labeled. However, heirloom seeds passed through families, cultural groupings, and communities should be free from state and federal rules to prevent competition for seed conglomerates and advocates for bioengineered and patented seeds.

Most folks use the “Shhh” method of sharing seeds. Saving and sharing heirloom seeds is helpful in managing annual gardening and farming budgets and allowing for plants that grow well in similar local conditions. Sharing seeds from the lineage of great-great Grandpa’s farm is a cultural celebration in many families. Seed autonomy is crucial for ensuring heirloom seeds traditionally important to families and cultures continue to be made available in the midst of seed patenting and corporate control of the most basic element of the food chain. Familial and spatial communities should not be required to guarantee seed germination, quality, or purity every time a seed is passed from one hand to another. The most essential unbroken link between our ancestors and today is seed. We have already lost names, language, land, and stories. We must not lose the essential element of our food traditions. With cultural seed freedom, food sovereignty is possible.

The Seed

Written by Gordon Reed

Plant the seeds

Of indifference, of pride, of hate
Of war, of luck, of wisdom
Of life, of hope, of joy
Of faith, of discontent, of chance
Of reason, of loss, of peace
Of doom, of fate, of fear
Of revenge, of rebellion, of despair
Of repentance, of knowledge, of love
Of change, and you will find
What bounty shall men harvest, when one's plants
These of seeds of the mind!

How can there be a sweet fragrance from these
That time has sown
From its' fertile resting places, it blooms for all to see
For that the many growing things
All life anew, starts as but
A seed!

SAVE THE SEED!

Written by Karen Bowlding

**"Seeds are living links in an unbroken chain
reaching back into agriculture's antiquity." - UFCA**

According to Charly Frisk "...seeds used to grow our foods have become radially less diverse since the 1900s...The world has lost 75% of seed diversity among food crops since the 1900s."

How can we, as an organization, fix this? Well, UCFA can certainly help. By promoting seed saving by growers in our organization, we will continuously have access to cultural seeds varieties, old and new. By providing information on the importance of seed saving, our hope is that more would save seeds from each plant, understanding that to save the seeds, we must select the best suitable plant, harvest when mature, and properly store over the colder months.

The goal of a seed farmer is to produce a significant yield of seed with high germination rates.

Quote source: Yale Climate Connections, March 20, 2023 "How seed diversity can help protect our food as the world warms" yaleclimateconnections.org.

GERTRUDE'S GREENS

Written by Tomia MacQueen



My earliest remembrances of greens bring with them memories of large, laughter-filled family gatherings, checkers with Grandpa, watching little ones show off their talents to the family, and trash talking amongst the cousins about who would win the fight for the remaining sweet potato pies at leaving time. Greens showed up at Thanksgiving, Christmas, 4th of July, banquets, and sometimes barbecues. Truthfully, there were some people that used any excuse to make a large pot of greens to share, and usually it was my grandmother. I think she ate greens as much as she drank water, which seemed like all day every day. Then there were those solitary times when I walked up to my grandmother's door and smelled the greens cooking before I ever rang the bell. On those days, my grandmother and I polished off an entire stockpot full of turnip and mustard greens seasoned with time-tested flavors, patience, and love, and just talked for hours. Boy! I thought I was so special. Years later, I discovered from my cousins and my siblings that she had done the same with every one of her 12 grandchildren. My 23-year-old mind was blown, and yet I didn't quite feel less special, it just made her feel more special.

As my generation began having children of our own, I realized that she was repeating those special moments with her great-grandchildren as well, and then it hit me. Turnip greens weren't just her favorite food, but they were her pathway to getting her children, grandchildren, and great-grandchildren to sit and share their life with her. Out of that pot of love we spooned onto our plate replenishments, sharing our struggles and our joys, our failures, challenges, and achievements, our spiritual health, and always our dreams of the future, while she poured her own life experiences and generations of wisdom into us.

Those moments were when I learned the most about my grandmother's life, our family history, and I saw the clear connections to the African American history and cultural truths my mother taught us at home and that the schools refuse to teach.

“Grandma, I know you love cooking turnip and mustard greens together.”

“Ooh yes, turnip greens are my very favorite! When I was about eight years old, I was sent out to pick some turnip greens with an older lady. I just picked and picked, and she looked at me.

‘Gertrude, don't you think that's enough?’

‘No. In my family we *eats* greens,’ she laughed.

That happened often, even when I was grown and married and visiting my in-laws. We'd go into the backyard to get some for dinner, and I just couldn't pick enough of them.”

Continued on next page.



Gertrude Wilson



Gertrude and Simon Wilson,
(author's grand-parents)



“Grandma, what were your earliest memories of turnip greens?”

“My earliest memory of greens...well, I was about five or six years old, and my earliest memory of greens was in the boss man’s field. You see, the boss man planted [via workers] a whole field of greens because he knew the plantation folk liked them. We would go out and pick as many as we wanted.”

At that point I began to think, “Well, that was pretty generous of the boss man [plantation owner] that one year, considering all of the heart wrenching and painful stories I heard my grandmother tell about her life growing up as a child of sharecroppers on the cotton field plantations of Mississippi.”

The boss man wasn’t benevolent. He was vicious like many others, and it eventually lead my grandmother’s family to run in the middle of the night to get away from him, like many other sharecropper families did to escape their boss man. You see, slavery may have been officially abolished, but forcing “workers” to rent farm equipment from their boss man on credit with a promise of pay that never came was an easy way to keep them indebted. When they left the plantation looking for a better life, they were accused of theft.

“We didn’t have much, and you see, they were cheap, and when we didn’t have those we’d go gather wild greens, now we call them dandelions.”

And then I once again recalled the stories and the history of how sharecroppers, Black sharecroppers especially, were mistreated, abused, and stolen from in a myriad of ways, which often left them destitute, even after having worked all season long in the hot sun on the boss man’s fields to make him wealthy. So, rather than pay them for their work that year, the boss man had them plant a field of greens for the “plantation folk” so that they would be ready to work next season. No one knows what caused his one-off spark of generosity. As usual, the workers went hungry or made do with what they could forage, grow, or work for elsewhere as there was rarely any actual pay at the end of the season. Little did the boss man know, the greens he ordered planted as a belittling substitute to fairness would sustain families for generations, empowering them, keeping them healthy when illness struck, and would be a binding

cultural heritage that lived on for decades.

Indeed, five-year-old Gertrude Hoyt was sustained by those turnip greens from the cotton fields of Mississippi. She saw five living generations spread across the country and traveling the world. From our great grandmother’s lil potlikker in a [baby] bottle for thickenin’ to sustaining adults that became experts and leaders in their fields...from technology, medicine, education, ministry, culinary, political advocacy, agriculture, the performing arts, the military, helping to get the first Black president elected, and then working in the White House and Pentagon, Grandma’s greens sustained us all.



About 17 years ago, long after she was married with great-grandchildren of her own, after having these turnip and mustard greens sustain our family for nearly 100 years from the Jim Crow era through the great migration and the Civil Rights movement, Grandma Gert couldn’t find the turnip greens that were as familiar to her as the back of her own hand.

Continued on next page.

The Disappearance

“Grandma when did it become hard for you to find your turnip greens?”

One day, my grandmother went looking for her turnip greens at her local grocery store, but they didn't have them.

“They had some strange looking greens instead, but they were labeled as turnip greens. I searched five different stores and there they were, those same funny greens in every one.”

Tired and disappointed, she went downtown to the only farmers market in the city of Detroit, but all the stands had the same funny looking greens.

“So, I asked a Black lady who worked at one of the farm stands. ‘Where are the *real* turnip greens?’ The lady just laughed a little and said, ‘I don't know why they're doing that.’”

This confirmation pushed my grandmother to try to find out from other farm stands in the market what happened to her turnip greens.

“Eventually, I got tired but then I saw this little white woman and I asked her, ‘Where are your turnip greens?’ She looked at me and pointed to the turnip greens on her stand and said, ‘Right there.’

I said to that lady, ‘*Those* are not real turnip greens. Where are your *real* turnip greens?’

She tried to argue with me for a little while, but then she looked right at me, and she said, ‘Not too many of you all can tell the difference these days.’ Then that little lady went to the back of her truck and got me my real turnip greens. After that, whenever I wanted turnip greens, I went down to the farmers market and found her to get them. Years later, I had gone to purchase my turnip greens from her one day and she told me she was going going to retire. That lady took me by the hand over to a white man, [another farmer] and said to him, ‘This is *my* customer and I want you to take very good care of her.’”

My grandmother purchased her turnip greens from the new farmer for quite a while but eventually lost track of him after she stopped being able to drive her car to the farmers market. It hadn't occurred to us that none of the rest of us even knew who the new farmer was, and it had been a long time since

Grandma had grown much more than flowers in her backyard. We'd still hear Grandma Gert complain sometimes about them messing with the turnip greens, but it hadn't occurred to us that we could do anything about it...until now.

While I have been a gardener for almost 20 years, it wasn't until five years ago that we decided to move to a farm. I later joined the Ujamaa Cooperative Farming Alliance (UCFA) and discovered the world of seeds, how to grow them, how to save them, how to sell them...and how to find them. It was my new Ujamaa family that dug in and promised to help me find Grandma's turnips. Mind you, while we have folks that are experts at finding seeds at UCFA, it was a challenge because we had no name or pictures, only descriptions and locations from Grandma. Using Grandma Gert's descriptions and our collective expertise, we located possible candidates. I or a relative showed her pictures to be sure we weren't missing something. Afterwards, the seeds were handed off to me for trial. I gave Grandma seeds to plant in her elevated planter and grew them out in New Jersey. I had to find a way to get them 600 miles away in good condition to Grandma Gert for confirmation. I sometimes relied on visiting family to take them back to Grandma for inspection, waiting until 10 minutes before they left to pick and pack the turnips. Time and again we heard her say it wasn't the one.

“They have too much top [greens] and not enough bottom [root],” or “Now these have too much bottom and not enough top,” or “Those bottoms are the wrong color,” or “Nah, the leaves didn't look like that.”

Continued on next page.



Then a stroke of luck. At the UCFA spring convening last year, one of our members, Chris, handed me a packet of seeds.

“Try these.”

I didn't think much of it at the time since we are indeed like seed addicts at those events, swapping and sharing seeds with wanton abandon; we wouldn't have it any other way. When I later looked at the packet it was from the seed company of a different member, the Experimental Farm Network (EFN). It was called the “Whatsit Turnip,” so I read the story of the seed on the website, one of my favorite things about EFN, and it was written that it got its name because no one knew it's origin but that it was believed to be a staple food in the South. Chris was the farmer who was growing this unknown turnip variety in another state. A bit wary of hoping after running out of seed varieties to try, I didn't bother sending pictures that time. I just planted them in the spring on the farm in New Jersey, and to Detroit they went for the usual inspection.

After spreading the turnips and greens out on a

table to have a good look, Grandma said, “I do believe that's it.”

It had taken almost two years, but we now have them. Buried under an unknown name and preserved by someone who saw their beauty and value were Gertrude's Turnips.

My mother, Sharron, and her four sisters have carried on the tradition of slow cooked greens and the passing of family history to their children, as have my siblings and cousins and I, and our children are doing the same as the next generation begins to arrive: 63 descendants spanning five living generations sustained by Gertude's Turnip greens. The most beautiful thing is that Grandma is the eldest of 13 siblings, each with their own spouses, children, grandchildren, and great grandchildren that have grown up on Great-Grandma's greens, bringing our family numbers into the hundreds. I've got a lot of seeds to save. Gertrude Wilson will be celebrating her 90th birthday this year, and this time, I'm bringing the greens.

Scratch RECIPE

By Gordan Reed

APPLE-SQUASH CASSEROLE

Side Dish or Dessert

If you know how to make an apple pie then this is a slam-dunk! Now, use your apple pie recipe and to that add equal parts of any winter squash. Add the same seasonings for your apple pie. Add this mixture into a heavily buttered baking dish. Sweeten it with your choice of sugary spices.

To make a desert, just add savory spices to the dish or more sugary ingredients to the fruit mixture such as dates, raisins, apricots, or any chopped dried fruits and honey, maple syrup, sorghum, or molasses. Oh please! Don't forget the butter in this dish...not oil, nor shortening, or any other oil substance!



CHEF MARLY

By Kathy Anderson

Meet Chef Marly Holland, a multi-talented farmer, chef, and caterer, a gifted soul sharing with us...

Chef Marly, a born and raised Washingtonian who wanted to be a chef since childhood, reminisced about the teasing from her mother over baby gates to larger doggy gates because she figured out how to climb obstacles fight for her place to boil water or make grilled cheese at the tender ages of three and four. During her college experience, she followed her heart, detoured to culinary school, and graduated from Baltimore International College as a classically trained chef. In her working travels, Chef Marly apprenticed in Ireland, gained experience at fine establishments in Virginia and the District of Columbia (D.C.), and served as Lead Chef along the way.

In 2014, Chef Marly suffered a traumatic brain injury as a result of a vehicular strike and endured the trauma of the treatment of herself as a Black woman by the medical system through anxiety and recovery. She had to figure out life again and what came to her was farming and growing.

“...that saved my life...being able to put my hands in the dirt, put my hands in the soil and grow food.”

That year, Chef Marly started Foodie Delights, a family-owned catering service.

Where Chef lived, she witnessed the suffering in dealing with “food apartheid,” not wishing use of the term “desert,” which means where they live may be a few scraggly animals, but there’s no humans.

“There are humans here, in D.C. Ward 7. There’s not a decent grocery store. So, I thought, I’ve gotta fix this. I gotta find a way to bring food to my people.”

Chef Marly turned her home into a farm and partnered with Major Warren in 2017. They farmed in the front yard, moved to the back, and along both sides; anywhere to meet the goal of bringing food into D.C. Wards 7 and 8 and share their passion for growing.



Photo Credit: Karen Bowlding

When asked if farming was a business or a lifestyle, Chef Marly considered what most people would say.

“Oh, it’s a business because we’re striving to make money.”

But she looks at farming as a lifestyle.

“We breath it, we live it, we are constantly grounding in the soil, we’re constantly striving to bring people into the community to feel what we feel. Put your hands in the dirt because it does something for your mental health, it does something for the soul and that’s where our ancestors came from...”

Growing and farming and weaving it into our communities is a lifestyle. Chef Marly and Chef Major have a wonderful team with them on this farming and Foodie Delight journey. She was so excited to speak about Sous-Chef Takiyah Dalton coming into this farm life from a culinary aspect and embracing it. Sous-Chef Dalton creates deep flavorful and soul warming soups and vegan dishes. Along with the gifted culinary trio, cut and herbal flower flori-culturist Tammy Campbell, joins them at the East Capitol Street Urban Farm.



East Capitol Street Urban Farm



Rising early and getting out on the farm is not an easy task, but with Chef’s encouragement, the team pulls the food out of the ground and incorporates the produce into the dishes they create. It comes full circle.

“I remember I didn’t think I was a farmer, I just kept saying, ‘Well, I grow. I grow. That’s what I do.’ I was told, ‘No, you farm.’”

Chef Marly beamed when she spoke of Chef Major.

“I really wanna grow...”

“Why don’t we do this together?” he said.

“We’ve been able to grow together and it is a blessing to be able to do this every day.”

UFCA has witnessed the two of them together during a farm tour, at farmers markets, and catering and it is beautifully unimaginable to see the joy and care in their smooth teamwork and amazing partnership.

She shared her favorite dish to cook from the farm: collard green gumbo. They went to the field, pulled collards, went down each row, cleaned up, and made gumbo from everything they grew.

“It was such a fulfilling dish...that’s one of my favorites because we get to pull from the field.”

Chef Marly wishes for those who want to farm to “never give up on your dream...it could be something small...just take that first step.”

She added that farming may begin planting on a porch or taking a few spaces out of the backyard.

Chef Marly and Chef Major are the proud owners of Foodie Delights. They farm at home, in northeast Washington, D.C., at Firebird Research Farm, and

East Capitol Street Urban Farm in southeast, D.C. where she’s the Farmer’s Market Manager. The awesome pair pull from their farm locations, source with local farmers, and combine their passions to provide quality, healthy, and delicious food for their community and Foodie Delight clients. The Chefs are fantastic friends, partners, and growers with UFCA and we’re looking forward experiencing another delectable catered meal, more fresh, crisp, and hearty collards, mustards, kale, bok choy, spinach, lettuce, and everything else they grow in honor of the ancestors.



Chef Holland and Sous-Chef Dalton (r), Chef Warren and friends of the farm, Chauna Price and Alexis Porter (l).

Okra Oyl

by Karen Bowlding and Jordan Collins

Tell us about yourself...

My name is Jordan, and I am a botanist. I received my undergraduate degree (botany) from Arizona State University. I will soon conclude my master's degree in sustainable bioeconomy from the University of Arizona under the guidance of the world-renowned Dr. Joel Cuello. Bioeconomy is the interdisciplinary focus of economy and the utilization of biologicals as resources through biotechnology—crops, trees, animals, fish, and micro-organisms to produce foodstuff, medicine, materials, products, textiles, and energy. This biotechnology includes fabricating things from organics that may help with off-world affairs.

I am a hardworking individual who is relentless about his ambitions. I do not let anything get in the way. My calling revolves around the application of science. On one side, I am a scientist; on the other, I am a budding entrepreneur. There are many exciting things about the correlation between the scientist and the entrepreneur. Both are inventors, passionately driven to solve problems or find answers, and they have a resilient nature, to name a few. If something does not work, you just discover one way it does not work and keep solving. That is it. You keep going until you find another way that works, and that is how I think about life as an individual.



Clemson Spineless African Okra

Jordan Collins, founder of Okra Oyl, is a botanist and sustainable bioeconomist who has won several awards for his transformative dedication to his field of science.

Why did you decide to make this product?

I have been working on the concept of okra oil for about four years, but that is not the start of my okra journey. I started working on this concept by creating biofuel from okra, which starts with making crude okra oil. Before that, I found okra through my love of growing burgundy and purple crops. When I saw the beauty of burgundy okra, I thought, “I had to know more.”

Since then, I read everything I could regarding the scientific literature on okra, and it was a “just wow” experience. The American, no, the world, does not know. The National Research Council was right (*Lost Crops of Africa: Volume II: Vegetables*). Perhaps okra is the most versatile crop. We can feed the masses with it, clothe people with it, build homes with it, power homes and cars with it, heal people with it, and it does not stop there. This property is potential freedom for the masses; this is what we are talking about, and it is intense. These are some reasons why I decided to make this product, science-backed or perhaps okra told me to. The okra community says: “You do not choose okra; okra chooses you.” Moreover, now it is choosing another billion people. Do not pass this up.



Okra Oyl taste profile is buttery, peppery, nutty.



Cooking oil itself is at least 5000 years old. We are talking Niger (*Guizotia abyssinica* Cass.) seed oil old. Soybean and olive oils are at least 3,000 years old. However, nobody for over 5000 years knew anything about their oils because that technology was only available recently. Because of its importance to the human host, you will get oil/fats anywhere and everywhere, whether you are a cook or go out to eat. You will get oil in your diet, which makes it a staple. Everybody buys oil. It is unavoidable. There are many opportunities there. It is a massive industry, so I have explored the fundamental and financial aspects of making the product.

Regarding okra oil, it is more eco-friendly and more climate-friendly, and it is an excellent carbon sink when we compare it to the olive or avocado tree and the palm. My mission is to turn okra oil into the olive oil of the global south. My vision is to replace palm oil with a generally healthier oil for everyone. However, it continues, as there are many products to create from okra, and I need help to do this. It is generational work. I would hate it if the world were introduced to brilliance and then snuff it out, and so would you. This is a promise.

Why is your oil special?

Okra oil allegedly has properties that other oils do not. Tests are still being evaluated. We are still determining what it can do regarding health. However, from standing on the shoulders of other scientists, okra oil is promising. We know okra, the fruit, is something otherworldly regarding health.

Okra oil has an expanding mouth feel, which adds to the flavor profiles of foods and seasonings. Beyond this, okra is continuously improving the more we learn about it. Okra oil is a specialty product.

“Okra oil has become my lifeblood”

I studied the history of this fruit, and as a scientist, I have put much innovation behind this oil and the biotechnology of the plant itself. I have done things that nobody else has done with okra oil, like the certified nutritional analysis and quantifiable taste testing scenarios. On top of this, I cite the scientific studies on the actual bottle label so that people can read and discover for themselves, and to pay homage to those scientists that came before me. Much thought was put into the label.

I am actively researching okra oil through studies and publications to understand what is happening. The stuff is unique. Its flavor is new within the culinary sector, and nobody knows how much okra oil can heal or help. My oil is press-on-demand, which means you will get the freshest product and solve some problems in the cooking oil sector, such as rancidity. There is no shelf waiting time. There is no delay. As soon as it is finished, it is bottled and shipped. So, you get it within a week of when you purchase the oil, depending on location.

To purchase okra oil, visit Old World Oil at <https://www.owo.limited>

“My impressions upon first taste is that the oil is savory in a way that feels like caramelization (the maillard reaction). Its rich, with an expanding mouthfeel. It has notes of umami which reminded me of bonito flakes (katsuobushi). This would be an interesting oil to try making a confiture with.”

- Chris

UJAMAA SEED FARMER Profiles

by Justice Madden

By saving seeds, we can share and preserve our stories. Our rich wisdom of cultural traditions is revealed through culturally significant seed varieties and tales of agrarian practices, culinary heritage, and medicinal plant knowledge. This catalog, made possible by the collective efforts of our diverse network of seed farmers, celebrates the stories and individuals who gather, collect, and plant seeds to nurture the next generation.

