

Seed Library

At Brock University



Seed Growing & Saving Guide for
the Brock University Seed Library

Brock
University

The Brock University Seed Library

The Brock University Seed Library offers free seeds to staff, students, and community members to “borrow” and plant in their home gardens. The cycle functions like a library where participants can borrow and return seeds free of cost. The goal of this seed library is to protect genetic diversity in our food system and promote public access to seeds.

In recent decades, significant declines in pollinator populations have been noted around the world. As pollinator populations are threatened, so too are the food and plants we enjoy, as well as the wild ecosystems that depend on these pollinators. We hope this Seed Library will contribute to increasing pollinator numbers in the Niagara Region and encourage community members to grow their own food.

Please use this seed growing and saving guide to browse the current varieties of seeds available, learn how to grow them, and find out how to save and return seeds to donate back to the Seed Library. Seeds can be collected and returned at the Ask Us Desk in the Brock University James A. Gibson Library.

The Brock University Seed Library functions as a partnership between the Brock University Project Charter and the James A. Gibson Library. We gratefully acknowledge the past support of the WWF Go Wild grant and the current support of the Brock University Students’ Union (BUSU) Green Levy Fund in sponsoring this project. These seeds have been purchased from Kayanase Greenhouse (Six Nations) and West Coast Seeds (BC), or have been donated by members of the community.

Made possible by
the Brock University
Students’ Union
Green Levy Fund





How it Works

- 1 Browse this catalogue to learn about the seeds we have available, how to grow them, and how to save seeds from your harvest.
- 2 When you know which seeds you want, ask a library staff member at the Ask Us Desk to bring them to you.
You may take up to 5 seed packs per person, per visit.
- 3 Take the seeds home to plant by following the instructions listed in this guide and on www.westcoastseeds.com.
- 4 Save some seeds from your harvest by following the instructions listed in this guide. Bring these seeds back to the James A. Gibson Library.

Visit the Seed Library website to:

- inquire about specific seed availability
- ask questions about our selection



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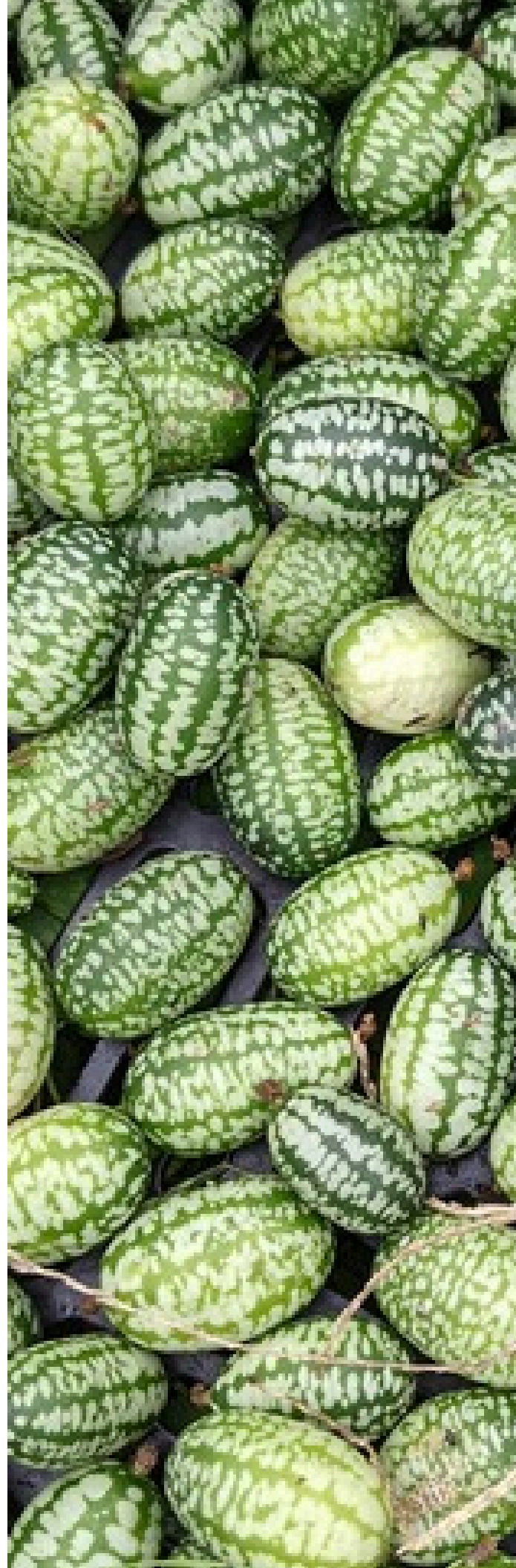


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Legend



Seeds can be grown in a container



Plant benefits pollinators



Seed is organic or untreated



Vegetables



Arugula

Astro organic arugula seeds produce a plant with leaves that are less lobed and more strap-like. It has a milder flavour than regular arugula. Astro is perfect for baby greens in early spring and fall - even in winter, as it's very cold hardy.

Matures in 30-40 days

Season: Cool season. Arugula tends to bolt in hot weather

Exposure: Full sun to partial shade

Difficulty: Easy



Growing

Arugula can be directly sown from seed and you can begin planting as soon as the soil thaws in spring. Find a spot in full sun or partial shade and sow seeds 1cm (1/4") deep in rows 25cm (10") apart, leaving about 2-3cm (1") between each. If you prefer, you can also broadcast seeds and thin them later to 7-10cm (3-4") apart. Seeds should germinate within just a few days!

Saving

Once flowers have bloomed, seed pods will form on the arugula. After they turn brown, cut the pods and stalks off the plants. Separate the seeds from the pods and place them on a tray to allow them to fully dry. Store them on a tray for another day or so to ensure the seeds are fully dry. Put the seeds into a dated and labeled envelope and return to Brock!

Bean (Bush)

Gold Rush organic is a yellow wax type bean and has a wonderful flavour. The slim, stringless, round pods develop early on medium-sized plants and grow to 15cm (6"). This variety is disease-resistant and is suited to container growing.

Matures in 58 days

Season: Warm season

Exposure: Full sun

Difficulty: Easy



Growing

Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart. Thin to at least 15cm (6") apart in each row. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later.

Well-drained, warm soil in full sun is best. Use 1 cup of balanced organic fertilizer for every 3m (10') of row. Thin plants to increase air circulation and avoid touching the leaves while they are wet.

Saving

Allow your beans to fully mature on the plant. They will eventually become dry and hard. You will know when they are done when you shake them and hear them rattling around inside their pods. Remove the bean pod from the plant, open them up, and remove the seeds. Store them on a tray for another day or so to ensure beans are totally dry. Put the seeds into a dated and labeled envelope and return to Brock!

Bean (Pole)

Autumn Zebra organic bean seeds produce big pods that average 15cm (6") long with colourful beans that can be eaten fresh when young or as a dried bean when mature. Plants are productive and vigorous growers. Plants will require a support structure (e.g., trellis).

Matures in 60-90 days

Season: Warm season

Exposure: Full sun

Difficulty: Easy



Growing

Sow seeds 2-5cm (1-2") deep, 5-8cm (2-3") apart, in rows 45-60cm (18-24") apart at the base of a support (e.g., trellis). Thin to at least 15cm (6") apart in each row. If the weather is too wet, beans can also be started in pots indoors and set out carefully a few weeks later.

Well-drained, warm soil in full sun is best. Use 1 cup of balanced organic fertilizer for every 3m (10') of row. Thin plants to increase air circulation and avoid touching the leaves while they are wet.

Saving

Allow your beans to fully mature on the plant. They will eventually become dry and hard. You will know when they are done when you shake them and hear them rattling around inside their pods. Remove the bean pod from the plant, open them up, and remove the seeds. Store them on a tray for another day or so to ensure beans are totally dry. Put the seeds into a dated and labelled envelope and return to Brock!

Beet

Bull's Blood organic beet seeds produce baby greens in 35 days, or wait 50-60 days for beetroot. The beautiful dark, red, smooth leaves have a pleasant flavour. If the leaves are not harvested, the plants produce uniform, round, tasty, red beetroots.

Matures in 50-60 days

Season: Cool season (biennial)

Exposure: Full sun or partial shade

Difficulty: Easy



Growing

Sow seeds 1cm (½") deep, 5-10cm (2-4") apart in rows 30-45cm (12-18") apart.

For uniformly sized beets, thin carefully to 7-15cm (3-6") apart when seedlings are 5cm (2") tall. Eat any thinned plants, roots, and all. Root size is controlled by spacing and variety.

Saving

In the fall before the ground freezes, cut the tops of the beets 1" above the crown. Layer the beets in a box between dampened sand or fresh sawdust and keep them at a cool, but not freezing, temperature. In the spring, beets should be thinned or replanted to about two feet apart, the crowns even with the soil surface. In summer, when plants are completely dry, brown mature seeds are easily stripped by hand from the branches. Put the seeds into a dated and labelled envelope and return to Brock!