In this seed farmer profile, we feature two expert seed keepers dedicated to growing and preserving both seeds and seed histories from the African diaspora, our beloved Mama Ira Wallace, known as the Godmother of Ujamaa, and Amirah Mitchell of Sistah Seeds. Mama Ira and Amirah hold a vast wealth of seed keeping wisdom, inspiring stories, and technical knowledge on seed preservation. Their unique, intergenerational perspectives show how seed stories ignite connections and change.



IRA WALLACE

Southern Exposure
Seed Exchange

Cultivating Diverse Seed Communities

I've seen being a part of the seed saving community in a wider area since I got involved with Ujamaa. For the better part of 50 years, I've been a seed saver, longer if you count being around my grandmother for 20 years before that. Seed saving was a part of taking what we have as gardeners and carrying it to another level; taking the best of the produce we grow and saving seeds so that we can pass on those good characteristics and memories.

In community building, especially things that are related to health and nutrition as well as sharing the knowledge of seed saving, I focus more on teaching basics, bringing samples of seeds, and providing seed saving demonstrations to empower and educate young people toward STEAM.

Before I got involved with Ujamaa and The Heirloom Collared Project, I found that Black people and people of color were a small part of the group of seed savers. Since I've been involved in these projects, more and more people want to connect with the land and provide their own healthy, nutritious food. Sharing food and seeds with everyone in our network is important to community building.

I think of culturally significant seeds as seeds that have been shepherded in a particular cultural group like in the southeast African American farmers and gardeners. They have provided a healthy, nutritious diet even in the worst of times. I think it's important to maintain varieties that can give a good result even when times are hard and finances are more limited.

Continued on next page



Photos by Kathy Anderson

Advice to Start Seed keeping

My first advice is to start small. For instance, learn about the seeds you're interested in saving and try picking something that is self-pollinating. Also, you don't need a large number of plants in order to get good seeds. These might be traditionally saved varieties like tomatoes as well as southern peas, or as we call them at Ujamaa, African peas.

When I'm planning my next season, I look at what happened in the season before. I ask and reflect on which plants thrived, what kind of we pressure we had, what areas did we grow crops, will we need to shift the rotation of what we're gonna plant in the next year so that I'm not putting the same plants in the same places, and what people actually ate. This is important because sometimes any of us can get carried away with the way things look in the catalogs, the description, the pictures, however, I forget that not everybody likes everything. Then I end up growing away too many of them. So, I try to keep track of that information.

Also, I make sure I'm planning for seed saving in any garden I am maintaining. Say, I'm growing have Roselle, a variety of hibiscus also called "Florida cranberry." Typically, this is something I only grow one type of each year. So, I plan accordingly to make sure I can save the seeds from it.

Another important piece of advice for seed keepers is to take note of what their growing. In general, detailed record keeping is essential for having a good garden. This is important to avoid passing on diseases from a previous crop. It is especially important if you're seed saver to label your seeds and label your plants. This ensures that what you sow in the ground is the plant you intended on growing.

Seeds Stories As Living Links

The stories we tell are so important to seed keeping. A good seed with good flavor and vigor of the plants growing is well received. However, a seed that has a story with it takes you back to a time and a place that

perhaps no longer exists. Because of this, the seed is more likely to be grown and maintained into the future. It's really important to keep these seed stories alive.

“If you end up with a seed saved from a family member, maybe a grandma or a great-grandmother that you didn't know passed on to someone in the family, it's like they're holding your hand into the future.

- Ira Wallace

I think of heirloom seed preservation, especially African American or seeds from the African diaspora as making those seeds available to people in the African American community as well as sharing those seeds with people from other traditions. This ensures that important vegetables are available for our children and our grandchildren. I think it's really cool to takes things that have only been family heirlooms and share them with the wider community as well.

Right now, I'm excited to see that we have Lottie Collards. We here at Southern Exposure were introduced to this variety by some gardeners and small farmers in Western North Carolina. I like the seed's close connection to the Black community. Historical accounts attribute the name of the pre-emancipation era heirloom collards to Black women, while enslaved, preserved the variety, and passed down these seeds through her family after emancipation. The current revitalization efforts of this variety is due to the dedicated effort of individuals behind bars who grow these collards to feed themselves and focus their efforts to grow a more nutritious diet.



Photo by Kathy Anderson

AMIRA MITCHELL

Sistah Seeds
Pennsylvania



A passionate seed keeper, storyteller, and educator, Amirah Mitchell is focused on uplifting the seeds and traditions of the African Diaspora. For the past decade, she has deepened her knowledge of agriculture by saving seeds, along with the stories and traditions that inspire these exchanges. These seed stories provide rich heritage to empower future generations of Black seed stewards. Amirah envisions this as an act of reclamation necessary to continue growing strong communities. During the 2023 Ujamaa Convening, we announced a 2024 launch of the Ira Wallace Seed Farming School. Amirah will serve as a dean and as an expert seed farming mentor, co-facilitating workshops and curriculum for aspiring seed farmers.

For the 2024 catalog, Amirah contributed an array of culturally significant seeds from the African diaspora. Her offerings included the Catawba Freeman okra, revived by the Freed Seed Federation, and believed to have originated from West Africa and stewarded by their ancestors living in the southeastern nation of Catawba. She grew the White African sorghum, a staple crop in ancient Egypt, the resilient and versatile grain used both for flour and sweet syrup. According to the Amirah's research, White African Sorghum is originally from South Africa and was one of the first sorghum varieties to be grown in the United States in the 1850's, under the name "Enyama Imphee."

Amirah cultivated another sorghum that is officially known as "L. 26 Kawanda." In a recent USDA trial of over 1,000 sorghums, this variety was ranked in the five for overall in sucrose. Old sources believe that this variety originated in Uganda. The flavor of the South is captured with the Gullah Geechee Rice Peas Amirah produced. This is a staple bean for Hoppin' John in the Carolinas and sourced originally from chef Matthew Raiford. Last but certainly not least, Amirah grew the incredibly vibrant, high yielding Plate de Haiti tomatoes. These petite, deep red Caribbean heirloom is great in stews, sauces, and for roasting. Through these seeds and more, Amirah helps to nourish historical connections throughout the African Diaspora across geographies.

By bridging generations, these two esteemed seed keepers tend to both precious seeds and invaluable generational connections.

2024 UJAMAA SEED CATALOG

By Kathy Anderson



At Ujamaa Cooperative Farming Alliance (UCFA) we cultivate and distribute heirloom and non-genetically modified culturally meaningful seeds for food, healing, and textiles. Ujamaa Cooperative Farming Alliance is working to maintain the genetic diversity of plants and ensuring cultural groups can obtain the seeds they desire. Indigenous peoples world-wide have a deep natural kinship with seeds important to their cultural experiences, ecology, and landscape. Many unique plant varieties have disappeared and rare seeds are in a few hands. Our growers take care in learning about seeds, collecting family seeds, and growing out seeds to support their farm operations. We encourage agricultural creatives to purchase our culturally significant heirloom non-genetically or chemically modified seeds to sow, grow, and share. Our cultural cuisine seed collections are described as follows:

African Garden is a diverse collection from eastern and western areas of the continent essential for preparing traditional dishes including a variety of African peas, beans, collards, eggplant, kale, millet, okra, sorghum, and teff.

Ancient Grains Garden is a grouping of grains and

seeds consumed like grains that have generally remained unchanged for thousands of years. These less transformed grains such as corn, barley, flax, millet, quinoa, rye, sorghum, teff, and wheat are staples in Africa, China, India, and the Middle East. In addition to the historic intake of corn, these grains are becoming more popular in western nations.

Asian Garden reflects the diverse food traditions from the Arctic to Indian to Pacific oceans within the most populated continent. A range of crops from beans, beets, eggplant, a variety of herbs and flowers to grains and greens from various cultures are offered in this assembly to provide for customary flavors and senses of taste.

Caribbean Garden provides for the culinary essence of the hundreds of islands of the Caribbean Sea with some influences from peoples around the world. Antigua beans, bitter melon, callaloo, collards, golden sorrel, okra, passion fruit, peppers, tomatillo, watermelon, and wild licorice make up a wonderful aggregation of suitable crops from one of the world's most ethnically diverse regions.

Continued on next page.

First Nations Garden is a compliment to the aboriginal peoples of the Americas and the recognized first nations populations rooted in the Three Sisters of corn, squash, and beans, American cranberry, blue pulling corn, Carolina cayenne pepper, Guyanan tobacco, honeynut squash, Peruvian ginseng, purple tomatillo, Red Aztec spinach, wild strawberry, and more.

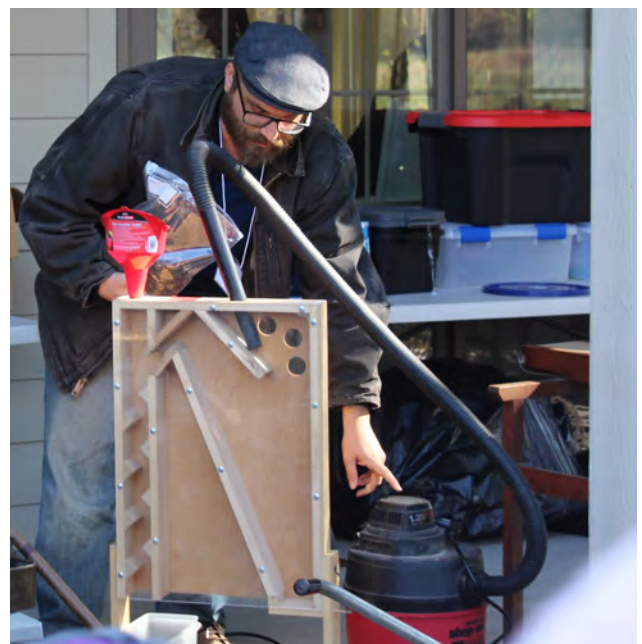
Latin American Garden fosters food traditions derived from Amerindian and Spanish communities comprising of Santo cilantro, Chilhuacle Negro pepper, Oaxaca dream herb, Purple Muscadine grape, Red Savonese onion, and Tuxpeño Dent corn and other regional crops.

Southern Soul Garden recognizes the hearty and sumptuous meals historically created in the southern areas of north America from native and introduced crop varieties such as Big Daddy Greasy collards, black eye pea, Black Creaseback bean, Catawba Freeman Okra, Detroit dark red beet, Green Wave Mustard, purple hull pea, and sugar baby watermelon. These tasty crops are significant components of the foodways ingrained in the spirits of the ancestors.

Review our compilation of seeds from nutrient dense and bio-diverse heirloom crops, purchase on our website ujamaaseeds.com and secure your food sovereign and sustainable future.



Diane Fisher, Ebony Malone, Rick Carter, Jennifer Bryant



Seed Hubs

By Bonnetta Adeeb

A localized collective entity organized around growing, cleaning, and processing seeds as part of Ujamaa Cooperative Farming Alliance



In order to meet the needs of growers throughout the network, very early in its development we recognized the need for support for growers and heirloom seed breeding work to happen at the regional level. With the support of CERES Foundation we were able to launch the first three of nine 9 regional hubs. Under the direction of Ujamaa Cooperative Farming Alliance’s Seed & Farming Operations Working Group and organizers of the regional Ujamaa Seed Hubs we have laid out the roles and responsibilities of each party with the ultimate aim of developing a fruitful, long-term relationship that benefits both local farmers in the region served by the Seed Hub and the wider collective community represented by Ujamaa Cooperative Farming Alliance (UCFA). “Seed Hub” is here defined as a localized collective entity organized around growing, cleaning, and processing seeds as part of Ujamaa Cooperative Farming Alliance. Because each seed hub is autonomous in their organizing, a Seed Hub may have a permanent

location or a temporary location, and/or may be responsible for a collection of resources deployable as a mobile unit. Organizers of Seed Hubs should work collectively, along similar lines to UCFA, with shared leadership, and at least 2/3rds BIPOC participation. Seed Hubs may function both as a part of UCFA and autonomous organizations with their own unique goals and objectives, as defined by local organizers and in consultation with UCFA. The seed hubs are located in different regions:

- Kentucky
- Mid-Atlantic
- Midwest
- Northeast
- Ohio
- South
- Upper South
- Western

Seeds collected at our Demonstration Seed Farm and Training Grounds in Maryland





UCFA GIFTS & GOODS

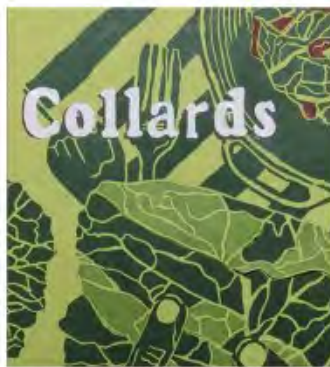
Exclusive value added products crafted by UCFA members.

Visit: ujamaaseeds.com
Search: Gifts & Goods

APPAREL - Including Hoodies and Long-Sleeve T-Shirts



JUVENILE BOOKS - Excite your young ones about gardening, foraging, and farming through the adventures of Fern and Ginger.



AG READING - *COLLARDS*, is the inaugural issue of The Utopian Seed Project's series of zine publications. Also check out *THE WHOLE OKRA: A Seed to Stem Celebration*.



HERB INFUSED - Try out these natural oils, salves, tinctures, and rubs from Cats and Cardamom. Made by two scientists who are also gardeners.



AFRICAN ARTIFACTS - Wildflower Homesteading recently received a shipment of hand crafted wood and bone artifacts from Africa.



CARDS- check out our hand crafted lino block printed cards, or consider a set of cards of beautiful line drawn vegetables that children (or adults) can color.



GIFT CERTIFICATES Gift an Ujamaa Seeds Coupon to your avid gardener friend or family member today. Denominations range from \$10 to \$100.

SEEDS

Alliums · Onions · Leeks	22 - 24
Beans · Peas	25 - 29
Collards	30 - 32
Flowers	33 - 35
Fruit	36 - 38
Grains	39 - 44
Greens	45 - 52
Herbs	53 - 58
Peppers	59 - 61
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Squashes	65 - 68
Trees · Shrubs	69 - 75
Tuber · Root Crops	76 - 80
Vegetables	81 - 85

Plant Life Cycle

- **Annual:** from seed, to flower, to seed, in one life cycle.
- **Perennials:** plants continue through many growing seasons. The top of the plant part dies back in the winter and regrows in the spring.
- **Biennials:** the plants need two years to complete their life cycle . In the second cycle, flowering and seed development transpires, and afterwards the plant dies.
- **Annual/Perennial:** A plant can act as an annual or a perennial, but it depends on the local climatic and geographic growing environment.



To Order Seeds Visit: UJAMAASEEDS.COM

SEEDS

The background of the page is a photograph of several onions and leeks, heavily tinted with a purple or magenta color. The onions are in various stages of growth, with some showing their characteristic bulbous shape and others showing their root systems. The leeks are also visible, with their long, pointed leaves. The overall effect is a soft, artistic representation of these vegetables.

Alliums • Onions • Leeks

Alliums, Onions, Leeks



Common Chives

Allium schoenoprasum

Zones 3-9 | 1/4" | Perennial

Common Chives grow 10" to 15" high with thin tubular blue green leaves and pink, purple, red or white flowers. The stalks have a mild onion flavor and are wonderful in salads, sauté, soups, and stews. This plant is toxic to animals.

Delft Leek

Allium porrum

Zones 5-9 | 1/2" | Biennial/
Perennial

Delft Leek has a long, thick wrapped shaft with strong upright green blueish leaves. This variety has a well-balanced, subtle flavor and a melting tender quality when lightly sautéed.

Egyptian Walking Onion

Allium x proliferum

Zones 3-10 | 2-3" | Perennial

Egyptian Walking Onion, also known as Red Walking Onion or Topsetting Onion, has up to 24" green stalks and reddish purple brown crown bulbets. The young bulbets can be used similar to

scallions. The underground bulbs are tough and usually not eaten. The stalks are wonderful in salads, sauté, soups, and stews.

Elephant Garlic

Allium ampeloprasum

Zones 3-9 | 4-6" | Biennial

Elephant Garlic grows 18" to 24" high with upright light green leaves and 4 to 7 large cloves in a bulb up to 1 pound. This variety has a mild, subtle flavor and is excellent for dips, sauces, and sauté. The flower stalk scapes are edible.

Garlic Chives

Allium tuberosum

Zones 3-10 | 1/4" | Perennial

Garlic Chives grow 1' to 3' high with gray green grass-like flat leaves and fragrant creamy white flowers. The stalks have a strong garlic flavor with a hint of sweetness and are wonderful in salads, sauté, soups, and stews. The bulbs are not edible.

Heshiko (Japanese Bunching Onion)

Allium fistulosum

Zones 2-9 | 1/4" | Annual

Japanese Bunching Onion, known as Heshiko is a bunching onion with tender 12" to 14" stalk and white slight pungent flesh. This mild flavorful onion is excellent for Asian inspired dishes, salads, and soups.

Red Creole

Allium cepa

Zones 2-9 | 1/4" | Biennial

Red Creole onion has 3" to 4" hard flat bulbs, bright purple skin, and white purple flesh that grows in bunches. This bold zesty flavor onion with mild sweetness is good for cooking and pickling as well as giving salads a pungent kick.

Red Savonese

Allium cepa

Zones 4-10 | 1/4- 1/2" | Annual/
Biennial

Red Savonese onion has 3" bulbs, red purple skin, and lavender flesh that grows in bunches. This mild sweet variety has fine growth rings for delicate slices for salads.

Alliums, Onions, Leeks

Rossa di Milano

Allium cepa

Zones 3-11 | 1/4" | Annual/Biennial | Milan

Rossa di Milano onion is a barrel shape bulb with a flat top, deep red purple skin, and white purplish flesh that grows in bunches. This pungent sweet variety is wonderful in salsa, a savory dish, or raw.

White Sweet Spanish

Allium cepa

Zones 3-12 | 1/4" | Annual/Biennial

White Sweet Spanish onion is a 3" globe shape bulb with green tops, white skin, and fine flesh that grows

in bunches. The mild sweet juicy onion grows as a globe in the north and scallions in the south. This variety is wonderful for canning, pickling, salads and soups.

Wild Leek

Allium tricoccum

Zones 3-7 | 1/4-1/2" | Perennial

Wild Leek, known as ramps, grows 8" high with strap-like green leaves that turn burgundy in color and white flowers. This wild variety has a pleasant spring onion flavor and strong garlic aroma which makes for wonderful pasta, sauté, and stir fry dishes.



White Sweet Spanish

SEEDS

Beans · Peas

Beans and Peas



Broad Windsor Fava

Antigua Bush

Phaseolus vulgaris

Zones 3-11 | 1-2" | Annual

Antigua Bush Bean grows on a 18" to 24" high with white seeds in straight 5" green pods, and light green leaves. The tender mild and sweet pods with a light sweet flavor are tasty for canning, sauté, soups, steaming, and stews.

Bean Tankuro, Soybean

Glycine max

Zones 2-11 | 1" | Annual

Tankuro Soybean grows 22" to 36" high with black seeds in 2" to 3" dark green pods, and green leaves. The sweet and rich bean makes a wonderful snack and is tasty steamed or stir fry.

Big Red Ripper

Fabaceae Vigna unguiculata subsp. unguiculata

Zones 5-11 | 1/2"-1" | Annual

Big Red Ripper southern cowpea grows on an 8' to 12' high vine with reddish brown seeds in 8" to 10" reddish green pods, blue flowers, and green leaves. This bean

is wonderful for slow cooking, soups, and stews.

Broad Windsor Fava

Vicia faba

Zones 6-11 | 1" -2" | Annual

Broad Windsor Fava Bean grows 3' to 4' high with flat pale greenish white maturing to brown textured seeds in 5 to 8" pods, and green leaves. The earthy and nutty bean is tasty for soups and stews.

Blue Coco (Pole)

Fabaceae Phaseolus vulgaris

Zones 3-11 | 1" | Annual

Blue Coco Pole Bean grows on a 5' to 8' high vine with purple tinged green leaves, chocolate brown seeds coats in 6" to 7" slight curved bluish purple pods, and fuschia-violet flowers. The tender mild and sweet pods with a meaty flavor and nutty aftertaste, turn green when blanched. The tender beans are nice for canning, sauté, soups, steaming, and stews.

Black Creaseback (Pole)

Phaseolus vulgaris

Zones 3-11 | 1" | Annual

Black Creaseback Pole Bean, renamed Ideal Market, grows on a 6' high vine with small black beans in 5" to 6" green pods. The flavorful pods eaten raw are sweet and crisp for snacks and salad. The tender beans are nice for canning, sauté, soups, steaming, and stews.

Broughton Astley Polish

Phaseolus vulgaris

Zones 3-11 | 1" | Annual

Broughton Astley Polish Bean grows on a bush with 3" to 4" green purple streaked and speckled pods. The pinkish tan with purple maroonish streaks and mottled beans, harvested when the pods are dry, are wonderful for slow cooking, soups, and stews.



Broughton Astley Polish

Beans and Peas

Chiba Green, Soybean

Glycine max

Zones 2-11 | 1" | Annual

Chiba Green Soybean grows 2.5' high with pale green seeds in 2" to 3" hairy pods, and green leaves. The plump crispy bean makes a wonderful snack and is tasty steamed or stir fry.

Contender (Bush)

Fabaceae Phaseolus vulgaris

Zones 3-11 | 1/2-1" | Annual

Contender Bush Bean grows on a 12" to 20" high bush with 6" to 8" green pods. The roundish oval medium green beans eaten raw are earthy and bitter and crisp and tender cooked with a rich earthy flavor grilled, roasted, sauteed, and stir fry.