Broccoli

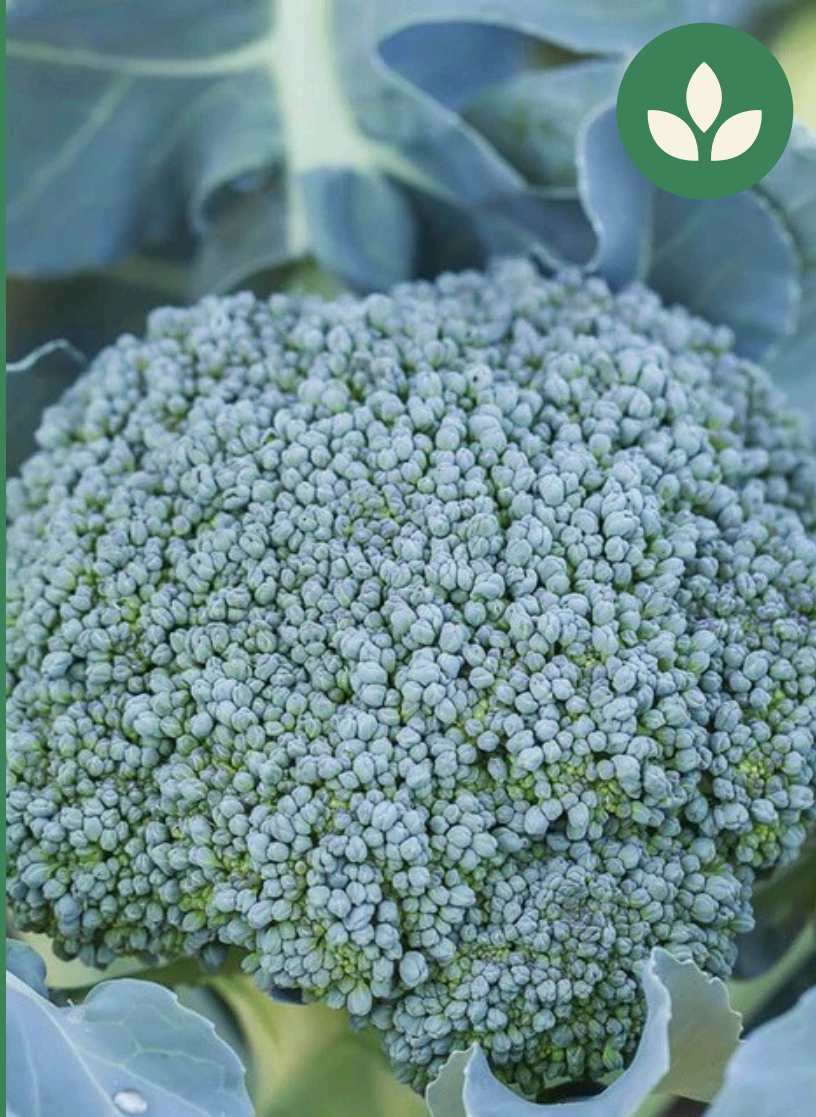
De Cicco organic broccoli is an heirloom variety from the late 19th century. It is a multi-cut broccoli that grows smaller main heads with an abundance of side-shoots. The florets of this variety are blue-green and very tasty when eaten fresh or frozen. Seeds can be used to grow delicious microgreens.

Matures in 48 days

Season: Cool season

Exposure: Full sun

Difficulty: Moderate



Growing

Sow indoors, 3 or 4 seeds per spot, 5mm ($\frac{1}{4}$ ") deep, under very bright light. Thin to the strongest plant. Space transplants 45-60cm (18-24") apart in rows 75-90cm (30-36") apart.

Mix $\frac{1}{4}$ - $\frac{1}{2}$ cup of complete organic fertilizer into the soil under each transplant. Transplants should be set out by the time they have 6-8 true leaves.

When plants are 20-25cm (8-10") tall, push the soil around the stems up to the first big leaf to encourage side shoots.

Saving

Select a head of broccoli to save seeds from, not harvesting it. Once the pods are dry on the head of broccoli, remove the plant from the ground. Hang heads to dry for about two weeks. Remove dried pods from the plant and crush them with your hands or a rolling pin in order to free the seeds. Put the seeds into a dated and labelled envelope and return to Brock!



Brussels Sprout

Succulent and tender, Nautic organic is a great variety for the home garden or newbie because of its simple production. Plant in early summer, transplant in late summer, and harvest all fall and winter.

Matures in 120 days

Season: Cool season

Exposure: Full sun

Difficulty: Moderate



Growing

Sow 3-4 seeds per spot, 1cm (1/2") deep, under very bright light. Thin to the strongest plant. Transplants should be set out when they have 6-8 true leaves. Space transplants 45-60cm (18-24") apart in rows 75-90cm (30-36") apart.

Plant in humus-rich soil amended with composted manure. Mix ¼ cup of complete organic fertilizer into the soil under each transplant. High nitrogen levels result in loose sprouts with internal browning, so do not fertilize after midsummer. Cool temperatures during sprout development are important for compact, quality sprouts.

Saving

Overwinter brussel sprouts. In the spring, once pods are dry, place them inside a cloth bag. Considerable force is required to break open the pods. Some even recommend running in place on the bag to break open the pods and release the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Cabbage (Green)

Tiara F1 organic cabbage is an early-maturing green-leaved variety that holds very well. It can be planted more compactly than other cabbage varieties, making it perfect for smaller gardens. The flavour is sweet and mild with tender leaves.

Matures in 55 days

Season: Cool season

Exposure: Full sun

Difficulty: Moderate



Growing

Sow 3 or 4 seeds per spot, 5mm (¼") deep, under very bright light. Thin to the strongest plant. Space transplants 45-60cm (18-24") apart in rows 60-90cm (24-36") apart.

Cabbage does best in humus-rich soil amended with composted manure. Mix ½ cup of complete organic fertilizer into the soil beneath each transplant.

Cabbages require cool temperatures to form heads well. Hot weather can interfere with the development of heads.

Saving

Make cross cuts about an inch deep into the top center of each head to facilitate the emergence of the seed stalk. Staking keeps cabbages, which grow to five feet the second year, from falling over. Pods burst open as they become dry and brittle. Harvest them a little early and cure them further in paper bags or on trays after harvest to avoid losing any seed. Put the seeds into a dated and labelled envelope and return to Brock!

Cabbage (Purple)

The thick, tightly packed interior leaves of Integro organic cabbage have a vivid, attractive contrast and sweet flavour. This cabbage works well for miniature heads if grown at 20cm (8") spacing.

Matures in 85 days

Season: Cool season

Exposure: Full sun

Difficulty: Moderate



Growing

Sow 3 or 4 seeds per spot, 5mm (¼") deep, under very bright light. Thin to the strongest plant. Space transplants 45-60cm (18-24") apart in rows 60-90cm (24-36") apart.

Cabbage does best in humus-rich soil amended with composted manure. Mix ½ cup of complete organic fertilizer into the soil beneath each transplant.

Cabbages require cool temperatures to form heads well. Hot weather can interfere with the development of heads.

Saving

Make cross cuts about an inch deep into the top center of each head to facilitate the emergence of the seed stalk. Staking keeps cabbages, which grow to five feet the second year, from falling over. Pods burst open as they become dry and brittle. Harvest them a little early and cure them further in paper bags or on trays after harvest to avoid losing any seed. Put the seeds into a dated and labelled envelope and return to Brock!

Carrot

Ya Ya organic is a smooth skinned, uniform carrot that performs all season long. Incredible flavour in summer that gets even sweeter after frost. Be sure to thin your carrots as early as possible to 4-10cm (1.5-4") apart in the row so the roots can grow nice and straight.

Matures in 65-70 days

Season: Cool season

Exposure: Full sun

Difficulty: Easy



Growing

Water soil deeply prior to planting. Direct sow the tiny seeds 5mm (¼") deep, 4 seeds per 2cm (1"), and firm soil lightly after seeding. Make sure the seeds are only just buried. Water the area with the gentlest stream possible and keep it constantly moist until the seeds sprout.

The softer and more humus-based the soil, the better. When soil is dry enough in spring, work it to a fine texture. Broadcast and dig in ½ cup of complete organic fertilizer for every 3m (10') of row. Keep weeded and watered.

Saving

In the fall before the ground freezes, cut the leafy tops of the carrots to one inch. Layer the tops in a box between dampened sand or fresh sawdust and keep them at a cool, but not freezing temperature. In the spring, replant carrots a foot apart. It's best to harvest when the heads have ripe brown seeds that are starting to turn brown - this is usually around September. Remove the heads as they mature or entire stalks can be cut and cured for a few weeks. Put the seeds into a dated and labelled envelope and return to Brock!

Cauliflower

Adona F1 organic cauliflower has large outer leaves that are perfect for blanching the heads (protecting them from the sun). The plants are medium sized and they're not particularly fussy about temperature stress. Heads are densely packed and deliciously sweet.

Matures in 68 days

Season: Cool season

Exposure: Full sun

Difficulty: Moderate



Growing

Sow 3-4 seeds 5mm (¼") deep in each spot you want a plant to grow. Thin to the strongest plant. Space transplants 45-60cm (18-24") apart in rows 60-90cm (24-36") apart.

Humus-rich soil amended with composted manure is best. Mix ½ cup of complete organic fertilizer into the soil beneath each transplant. Maintain even soil moisture with regular watering.

Once curd forms, tie up the leaves around them to protect them from the sun (blanching).

Saving

Select a head of cauliflower to save seeds from, not harvesting it. Once the pods are dry on the plant, remove the plant from the ground. Hang it to dry for about two weeks. Remove dried pods from the plant and break them open with your fingers over a bowl to catch the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Cucamelon

Also known as the Mexican Sour Gherkin, cucamelon plants are not quite as productive as cucumbers, but the fruits are very cute and novel. They look like tiny watermelons, but have a very appealing cucumber flavour with slight citrus notes. Harvest them at the 2cm (1") size, before the seeds develop.