Ezelle Family Fish Eye Black-Eyed Pea

Zones 3-9 | 1/2 - 1" | Annual

Plump cream-colored peas with big, beautiful black eyes grow 10-15 to a pod on lovely, productive, and vigorous 6' tall vines with white flowers. The tender young pods and leaves are tasty raw or cooked

Golden Sweet Snow

Pisum sativum

Zones 2-9 | 1" | Annual

Golden Sweet Snow pea grows on 6' tall vines with pink and purple flowers and vibrant lemon yellow flat pods, stems and tendrils. Best picked at 3" to 3.5" long, this sweet and crunchy variety is tasty pickled and raw as well as for sauté, salad, and stir fry. The flowers make a beautiful bouquet.

Grey Speckled Palapye

Vigna unguiculata

Zones 5 - 11 | 1" | Annual

The seeds of this African pea are a beautiful mottled purple. This species is typically grown for its protein-rich seeds (the most well-known of the species is the "black-eyed pea"), which can be cooked fresh or dried, or for their pods, which are like earthier green beans. But the nutritional powerhouse of African peas is actually the leaves, which are rich in protein and mild in flavor. They are tasty raw or cooked, and are produced in abundance.

Iron and Clay

Zones 3-9 | 1/2" - 1" | Annual

Iron and Clay Pea grows on a 24" to 30" vine with rectangular tan color clay or round darker brown iron seeds in 6" to 8" green ripening to light brown pods, and green leaves. This tender pea is savory for slow cooking, soups, and stews.

Jacob's Cattle

Phaseolus vulgaris

Zones 3-11 | 1/2-1" | Annual

Jacob's Cattle Bean grows on a 20" to 24" high bush with 3" to 5" green pods that mature to yellow. The dense white and maroon mottled beans, harvested when the pods green, have creamy texture and mild fruity, rich, and nutty flavor wonderful for slow cooking, soups, and stews.

Kebarika Shell

Phaseolus lunatus

Zones 3-11 | 1" | Annual

Thorogreen Lima Bean grows on a 20" to 24" bush with dark purple mottled seeds in 6" pods, and

green leaves. The slight nutty sweet bean has an earthy undertone ideal for soups and stews.



Ezelle Fish Eye Black Eye



Golden Sweet Snow



Iron and Clay



Jacob's Cattle

Beans and Peas

Kali Black Mung

Vigna mungo subsp. *mungo*
Zones 10-12 | 1/2-1" | Annual

Kali Black Mung Bean grows bushy about 3' high with 1" to 3" fuzzy black pods and yellow flowers. The matte black beans are best harvested when the pods are dry. Young rich nutty flavor pods are cooked as vegetables, boiled for a variety of recipes, and dried seeds are ground into flour for flatbread.

Mbombo Green Pole

Phaseolus vulgaris
Zones 4-11 | 1/2" - 1" | Annual

Mbombo Green Pole Bean grows on a vine with emerald green seeds in 5" to 6" green pods, and green leaves. The variety can be eaten as a green bean and the seeds nice for soups and stews.

Navy Bean

Phaseolus vulgaris
Zones 3-9 | 1" | Annual

Navy Bean grows on a 24" high bush with 4" pods. The white beans, harvested when the pods are dry, have a mild, slight sweet, earthy and nutty flavor and smooth texture ideal for chili, slow-cooked, as well as creamy soup.

Pea (African) Northern Notch Pigeon Peas

Cajanus cajan
Zones 6-15 | 1/2" | Annual

Northern Notch Pigeon Pea, known as Northern Adapted and are called "Gandules" and "Gungo peas", grows on a 4' sturdy wooden stem with round beige to light brown color seeds in 2" to 3.5" green ripening to light brown

pods, and green leaves. This variety has a bit of nuttiness and is savory for slow cooking, soups, and stews.

Pink-Eye Purple Hull Pea (African)

Fabaceae Vigna unguiculata subsp. *unguiculata*
Zones 3-9 | 1/2"-1" | Annual

Pink-Eye Purple Hull Pea grows on an 8' to 12' vine with cream color seeds with a purplish pink eye in 8-inch green ripening to light purple to deep burgundy pods that mature to yellowish light brown, and green leaves. This variety can be harvested as snap peas when pods are 3" to 4" long. This tender pea has a bit of nuttiness and is savory for slow cooking, soups, and stews.

Promiscuous, African Pea

Vigna unguiculata
Zones 3-9 | 1/2-1" | Annual

Promiscuous Peas African Pea Breeding Mix consists of a variety of African peas that may sprawl along the ground or climb are savory for slow cooking, soups, and stews.

Queen Anne Black-Eyed Pea (African)

Fabaceae Vigna unguiculata subsp. *unguiculata*
Zones 5-11 | 1/2-1" | Annual

Queen Anne Black-Eyed Pea grows on a bush 30" to 36" high with white seeds with a dark spot in 7" to 9" light to medium green pods that mature to yellowish light brown, and green leaves. This variety can be harvested as snap peas when pods are 3" to 4" long. This dense firm texture earthy pea has a bit of nuttiness and is savory

for slow cooking, soups, and stews.

Quincy Pinto

Phaseolus vulgaris
Zones 2-11 | 1"-2" | Annual

Quincy Pinto Bean grows as a vine with 4" to 5" pods. The brown speckled tan beans, harvested when plump and beginning to dry, have a rich flavor and smooth texture ideal for chili, refried beans, and slow-cooked, as well as creamy soup.

Rice Pea

Zone 3-9 | 1/2" - 1" | Annual

Rice Peas are a Gullah Geechee variety of lady pea used in coastal Carolina Hoppin' John and Reezy Peezy alongside Carolina Gold Rice. They have a good, fine flavor and aren't as earthy as other peas.

Rouge et Noir

Zones 3-9 | 1/2" - 1" | Annual

A Southern pea aptly named "Red and Black" in French, this heirloom cowpea hails from Washington Parrish, Louisiana.



Quincy Pinto

Beans and Peas



Sacaton Brown Tepary

Phaseolus acutifolius

Zones 7-10 | 1/2-1" | Annual

Sacaton Brown Tepary Bean, also known as "S'oam bawi" is a drought and heat tolerant variety with elongated arrow shaped leaves that grows in a mass of vines 12" high with green 3" to 4" pods that ripen to yellow and brown. The medium brown small flat beans, harvested when the pods are dry, have a savory and slight nutty flavor and smooth texture ideal for dips, gravy, and spreads as well as soups and stews.

Scarlet Runner Pole

Phaseolus coccineus

Zones 7-11 | 2" | Perennial

Scarlet Runner Pole Bean, also known as also known as fire bean, mammoth, red giant, and scarlet emperor, grows on a vine up to 20' high with pink to dark violet to black speckled seeds in up to 12" green pods, orangish red flowers, and green leaves. The edible flowers have a bean-like flavor and can be used in salads. Scarlet runner beans fall into a group of beans that contain high amounts of a lectin that is toxic to humans and animals. These beans have a chestnut flavor and should be boiled before steaming or adding to soups.

Speckled Graham Pea (African)

Vigna unguiculata

Zones 3-9 | 1/2-1" | Annual

Speckled Graham African Pea, also known as Speckled Cowpea, grows on a vine 10" to 15" high with speckled grey and tan seeds in 9" green pods, and green leaves. This earthy variety has a hint of nuttiness and is tasty for sauté, slow cooking, soups, and stews.

Tiger Eye

Phaseolus vulgaris

Zones 3-10 | 1"-2" | Annual

Tiger Eye Bean, also known as "pepa de zapallo" grows in a low bush up to 24" high with some vining and 4" pods. The golden-orange streaked and burgundy mottled beans, harvested when plump and beginning to dry, are have a rich flavor and smooth texture ideal for chili and refried beans as well as creamy soup.

Thorogreen Lima

Phaseolus lunatus

Zones 3-11 | 1" | Annual

Thorogreen Lima Bean grows on an 18" bush with light green seeds in 3 to 4-inch flat light green pods, and green leaves. The smooth, creamy, buttery texture baby lima bean is nice for soups and stews.

Winged Bean

Psophocarpus tetragonolobus

Zones 9-11 | 1/2"-1" | Annual

Winged Bean, also known as dragon bean, princess bean, four-sided beans and more, grows on a vine up to 12' high with brown seeds in 2" to 4" ruffled green pods, blue flowers, and green leaves. Young pods at 1" to 4" are nice grilled or sautéed, young leaves are tasty steamed or stir fry, and tuberous roots can be baked, boiled, fried, and steamed. Mature seeds must be cooked 2 to 3 hours to be edible.

Yard Long Bean - You Fung Wong

Vigna unguiculata subsp sesquipedalis

Zones 3-9 | 1/2"-1" | Annual

You Fong Wong Yard Long Beans, also known as long bean, asparagus, bean, snake bean, and Chinese long bean, grows on vines up to 15' high with oval leaves and 24" to 36" long pale green pods that dry to a black color. The crunchy fresh pods harvested at 12" to 18" or 25" to 30" long (at pencil thick) have a mild, slight sweet, and nutty flavor and along with seeds, stems, and leaves, this variety is tasty in curries, salads, sauté, and stir fry.

SEEDS

Collards

Collards



Champion

Brassica oleracea viridis
Zones 2-9 | 1/4" | Annual

Champion Collard grows 24" to 36" high and 12" to 18" wide compact with wax-coated dark green leaves. The leaves have a slight bitter flavor that become sweeter after a frost. The leaves are tender and tasty as earthy greens, as well as in sauté, soups, stews, and stir fry.

Even Star Landrace

Brassica oleracea acephala
Zones 2-11 | 1/4" | Annual

Even' Star Landrace Collard grows 30" to 36" high with large

green leaves. Mild young leaves are a sweet addition to a salad mix and tender mature leaves are wonderful as greens, and in sauté, soups, stews, and stir fry.

Morris Heading

Brassica oleracea viridis
Zones 2-9 | 1/4" | Annual

Morris Heading Collard, also known as "cabbage collards", grows 30" to 36" high and 3' to 3.5' wide with large blue-green leaves on semi-compact plants. The earthy leaves with a strong aftertaste and slight bitterness are tender and rich as greens, as well as in sauté, soups, stews, and stir fry.



Collards

Green Glaze

Brassica oleracea
Zones 2 - 9 | 1/4" | Annual

Green Glaze Collard grows 30" to 34" high and 12" to 28" wide with smooth glossy dark green leaves. Strong spicy young tender leaves are tasty as greens, and in sauté, soups, stews, and stir fry.

Old Timey Blue

Brassica oleracea viridis
Zones 2-9 | 1/4" | Annual

Old Timey Blue Collard grows 13" to 17" high and 2' to 3' wide with large elliptic blue-green leaves with a purple blush and purple veins. The leaves are a little bitter and chalky with a sweet slight floral flavor after a frost and are tender and delectable as greens, as well as in sauté, soups, stews, and stir fry.

Ultracross Collard

Brassica oleracea
Zones 2-9 | 1/4" | Annual

Ultracross genetics include the following varieties: William Moore, Fulton Stroud, Tabitha Dykes, Fuzzy's Cabbage Collard, E.B. Paul, Jernigan Yellow Cabbage Collard, Yellow Cabbage Collard, Georgia, White Cabbage Collard, Willis Collard Greens, Ole Timey Blue, Georgia Blue Stem, North Carolina Yellow, McCormack's Green Glaze, White Mountain Cabbage Collard, Green Glaze, Miss Annie Pearl Counselman, Brickhouse Old Collard, Lottie Collard, Vates, Georgia Southern.

William Alexander

Brassica oleracea
Zones 5-10 | 1/4" | Annual

William Alexander Collard grows 15" to 26" high and 25" to 40" wide with elliptic to ovate green to dark green to yellow green wavy leaves. The slight sweetness leaves with a strong mustardy flavor are tender and nice as greens, as well as in sauté, soups, stews, and stir fry.

Whaley's Favorite, Cabbage Collard

Brassica oleracea
Zone 5-10 | 1/4" | Annual

Whaley's Favorite Cabbage has large elliptic wavy medium green leaves and loose heads. The leaves, milder than most collards, are tender and nice as greens, as well as in sauté, soups, stews, and stir fry.

Yellow Cabbage Collard

Brassica oleracea viridis
Zones 2-9 | 1/4" | Annual

Yellow Cabbage Collard, grows 15" to 23" high with a loose head and elliptic lobed and wavy yellow tinted green leaves. These mild and tender leaves are nice as greens, and in sauté, soups, stews, and stir fry.



SEEDS

Flowers

Flowers

Autumn Jubilee Cover

Crop Mixture

Zones 3-9 | 1/4-1" | Annual

Jubilee Cover Crop Mixture includes a mix of winter rye (27%), common oats (27%), field peas (27%), ecotil radish (8%), crimson clover (7%), and tender green mustard (3%). This diverse cover crop mix would improve soil health, reduce erosion, and contribute to sustainable and environmentally sound farming practices.

Borage/ Blue Borage

Borago officinalis

Zones 2-11 | 1-2" | Annual/
Perennial

Borage/ Blue Borage grows 2' to 3' high with 6" wrinkled, dull gray-green bristly leaves and 1" stunning star-shape bright blue flowers. Young leaves have a mild cucumber flavor nice in salads and cocktails and flowers can be used as garnish for cold beverages and desserts as well as to make dye. Both the leaves and

flowers can be used to make tea.

Bright Light Cosmos

Cosmos sulphureus

Zones 2-11 | 1/4" | Annual

Bright Light Cosmos grows 1' to 3' and sometimes 6' high with hairy stems, green pinnate leaflets, and 2.5" diameter yellow flowers.

FlowerErfurter Calendula

Calendula officinalis

Zones 2-11 | 1/2" | Annual

Erfurter Calendula, also known as Orange Zinger, grows 18" to 24" tall with sturdy stems, narrow ovate toothed dark green leaves with sparse white hairs, and large orange blooms. Petals can be used as a dye and to make oil and tinctures. This plant is an allergen and can be extremely dangerous for consuming or medicinal use without knowledge of its properties.

Cleome

Cleome hassleriana

Zones 3-10 | 1/4" | Annual

Cleome, also known as spider

flower, grows 3' to 6' high with prickles on the midrib and spreading 12" to 18" with aromatic sticky palmate green leaves with slight skunk aroma and spiny stipules underneath, and loose balls of sweet fragrant pink, purple, or white blooms.

Coreopsis

Coreopsis tinctoria

Zones 2-11 | 1/2" | Annual

Coreopsis grows 2' to 4' high with smooth green compound leaves and 1 to 3 inch yellow and brown copper flowers with a reddish burgundy disk.

Guyana Tobacco

Nicotiana tabacum

Zones 9-11 | surface | Annual

Guyana Tobacco plant grows 3' to 10' high with 20" broad ovate to elliptical leaves and light to dark pink tubular flowers. The leaves are perfect for air-curing or flue-curing and have a rich and mellow taste. This plant contains nicotine.



Bright Light Cosmos

Flowers

Hibiscus Sunrise

Abelmoschus manihot

Zones 5-9 | 3/8"-3/4" | Perennial

Sunrise Hibiscus, also known as sunset muskmallow and sunset hibiscus grows 4' to 6' high with green deep lobed leaves and pale yellow flowers with a dark purple center. Young leaves and flower buds can be eaten raw or cooked in salads and Asian dishes.

Hungarian Blue

Breadseed Poppy

Papaver somniferum

Zones 3-9 | 1/16" | Annual

Hungarian Blue Breadseed Poppy grows 24" to 36" high with silvery blue green leaves and vivid bluish purple flowers. The nutty flavor gray-blue seeds are used for breads, cakes, and muffins.

Izmir Turkish Poppy

Papaver somniferum

Zones 3-8 | Surface Sow | Annual

The Izmir Turkish poppy grows 3' to 4' and the flowers are white with a purple mark in the center of each petal. The leaves are bluish green. The tiny gray seeds are used for muffin and bagel toppings and in baked goods. The seed oil is wonderful for salad dressing.

Mammoth Grey Striped Sunflower

Helianthus annuus

Zones 3-9 | 1/2"-1" | Annual



Hibiscus Sunrise

Mammoth Grey Striped Sunflower grows 9' to 12' high with 12" diameter bright yellow flowers with distinctive grey stripes. The seeds are excellent roasted.

Mauritiana Mallow

Malva sylvestris mauritiana

Zone 5 | 1/4" | Biennial/Perennial
Mauritiana Mallow, also known as tree mallow, grows 4' to 5' high in a bush with deep lobed coarse leaves and 2" across purple to deep violet flowers.

Mexican Torch Sunflower

Tithonia rotundifolia

Zones 3-10 | 1/4" | Annual

Mexican Torch Sunflower grows 5' to 6' high on long stems with 3" tangerine orange flowers. The bittersweet flowers add a pop of color to salads and desserts and bittersweet earthy young buds can be grilled or sauteed.

Nasturtium

Tropaeolum majus

Zones 3-10 | 1/2" | Annual/
Perennial

Nasturtium, also known as Indian Cress or Monks Cress, grows on trailing 10' tall vines with aromatic jewel-toned yellow, orange, deep orange, and pink blooms. The flowers are sweet mild spicy and the foliage is peppery, all wonderful with salads and as a soup garnish.



Hungarian Blue Breadseed Poppy

Northern Sea Oats

Chasmanthium latifolium

Zones 5-9 | 1/4" | Perennial

Northern Sea Oats is a robust bright green grass in clumps that can reach up to 2' to 3' tall. This variety has drooping purple bronze oat-like seed heads in late summer and golden brown foliage in winter.

Seashell Cosmos

Cosmos bipinnatus

Zones 3-10 | 1/4" | Annual

Seashell Cosmos grows 3' to 6' high with ferny leaves and ruffled white, pink, or red blossoms of hollow, tubular petals that radiate from the center.

Swamp Milkweed

Asclepias incarnata

Zones 3-8 | 1/8" | Perennial

Swamp Milkweed grows 3' to 5' tall and 2' to 3' wide with lance shaped leaves and soft mauve to pink to reddish-violet or white flowers. Flower buds, young shoots, and young seed pods are edible in small amounts and only if cooked and flower clusters can be boiled down for a sweet syrup. Swamp milkweed is a critical host for monarch butterflies.



Mammoth Grey Striped

SEEDS



Fruit

Fruit



Iroquois Cantaloupe

Chilton Muskmelon

Cucumis melo
Annual

Chilton Muskmelon grows on 6' plus vines and is a round to oval shape firm green with yellow hue fruit with a green netted rind that turns to gold. This variety has a fruity floral aroma and tender succulent flesh. This cantaloupe has a rich sweet flavor with hints of honey and musk.

Iroquois Cantaloupe

Cucumis melo
Zones 4-11 | 1/2" | Annual

Iroquois Cantaloupe grows on 6' plus vines and is a 7 to 10 pound round to slight oval shape tough ribbed greenish gray fruit with a fine netting rind and sweet orange flesh.

Sharlyn Cantaloupe

Cucumis melo
Zones 4-11 | 1/2" | Annual

Sharlyn Cantaloupe grows on 6' plus vines and is an oblong shape firm and tender fruit with a green

netted rind that turns to blush gold. This variety has floral and fruity aromatics and is tinged tangerine in the center and lime on margin until it ripens to a white flesh. This cantaloupe is melt in your mouth tropical honey dew pineapple sweet.

August Ambrosia

Citrullus lanatus
Zones 2-11 | 1" | Annual

August Ambrosia watermelon is a 4 to 6 pound tasty red flesh watermelon with a thin green rind. This variety was developed for a short growing season.

Çekirdeği Oyali

Citrullus lanatus
1" | Annual

The Çekirdeği Oyali (check-ear-day-ee o-ya-luh) watermelon is a mini 3 to 4 pound sweet orangish yellow flesh crispy watermelon with a dark green rind.

Anne Arundel Muskmelon

Cucumis melo

Zone 4 - 11 | 1/2" | Annual

It is something like a cross between a cantaloupe and a honeydew, but smaller .

Chou Cheh Red

Citrullus lanatus
Zones 2-11 | 1/2" | Annual

Chou Cheh Red is a 5 to 12 pound productive complex flavor sweet crispy red pinkish flesh watermelon from Shaanxi Province. This variety has a long harvest window and has been found have exceptional resistance to downy mildew.

Early Moonbeam

Citrullus lanatus
Zones 4-9 | 1" | Annual

Early Moonbeam watermelon is a mini 5 to 8 pound sweet yellow flesh watermelon with a light green rind mingled with darker green stripes. This variety is disease-resistant and cool weather tolerant.

Fruit

Golden Midget

Citrullus lanatus

Zones 3-11 | 1" | Annual

Golden Midget watermelon is a mini crisp sweet red flesh watermelon with a thin light green rind that turns golden yellow at maturity. This variety can be grown in small gardens or large containers.

Moon and Stars Yellow

Citrullus lanatus

Zones 3 - 11 | 1" | Annual

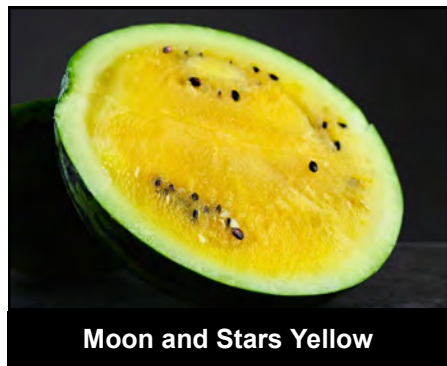
Moon and Stars watermelon grows to between 16 and 45 pounds and has sweet yellow flesh. The deep colored rind has brilliant cosmic splashy yellow spots and marks.

Nancy

Citrullus lanatus

Zones 3 - 11 | 1 1/2-2" | Annual

Nancy watermelon grows to about 25 pounds and has a classic sweet flavor with pink-red flesh. The green striped rind is thin; thus, this variety does not do well in shipping. Nancy watermelon is above average disease resistant and excellent drought resistance.