Matures in 67 days

Season: Warm season

Exposure: Full sun

Difficulty: Easy



Growing

Sow 3-4 seeds 2cm (1") deep in each spot you want a plant to grow. Thin to the strongest seedling. Space plants 23cm (9") apart in rows 90cm (36") apart.

Choose warm, well-drained soil. Add compost and ½-1 cup of complete organic fertilizer mixed into the soil beneath each transplant. Keep plants well picked for better production. Try to water the soil only, keeping the leaves as dry as possible. Almost all cucumbers benefit from being trained onto a trellis of some kind as some vines can reach 7 or 8 feet in length.

Saving

Choose a couple cucamelons and allow them to fully mature until about 2.5 cm (91") long. Cut cucamelons in half to extract the seeds. Scoop out seeds and any surrounding pulp from the seed cavity. Place this mixture of seeds and pulp into a small bucket or jar with some water. The mixture needs to undergo fermentation for 1-3 days to remove the pulp from the seeds. When fermentation is complete, separate the pulp from the seeds and rinse and dry them. Put the seeds into a dated and labelled envelope and return to Brock!

Cucumber

Marketmore 76 organic cucumbers grow to 20cm (8") long with thick, dark skins and crisp, sweet, flavourful flesh. Lots of fruits develop on each plant in one relatively concentrated set. They are suitable for pickling when picked immature, but they make fine slicers at full size.

Matures in 65 days

Season: Warm season

Exposure: Full sun

Difficulty: Easy



Growing

Sow 3-4 seeds 2cm (1") deep in each spot you want a plant to grow. Thin to the strongest seedling. Space plants 23cm (9") apart in rows 90cm (36") apart.

Choose warm, well-drained soil. Add compost and ½-1 cup of complete organic fertilizer mixed into the soil beneath each transplant. Keep plants well picked for better production. Try to water the soil only, keeping the leaves as dry as possible. Almost all cucumbers benefit from being trained onto a trellis of some kind as some vines can reach 8 feet.

Saving

Cut cucumbers in half lengthwise to extract the seeds. Scoop out seeds and any surrounding pulp from the seed cavity. Place this mixture of seeds and pulp into a small bucket or jar with some water. The mixture needs to undergo fermentation for 1-3 days to remove the pulp from the seeds. When fermentation is complete, separate the pulp from the seeds and rinse and dry them. Put the seeds into a dated and labelled envelope and return to Brock!

Eggplant

Listada de Gandia organic eggplant is an heirloom variety that produces gorgeously variegated 13-15 cm (5-6") fruits. The fruits are purple and white, with shiny skins and an overall appealing look and a tender, mild flavour.

Matures in 80 days

Season: Warm season

Exposure: Full sun

Difficulty: Easy, but takes up space



Growing

Sow indoors in the four weeks following the last frost date. Use bottom heat, and keep seedlings warm. Sow seeds 5mm-1cm (1/4-1/2") deep. Use individual peat or coir pots to reduce root disturbance when transplanting.

Transplant after nighttime temperatures are steadily 10°C (50°F) or warmer. Space with 45-60cm (18-24") between plants. Medium size (3-5 gallon) containers for individual plants also work well.

Saving

Wait until the eggplant is overripe and inedible before you start collecting eggplant seeds. The eggplant should look dull-coloured and shriveled. Slice open the eggplant and separate the flesh from the seeds. Put the seeds in a bowl of water and wash the pulp away. Strain the seeds, pat them dry, and spread them out on a tray to dry not more than two seeds thick. Put the seeds into a dated and labelled envelope and return to Brock!

Kale

Black Magic organic kale seeds produce plants that have “dinosaur” style leaves. This is an early-maturing kale for late summer and fall harvests. Plants are upright, easy to grow, and ideal for multiple harvests. Leaves can be eaten young for a more tender texture.

Matures in 60 days

Season: Cool season

Exposure: Full sun

Difficulty: Easy



Growing

Sow 3-4 seeds 5mm (¼”) deep in each spot where a plant is to grow. Thin to the strongest plant. Space 45-60cm (18-24”) apart in rows 75-90cm (30-36”) apart.

Kale likes well-drained, fertile soil high in organic matter. This plant prefers plentiful, consistent moisture. Drought is tolerable, but the quality and flavour of leaves can suffer. Mix ¼ cup of complete organic fertilizer into the soil beneath each transplant.

Saving

Once the growing season is done, flowers will start to grow from the kale stalks. Once the flowers finish, long, thin pods form on the stalks. Once the pods have ripened and begun to dry out, cut stalks close to the ground. Invert the stems with heads and place them in a large paper bag. Tie off the opening with garden twine then hang the bags in a cool, dry location out of the wind. Once the pods are thoroughly dry (in 10 to 21 days), shake the stems inside the bag to dislodge the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Leek

Alto organic leek grows so quickly that it can be harvested at the green onion stage for gourmet baby leeks when planted close together.

Otherwise, grow this Bulgarian type leek out to full size at 45cm (18") tall. The highly uniform, flavourful leeks are very cylindrical and slender. The medium green leaves are upright and rigid, with good tolerance to leaf diseases.

Matures in 60-80 days

Season: Cool season

Exposure: Full sun

Difficulty: Easy



Growing

Sow seeds 5mm (¼") deep, about 1cm (½") apart. Transplant when 20cm (8") tall. Space 20cm (8") apart in rows 45cm (18") apart. Rows can be as narrow as 20cm (8") if planted in raised beds or in other situations where weeding will be simple.

Traditional garden wisdom recommends using a dibber to make holes 15cm (6") deep. Transplants are then set at the bottom of the hole and the hole is left unfilled – rain will fill it in as the leek grows. To blanch further up the stem, hill soil up around the stem as the leek grows, or mulch with straw.

Saving

To produce seed from leeks, select several perfect leeks and store them through winter. Ideally, store leeks in a cool, dry space away from sunlight. Replant leeks in early spring using the same spacing used in their first year of growth. Staking leeks to prevent lodging during flowering is recommended. Seed maturity occurs in the second growing season when capsules split open to expose mature black seeds. To harvest, cut the scape about 15-20cm (6-8") below the seed head. Dry seeds for at least seven days. Put the seeds into a dated and labelled envelope and return to Brock!

Lettuce (Head)

Lovelock organic lettuce has emerald green leaves tipped in a pretty pink. This is one of the last lettuces to bolt in summer, and it will last in cool autumn weather too. Gorgeous in the garden and on the plate, the leaves are crisp and flavourful.

Matures in 50 days

Season: Cool season

Exposure: Full sun to partial shade

Difficulty: Easy



Growing

Direct sow or start indoors and transplant. Sow seeds 5mm (¼") deep or on the surface of the soil where the soil can be kept evenly moist. Space 30cm (12") apart. Space rows 45-90cm (18-36") apart.

Seedlings should be hardened off by reducing water and putting the plants outdoors 2-3 days before transplanting to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

Saving

Once your lettuce plants have sent up their flower stalks, the seeds will begin to ripen. When the stalks are dry and producing fluff, the seeds are ripe and ready to be collected. To collect the seeds, shake the stalk into a paper bag or bucket. Do this over a couple of days or all at once depending on how ready the seeds are. Gently remove the fluff from the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Lettuce (Romaine)

Coastal Star organic lettuce is a romaine type with tall, dark green heads on plants that grow to about 30cm (12") tall. Grow this flavourful variety in spring, fall, or even winter (with some protection). This variety is very disease resistant.

Matures in 65 days

Season: Cool season

Exposure: Full sun to partial shade

Difficulty: Easy



Growing

Direct sow or start indoors and transplant. Sow seeds 5mm ($\frac{1}{4}$ ") deep or on the surface of the soil where the soil can be kept evenly moist. Space 30cm (12") apart. Space rows 45-90cm (18-36") apart.

Seedlings should be hardened off by reducing water and putting the plants outdoors 2-3 days before transplanting to prevent transplant shock and premature bolting. Regular watering is essential to prevent leaves from developing a bitter taste.

Saving

Once your lettuce plants have sent up their flower stalks, the seeds will begin to ripen. When the stalks are dry and producing fluff, the seeds are ripe and ready to be collected. To collect the seeds, shake the stalk into a paper bag or bucket. Do this over a couple of days or all at once depending on how ready the seeds are. Gently remove the fluff from the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Onion (Red)

Rossa Lunga di Firenze onions are an heirloom variety that grow in a torpedo shape. This variety can be harvested early as a bunching onion, or left to mature to the torpedo shape. When harvested as a bunching onion, the taste is sweetest and colour most vibrant. When left to mature, the flavour develops into a classic onion taste.

Matures in 75-100 days

Season: Cool season

Exposure: Full sun

Difficulty: Easy



Growing

Transplants are preferred for home gardeners. Sow 3 seeds 5mm-1cm ($\frac{1}{4}$ - $\frac{1}{2}$ ") deep in each cell of a cell tray. Transplant as a clump, spacing each 15cm (6") apart in rows 45-75cm (18-30") apart. Scallions can be spaced at 2-5cm (1-2") apart in rows 15cm (6") apart.

Add well-rotted compost and dig $\frac{1}{2}$ -1 cup-balanced organic fertilizer into the soil beneath each 3m (10') row. Keep moisture high in the top 20-30cm (8-12") of soil. Most of the bulbs should form on the surface of the soil, so don't transplant too deeply.