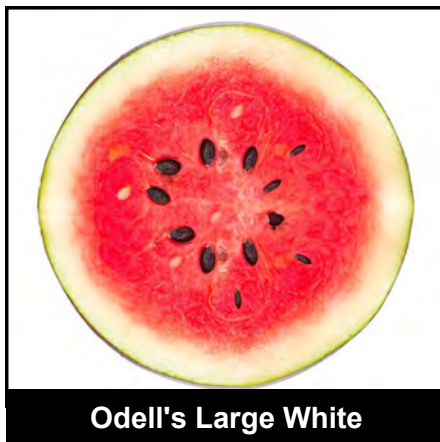
Moon and Stars Yellow

Odell's Large White

Citrullus lanatus

Zones 3-11 | 1 1/2-2" | Annual

Odell's is a huge watermelon also known as White Stoney Mountain Watermelon. The delicious flesh is pink, sweet, and coarse and the rind is tender, a bit sweet, and light green to grayish in color.



Odell's Large White

Orangeglo Watermelon

Citrullus lanatus

Zones 4-11 | 1 1/2-1" | Annual

Orangeglo Watermelon is an oblong shape 25 to 30 pound delicious deep orange tropical sweet flesh fruit with a light green and dark green stripe pattern rind.

Renick Yellow

Citrullus lanatus

Zones 2-11 | 1" | Annual

Renick Yellow are small melons with sweet crisp yellow flesh and a bright golden core.

Scaly Bark

Citrullus lanatus

Zones 2-11 | 1 1/2-2" | Annual

Scaly Bark watermelon have sweet crispy red flesh with mottle colored rough looking skin. This watermelon holds well and can stay on the vine a week or two after harvest date.

Stone Mountain

Citrullus lanatus

Zones 2-11 | 1 1/2 - 2" | Annual

Also known as Dixie Belle, this watermelon averages 30 pounds and has an above average tasting sweet pink flesh with a thick dark green rind that resists splitting; thus, this is a good choice for shipping or storage. The rind is excellent for pickling.

Sugar Baby

Citrullus lanatus

Zones 3-11 | 1" | Annual

These compact 6 to 10 pound sweet red flesh watermelons are great for areas with shorter growing seasons and limited growing space.

White Wonder

Citrullus lanatus

Zones 2-11 | 1" | Annual

White Wonder watermelons average 3 to 8 pounds with ivory to white flesh and have a subtly sweet flavor with a mild tropical cucumber-like essence.

Wilson's Sweet

Citrullus vulgaris

1" | Annual

Wilson's Sweet grows 15 to 20 pounds and has crisp sweet red flesh with a spotted green rind. This watermelon keeps well.

Wine Grape Breeding Mix

Vitis vinifera

Zones 6-11 | 1 1/4" | Annual

Wine Grape Breeding Mix consists of a variety of grape seeds that can be eaten fresh, dried for raisins, or processed to make wine.

SEEDS

Grains

Grains

A.L. White Teff

Eragrostis tef.

Zones 8-11 | 1/4" | Annual

A.L. White Teff grows 3' tall in a clump of narrow curved wispy grassy foliage with brown to reddish purple and white to tan seeds. This variety has a wonderful nutty flavor and is preferred ground for making injera, a traditional flat bread, as well as a whole grain baked, boiled or steamed for polenta and porridge dishes.

Amaranth Coral Fountain

Amaranthus caudatus

Zone 2-11 | 1/4 - 1/2" | Annual

Coral Fountain Amaranth grows 3' to 5' tall and produces cascades of gold peach-coral flower tassels with golden seeds. The green leaves are edible and the earthy seeds can be used like a grain for baked goods, porridge, as well as popped.

Ashworth

mays subsp. mays

Zones 4-8 | 1" | Annual

Ashworth Corn grows 5' tall with green leaves, bushy silks and tassels, and yellow kernels on 6" to 7" ears. This corn has full-bodied sweet buttery flavor and can be ground for cornmeal and roasted when young.

Astronomy Domine Sweet Corn

mays subsp. mays

Zones 3-11 | 1" | Annual

Astronomy Domine Sweet Corn grows 6' to 7' tall with green leaves, bushy silks and tassels, and multi-color white, yellow, lavender, gray, orange, deep red,

and blue color kernels on a range of 6" to 12" ears. This tender corn has great sweet flavor and can be ground for cornmeal as well as roasted when young.

Biobio Quinoa

Chenopodium quinoa

Zones 4-10 | 1/4-1/2" | Annual

Biobio Quinoa grows 3' to 5' tall on a red stem with lilac color seed heads and small white seeds. This variety has a wonderful nutty flavor and young leaves can be used in salad.

Bloody Butcher Flour

mays subsp. mays

Zones 3-11 | 1/4" | Annual

Bloody Butcher Flour Corn grows 5' to 6' tall with green leaves, bushy silks and tassels, and iron-rich red color kernels with deep red stripes on 8 to 12" ears. This corn has great flavor and can be ground for flour and cereal as well as roasted when young.

Broomcorn Sorghum

Sorghum bicolor

Zones 2-11 | 1/2" | Annual

Broom Sorghum grows on an 8' tall stem with 2' to 3' light rust color fan shaped seed heads that mature into shades of amber, black, brown, and red. The seed heads are best as an ornamental and the stalks and panicles can be used as a broom. The seeds can be used for bird feed or cured for popcorn.



A.L. White Teff



Amaranth Coral Fountain



Astronomy Domine Sweet



Biobio Quinoa

Grains

Cherokee Eagle White

mays subsp. mays

Zones 3-11 | 1/4" | Annual

Cherokee Eagle White Corn grows 8' to 10' tall with green leaves, bushy silks and tassels, and white and dark blue kernels on 6" to 7" stocky ears. This corn has great flavor and can be ground for cornmeal and roasted when young.

Common Winter Rye

Secale cereale

Zones 1-9 | 1-11/2" | Annual

Common winter rye is 4' tall and yellowish rust and green in coloring. The grain is grown for replenishing nitrogen in soils, breaking up compact and clay soils, and reducing erosion. Winter rye berries have a nutty earthy flavor and grains have a slight malty and mild nutty flavor. Rye berries are wonderful for baked breads and desserts. The grains are excellent for fermented beverages, pastries, salads, and soups.

Della Sorghum

Sorghum bicolor

Zones 2-11 | 1/2" | Annual

Della Sorghum grows on a 10' to 12' tall stem and the seed head is a rust color. The stalks can be pressed and the juice boiled down for an excellent sweet syrup considered the gold standard. The seeds can be ground into flour for baked goods.

Dragon's Claw Millet

Eleusine coracana

Zones 2-11 | 1/4" | Annual

Dragon's Claw Millet grows to 18" high and has green and rust panicle fingers. The seed scent is similar to malted barley and the millet is ground into flour for baked goods and porridge as well as fermented for beer.

Dakota Black Popcorn

mays subsp. mays

Zones 3-11 | 1" | Annual

Dakota Black Corn grows 4' to 6' feet tall with green leaves, bushy silks and tassels, and small mahogany to jet black kernels on

5" to 9" ears. This intense flavor corn is a wonderful fluffy popping corn.

Dynamite (South American Yellow Popcorn)

mays subsp. mays

Zones 3-11 | 1 1/2-2 1/2" | Annual

Dynamite Corn, also known as 'South American Yellow,' 'Sunburst', 'T.N.T.', and 'Yellow Giant', grows 5 feet tall with green leaves, bushy silks and tassels, and golden yellow kernels on 6" to 9" ears. This nice butter flavor corn is a high-quality popping corn that creates a mushroom shape.

Fishers Earliest

Zea mays subsp. mays

Zones 4-7 | 1" | Annual

Fisher's Earliest Corn grows up 5' to 6' tall with green leaves, bushy silks and tassels, and brilliant yellow kernels on 6" ears. This sweet corn has a nice buttery flavor and is awesome raw or grilled. This corn should be eaten soon after harvesting.



Cherokee Eagle White



Common Winter Rye



Della Sorghum

Grains

Glass Gem

Zea mays subsp. mays
Zones 4-7 | 1" | Annual

Glass Gem Corn grows up to 15' tall with green leaves, bushy silks and tassels, and vivid translucent multicolor jewel toned kernels on 6" to 8" ears. This tender and crisp corn has a slight sweet nutty flavor and is nice for polenta and popping as well as ornamental.



Glass Gem

Hickory Cane Dent

Zea mays subsp. mays
Zones 3-11 | 1" | Annual

Hickory Cane Corn grows up to 15' tall with green leaves, bushy silks and tassels, and flat creamy white kernels on tight 7" to 9" ears. This corn has great flavor and is wonderful for roasting and creamed corn as well as ground for grits, hominy and white corn-meal for corn bread, tortillas, and chips.

Hopi Red Dye Amaranth

Amaranthus cruentus
Zones 2-11 | 1/8-1/4" | Annual

Hopi Red Dye Amaranth grows on 4' to 7' tall red stems with small beautiful red flower bracts. The spouts are great for microgreens,

purple leaves for salads, and seeds can be ground for breads and baked goods. This variety is used as a dye for foods and crafts.



Hopi Red Dye Amaranth

Kaslala, Multicolor Quinoa

Chenopodium quinoa
Zones 4-10 | 1/4-1/2" | Annual

Kaslala Multicolor grows 7' tall on a bright red stem with reddish brown seed heads and red to black, cocoa, buff, chocolate, and white seeds. This variety has a wonderful nutty flavor and young leaves can be used in salad.

Kassaby Sorghum

Sorghum bicolor
Zones 2-11 | 1/2" | Annual

Kassaby Sorghum grows on a 12' tall stem and the seed head is white. The stalks can be pressed and the juice boiled down for a wonderful sweet syrup. The seeds can be popped like popcorn or ground into flour for baked goods. This variety can be brewed for beer as well as cracked and cooked for a chewy, sweet and savory treat.



Kassaby Sorghum

Kawanda Sorghum

Sorghum bicolor
Zones 2-11 | 1/2" | Annual

Kawanda Sorghum grows on a tall stem and the seed head is beige to light brown when mature. The stalks can be pressed and the juice boiled down to create one of the sweetest sorghum syrups for baked goods or a spread.

Lime Lights Millet

Setaria italica
Zones 2-11 | 1/4" | Annual

Lime Lights Millet lime green to golden stalks grow 3' to 4' tall with golden long, full, seed heads. This variety is grown as a grain for porridge or flour.

Looney Dent

Zea mays subsp. mays
Zones 4-7 | 1" | Annual

Looney Dent Corn grows medium tall with green leaves, bushy silks and tassels, and white kernels on 9" to 12" ears. This corn has great flavor and can be ground for corn-meal and makes excellent grits.

Grains



McCormack's Blue Giant

McCormack's Blue Giant (Dent)
Zea Zea mays subsp. mays
Zones 3-11 | 1" | Annual

McCormack's Blue Giant Dent Corn grows 10' to 12' tall with narrow leaves, bushy silks and tassels, and wide smoky blue kernels on 7" to 8" ears. This cross variety between Hickory King and an unnamed heirloom blue dent corn is ideal for roasting as corn cob and the dry grain can be ground for cornmeal for tortillas and chips.

Montechello White, Sesame
Sesamum indicum
Zones 10-11 | 1/4" | Annual

Montechello White Sesame grows up to 6' tall and has white flowers and the seeds are within a fruit

capsule. The brown seeds have a nutty flavor. These seeds are wonderful as a flavoring ingredient for dressings, sauces, soups or stews as well as sprinkled as a garnish.

Northern Sea Oats
Chasmanthium latifolium
Zones 5-9 | 1/4" | Perennial

Northern Sea Oats is a robust bright green grass in clumps that can reach up to 2' to 3' tall. This variety has drooping purple bronze oat-like seed heads in late summer and golden brown foliage in winter.

Purple Valley, Barley
Hordeum vulgare
Zones 3-9 | 1/2" | Annual

Purple Valley Barley grows 3' to 4'

tall and has lavender spikelets. The barley retains its color through cooking and has a slight nutty smoky flavor. The firm texture is not as gummy as other varieties and is excellent for a grain bowl and addition to salad.



Purple Valley, Barley

Grains

Sesame (Benne)

Sesamum indicum

Zones 10-13 | 1 1/2" | Annual

Benne Sesame grows up to 6' tall and has white, pale pink, blue or purple flowers and the seeds are within a fruit capsule. The brown seeds have a pronounced honey nutty flavor that has a slight bitterness. These seeds are wonderful as a flavoring ingredient for dressings, sauces, soups or stews as well as sprinkled as a garnish. Benne sesame seeds give sweets a dark caramel complexity and the leaves and young seed pods are edible.



Sesame (Benne)

Sugar Drip Sorghum

Sorghum bicolor

Zones 2-11 | 1/2" | Annual

Sugar Drip Sorghum grows on a 6' to 9' tall stem and the seed head

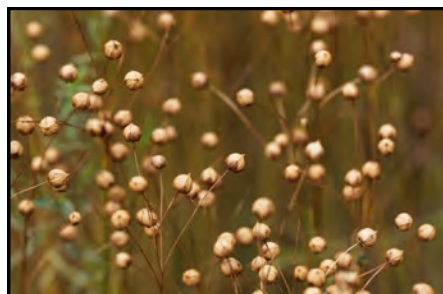
is amber red when mature. The stalks can be pressed and the green juice boiled down over a wood fire for delicious sweet syrup for baked goods or a spread.

Sussex Flax

Linum usitatissimum

Zones 5-9 | 1/8" | Annual

Sussex Flax grows 3' high and has delicate purple-blue blooms and brown seeds. The healthy seeds are tasty and linen can be made by the retting process.



Sussex Flax

Teosinte

Zea mays parvagrulis or *Mexicana*

Zones 9-11 | 1" | Annual

Ancient Teosinte Corn grows about 10' tall with narrow grass-like leaves, bushy silks and

tassels, and spikes of 2" to 3" ears with 1 row of 1 to 12 green triangular seeds that ripen and dry to beige and brown, each within a hard fruit case. In Mexico, the stalk is chewed for sweet juices. The dry grain is inedible. Mature dry seeds can be popped for popcorn.

White Sorghum

Sorghum bicolor

Zones 2-11 | 1/4" | Annual

White sorghum grows on a 9' to 10' tall stem and the panicle has black outer glume seed covering. This variety can be made into flour for baked goods, milled into grits, cooked as a grain, and the cane can be pressed into a delectable juice, fermented, or boiled for syrup.

Wild (Goosefoot) Quinoa

Chenopodium album

Zones 3-10 | 1/4-1/2" | Perennial

Wild Quinoa, also known as Goosefoot and pigweed, grows to 6 feet high and has greenish blue gray goosefoot shape green leaves and white seed heads ripen to magenta. Young leaves are mild and wonderful for sauté. Mature leaves are bitter and fully mature plants can be harvested for grain.



White Sorghum

SEEDS

Greens

Greens



Accawmacke Broccoli Turnip Greens

Brassica rapa

Zones 6-11 | 1/4 - 1/2" Biennial

Accawmacke Broccoli is a non-rooting turnip with glossy leaves grown year-round for greens and overwintered to produce "broccoli raab" flower spikes in the spring. This rare turnip has sweet dark greens and is wonderful boiled, sauteed, and stir fry and the seeds can be used in crackers and baked goods.

Anuenue Lettuce

Lactuca sativa

Zones 2-10 | 1/8-1/4" | Annual

Anuenue (AH-new-ee-new-ee) lettuce is a large head with a tightly packed heart and compact

bright green leaves. This refreshing crunch variety has buttery innermost leaves and a sweet flavor with no bitterness.

Arugula Roquette

Eruca vesicaria

Zones 2-11 | 1/4" | Annual

Arugula Roquette, also knowns and rocket, grows 10 to 24-inches high with irregular slender lobed medium green leaves and pale yellow flowers. The foliage is tender with a peppery and slight nutty flavor. This variety is a nice accent in mixed salads and sandwiches, and mature bitter leaves are wonderful light steamed or cooked with other greens, as well as in soups and stews.

Bear Necessities Kale

Brassica napus

Zones 2-11 | 1/8" | Annual/
Biennial

"Bear Necessities Kale, grows 8" to 18" high with green purple blushed fine serrated hyper frilly foliage. Mild sweet and tender foliage is nice for a bulky salad as well as tasty in sauté, soups, stews, and stir fry.



Anuenue Lettuce

Greens

Bloomsdale

Spinacia oleracea

Zones 3-9 | 1/2" | Annual

Also known as "Bloomsdale Long Standing", this variety has dense deep green leaves that melt in your mouth. The young to full size leaves have a light sweet earthy flavor with a little bitterness in the aftertaste.

Broccoli Piracicaba

Brassica oleracea

Zones 4-10 | 1/4" | Annual

Broccoli Piracicaba (pee-ree-see-kah-bah) grows 30" high with loose habit green florets and long thin stems. This variety has a sweet flavor florets with crunchy texture and is wonderful raw or sautéed, and stir fry.

Creasy Greens (Upland Cress)

Barbarea verna

Zones 2- 9 | 1/4" | Biennial / Perennial

Creasy Greens, also known as land cress, bitter cress, winter cress, and Belle Isle cress, grows 4' to 6' high with rosettes of dark green, glossy, rounded leaves and stalks with small yellow flowers. All parts of the plant are edible, including the flowers, stems, and seed pods. These sweet pungent leaves are tasty in salads and are mild as greens and in sauté, soups, and stews.

Dark Green Romaine, Lettuce

Lactuca sativa

Zones 2-10 | 1/8-1/4" | Annual

Dark Green Romaine lettuce head is upright, narrow, and closed at the top, blanching the heart with dark green leaves. This crunchy variety has a sweet flavor

De Cicco Broccoli

Brassica oleracea var. italica

Zones 3-10 | 1/4-1/8" | Annual

De Cicco Broccoli grows 28" to 30" high with a 3" to 4" diameter bluish green central head and long thin stems. This variety has a mild sweet flavor with crunchy texture and is wonderful raw or sautéed, and stir fry. The sweet dark green baby leaves are nice as cooked greens.

Dutch Broadleaf Cress

Lepidium sativum

Zones 6-9 | 1/8" | Annual

Dutch Broadleaf Cress grows 12" to 20" high with large broad wavy edge leaves. The leaves are tender with a sharp spicy flavor. These peppery leaves are tasty in salads, sandwiches, and make a wonderful garnish.

Ethiopian Green, Mustard

Brassica carinata

Zone 8-11 | 1/4 -1/2" | Annual

Ethiopian Green Mustard grows about 3' to 6' high with scalloped serrated medium green leaves. Mild young leaves are nice for a salad and tender mature leaves are tasty as greens, and in sauté, soups, stews, and stir fry.

Ethiopian Kale (Texsel Greens)

Brassica carinata

Zones 9-12 | 1/2" | Biennial

Ethiopian Kale, also known as "habesha gomen" or "Abyssinian mustard" in Ethiopia and "Texsel" greens in America, grows 4' high with oval irregular edge dark green leaves. Mild spicy young leaves (milder than kale and mustard) are nice for a salad and ten-

der mature leaves are tasty as greens, and in sauté, soups, stews, and stir fry.

Eva, Mustard

Brassica juncea

Zones 6-11 | 1/4 - 1/2" | Annual

Eva Mustard is a population of different *Brassica juncea* varieties that crossed and naturalized. The tapered dark green leaves with hints of purple have a pungent garlic mustard flavor savory in salads, soups, and stir fry.

Ear of the Devil, Lettuce

Lactuca sativa

Zones 2-10 | 1/8-1/4" | Annual

Ear of the Devil lettuce is a massive star like rosette with long pointed deer tongue shape glossy green leaves with red to burgundy tones and crunchy midribs. This looseleaf crunchy variety has a nutty flavor with no bitterness.



Bloomsdale



De Cicco

Greens

'Folong' Amaranth

Amaranthus spp

Zones 2-11 | 1/4" | Annual

'Folong' Amaranth grows 4' to 6' high with large tender yellowish green leaves and elegant dangling flower clusters. Blanched younger leaves have a mild flavor excellent for salads and mature leaves, with a non-earthy flavor with nutty undertones similar to spinach, are nice for Cameroonian inspired dishes as well as in sauté, stews, stir fry, and soup. The black seeds are edible and processed into flour.

Freedom Mix Lettuce

Lactuca sativa

Zones 2-10 | 1/8-1/4" | Annual

Freedom Mix Lettuce is a special gene pool curated from the most disease-resistant and best tasting commercial, heirloom, and farm-original varieties. This green and reddish purple variety is a pleasing crisp-leaf head lettuce.



Freedom Mix Lettuce

Frizzy Lizzy Mustard

Brassica juncea

Zones 6-11 | 1/4 - 1/2" | Annual

Frizzy Lizzy Mustard grows 12" to 24" high with wavy fancy deep toothed reddish purple and green leaves. The foliage has a pleasant mild spice flavor and adds nice color and bulk to a salad and are tasty in sauté and stir fry.

Garnet Butter Gem, Lettuce

Lactuca sativa

Zones 2-10 | 1/8-1/4" | Annual

Garnet Butter Gem is a compact uniform 12" wide tight rosette lettuce with pebbled red and light plum leaves touched with brown. This crunchy variety has a balanced sweet buttery flavor.

Green Amaranth Callaloo

Amaranthus spp.

Zones 2-11 | 1/4 | Annual

Callaloo grows 3' to 5' high and 12" to 24" wide with tender emerald green leaves and elegant dangling flower clusters. Younger leaves have a mild flavor excellent for salads and mature leaves, with a slight bitter flavor with nutty undertones similar to spinach, are nice for juicing and Caribbean dishes as well as in sauté, stews, stir fry, and soup. The flower buds and seeds are edible.



Green Amaranth Callaloo

Gbognome Nightshade

Solanum macrocarpon

Zone 9 -11 | 1/4" | Annual

Gbognome Nightshade (bog-NO-may), also known as Gboma greens and "eggplant collards," grows in a bushy form 2' to 4' high with dark green leaves and green fruit that ripens to yellow. The fruit

is bitter. Strong spicy young tender leaves are tasty as greens, and in sauté, soups, stews, and stir fry.

Greasy Greens, Upland Cress

Barbarea verna

Zones 2 - 9 | 1/4" | Biennial,

Perennial

Also called land cress, bitter cress, winter cress, and Belle Isle cress, this cabbage-family biennial (or short-lived perennial). It is most well-known these days as a weed, but for many people it is a treasured heirloom. The taste is similar to watercress, but it is much easier to grow.



Greasy Greens

Great Wave Miike

Brassica juncea

Zone 6 - 11 | 1/4 - 1/2" | Annual

Great Wave Miike Mustard grows up to 36" high with wavy growth habit and short broad green leaves with red veins. Sweet and strong spicy young tender leaves are tasty in a salad, on sandwiches, and greens, sauté, soups, stews, and stir fry.



Green Wave Miike

Greens

Green Wave, Mustard

Brassica juncea

Zones 6 - 11 | 1/4 - 1/2" | Annual

Green Wave Mustard grows 1' to 2' high with curly and fringed medium green spineless leaves.

The leaves are tender with a sharp spicy flavor. These mild pungent leaves are tasty in salads, garnishes, soups, and stews.

Grumolo Rosso

Cichorium intybus

Zones 3-10 | 1/4" | Perennial

Rosso Grumolo type chicory leaves form a beautiful intense red rosette. The young leaves are wonderful in a salad mix and mature leaves with a bitter flavor are nice in soups and stir fry.

Huazontle Red Aztec Spinach

Chenopodium berlandieri

Zones 1-11 | 1/2" | Annual

Huazontle (wah-zont-lay) Red Aztec Spinach grows 4' to 6' tall and has aromatic green leaves with hints of red which mature to red. The young leaves have a spinach broccoli undertone with hints of pepper for fresh use and mature bitter flavor leaves are delicious in soups and stir fry. The buds are broccoli flavor with a hint of mint and can be prepared fresh, steamed or blanched. The reddish brown copper color seeds have a sweet nutty flavor that can be ground for tortillas.

Komi Shungiku

Chrysanthemum coronarium

Zones 3-10 | 1/4" - 1/2" | Annual

Komi Shungiku is known as an edible Chrysanthemum that has a long stem with deep serrated

green leaves and pale yellow flowers. The young mild floral flavor leaves and mature grassy, bitter flavor leaves are delicious in salads, omelets, soups, and stir fry. The flowers can be dried for tea.

Molukhia Egyptian E. Texas Strain, Jute

Corchorus olerarius

Zones 5-11 | 1/4" | Annual

Molukhia Egyptian E. Texas Strain Jute, also known as Egyptian Spinach, Jew's Mallow, and Nalta, grows as a shrub about 3' high with bright dark green leaves and yellow flowers. Tender leaves can be eaten fresh for salads and dried leaves can be made into side dishes, soups, and stir fry. The seed pods contain greenish turquoise seeds.

Merlo Nero

Spinacia oleracea

Zones 5-10 | 1/2" | Annual

Spinach Merlo Nero has dark intense green rounded savoyed leaves that are tender and flavorful. This variety is excellent in pasta dishes.

New Zealand Spinach

Tetragonia tetragonioides

Zones 8-11 | 1/2" - 1" | Annual

New Zealand Spinach trails and grows a copious amount of mild greenish leaves and is not technically a proper common spinach. It is a great alternative that looks and tastes similar with a slight salty nutty flavor. Young leaf tips can be eaten raw in a salad and mature leaves can be blanched or cooked.

Norabouna

Brassica napus

Zones 2- 11 | 1/4" | Annual

Norabouna grows 30" high with light green red-tinted stems and medium green leaves. The delicious shoots and leaves are tender and pleasant in sauté, soups, stews, and stir fry as well as steamed.

Osaka Purple Mustard, Pungent

Brassica juncea

Zones 1-12 | 1/4-1/2" | Annual

Osaka Purple Mustard grows 12" to 15" high and wide with dark green purple tinged leaves with bright white veins and yellow flowers. Young leaves are sweet and mature to pungent. The leaves are tender and tasty as baby salad greens and wonderful in sauté, soups, stews, and stir fry.

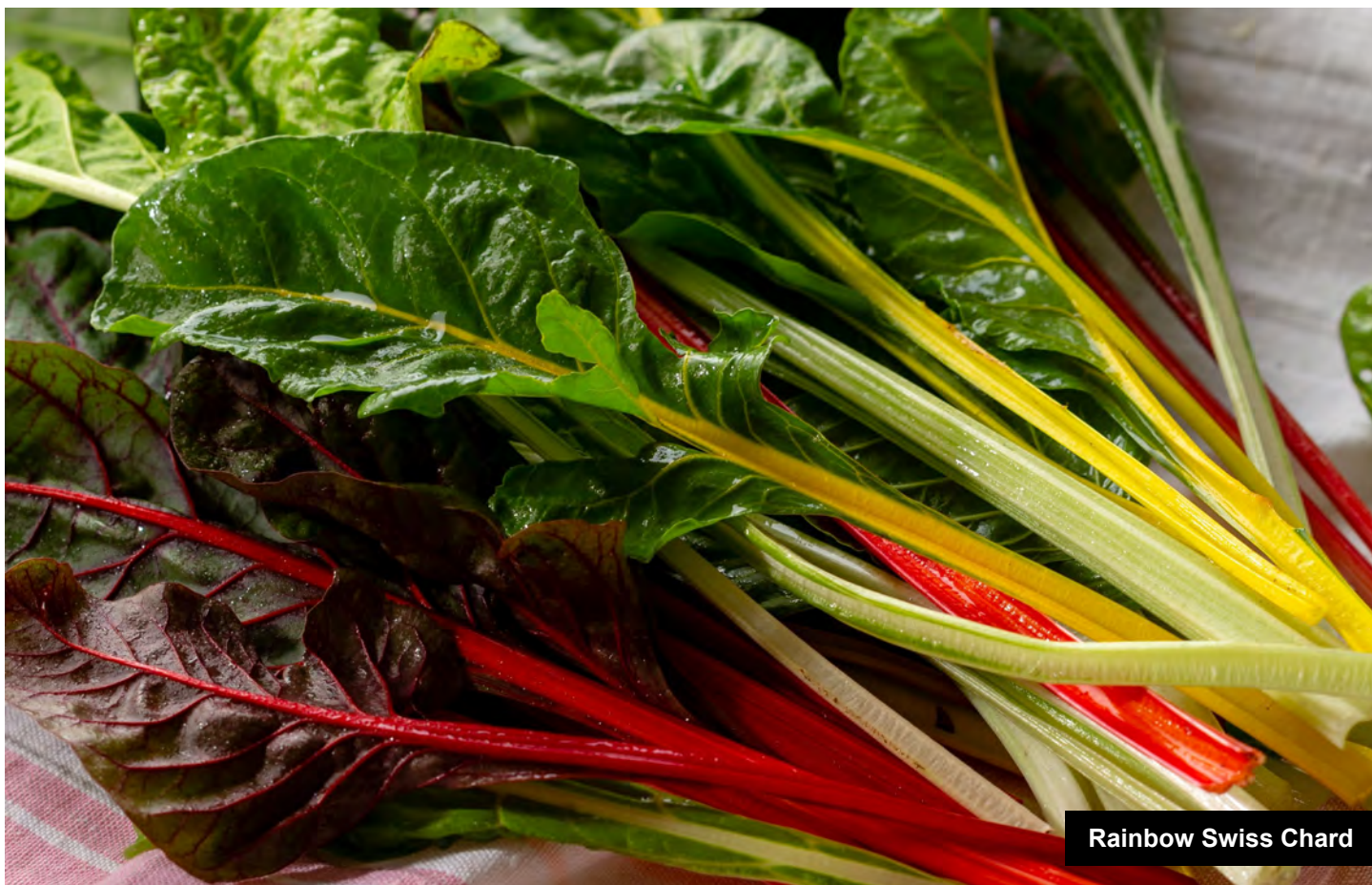


Huazontle Red Aztec Spinach



New Zealand Spinach

Greens



Rainbow Swiss Chard

Purslane

Portulaca oleracea

Zones 10-11 | 1/4" | Annual

Purslane, also known as little hogweed, pigweed, fatweed, and pusley, is a succulent that grows 6" high in nature and up to 16" high planted, has thick rounded green leaves and yellow flowers. The succulent salty citrus crunchy leaves with a peppery kick are tasty in dips and salads.

Rainbow Chard

Beta vulgaris subsp. *cicla*

Zones 2-11 | 1/2" | Biennial

Rainbow Chard is a mix of crimson, grapefruit, tangerine, gold and silver stems with lime green to dark purple-green leaves with deep veins. The leaves and stems have an intense mineral edge, earthy sweet, and mild nutty

flavor awesome for pasta, soups, and stir fry.

Red Bull Brussel Sprouts

Brassica oleracea var. *gemmifera*

Zones 2-10 | Depth 1/4" | Annual

Red Bull Brussel Sprouts grows 3' tall with green to deep purple red 1 to 2-inch sprouts and green to purple leaves. The nutty and mild sprouts are excellent roasted and tasty in sauté, soups, stews, and stir fry.

Red Giant Mustard

Brassica juncea

Zones 6-11 | 1/4 - 1/2" | Annual

Its mildly spicy flavor is reminiscent of horseradish.

Red Malabar Spinach Lettuce

Basella alba

Zones 7-10 | 1/4" | Perennial

Red Malabar Spinach, also known as Indian Spinach and Ceylon Spinach, grows on a 6 to 10 feet long deep reddish purple vine and has semi-succulent glossy dark green oval or heart shape leaves. The tender leaves and shoots are mild with peppery notes and a bit of citrus and go well in salads. The cooked leaves are a bit gelatinous and are pleasant for sautés and soups.

Shanghai Green Baby Bok Choy

Brassica rapa

Zones 2-11 | 1/2" | Annual/Biennial

Shanghai Green Baby Bok Choy are 5" to 6" upright plants with a white fleshy base, light green stems, and curvy green foliage. The leaves are tender and fine flavored excellent in salads, soups, and stir fry.

Greens

Shungiku Chrysanthemum

Glebionis coronaria

Zones 2-10 | 1/4" | Annual

Shungiku Chrysanthemum grows up to 12-inches high with serrated green leaves and white and yellow flowers. The delicate aromatic leaves are tender and tasty as baby greens in salads and are nice in sauté, soups, and stir fry.

Sochun

Rudbeckia laciniata

Zones 4-8 | 1/4" | Perennial

Green Sochun, also known as Cutleaf Coneflower and Green Headed Coneflower, grows 3' to 9' high and 2' to 4' wide with toothed dark green leaves and bright yellow flowers with a central cone. The mild herb flavor tender red to green stems and leaves can be cooked as greens.

Sokoyokoto or Lagos Spinach

Celosia argentea

Zones 2-11 | 1/2" | Annual

Sokoyokoto or Lagos Spinach can grow 5' to 6' tall and has green leaves and deep pink and tan flowers. The tender leaves have a nice flavor, are wonderful as cooked greens, and pleasant for sautés and soups.

Spicy Curly Mustard

Brassica juncea

Zones 6-11 | 1/4 - 1/2" | Annual

Spicy Curly Mustard has a mix of curly and wavy red and purple leaves and yellow flowers. The leaves have a rich flavor with a bit of heat and make wonderful cooked greens for sautés and soups. The flowers are edible.

Tall Green Purslane

Portulaca oleracea sativa

Zones 3-13 | 1/4-1/2" | Annual

Tall Green Purslane grows 20" tall on reddish stems with thick

emerald green 2" long leaves and yellow flowers. The succulent juicy lemon crunchy leaves are nice in dips and salads.

Torino Perennial Wall Rocket

Diploaxis tenuifolia

Zones 2-5 | 1/4 - 1/2" | Perennial

Torino Perennial Wall Rocket grows 12" tall with aromatic green lacy rocket shaped leaves and yellow flowers. The leaves taste peppery with a hint of cabbage or cress and are great in dips, salads, and soups.

Transylvanian Sorrel

Rumex acetosa

Zones 5-7 | 1/2" | Perennial

Transylvania Sorrel, grows 12" to 28" tall with green long, strap-shaped leaves and crimson and pink flowers. The leaves taste tangy, sour and tart and young leaves are nice in salads, sauces, seafood and soups.



Tall Green Purslane

Greens

Triple Purple Orach

Atriplex hortensis

Zones 3-9 | 1/4" - 1/2" | Annual

Triple Purple Orach grows 4' to 6' tall, has deep plum color leaves, and purple flowers. The succulent leaves are salty and young, tender leaves are wonderful eaten raw in salads and wraps and mature leaves can be blanched for soups and stews.

West African Njama Njama Landrace

Solanum scabrum

Zones 5-9 | 1/2" | Annual/
Perennial

Njama Njama ("jahma-jahma"), also known as African nightshade and "garden huckleberry", grows 2.5' tall, has soft green leaves, and is laden with green to rich purple to black berries. Buea, Bamenda, and Bamoun varieties are often prepared together. Young leaves and shoots have a pleasant slight bitterness and are boiled, fried, or stir fried as vegetables

served with wonderful fufu, achu, and n'kati n'kati, stews, and stir fry dishes. The bitter berries are used for dyes and not eaten. properties.

Wild Dreams Kale

Brassica oleracea

Zones 2-9 | 1/4" | Annual

Wild Dreams Kale is a new variety with a diverse mix of winter kale that settled on broad dark green leaves with a strong and earthy flavor savory in salads, soups, and stir fry. The abundant florets are great for pasta, snacking, or stir fry.

Winter Red Kale: Ruso Siberian

Brassica napus

Zones 2-11 | 1/4" | Annual

Winter Red Kale: Ruso Siberian, also known as Russian kale or Siberian dwarf kale, grows 12" to 18" high with frilly ruffled flat blue green leaves and white veins. The earthy leaves have a slight bitter peppery flavor and are tender and tasty in salad, as well as in sauté, soups, stews, and stir fry.



West African
Njama Njama Landrace



SEEDS

Herbs

Herbs



Anise Hyssop

Agastache foeniculum

Zones 4-10 | 1/4"-1/2" | Perennial

Anise Hyssop grows up to 3' tall with rich green oval toothed leaves and spikes of anise and peppermint scent purplish blue and lavender flowers. The seeds and leaves have a sweet, mild minty, slight bitter licorice-like scent reminiscent of anise and is wonderful in baked goods, fish and chicken dishes, squash, salads. Fresh and dried leaves make a fine tea. This plant can be dangerous for medicinal use without knowledge of its properties.

Ashwagandha

Withania somnifera

Zones 6-11 & 8-11 | 1/4" | Annual/
Biannual

Ashwagandha is an evergreen woody shrub that grows to 3' tall with light greenish yellow flowers

and bright orange or deep red fruit. The roots have a strong pungent smell and are used for teas and supplements along with the leaves and berries. This plant can be dangerous for medicinal use without knowledge of its properties.

Bergamot, Wild

Monarda fistulosa

Zones 4-10 | 1/4" | Perennial

Bergamot grows 2' to 4' tall on multiple clumps of stalks and light green stems with serrated light green to tinted red or purple leaves and tubular lavender, pink and purple flowers. The aromatic leaves, stems and flowers are edible and makes a nice pot herb. Leaves and flowers with a hint of spiciness can be used similar to use of oregano and is a nice addition to salads, soups, and baked goods as well as herbal tea. This plant can be dangerous for medicinal use without

knowledge of its properties.

Black Cumin

Nigella sativa

Zones 5-10 | 1/8" | Annual

Black Cumin grows 8" to 24" tall green stems with light blue ornamental star shape flowers. The slight nutty bitter seeds with smoky undertones and a hint of sweetness are a nice spice addition to root vegetable dishes, soups, and stews as well as a garnish.



Black Cumin

Herbs

Dill, Bouquet

Anethum graveolens

Zones 3-11 | 1/8'-1/4" | Biennial

Bouquet Dill grows 3' to 5' tall with aromatic green feathery foliage, large seed umbels, and yellow flowers. The foliage has slight tangy sweet delicate flavor with a hint of bitterness and is a delightful addition to eggs, salads, sandwiches, seafood, and soups.

Echinacea / Purple Coneflower

Echinacea purpurea

Zones 3-8 | 1/4" | Perennial

Echinacea purple coneflower variety grows 2.5' tall with sturdy branching stems, narrow ovate toothed dark green leaves with sparse white hairs, and purple to pink daisy like blooms with a central cone. The leaves and petals are edible. All plant parts are used in tinctures and medicinals.

English Thyme

Thymus vulgaris

Zones 4-10 | 1/16" | Perennial

English Thyme is an evergreen that grows 6" to 12" tall and wide with little aromatic gray-green leaves and tiny pink, lavender, or white tubular flowers. The earthy pungent grassy note and mild mint lemon flavor plant is a savory addition to poultry, soups, stews, and vegetables.

Fenugreek

Trigonella foenum-gracum

Zone 7 | 1/8" | Annual

Fenugreek, grows up to 24" tall with small aromatic ovate green to purple leaflets, white, purple or yellow flowers, and curved

square shape yellowish brown seeds. Raw leaves are super bitter and cooked leaves and seeds have a sweet slight bitter taste with a burnt maple scent. Fresh or dried leaves are wonderful for curry and vegetable dishes and soups.

Flagpole Scallion

Thymus vulgaris

Zones 6-11 | 1/4"-1/2" | Perennial

Flagpole Scallion, grows in thick clumps up to 2' tall with straight crisp blue green foliage and elongated white bulbs. Tender foliage and crisps bulbs can be sliced for potatoes, salads, and stir fry.

Garden Sorrel

Rumex acetosa

Zones 5-7 | 1/4" | Perennial

Garden Sorrel, also known as Common or English sorrel, grows 12" to 28" tall with yellowish green arrow shape leaves and crimson and pink flowers. The leaves taste sour tart and dry and young leaves are nice with seafood and soups.

Genovese Basil

Ocimum basilicum oleracea

Zones 3-10 | 1/4" | Annual/zone 10-11 Perennial

Genovese Sweet Basil grows 2' high with fragrant large deep green glossy almond shape leaves and tall spires of white flowers. This variety is the sweetest of all basil with a slight peppery flavor and hints of clove, mint, and anise. An excellent caprese salad, pesto, and sauce can be made with this basil which retains flavor when frozen.

Glossy Epazote

Chenopodium ambrosoides

Zones 2-7 and 8-10 | 1/4" | Annual/Perennial

Glossy Epazote, also known as wormseed, grows 4" tall with aromatic toothed light green to yellowish or reddish green leaves and reddish, cream colored or green stems and tiny yellow-greenish flowers. The crisp leaves with a distinctive strong resin skunky flavor, can be used in salads and will go well with Mexican inspired dishes.

Hungarian Landrace Parsley

Petroselinum crispum

Zones 2-11 | 1/4" | Annual/Biennial

Hungarian Landrace Parsley grows about 12" tall with aromatic green leaves. The leaves have great flavor and sweetness. Fresh or dried leaves whole or chopped and stems can be used in salads and go well with lemon and butter-based sauces.



Garden Sorrel



Hungarian Landrace Parsley

Herbs



Milk Thistle

Italian Parsley

Petroselinum crispum

Zones 2-11 | 1/4" | Annual/Biennial

Italian parsley, known as flat leaf parsley, grows 18" to 24" tall with aromatic bright green leaves and small white flowers. The leaves have a slight peppery flavor with hints of citrus, clove, and nutmeg. Fresh or dried leaves whole or chopped and stems can be used in salads and go well with savory sauces, soups, and stocks.

Klip Dagga (Lion's Ear)

Leonotis nepetaefolia

Zone 8-11 | 1/8" | Annual/Perennial

Klip Dagga, known as Lion's Ear, grows on an up to 10' tall evergreen stalk with spiny bracts and fuzzy tubular peachy orange flowers. The leaves of the plant are useful for making tinctures or sharp bitter tea.

Lemon Balm

Melissa officinalis

Zones 4-9 | 1/4" | Perennial

Lemon Balm grows 1' to 2' tall

and wide in clumps of stems with fragrant green leaves and clusters of white to creamy color flowers. The lemon scent leaves with a hint of mint are nice in cold or hot beverages and add a tart flavor to salads and meat dishes.

Lovage

Levisticum officinale

Zones 3-8 | 1/2" | Perennial

Lovage grows 3' to 4' tall and 18" wide with smooth, thick hollow stems, fragrant dark green leaves, and yellowish white flowers. The leaves and seeds have a deep parsley-celery flavor with a hint of anise. Young fresh or dried leaves and stems can be used in salads and go well with poultry and rice dishes, soups, and stews. Crushed seeds can be used in a seasoning powder and the roots are also edible.

Milk Thistle

Silybum marianum

Zone 7 | 1/8" | Biennial

Milk Thistle grows 2' to 6' tall and has dark green leaves with white marbling and red purple flowers.

The leaves produce a milky sap

and can be eaten in salads, smoothies or steamed. The leaves have a bitter earthy flavor with and slight sweetness and is best for use when young and after the spined are removed. The root, leaves and flower buds can be eaten and tea can be made from the flowers.