Saving

Onions are biennial and seed once every two years. Seed heads will form during the late summer of the second season. Wait for the seed heads to dry. Most of the flowers will also be dry. Gather the heads in a paper bag. Most of the seeds will fall out on their own. Shake the bag to free the remainder of the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Onion (White)

Patterson onion seeds produce very round, uniform bulbs with strong skins and a capacity for storage that can stretch to several months. It is the perfect onion for fall and winter use, but they may last until the following spring in the right conditions. The bulbs are medium to large in size with thin necks that dry well and quickly. The firm flesh has well-defined layers and a strong flavour.

Matures in 104 days

Season: Cool season

Exposure: Full sun

Difficulty: Easy



Growing

Transplants are preferred for home gardeners. Sow 3 seeds 5mm-1cm ($\frac{1}{4}$ - $\frac{1}{2}$ ") deep in each cell of a cell tray. Transplant as a clump, spacing each 15cm (6") apart in rows 45-75cm (18-30") apart. Scallions can be spaced at 2-5cm (1-2") apart in rows 15cm (6") apart.

Add well-rotted compost and dig $\frac{1}{2}$ -1 cup-balanced organic fertilizer into the soil beneath each 3m (10') row. Keep moisture high in the top 20-30cm (8-12") of soil. Most of the bulbs should form on the surface of the soil, so don't transplant too deeply.

Saving

Onions are biennial and seed once every two years. Seed heads will form during the late summer of the second season. Wait for the seed heads to dry. Most of the flowers will also be dry. Gather the heads in a paper bag. Most of the seeds will fall out on their own. Shake the bag to free the remainder of the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Pea (Snap)

Sugar Ann organic is an early snap-pea variety with plump, sweet pods. Plants have a semi-vining habit but are quite compact, so they would benefit from training up a trellis but do not need it. Pods are about 6 cm (2.5") long and grow in concentrations on the plant. Try planting as late as early August for harvests into October.

Matures in 60 days

Season: Cool season

Exposure: Full sun to partial shade

Difficulty: Easy



Growing

Sow seed 2cm (1") deep. After April 15th, sow seeds 5cm (2") deep. Space seeds 2-7cm (1-3") apart in the row. Do not thin. If the seeds fail to sprout, try to dig some up and check for rot or insect damage. The challenge with untreated pea seeds is to give them an early start but to avoid rot.

Use well-drained soil amended with finished compost. Add 2 cups of rock phosphate or bonemeal for 3m (10') of row. Plant along a trellis or fence for support as they climb.

Saving

Allow peas to fully mature on the plant. They will eventually become dry and hard. You will know when they are done when you shake them and hear them rattling around inside their pods. Remove the pea pod from the plant, open them up, and remove the seeds. Store on a plate for another day or so to ensure seeds are totally dry. Put the seeds into a dated and labelled envelope and return to Brock!

Pea (Snow)

Oregon Sugar Pod organic is a snow pea variety with excellent flavour and productivity. Large, flat 10 cm (4") pods are produced early and in large quantities on 80 cm (32") tall plants. Plants should be grown on a trellis for the best results. Seeds can be used to grow tasty pea shoots as well.

Matures in 60 days

Season: Cool season

Exposure: Full sun to partial shade

Difficulty: Easy



Growing

Sow seed 2cm (1") deep. After April 15th, sow seeds 5cm (2") deep. Space seeds 2-7cm (1-3") apart in the row. Do not thin. If the seeds fail to sprout, try to dig some up and check for rot or insect damage. The challenge with untreated pea seeds is to give them an early start but to avoid rot.

Use well-drained soil amended with finished compost. Add 2 cups of rock phosphate or bonemeal for 3m (10') of row. Plant along a trellis or fence for support as they climb.

Saving

Allow peas to fully mature on the plant. They will eventually become dry and hard. You will know when they are done when you shake them and hear them rattling around inside their pods. Remove the pea pod from the plant, open them up, and remove the seeds. Store on a plate for another day or so to ensure seeds are totally dry. Put the seeds into a dated and labelled envelope and return to Brock!

Pepper (Hot)

Anaheim peppers have bushy, upright plants that are highly productive with straight, firm-bodied, bright green fruits. Anaheim peppers are not as hot as Jalapenos, at about 100-500 SHUs. Fruit is excellent roasted, and will mature to a dark red if left on the plant.

Matures in 80 days

Season: Warm season

Exposure: Full sun

Difficulty: Moderate



Growing

Sow indoors 5mm-1cm (¼-½") deep. Keep soil as warm as possible. Before they become root-bound, transplant them into 8cm (3") pots. After 4 weeks, transplant them into 15cm (6") pots.