Moringa

Moringa oleifera

Zone 9 | 1/2" | Perennial

Moringa, also known as Drumstick Tree, Horseradish Tree, and Ben Oil Tree is a deciduous softwood tree with fragrant white raceme blooms and 12" long seed pods. This tree can grow 25' to 35' tall and 15' to 25' wide. Small leaves, roots, pods, bark, and seeds are edible. Leaves, with an earthy, spicy, and slight bitter taste, are used in culinary dishes and tea and roots can be made into a pungent horseradish flavor condiment. After peeling the outer fibrous layer, pods with a smooth, rich, and sweet flavor, are prepared similar to green beans or asparagus.

Herbs

Mrihani Basil

Ocimum basilicum

Zones 2-11 | 1/8" | Annual

This variety has a basil flavor with undertones of anise and fennel. The fresh or dried leaves are used in coconut-based sauces, curries, stir fry, and herbal tea.

Oregano

Origanum vulgare

Zones 4-19 | 1/4" | Perennial

Oregano starts as a ground-hugging rosette of leaves that can grow to 2' tall with oval dark green velvet leaves along the stem. This aromatic herb ranges in flavor from complicated and sweet to spicy and astringent and is delectable fresh or dry in pasta dishes, sauces, and soups.

Perfection Fennel

Foeniculum vulgare

Zones 6-10 | 1/4" | Annual

Perfection Fennel grows up to 2' tall with wispy light green foliage and elongated fanned white bulbs. Tender stalks and leaves are wonderful in salads, leaves and seeds are tasty with seafood, and crisp delicate licorice flavor bulbs are wonderful grilled and in sauté, soups, and stir fry.

Purpletop Vervain

Verbena bonariensis

Zones 7-11 | 1/8" | Perennial

Purpletop Vervain grows 2' to 6' tall with green ovate-lanceolate leaves and fragrant lavender violet clustered flowers and are beautiful in the garden.

Roman Chamomile

Chamaemelum nobile

Zones 2-19 | 1/2" | Perennial

Roman Chamomile spreads out via runners and grows as a 3" to 4" high ground cover with fragrant white blooms. The fresh or dried flowers, harvested when fully open, makes a wonderful delicate sweet floral apple flavor tea. This plant is an allergen and can be dangerous for medicinal use without knowledge of its properties.

Round Leaf Indigo

Persicaria tinctoria

Zones 3-9 | 1/8" | Perennial

Round leaf Indigo is a 3' to 6' tall shrubby plant with dark green leaves and pink to blue flowers. The fermented leaves generate a rich compelling bluish-purple indigo to dye cloth. Indigo leaves should be harvested just ahead of opening of the flowers.

Sage

Salvia officinalis

Zones 4-10 | 1/8" | Perennial

Sage, known as culinary sage, is a semi shrubby plant that grows 2' to 2.5' tall and 2' to 3' with 4" long ovate wooly, dusty gray-green silvery foliage and spiles of blueish purple flowers. The earthy and slight pepper flavor sage is used fresh or dried in dressings, meats, sauces, seasonings, and teas. The foliage is also used for floral designs and wreaths.

Santo Cilantro

Coriandrum sativum

Zones 4-9 | 1/4-1/2" | Annual

Santo Cilantro grows on 12" to 24" stems with broad notched margin

deep green leaves. The leaves, seeds, and flowers are edible. The mild cilantro flavor flowers should be eaten raw and can be sprinkled on salads. This sharp aromatic plant is a delectable flavor addition to spicy bean and chicken dishes.



Mrihani Basil



Oregano



Round Leaf Indigo



Santo Cilantro

Herbs

Soapwort

Saponaria officinalis

Zones 3-9 | 1/8" | Perennial

Soapwort is a trailing ground cover that grows 1' to 3' high with mint to olive green lanceolate leaves and vibrant pink petite flowers. Soapwort roughly chopped and boiled makes a mild cleanser for textiles.

Stevia, Candyleaf

Stevia rebaudiana

Zones 8-11 | 1/4-1/2" | Annual / Perennial

Candyleaf Stevia grows 12" to 48" with oval-shaped, tiny green leaves and small white flowers. The mature raw leaf is about a quarter as sweet as the extract powder and can be fresh, dried or ground for use to sweeten beverages and powder form, which is 30 times sweeter than sugar, can be used in beverages and sweet baked goods. This plant can be a houseplant and should be cut back to prevent flowering.

Stinging Nettle

Urtica dioica

Zones 4-10 | surface | Perennial

Stinging nettle is an erect hairy stem 3' to 7' tall plant with hairy soft green pointed serrated edge leaves and greenish white flowers. Nettles should be harvested at 4' high for drying, steaming or sautéing for a nutty meaty flavor in soups, fillings, curries, and more.

St. Kitts Roselle

Hibiscus sabdariffa

Zones 9-11 | 1/2" | Annual

St. Kitts Roselle, also known as Florida Cranberry, Indian Sorrel, Jamaican Tea, Maple-Leaf Hibiscus, October Hibiscus, and Red Sorrell, grows 4' to 6.5' tall with green to purplish red stems, green leaves, a pointy red calyx around the seed pod, and pink flowers. The fleshy citrus sour calyx is wonderful for making cranberry flavor red beverages, desserts, jellies, sauces, and tea. The flowers, leaves, roots, and seed can be eaten.

Sweet Basil

Ocimum basilicum

Zones 3-10 | 1/4" | Annual/zone 10-11 Perennial

Sweet Basil grows 24" to 30" high with fragrant large deep green leaves with slight cupping and spires of white flowers. This variety has a hearty aroma with sweet and spicy flavor. An excellent caprese salad, pesto, and sauce can be made with this basil which can be used fresh or dried.

Sweet Marjoram

Origanum majorana

Zones 9-10 | 1/4" | Perennial

Sweet Marjoram, also known as Pot Marjoram, grows 1' to 2' tall as a sub-shrub with green to red burgundy stems, greyish green leaves, and pink and white tubular flowers. The pleasant citrus pine aromatic leaves, stems and sweet spicy flowers are edible and are wonderful in sauces, soups, and stews, and stuffing. This plant can be dangerous for medicinal use without knowledge of its properties.

Thai Roselle

Malvaceae Hibiscus sabdariffa

Zones 9-11 | 1/2" | Annual

Thai Roselle, also known as Florida Cranberry, Jamaican Sorrel, or Roselle Hibiscus, grows 3' to 5' tall with green to purplish red stems, green leaves, a pointy red calyx around the seed pod, and white flowers. The fleshy citrus sour calyx is wonderful for making cranberry flavor red beverages, desserts, jellies, sauces, and tea. Young leaves and shoots are edible.

Wild Garden Edible Insectary Mix

Multiple species

Zones 3-10 | Broadcast | Annuals, Biennials, and Perennials

Wild Garden Edible Insectary Mix includes a mix of Wild Garden Fennel, Cilantro, Garden Sorrel, Alexanders, Chervil, Garland Chrysanthemum, Parsley, Wild Garden Chicories, Arugula, Belle Isle Cress, Vivid Choi Mix, Flashback Calendula, Explorers Amaranth, Hopi Sunflowers, Aurora Orach, Jimi's Poppies, and Korean Mint for a spring through fall edible range.



Stevia, Candyleaf

SEEDS

Peppers

Peppers



Aji Dulce

Capsicum chinense
Zones 2-10 | 1/2" | Annual/
Perennial

Aji Dulce, also known as Aji Cachucha, is a small plant that grows to 24" to 36" tall with vibrant lime green ripening to red 2" long wrinkly skin peppers. This zesty crunchy mild variety has a rich tropical sweetness with smoky undertones and is awesome in salads, sauces, stir fry dishes, and Caribbean dishes.

Autumn Belle

Capsicum annuum
Zones 7-10 | 1/4" | Annual/
Perennial

Autumn Belle is a small plant that grows to 36 inches tall and the peppers are classic red 3" to 4" diameter medium thick walled and 4 lobed peppers. They mature from green to deep red. This variety has a great crunch and nice sweet flavor that is excellent grilled, stir fried, or roasted, and great dipped or in salad.

Carolina Cayenne

Capsicum annuum
Zones 2-11 | 1/4" | Annual

Carolina Cayenne is a small plant that grows to 36 inches tall and the peppers are 3 to 5 inches long and slender with wrinkled thin skin. They mature from green to red. This cayenne has a distinct cayenne flavor and leaves a lingering burn in the throat. This variety is fine in marinades, salsas, and sauces. This pepper is excellent dried as powder.

Charleston Hot

Capsicum annuum
Zone 9b | 1/4" | Annual

Charleston Hot is a small plant that grows to 36" tall and the peppers are 3" to 5" curvy straight with shiny skin and soft flesh. They age from green to orange and yellow to red. This cayenne variety has a peppery, sweet and fruity taste followed by an intense lingering heat of 70,000 to 100,000 Scoville heat units and are tasty hot in salsas, sauces,

and stews. They are wonderful dried as powder or flakes added to pasta and pizza.

Chilhuacle Negro

Capsicum annuum
Zones 2-10 | 1/4" to 1/2" | Annual/
Perennial

Chilhuacle Negro is a small bushy plant that grows to 36" tall and the peppers are medium bell shape dark chocolate brown with thin walls and leathery deep purple flesh. The fruity rich, smokey, and spicy peppers are a key ingredient in mole negro and are wonderful pureed, roasted, and added to stir fry and tamales.



Aji Dulce

Peppers

Chili Lombok

Capsicum annuum

Zones 4-12 | 1/4" | Annual, Perennial

Chili Lombok plant grows 18" to 36" tall. The 5" to 6" long wrinkled skin peppers mature to red. The peppers have a sweet and slight fruity taste followed by a mild to moderate heat and are great pureed, roasted and added to dishes. The points of the peppers do not have heat and can be eaten fresh.

Early Jalapeno Pepper

Capsicum annuum

Zones 4-10 | 1/4" | Annual

Early Jalapeno Pepper grows to 20" to 24" tall and 10" to 12" wide with green maturing to red 3" to 4" long narrow peppers. This medium heat variety is great for canning and pickling, as well as in sauces and sliced for salads.

Fish

Capsicum annuum

Zones 2-12 | 1/4" | Perennial

Fish pepper is a variegated foliage plant that grows 24" to 30" tall. The leaves range from white to part and full green with cream color speckles. The 2" to 3" long peppers change from green with yellow stripes, to orange to red. The peppers are medium-hot with a fiery bite and are wonderful in sauces and seafood dishes.

Gernika (Guernica)

Capsicum annuum

Zones 2-11 | 1/4"-1/2" | Annual

The Gernika Pepper plant grows 3' tall and has 6" slender red ripe peppers that crinkle when mature. The mild ripe peppers are dried for a deep flavor paprika and when

green, fried as an appetizer.

Scotch Bonnet

Capsicum chinense

Zones 2-10 | 1/2" | Perennial

The Scotch Bonnet Pepper, known as "bonney" or "Caribbean red" grows on a 3' tall plant with small glossy thick walled green to yellow to red peppers as they ripen. Most Scotch Bonnets have a smokey fruity flavor with a heat rating between 100,000 and 350,000 Scoville units and is great for curries, jerks, soups, and stews. Wear gloves when handling the fruit.

Shishito

Capsicum annuum

Zones 8-10 | 1/4" | Perennial/Annual

The Shishito "Lion" Pepper is a 2' tall and 15" to 18" wide plant with 3" to 4" slender green wrinkled peppers that mature to red. The crunchy exterior and juicy interior pepper has a mild, slight sweet flavor with a hint of smokiness and is excellent grilled, stir fried, roasted, and as a raw snack.

Stoplight Bell Mix

Capsicum annuum

Zones 2-11 | 1/4"-1/2" | Annual

The Stoplight Bell Mix pepper is a multi-branching 18" to 36" plant with small to grand size peppers from blocky square shape to rounded with tapered bottoms. The peppers range in colors from light and dark greens, bright yellow, tangerine, true orange, red-orange, and red. The peppers have a mellow flavor and are wonderful stir fry, slicing into a salad or snack.

Sweet Chocolate (choco) Bell

Capsicum annuum

Zones 4-12 | 1/4" | Annual

Sweet Chocolate Bell pepper is a multi-branching upright plant with 4" to 6" blocky thick walled deep brown color peppers. The juicy peppers are a sweet crunchy dark chocolaty nutty flavor with a slight tang. This pepper is great for stuffing, stir fry, or slicing into a salad or snack.

Sweet Pickle Pepper

Capsicum annuum

Zones 3-8 | 1/4" | Annual/Perennial

Sweet Pickle Pepper is a small plant that grows to 18" to 30" tall and wide with vibrant red, yellow and orange 2" to 3" long peppers. This sweet variety is great for pickling and is excellent for salads and snacking.



Sweet Chocolate

SEEDS



Tomatoes

Tomatoes

Everona Large Tomatillo

Physalis ixocarpa
Zones 4-11 | 1/4" | Annual

The Everona Large Tomatillo is a 2" diameter light yellowish green orb with a papery husked ornamental skin and white yellowish flesh. This variety has rich flavor good for roasting and salsa.

Purple Tomatillo

Physalis ixocarpa
Zones 4-11 | 1/4" | Annual

The Purple Tomatillo is a 2 to 4 ounce orb with a wonderful bright violet purple color throughout the papery husked ornamental skin and yellowish green flesh with a purple blush. This variety has fruity sweet tart flavor ideal for chutney, sauces, salsa, and snacking.

Abraham Lincoln

Solanum lycopersicum
Zones 3-11 | 1/4" | Annual

The Abraham Lincoln Tomato is a classic large deep red up to one pound globe with a smooth exterior that has slight ribbing that ripen to the shoulder. This versatile thick flesh variety has deep rich slight acidic flavor and is wonderful for canning, salads, sandwiches, and sauces.

Amish Paste

Solanum lycopersicum
Zones 3-11 | 1/4" | Annual

Amish paste tomatoes are bright red 8 to 12 ounce oval heart-shaped juicy fruits with a classic sweet tart flavor. This delicious and dense red flesh variety is wonderful for canning, salads, and sauces.

Black Cherry

Solanum lycopersicum
Zones 3-11 | 1/4" | Annual

The Black Cherry tomato is a 1"

globe with a beautiful luminescent purple brown color. This variety is deep in balanced intense sweet flavor with blackish green flesh great for snacking, salads, grilling, and sautéing.

Black Plum Paste

Solanum lycopersicum
Zones 2-11 | 1/4" | Annual

Black Plum Paste tomato is an elongated tapered 2 to 4 ounce fruit that ripens to a deep mahogany brown color. This variety has a complex full-bodied flavor with dense flesh and is great for salads and sauces.

Garden Peach

Solanum lycopersicum
Zones 2-11 | 1/4" | Annual

Also known as 'Yellow Peach', this variety is a 1 to 3 ounce appealing yellow globe-shaped fruit with fuzzy skin and a hint of a pink blush. The peachy appearance yellow flesh fruit has a distinctive slightly sweet clean and mild flavor.

Green Grape Cherry

Solanum lycopersicum
Zones 2-11 | 1/4" | Annual

The Green Grape Cherry is a sweet tangy one-inch diameter tapered fruit that ripens to a yellow-green color. This variety with juicy green flesh is nice for snacking and pairs great with salads mixed with other tomato cherry tomatoes.

Green Zebra

Solanum lycopersicum
Zones 3-11 | 1/4" | Annual

The Green Zebra is a sweet tangy delicious 3 to 4 ounce fruit that ripens as it develops a yellow blush that emphasizes emerald-green striping. This variety with bright green flesh is great for snack wedges and salads.

Solanum lycopersicum
Zones 3-11 | 1/4" | Annual,
Perennial

The Isfahan tomato is a 2" to 3" diameter red delicious fruit. This variety is good for salads and sauces.



Purple Tomatillo



Garden Peach



Isfahan

Tomato



Vinson Watts

Mandurang Moon

Solanum lycopersicum
Zones 3-11 | 1/4" | Annual/
Perennial

Mandurang Moon tomato is a 2.5" diameter tasty fruit with creamy white flesh and skin. This mild balanced juicy variety is wonderful eaten alone or in a salad and great for salsa and canning.

Omar's Lebanese

Solanum lycopersicum
Zones 2-11| 1/4" | Annual

Omar's Lebanese tomato is a slightly flattened large 1 to 2 pound irregularly shaped pink beefsteak that has a mild

sweetness with complex multi-dimensional flavor. This tomato has a little tang and is great for sandwiches and sauces.

Plate du Haiti

Solanum lycopersicum
Zones 2-10| 1/4" | Annual

Known as "Hispaniola' Tomato, this variety is a 2-inch diameter vermilion red lobed fruit with ridges between the lobes. The taste is mild and well suited for sauces.

Tropical Sunset Cherry

Solanum lycopersicum
Zones 2-11| 1/4" | Annual

The Tropical Sunset Cherry tomato is a vibrant 1" to 1 1/2" diameter sweet bright flavored golden fruit with orange-pink striping. This mild acidity variety is great for snacking and holds ripe for an extended period.

Vinson Watts

Solanum lycopersicum
Zones 2-11| 1/4" | Annual

The Vinson Watts tomato is a 10 ounce to 1 pound smooth deep-pink flattened beefsteak tomato rich in flavor and dense textured. This variety is wonderful balance of acid and sweet.

SEEDS

Squashes

Squash

Big Max Pumpkin

Cucurbita maxima
Zones 3-9 | 1/2 -1" | Annual

Big Max Pumpkin is a rounded shape bright orange to reddish orange thick skinned ribbed fruit that grows on vines up to 70" around and can weigh from 50 to 200 pounds. The seeds are off-white and the yellowish orange flesh has a mild sweet flavor and is wonderful as a puree or roasted.

Birdhouse Gourd

Lagenaria siceraria
Zones 2-10 | 1/2" | Annual

Birdhouse Gourd grows on a 16' long vine with fuzzy green leaves, white flowers, and 12" to 24" long bulb and neck hour glass shape gourds with yellowish green skin that ripens and dries to a deep yellow to brown hard shell. This inedible gourd is awesome for carving and crafting.

Bush Delicata

Cucurbita pepo
Zones 3-9 | 1/2"-1" | Annual

Bush Delicata is a 1 1/2 to 2 pound oblong shape squash with a thin creamy white skin striped and striated with a dark green color. The smooth light orange flesh has a sweet nutty flavor and is wonderful roasted with brown sugar and butter.

Chinese Tropical Pumpkin

Cucurbita moschata
Annual

The Chinese Tropical Pumpkin averages 4 pounds with moderate to deep ribs and the coloring is a mottled mix of blue, green and pink

with a white bloom which ripens to a deep tan color during storage. The shape ranges from flattened to round to stout barrel. The bright orange rich creamy textured flesh has a flavorful nutty pumpkin taste super for pies, purees, and soups.

Cocozelle Zucchini

Cucurbita pepo
Zones 3-12 | 1/2"-1" | Annual

Also known as 'Cocozella di Napoli', this long dark green tender cylindrical zucchini with light green stripes is best harvested at 12" or less. The flavorful flesh is firm pale greenish white in color and great for frying and steaming.

Early White Bush Scallop

Cucurbita pepo
Zones 3-12 | 1/2"-1" | Annual

Also known as 'White Patty Pan', this lovely 7" diameter pale green to white color patty-pan scalloped edge squash has a fine textured creamy and mild sweet flavor excellent for baking and frying.

Early Yellow Crookneck

Cucurbita pepo
Zones 3-12 | 1/2"-1" | Annual

The Early Yellow Crookneck is a bright yellow-gold bumpy skinned bulbous shape squash with a curved narrow neck. The sweet and nutty squash is dense textured, fine at 6" growth for casseroles, soup, and stir fry. The young crookneck is good raw or pickled.

Green Gold

Cucurbita maxima
Zones 2-11 | 1/2"-1" | Annual

The Green Gold saucer shaped

squash is 3 to 4 pounds with a deep orange hard thin skin streaked in green. The orange flesh is sweet and drier in texture. This tasty squash is good for roasting and casseroles.

Grey Summer Squash/ Zucchini

Cucurbita pepo
Zones 3-9 | 1" | Annual

Grey Summer Squash/ Zucchini grows to 18" to 20" long as a cylindrical tapered shape squash with medium green grey flecked skin. The young fruit with yellowish white flesh at 6" to 8" long is wonderful sautéed, steamed, or stir fry and medium size fruit is excellent grilled.



Cocozelle Zucchini



Early White Bush Scallop

Squash

Grey Zucchini

Cucurbita pepo

Zones 3-9 | 1/2"-1" | Annual

The Grey Zucchini is a 6" tapered smooth cylindrical fruit that is medium grey-green color with silvery speckles. The buttery flavor and textured zucchini is terrific for grilling, cooking lightly steamed, sautéed, or stir-fried.

Hidatsa

Cucurbita maxima

Zones 2-11 | 1/2"-1" | Annual

Hidatsa is a gorgeous 5 to 10 pound pointed oval shape winter

squash with reddish-pink skin and thick 'orange flavorful flesh. This fine grain sweet squash is a wonderful smooth pie ingredient.

Winter Luxury Pie

Cucurbita pepo

Zones 4-11 | 1/2"-1" | Annual

Also known as Livingston's Pie Squash, the average 6-pound Winter Luxury Pie squash is a golden orange pumpkin with a pale netting on the skin. The smooth textured flesh is rich and sweet noted for the best tasting velvety smooth pies and purees.

Xiye Butternut Squash

Cucurbita moschata

Zone 7 | 1/2"-1" | Annual

Xiye Butternut Squash grows up to 5 pounds and is a deep tannish orange skin slight bulbous shape squash with a thick neck. The sweet and nutty squash is dense textured and nice roasted and in soups.



Grey Zucchini



Xiye Butternut Squash

Squash

Written by the UFCA Seed Collective

Yakteen

Lagenaria siceraria

Zones 3-11 | 3/4" | Annual

'Yakteen' is a beloved Palestinian heirloom gourd. It is eaten as a vegetable when small, dried to make bowls, jugs, or other instruments, and also used medicinally. This gourd species is believed to have its roots in Africa, though on account of the dried fruit's ability to float the species can be found the world over, it even crossed the Atlantic thousands of years before the Vikings or Columbus! It has broad, velvety leaves, fine night-blooming white flowers that resemble lace, and, in this variety at least, elongated teardrop-shaped fruits.

When picked young (by 8" length or so) the fruits can be used much as you might use a zucchini or cucumber, which means it's good raw, cooked, or pickled. One popular recipe is stuffed with lamb, rice, and mint. This lovely gourd was introduced to us by our dear friend Vivien Sansour, founder of the Palestine Heirloom Seed Library. Vivien describes the Palestinian yakteen (which means simply "gourd" in Arabic, and is sometimes transliterated as "yaqtin") as "a magical being, a beloved Palestinian food." Much like other bottle-type gourd varieties, Palestinian yakteen grows best on a trellis, producing copious piles of gourds.

The medicinal uses of this species are myriad: They have been used to treat skin irritation, jaundice, diabetes, ulcers, fever, asthma and other bronchial disorders. The fruit is reportedly diuretic, tonic for the liver and brain, fever-reducing, aphrodisiac, purgative, cooling, said to be an excellent remedy for heart problems, and urinary disorders.

The juice is useful against constipation. It helps in losing weight because of its high dietary fiber and low fat and cholesterol content. Its seeds are vermifuge (meaning they can destroy or expel parasitic worms). Vivien and this gourd were featured in an article in Modern Farmer. She is quoted there: "These little seeds hold the DNA of my culture—a culture that's being attacked, eliminated and destroyed. And so, when I share it, it becomes literally part of somebody else's body and psyche. And in this way, we are not alone in our struggle."



SEEDS

Trees • Shrubs

Trees/Shrubs



American Elderberry

Zones 3-8

Elderberries are bushy woody perennial plants native to the eastern US. They are very popular as a natural immune-system booster and have long been consumed in the form of juice, wine, jam, and jelly. The fruit is best eaten after cooking. Leaves and stems should NOT be eaten.

There is not a lot of elderberry diversity on the market these days, meaning the growing elderberry industry is potentially susceptible to emerging pests and diseases. Since elderberries produce very little unless grown in the presence of another variety (that blooms at the same time), it is important to grow at least two or three or four different varieties. Each of the seeds in each packet we sell will produce a unique eld-

erberry. Given how little breeding work is being done, you very well could grow the next important American elderberry cultivar (or, if you have European elderberries around, the next important hybrid cultivar!).

GROWING TIPS: Seeds likely benefit from cold, moist stratification for 30-60 days before attempting to germinate. They may take many more weeks to sprout. You could also try planting them outside in the fall or winter to allow nature to stratify them for you. Seedlings should be coddled for their first year or two, after which they will be just as vigorous as any other elderberry, and will be easy to propagate by cuttings. Given the challenges of germinating elderberries, we are offering these seeds as untested botanical samples. All seeds were harvested in 2021.

African Dream Root

Silene capensis

Zones 7-12 | 1/16" | Perennial

African Dream Root is a soft spreading leafy rosette herb that grows to 2' tall and produces clusters of small, white or pink flowers. The roots of the plant contain active compounds. This plant can be extremely dangerous for medicinal use without knowledge of its properties.

American Cranberry

Vaccinium macrocarpon

Zones 2-7 | Surface | Perennial

American Cranberry bush is a 3' to 4' high, creeping shrub with small glossy evergreen leaves, fuchsia-pink flowers, and bright red berries. The tart fruit is wonderful for jams, jellies, and juice as well as a dried snack.

Trees/Shrubs

Ceiba

Ceiba pentandra

Zones 10-12 | 1/2" | Perennial

Written by the UFCA Seed Collective



Photo Credit: Jay Sturmer

Pronounced "SAY-buh", and also called kapok, Java cotton, Java kapok, silk-cotton, or samauma, the legendary ceiba is tropical tree that's also one of the largest members of the mallow-family (which includes much smaller plants like hibiscus, cotton, and okra). It grows very tall, and sometimes the lower portions of the tree can grow as large as a house. Native to Central America and northern South America, it has become widespread through the tropics, often spread by people, but also, it's believed, by floating across the ocean in its buoyant pods. This is an important plant to dozens of cultures, as the many names listed below demonstrate. Ceiba has myriad uses including food (edible seed oil and floral nectar), medicine (diuretic, aphrodisiac, for headaches, and type II diabetes), lumber (light construction, paper pulp, plywood, rafts & canoes), art (such as the carved wooden masks of the Bobo and Mossi people of Burkina Faso), fiber, life vests, etc.

The soft filament-like fibers in the seed pods are the primary product of this tree. These fibers are light, resilient, water resistant, very buoyant, but unfortunately also quite flammable. It was formerly used by the ton in the manufacture of early life jackets and other flotation devices until it was replaced with synthetic materials. It isn't readily spun into yarn, like cotton fibers, so it is used mainly as a raw material much like down for applications like filling pillows, mattresses, upholstery, insulation, and even stuffed teddy bears. According to Wikipedia, native peoples along the Amazon River "harvest the fiber to wrap around their blowgun darts. The fibers create a seal that allows the pressure to force the dart through the tube."

Ceiba trees are so useful and so magnificent with their broad canopies, beautiful flowers, and enormous trunks dotted with large conical spikes that many peoples around the world have come to regard them as sacred (as in Maya mythology), and often these beliefs come to surround individual trees. One such is "the Castle of the

Devil" in Trinidad, which is said to contain a trapped demon named Bazil. In Jamaican lore, Spanish colonizers are said to have forced enslaved people to bury treasure under a tree before killing them, trapping their spirits inside the tree to guard to buried treasure. And as a much less somber example, a 400-year-old tree on the Puerto Rican island of Vieques (see main photo here) has become a symbol of strength and resilience in the face of slavery, domination, imperialism, and oppression. According to a Vieques community leader named Ardelle Ferrer Negretti, a co-founder of La Ceiba Community Project, the indigenous Taino of Puerto Rico considered the ceiba tree to be the daughter of YaYa, the all-powerful goddess.

Our seed was imported from Honduras by the good folks at Sheffield's Seed Company in Locke, New York.

GROWING NOTES: Ceiba trees are only hardy to USDA Zone 10, so on the US mainland they can only grow outdoors in south Florida, extreme south Texas, and a few places in southern California and southwestern Arizona, but they will grow just fine in Hawaii, Puerto Rico, the Virgin Islands, Guam, Samoa, and the Northern Marianas. In the rest of the country, they can only be grown as houseplants. Some people have grown some truly gorgeous bonsai trees with ceiba. Seed need no prolonged treatment to germinate, but they benefit from 48 hours of soaking in water first and germinate best at around 77 degrees F in constantly moist soil.

COMMON NAMES

Chinese – Mumian - 木棉	Kannada – Dudi
Haitian Creole – Mapou	Sanskrit – Kutashalmali
Spanish – Ceiba, lupuna (Peru)	Bengali – শ্বেত সিমল - Shwet simul
Portuguese – Sumaúma (Portugal), samaúma (Brazil), mafumeira (Brazil), oca (São Tomé and Príncipe), poilão (Guinea-Bissau and Portugal).	Assamese – শিমলু - Simolu
French – Fromager	Samoan – Vavae
Surinamese – Kankantrie	Khmer – ផ្កាស្រី
Hindi – Safed semal - सफ़ेद सेमल	Sinhala – Kotta
Manipuri – মোৰেহ তেৰা - Moreh tera	Ashante, Twi and Fanten – Onyãã, or onyina
Malayalam – Panji maram പഞ്ചി മരം	Mandingo – Banã, bãnda (Dioula), bantã (Malinké), banti
Tamil – Ilavam இலவம்	Indonesian – Randu/ kapuk randu
Telugu – Tellaburaga	Odia – Semili tula
Tagalog/Filipino – Bulak or bulac	Yoruba – Araba
Marathi – Samali	Malay – Kekabu
	Thai – ฝั้ว
	Vietnamese – Cây gòn
	Yucatec Maya – Ya'axche (modern); yaxche (colonial/archaic)

Trees/Shrubs

American Wild Licorice, Shrub

Glycyrrhiza lepidota

Zones 3-8 | 1/4" | Perennial

American Licorice grows 2' high with stems covered in fine, sticky hairs, soft green oval leaves, and white to cream flowers. The large green seed pods that turn a dark brown. The plant roots are expansive and the root has a distinct sweet licorice flavor. The long, fleshy roots are edible raw or cooked and the plant are used as medicinal. This plant can be extremely dangerous for medicinal use without knowledge of its properties.

Arabica/Arabian Coffee

Coffea arabica

Zones 9-11 | 1/16" | Perennial

Arabica coffee is only cold-hardy to Zone 10, thus it can't be grown outdoors in most of the continental US. The plant can mature to 6 to 16 feet tall and wide and has glossy green leaves and white flowers. The sweet fruit with floral notes darken from green to black pods and contain the seed coffee beans. Arabica coffee is a wonderful house plant, but all plant parts are toxic to animals and humans.

Baobab/Monkey Bread

Adansonia digitata

Zones 10-12 | 1-2" | Perennial

Baobabs are long-lived deciduous, small to large trees from 20 to 100 feet tall with broad trunks and compact tops. The hard shell fruit is round or oval shape with a furry coating which seeds embedded in a whitish, powdery-soft pulp called "monkey bread". Baobab fruit tastes flour-like with hints of citrus and tangy flavor. Baobab powder is used in baked goods and beverages as well as sprinkled on oatmeal or yogurt.

Bay Laurel, Shrub

Laurus nobilis

Zones 8-10 | 3/8" | Perennial

Bay Laurel will grow 60 feet tall in its native region; however, in garden use, the shrub is maintained compact and 10 feet tall in gardens. The flowers are pale yellow green, the leaves are evergreen and the fruit is a small shiny black berry. The aromatic leaves are used in in sauces, soups and stews, but not eaten. Dried berries and pressed leave oil can be uses as spices.

Black Aronia

Aronia melanocarpa

Zones 3- 8 | 1/16" | Perennial

Black Aronia, commonly known as black chokeberry, is an upright 3' to 6' tall and rounded deciduous shrub with glossy dark green leaves that turn reddish purple in the fall and white flower clusters. The fruit are dark purple to black berries are mouth-puckering as-tringent, thus not palatable raw. The fruit is cooked for jams, jellies and pies.

Chinese Ginseng

Panax ginseng

Zones 3-7 | 3/8" | Perennial

Chinese Ginseng is a fleshy rooted herb that grows about 1' tall in shaded hardwood forests. The plant has bright red berries that contain 2 to 3 seeds. The root is used medicinally.

Chinese Toon (North Red)

Toona sinensis

Zones 5- 9 | 1/4" | Perennial

Chinese Toon Tree, also known as Chinese Cedar, Chines Mahogany and Red Toon is an oval spreading tree with green, purple lavender, to red burgundy leaves maturing to golden yellow that grows 65 feet tall and 30' wide. The tree produces clusters of white to pale pink flowers and the fruit is a star shape capsule. The inner bark is pinkish red with a garlic pepper aroma when cut and the hard timber is used for

furniture and guitars.



American Wild Licorice



Baobab



Chinese Toon North Red

Trees/Shrubs

Dream Herb, Shrub

Calea ternifolia

Perennial

Dream Herb can spread into a thick bush that grows to 5' tall with narrow leaves and small, yellow flowers. The leaves have a bitter taste and thin sliver seeds are enclosed in a seed pod. The plant has a history of use in traditional medicine and spiritual practices among indigenous cultures in the region. This plant can be extremely dangerous to ingest without knowledge of its properties.

Eastern Red Cedar

Juniperus virginiana

Zones 2-10 | 1/4" | Perennial

The eastern red cedar is a conical shape evergreen coniferous tree that grows 16' to 66' on average with a dense crown of short, stiff branches, bluish-green foliage, bluish-gray cones, reddish-brown bark. The fragrant durable wood is used for furniture and lumber and the bark for dye and tanning.

Eastern Sand Cherry

Prunus pumila

Zones 3-8 | 3/8" | Perennial

Eastern sand cherry is a dense spreading form deciduous shrub with dark gray bark that grows to 4' to 6' tall with shiny dark green surface and smooth lighter lower surface leaves, and showy clusters of white flowers. The small dark purple fleshy fruit has a rich flavor that makes for excellent pies, jams, jellies, and syrups as well as for infusing baked goods and beverages.

Evans Sour Cherry

Prunus cerasus

Zones 3-8 | 1" | Perennial

Evans Sour Cherry, also known as Bali Cherry, is a compact oval form fruit tree with smooth dark red bark that grows to 6' to 15' tall

with an 8' to 10' spread, green glossy leaves, and white blossoms. The bright red juicy sweet fruit has an inedible pit and a pink-tinted translucent fleshy interior that makes for excellent pies, jams, jellies, juice, and wines. Unlike any other known cherry in the world, this variety can survive the winter in Zone 3a.

Hog Plum

Spondias mombin

Zones 7-9 | 3/8" | Perennial

Hog Plum, also known as yellow mombin, is a round shaped deciduous tree with deep fissures along the bark that grows to 20' tall with a 15' spread and white blossoms. The fruit is a plump freckled pale yellow with a spiny interior and large pit. The juicy sweet, sour, and tangy plum with a hint of musk scent can be pickled and made into cider, wine, juices, jams, and jellies. The young leaves are edible as greens, the gum is used as glue, and the bark is used for tanning, dyeing, and woodworks.

Honey Locust

Gleditsia triacanthos

Zones 4-8 | 3/8" | Perennial

Honey Locust is an oval round shape hardy robust tree that grows to 70 feet tall with a 35' to 60' spread. The trunk has thorny spines on the trunk and dark green leaves turn yellow in the fall. The fruit pods have sticky sweet pulp that can be eaten cooked and raw or made into sugar and juice. The seeds can be roasted for a hot beverage and the dense wood is used for woodworks and fencing.

Improved Loblolly Pine

Pinus taeda

Zones 6-9 | 1/4" | Perennial

Loblolly Pine Tree is a stately scaly bark straight-growing fragrant evergreen tree with rounded spreading branches that

grows 90' to 115' tall. This pine has aromatic 5 to 8 inch long dark green needles bundled in groups of three, rust-brown 3" to 6" inch long conical pine cones, and small orange-yellow or purple flowers. The loblolly pine is used for wood, building materials, paper, and fuel and the needles are use as dye and weed deterrent.



Dream Herb



Hog Plum



Improved Loblolly Pine

Trees/Shrubs



Muscadine Grape

Italian Common Myrtle

Myrtus communis

Zones 8-10 | 1/4" | Perennial

Italian common myrtle evergreen shrub grows about 15' high with fragrant star-like small white flowers and dark green, glossy scented leaves. The round bluish black berries are edible and used in sauces, glazes, and baked goods. The dried fruit and flowers add flavor to sauces and syrups and the leaves season savory dishes.

Izmir Turkish Poppy

Papaver somniferum

Zones 3-8 | Surface | Annual

The Izmir Turkish poppy grows 3' to 4' and the flowers are white with a purple mark in the center of each petal. The leaves are bluish green. The tiny gray seeds are used for muffin and bagel toppings and in baked goods. The seed oil is wonderful for salad dressing.

Japanese Persimmon

Diospyros kaki

Zones 7-10 | 3/8" | Perennial

Japanese Persimmon trees grow to 60 feet tall with a 25 feet wide spread and some cultivars grow to 10' tall. The tree has medium or dark green smooth margin

foliage that turns yellow, orange or red in the fall and creamy white or pale yellow flowers. The astringent fruit ranges from pale orange to nearly red when mature and they need to be almost mushy before consuming. The round to oval shape fruit has varying sweet with a bit of spice, plum flavor and pear, cinnamon and honey flavor.

Maryland Senna

Senna marilandica

Zones 4-9 | 1/8" | Perennial

Maryland Senna trees grow to 3' to 6' feet tall and 2' to 3' wide. The tree and has dull medium blue green oblong elliptic leaflet foliage and yellow flowers, and produces dark brown drooping seed pods. This variety is showy in gardens and is a wonderful host for butterflies.

Muscadine Grape

Vitis rotundifolia

Zones 5-10 | 1/2" | Perennial

Muscadine grape is a deciduous climbing spreading vine with simple tendrils and smooth greenish brown bark. The greenish-yellow white flowers are small and the leaves are large green with blunt teeth. The singular grapes are large, thick skin purplish-black or bronze, and

have a sweet pungent flavor. These grapes are good for snacking and make a fine wine.

New Jersey Tea

Ceanothus americanus

Zones 3-9 | 1/4" | Perennial

New Jersey Tea, sometimes known as "mountain snowbell", is a dense rounded 3' to 4' high and 3 to 5 feet spread shrub with white fragrant pom-pom blooms. The green foliage has a winter-green flavor when fresh. Dried leaves are used for tea and the blossoms and roots can be used to make dyes.

Osage Orange Tree

Maclura pomifera

Zones 5-9 | 3/8" | Perennial

Osage Orange tree is also known as "hedge apple", "horse apple," and sometimes "monkey brain tree". This thorny, fast-growing shrub or tree grows 30' to 60' tall with an irregular shape canopy. The tree has light green to golden leaves and lime green orange peel fragrant round hard bumpy fruit with white pulp and milky sap that can be processed into an edible starch. The wood is the hardest and hottest burning wood native to North America.

Trees/Shrubs

Paper Birch Tree

Betula papyrifera

Zones 2-7 | Surface | Perennial

Paper Birch trees grow to 60' tall with a 35' wide spread. The tree produces small hanging clusters of cylindrical flower catkins, has green foliage that turns a blazing yellow in the fall, and peeling white bark highlighted with streaks of pink and black along the trunk. This tree can be tapped for sap for beverages, sugar, or syrup, and the wood is used for canoes, paper, and woodworks.

Passionfruit Maypop

Passiflora incarnata

Zones 6-11 | 1/3" | Perennial

Passionfruit Maypop is a rapid growing trailing 6' to 8' high vine with fragrant white with purple crown fringed flowers. The green leaves turn to golden yellow in the fall. The fleshy juicy green egg-shaped tropical sweet aromatic fruit matures to a yellowish color with brown seeds in fall. They "pop" when crushed. The fruit is wonderful in teas and juice as well as eaten as a snack.

Redstone Cornelian Cherry

Cornus mas

Zones 4-8 | 1" | Perennial

Cornelian cherry is a hardy shrub or small tree that grows 15' to 20' high and spread wide. With yellow flowers. The foliage is bright green and turns vibrant red in the fall. The fruit is not generally eaten raw, but makes preserves, juice, sauces, and wine.

Southern Catalpa Tree

Catalpa bignonioides

Zones 4-9 | Surface | Perennial

Southern Catalpa tree grows 40' to 50' tall, is irregular in shape, and produces gorgeous white, orchid-like blossoms with gold and purple markings and a subtle, sweet scent. Foliage has an unpleasant fragrance when crushed.

The seed pods droop from the branches in a unique, string-like display.



Southern Catalpa Tree

Syrian Rue, Shrub

Peganum harmala

Zones 7-11 | 1/8" | Perennial

Syrian Rue is a bright green flowering shrub that can grow up to 3' tall. It has small, white flowers and produces elongated seed pods. The seeds are used as dye, incense, spice, and have been used in traditional medicine; however, the seeds are psychoactive and dried leaves, thus this plant can be extremely dangerous to ingest without knowledge of its properties. Syrian rue has an aromatic bittersweet fragrance and used in Ethiopian cooking and for flavoring coffee.

Tibetan Goji Berry

Lycium barbarum

Zones 5-7 | 1/8" | Perennial

Tibetan Goji Berry also known as Chinese wolfberry is a deciduous shrub that can grow up to 10' tall. It produces small, purple flowers that give way to bright red berries. The berries have sweet and tangy flavor and are used in Chinese medicine.

Virginia Wild Strawberry

Fragaria virginiana

Zones 3-8 | 3/8" or Seed Width | Perennial

Virginia Wild Strawberry grows about 6" tall, spreads by runners, and has early-summer white

blossoms. The wild plant produces small, juicy intense sweetness seedy berries that have a firm texture. The ripe fruit is wonderful for snacking.

Wild Black Cherry

Prunus serotina

Zones 2-8 | 3/8" | Perennial

This large native cherry tree grows 25' to 110' tall and produces sweet cherries with a deep, rich red-wine-like complexity. The ripe fruit makes a delicious jam, jelly, or wine, and the inner bark has long been used in medicinal practices. The wood is excellent for making furniture.

Woodland Strawberry

Fragaria virginiana

Zones 4-9 | Surface | Perennial

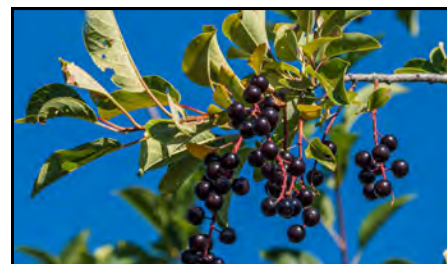
This native perennial, ground-covering strawberry produces small five-petaled white flowers and sweet, delicious, small, red berries. The tri-fold leaves can be eaten raw in salads, cooked, or steeped into a medicinal tea.

Yaupon Holly, Shrub

Ilex vomitoria

Zones 7-9 | 3/8" | Perennial

Yaupon Holly is a broadleaf evergreen shrub or small tree that grows 10' to 30' tall with green leaves, white flower, and bright red berries. The caffeine rich leaves make a tasty tea packing about as much caffeine as coffee.



Wild Black Cherry

SEEDS

Tubers • Root Crops

Tubers/Roots



Cherry Belle Radish

Black Spanish Radish

Raphanus sativus
Zones 2-11 | 1/4" | Annual

Black Spanish radish grow round 3" to 5" in diameter with black roots and white flesh. This variety is crisp and has a strong flavor, but not as spicy. The leaves and roots are wonderful for salads and snacking and the roots are great for pickling and roasting.

Cherry Belle Radish

Raphanus sativus
Zones 1-11 | 1/2"-1" | Biannual

Cherry Belle radish grow round 1" to 2" in diameter with red roots and white flesh. This variety is crisp, crunchy, and has a mild sweetness and peppery flavor. The leaves and roots are wonderful for salads and snacking and the roots are great for pickling and roasting.

Danvers 126 , Carrot

Apiaceae Daucus carota var. sativum
Zones 2-10 | 1/4" | Biennial

Danvers 126 carrots are 9" long tapered deep orange roots with a great crunch. This sweet crisp tender variety is ideal for canning, juicing, and snacking and awesome for carrot cake.

Detroit Dark Red

Beta vulgaris subsp. vulgaris
Zones 3-9 | 1/2-3/4" | Annual/
Biennial

Detroit Dark Red Beet grows 8" to 10" high and has 3" hard smooth round roots, deep red skin, and rich red flesh. This sweet flavor tender beet, leaves and stem are great as a snack and in salads. The roots are wonderful canned, pickled, and roasted.

Dragon Danvers Carrot

Daucus carota var. sativus
Zones 3-10 | 1/4-1/2" | Biennial
Dragon Danvers carrots are 6" to 8" long tapered deep purple with yellow orange to pumpkin orange core roots with a great crunch. This spicy sweet variety is ideal for juicing, snacking, steamed and in soups.



Detroit Dark Red

Tubers/Roots

Fantasia Carrot

Apiaceae Daucus carota var. sativum

Zones 2-10 | 1/4" | Annual

Fantasia carrots are a diverse breeding population of multi-colored orange, yellow, and purple rainbow carrots of various length tapered roots with a great crunch. These carrots are ideal for canning, juicing, and snacking and the sweeter carrots are awesome for carrot cake.

Golden Ball Turnip

Brassica rapa

Zones 2-9|1/4" | Biannual

The Golden Ball turnip is also known as "Robertson's Golden Ball" or "Orange Jelly Turnip". This ancient variety produces smooth golden yellow flesh 3" to 4" diameter spherical roots with a sweet, slight bitter taste. The roots can be eaten raw and the greens are delicious.

Kanamachi

Brassica rapa

Zones 3-10 |1/4" to 1/2" | Annual/Biannual

The Kanamachi turnip has an early 25 to 45 day growing season. This variety is a tender, smooth white flesh and flavorful turnip. The roots are slightly flattened and mature to 2" in diameter. The young greens are tasty and the turnip is excellent pickled.

Misato Rose Radish

Raphanus sativus

Zones 9-10| 1/2" | Annual

Misato Rose radish grow round 4" to 6" in diameter with greenish white skin and scarlet red to purplish and light greenish white flesh. This variety is crisp, sweet with a mild radish finish excellent shredded and sliced for salads and slaw.

Nadmorska Rutabaga

Brassica napus

Annual

Nadmorska Rutabaga has light green edible leaves and the large round golden flesh bulb has a large green top. This variety has a mild mustard flavor and

is excellent mashed and roasted as well as makes a fine addition to soups and stews.



Fantasia Carrot



Golden Ball Turnip



Kanamachi



Misato Rose Radish

Tubers/Roots



Rattail Radish

Raphanus sativus

Zones 7-10 | 1/2" | Annual

Rattail Radish are slim purple seed pods best for picking when they are 5" to 6" long. This unique variety is snappy in texture with zesty flavor excellent for pickling, salads, snacking, and stir fry.

Thai Jicama

Pachyrhizus erosus

Zones 2-9 | 1/4" | Biannual

Thai Jicama, also known as True Jicama and Yarn Bean, produces light color flesh and tan to light brown skin up to 5" to 6" diameter spherical roots that are crunchy with a mild sweet taste. The roots, peeled with all stringy pieces removed, can be eaten raw for salad, slaw, and snacking and are delicious baked or roasted.

Top White Globe

Brassica rapa

Zones 3-10 | 1/4" to 1/2" | Annual/Biannual

The Purple Top White Globe turnip has smooth, round 3" to 4" diameter roots that are white below and bright purple above the soil interface. The root stores well and is sweet mild and fine-grained. The large greens are delicious.



Tubers/Roots

Touchstone Gold

Beta vulgaris subsp. vulgaris
Zones 3-9 | 1/2-3/4" | Annual/
Biennial

Touchstone Gold Beet grows 8" to 12" high and has 3" to 4" hard smooth round roots, bright orange skin, and vivid yellow gold flesh. This sweet flavor tender beet, leaves and stem are great as a snack and in salads. The roots are wonderful canned, pickled, and roasted.

Wakayama White

Raphanus sativus
Zones 2-11 | 1/2" | Annual

The Wakayama White Radish grows to 12" to 14" long with a 2" diameter. This daikon variety

has white roots with a crisp texture and a mild spicy taste good for dipping, salads, and in stews.

Westport

Brassica napus
Zones 3-10 | 1" | Annual, Biennial

The Westport Macomber Turnip has large white smooth roots with either green or purple shoulders and delicious greens. This variety is a rare interspecific cross between a turnip and a rutabaga with the crispness of a radish.

Yellow Maca

Lepidium Meyenii
Zones 1-13, Challenging | Annual

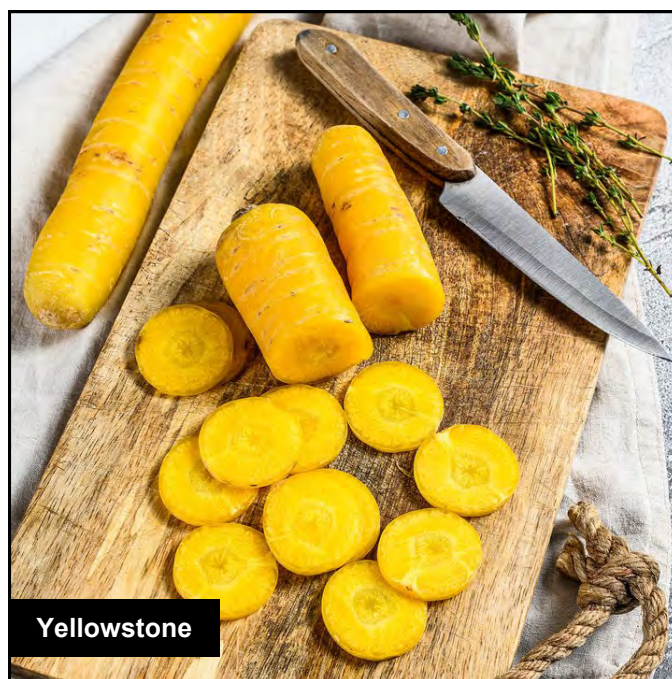
Yellow Maca is a 2" to 3" diameter

hardy root vegetable with light yellow skin and flesh with leaves formed into rosettes. The leaves are spicy and the root has an unusual radish-butterscotch flavor. This root variety should not be eaten raw. It can be powdered for beverages and baked goods and should be boiled or cooked.

Yellowstone Carrot

Daucus carota
Zones 3-10 | 1/4-1/2" | Biennial

Yellowstone carrots are 6" to 8" long tapered smooth bright yellow roots with sweet, crunchy, and juicy flavor. This variety is ideal for juicing, snacking, and in soups and sauces.



SEEDS

Vegetables

Vegetables



Armenian

Alabama Red

Abelmoschus esculentus
Zones 5-11 | 3/4" | Annual

Alabama Red okra grows 5' to 7' tall with dark green leaves with red veins and yellow purplish center flowers. The edible fleshy seed pods are 4" long, chunky, and green and red tinged. Nutty, asparagus flavor flowers can be deep fried, stuffed, or used as a garnish. Okra fruit has a mild, subtly grassy flavor nice for boiling, fried, roasting, savory meals, and soups. Leaves and blooms can be added to soups and stews as a thickening agent they can also be used in salads and stir fries.

Armenian

Cucumis melo var. flexuosus
Zones 4-12 | 1/4-1/2" | Annual

Armenian Cucumber, also known as Yard Long or Snake cucumber, grows on vines up to 20' long with green leaves, yellow flowers, and 24" to 36" light green ribbed fruit that can be straight or curvy. This sweet crispy variety, which is genetically a melon, is mild and best eaten 12" to 18" long as a snack, in salads, and pickled.

Bitter Melon Green Skin

Momordica charantia
Zones 7-11 | 1" | Annual

Bitter Melon Green Skin, also known as Chinese Bitter Gourd, grows on a 16' to 13' vine and is an 8" to 10" texture rich furrowed oblong curve shape melon with a green skin that ripens to yellow and orange with whitish yellow flesh. The immature fruit, harvested when green and salt

soaked to remove bitterness, can be consumed raw and the bitter tart fruit are nice in broth, grilled, sauteed, stuffed, and for soups and stews. The leaves and shoots are edible.

Carwiles Peanut

Arachis hypogaea
Zones 5-9 | 1-2" | Annual

Carwiles peanut grows to 20" to 24" tall with yellow flowers and 2 to 4 kernels with papery red seed covers per light brown pod. This sweet peanut can be eaten raw or roasted.



Bitter Melon Green Skin

Vegetables

Catawba Freedman Okra

Abelmoschus esculentus

Zones 5-11 | 3/4" | Annual

Catawba Freedman okra has dark green leaves and yellow purplish center flowers. The edible fleshy seed pods are ridged pale green and slender. Nutty, asparagus flavor flowers can be deep fried, stuffed, or used as a garnish. Okra fruit has a mild, subtly grassy flavor nice for boiling, fried, roasting, savory meals, and soups. Leaves and blooms can be added to soups and stews as a thickening agent they can also be used in salads and stir fries.

Chinese Pink Celery

Apium graveolens

Zones 2-10 | 1/8" | Biennial

Chinese Pink Celery has a stunning thin bright pink stalk that grows 31" high with green leaves. This herbal lightly sweet variety has strong flavor, an excellent crunch with a hint of salty notes, and makes a great snack as well as adds beauty to a salad, vegetable platter, soups, and stir fry.

Clemson Spineless

Abelmoschus esculentus

Zones 5-11 | 3/4" | Annual

Clemson Spineless okra grows 4' to 5' tall with dark green leaves and yellow purplish center flowers. The edible fleshy seed pods are medium green 3" to 9" long and spineless. Nutty, asparagus flavor flowers can be deep fried, stuffed, or used as a garnish. Okra fruit has a mild, subtly grassy flavor nice for boiling, fried, roasting, savory meals, and soups. Leaves and blooms can be added to soups and stews as a thickening

agent they can also be used in salads and stir fries.

Early Purple Vienna, Kohlrabi

Brassica oleracea

Zones 3-9 | 1/4-1/2" | Annual/
Biennial

Kohlrabi Early Purple Vienna is a swollen stem bulb plant with purple skin and inner white flesh. The sweet mild cabbage, apple, or turnip flavor and texture similar to sweet cabbage heart can be eaten cooked, pickled or raw.

Essoumtem

Abelmoschus esculentus

Zones 5-11 | 3/4" | Annual

Essoumtem Okra has dark green leaves and yellow purplish center flowers. The edible fleshy light green seed pods are short and stubby with slight ribbing. Nutty, asparagus flavor flowers can be deep fried, stuffed, or used as a garnish. Okra fruit has a mild, subtly grassy flavor nice for boiling, fried, roasting, savory meals, and soups. Leaves and blooms can be added to soups and stews as a thickening agent they can also be used in salads and stir fries.

Fastigiata Pin Striped Peanut

Arachis hypogaea

Zones 5-12 | 1" | Annual

Fastigiata Pin Striped peanut grows to 16" to 36" tall with yellow flowers and 3 to 4 kernels with papery pink and purple stripe seed covers per large wavy striped brown pod. This sweet hearty peanut can be eaten raw or roasted.

Futo Spindle

Momordica charantia

Zones 7-11 | 1/2" | Annual

Futo Spindle Bitter Melon, also

known as "Cerasee" or "Cerassee Bush", grows on a 12' vine and is a 7" to 8" texture rich bumpy oblong tapered end shape melon with a green skin that ripens to lighter green and brilliant orange with orange flesh and red pulp covered seeds. The immature fruit, harvested when firm and green and salt soaked to remove bitterness, can be consumed raw and the bitter tart fruit are nice in broth, grilled, sauteed, stuffed, and for soups and stews. The leaves and shoots are edible.



Chinese Pink



Futo Spindle

Vegetables

Garden Egg

Solanum aethiopicum

Zones 5-12 | 1/4" | Annual/
Perennial

Garden Egg eggplant, also known as Scarlet eggplant or Gilo shrub grows about 4' to 5' high with green leaves, and 3" elongated teardrop egg shape green to pale greenish white fruit that ripens to orange. The spongy texture immature fruit can be consumed raw and the fruit and young leaves are wonderful boiled, grilled, sauteed, and for soups and stews.

Golden Acre Cabbage

Brassica oleracea

Zones 3-12 | 1/4" - 1/2" | Annual

Golden Acre Cabbage is compact and grows 12" high, 5" to 7" in diameter, and 2 to 4 pounds with sweet mellow crisp light green leaves. This variety has fewer outer leaves and is wonderful for coleslaw and stir fry.

Jamaican Burr Gherkin

Cucumis anguria

Zones 4-12 | 1" | Annual

Jamaican Burr Gherkin Cucumber, also known as West Indian Burr Gherkin, climbs up to 8' high with green leaves, yellow flowers, and 1" to 2" oval light green fruit with soft bumps. Mild with a bit of tang, this pleasing crunchy fruit is best eaten small and young raw, pickled or in stews and stir fry.

Liberian Kitley

Solanum anguivi

Zones 5-12 | 1/4" | Annual/
Perennial

Kitley Eggplant, known as Kitterly,

Kitley, or African Pea eggplant is a shrub that grows about 9 feet high with green leaves, and 1" to 2" round light green fruit that ripens to orange-red. This bitter spicy eggplant should be green when harvested and is nice in Liberian dishes and boiled for a sauce.

Long Purple

Solanum melongena

Zones 9-12 | 1/4" | Annual/
Perennial

Long Purple Eggplant grows 22" to 38" high with green leaves, lavender flowers, and 10" to 12" cylinder with slight bulb end shape purple fruit with white flesh. This mild delicate flavor eggplant is wonderful for Italian inspired dishes, grilled, roasted, sauteed, and stir fry.

Louisiana Long Green

Solanum melongena

Zones 9-12 | 1/4" | Annual/
Perennial

Louisiana Long Green Eggplant grows 3' to 4' high with green leaves, yellow flowers, and 9" pale lime green slender slight curved shape fruit with creamy white flesh. This fleshy tender extra sweet, nutty and full flavor eggplant with creamy texture is nice grilled, roasted, sauteed, and stir fry.

National Pickling

Cucumis sativus subsp. Sativus

Zones 4-12 | 1" | Annual

National Pickling Cucumber climbs 36" to 48" high with green leaves, yellow flowers, and 6" tapered blunt end dark green fruit with black spines. This slight sweetness, bit of tang, and a hint

of bitterness cucumber at 4" is tasty for salads and snacking. For the best pickles, pick at 2" to 3" for gherkins and 6" mature for pickling.



Garden Egg



Liberian Kitley



Louisiana Long Purple

Vegetables

Loofah/Sponge Gourd

Luffa cylindrica

Zones 7-13 | 3/8" | Annual

Luffa, often called Loofa, grows on a tendrilled vine with large yellow blooms and to 2' long green fruit. The luffa gourd fruits are similar in texture and taste to zucchini and can be eaten young and green in stir-fries or steamed or dried for use as natural sponges.

Minnesota Dwarf Long Pod Green

Abelmoschus esculentus

Zones 5-11 | 3/4" | Annual

Minnesota Dwarf Long Pod Green grows 2 to 3 feet tall with dark green leaves and yellow purplish center flowers. The edible fleshy seed pods are dark green 7" to 8" long and tapered slender with shallow ridges. Nutty, asparagus flavor flowers can be deep fried, stuffed, or used as a garnish. Okra fruit has a mild, subtly grassy flavor nice for boiling, fried, roasting, savory meals, and soups. Leaves and blooms can be added to soups and stews as a thickening agent they can also be used in salads and stir fries.

Redventure Celery

Apium graveolens

Zones 2-10 | 1/8" | Biennial

Redventure Celery has a thin dark to brilliant red and pink stalk that grows 12" high with deep emerald green leaves. This aromatic savory cross variety between a Giant Red and Ventura has strong flavor, an excellent crunch, and makes a great snack as well as adds beauty to a salad, vegetable platter, stews, and stir fry.

Rosita Eggplant

Solanum melongena

Zones 9-12 | 1/4" | Annual/
Perennial

Rosita Eggplant grows 4' high with green leaves, lavender flowers, and 8" vibrant teardrop shape dark pink lavender fruit with white flesh. This mild sweet flavor eggplant with creamy texture is nice grilled, roasted, sauteed, and stir fry.

Schonce's Deep Black Peanut

Arachis hypogaea

Zones 5-9 | 1"-2" | Annual

Schonce's Deep Black peanut grows to 18" to 36" tall with yellow flowers and 3 to 4 kernels with papery violet black seed covers per light brown pod. This sweet and nutty peanut can be eaten raw or roasted and is great for frying.

Tennessee Red Valencia Peanut

Arachis hypogaea

Zones 5-12 | 1"-2" | Annual

Tennessee Red Valencia peanut grows to 16" tall with yellow flowers and 2 to 5 kernels with papery red seed covers per brown pod. This sweet peanut can be eaten raw or roasted.

Thai Round (or Mattu Gulla)

Solanum melongena

Zones 9-12 | 1/4" | Annual/
Perennial

Thai Round Eggplant, also known as Mattu Gulla, grows 2' to 4' high with green leaves, purple or white flowers, and 2-inch whitish green and light green fruit and pale greenish white flesh. This delicate slight bitter flavor eggplant is tasty in Thai inspired curry, noodle, veggie and rice dishes as well as grilled, pickled, roasted, sauteed, and stir fried. Thai eggplant is crunchy and can be consumed

raw for salads.

Ultracross Okra

Abelmoschus esculentus

Zones 5-11 | 3/4" | Annual

Ultracross Okra is a diverse okra composite cross mix with pod color ranging from white pale green, green, red blushing, and red. Pod shapes in various combinations include short, stubby, long, thin, chunky, deeply ridged, rounded, curly, and superlong. These plants range from 1' to 2' and up to 12' tall with dark green leaves and various flower colors. The edible seed pods which should be harvested at 2" to 3" long. Nutty, asparagus flavor flowers can be deep fried, stuffed, or used as a garnish. Okra fruit has a mild, subtly grassy flavor nice for pickling, roasting, savory meals, and stir fry. Leaves and blooms can be added to soups and stews as a thickening agent they can also be used in salads and stir fries.



Rosita Eggplant



Ultracross Okra

Hardiness Zones by State

Zones 1 and 2

Alaska

Zone 3

Alaska, Colorado, Idaho, Maine, Minnesota, Montana, New Hampshire, New York, North Dakota, Vermont, Wisconsin, Wyoming

Zone 4

Alaska, Arizona, Colorado, Idaho, Iowa, Maine, Michigan, Minnesota, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Dakota, Oregon, Utah, Vermont, Washington, Wisconsin, Wyoming

Zone 5

Alaska, Arizona, California, Colorado, Connecticut, Rhode Island, Idaho, Illinois, Indiana, Iowa,

Kansas, Maine, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Mexico, New York, North Carolina, Ohio, Oregon, Pennsylvania, Tennessee, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, Wyoming

Zone 6

Alaska, Arizona, California, Colorado, Connecticut, Rhode Island, Georgia, Idaho, Illinois, Indiana, Iowa, Kansas, Kentucky, Maine, Maryland, Massachusetts, Michigan, Missouri, Montana, Nevada, New Hampshire, New Jersey, New Mexico, New York, North Carolina, Ohio, Oklahoma, Oregon,

Pennsylvania, Tennessee, Texas, Utah, Virginia, Washington, West Virginia, Wyoming

Zone 7

Alaska, Alabama, Arizona, Arkansas, California, Colorado, Connecticut, Rhode Island, Delaware, Georgia, Idaho, Illinois, Kansas, Kentucky, Maryland, Massachusetts, Mississippi, Missouri, Nevada, New Jersey, New Mexico, New York, North Carolina, Oklahoma, Oregon, Pennsylvania, South Carolina, Tennessee, Texas, Utah, Virginia, Washington, West Virginia

Zone 8

Alaska, Alabama, Arizona, Arkansas, California, Florida, Georgia, Louisiana,

Maryland, Mississippi, Nevada, New Mexico, North Carolina, Oklahoma, Oregon, South Carolina, Tennessee, Texas, Utah, Virginia, Washington

Zone 9

Alabama, Arizona, California, Florida, Georgia, Hawaii, Louisiana, Mississippi, Nevada, New Mexico, Oregon, South Carolina, Texas, Utah, Washington

Zone 10

Arizona, California, Florida, Hawaii, Louisiana, Nevada, Texas

Zone 11

California, Florida, Hawaii

Zones 12 and 13

Hawaii

Planting Directions: Hardiness Zone | Planting Depth | Growing Season

U.S. DEPARTMENT OF AGRICULTURE PLANT HARDINESS ZONE MAP