Mix ½ cup of balanced organic fertilizer beneath each plant in soil. Though peppers will tolerate dry soil, they will only put on good growth if kept moist. Harden off before planting out 30-60cm (12-24") apart. Five gallon containers also work well, but require good drainage and regular irrigation.

Saving

Allow peppers to fully develop on the plant. They should be dark in colour and slightly wrinkled. Pick the pepper, cut it in half, and rub/shake the seeds out in a bowl. Be careful when handling the seeds, as they carry the spice, and can burn your skin. Spread the seeds out as individually as possible onto a plate or tray lined with a paper towel. Allow to dry for 1-2 weeks or until the seeds are completely dry. Put the seeds into a dated and labelled envelope and return to Brock!

Pepper (Sweet)

California Wonder is the variety to grow if you love big, blocky sweet peppers that mature from green to bright fire engine red. The four-lobed fruits are heavy with perfectly smooth skins and grow to nearly 13cm (5") long and 10cm (4") wide on plants that can grow to 65cm (28") tall.

Matures in 65-75 days

Season: Warm season

Exposure: Full sun

Difficulty: Moderate



Growing

Sow indoors 5mm-1cm (¼-½") deep. Keep soil as warm as possible. Before they become root-bound, transplant them into 8cm (3") pots. After 4 weeks, transplant them into 15cm (6") pots.

Mix ½ cup of balanced organic fertilizer beneath each plant in the soil. Though peppers will tolerate dry soil, they will only put on good growth if kept moist. Harden off before planting out 30-60cm (12-24") apart.

Saving

Allow peppers to fully develop on the plant. They should be dark in colour and slightly wrinkled. Pick the pepper, cut it in half, and rub/shake the seeds out in a bowl. Spread the seeds out as individually as possible onto a plate or tray lined with a paper towel. Allow to dry for 1-2 weeks or until the seeds are completely dry. Put the seeds into a dated and labelled envelope and return to Brock!

Radish (French Breakfast)

French Breakfast radishes are an early-maturing heirloom variety. Small, cylindrical radishes have pink-red skin with white tips with a classic mildly-spicy flavour and crunch. The ideal production time is spring and fall.

Matures in 25 days

Season: Cool season

Exposure: Full sun

Difficulty: Easy



Growing

Sow seeds 5mm (¼") deep, 25 seeds per 30cm (12") in rows spaced 30-45cm (12-18") apart, and thin to 6-12 plants per 30cm (12").

Add 1 cup of complete organic fertilizer for every 3m (10') of row for background fertility. The real secret to growing this little vegetable is speed. Sow a short row frequently, thin them quickly, keep them watered, eat them quickly, and sow some more.

Saving

To ensure viable seeds, save seeds from at least 5 plants. Radish fruits do not split open at maturity and can be left to dry in soil without fear of shattering. Fruits should be harvested when they turn brown and become brittle. This occurs between early and late summer. Fruiting branches can be cut as they mature or all at once when approximately two-thirds of the planting is seed mature. Use force to break seed pods and extract the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Radish (Mix)

Easter Egg radishes come in all sorts of cheery colours! These round radishes can be white, rose-pink, bubblegum-pink, amethyst, mauve, scarlet, and deep red. The ideal production time is spring and fall. The roots of this mix of radishes are dense and crisp, with a sweet, hot flavour.

Matures in 28 days

Season: Cool season

Exposure: Full sun

Difficulty: Easy



Growing

Sow seeds 5mm ($\frac{1}{4}$ ") deep, 25 seeds per 30cm (12") in rows spaced 30-45cm (12-18") apart, and thin to 6-12 plants per 30cm (12").

Add 1 cup of complete organic fertilizer for every 3m (10') of row for background fertility. The real secret to growing this little vegetable is speed. Sow a short row frequently, thin them quickly, keep them watered, eat them quickly, and sow some more.

Saving

To ensure viable seeds, save seeds from at least 5 plants. Radish fruits do not split open at maturity and can be left to dry in soil without fear of shattering. Fruits should be harvested when they turn brown and become brittle. This occurs between early and late summer. Fruiting branches can be cut as they mature or all at once when approximately two-thirds of the planting is seed mature. Use force to break seed pods and extract the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Radish (Purple Daikon)

Mini Purple Daikon radishes are a beautiful variety with roots that are milder than its spicy, edible leaves. Gorgeous purple skin makes this radish a sight to behold. Perfect for fresh eating or pickling. Best grown in the spring or fall before the heat of the summer sets in.

Matures in 40 days

Season: Cool season

Exposure: Full sun

Difficulty: Easy



Growing

Radishes can be grown all season but they're easiest when sown just after the last frost date and again at the end of summer and into the fall. Sow seeds 5mm (¼") deep, 25 seeds per 30cm (12") in rows spaced 30-45cm (12-18") apart, and thin to 6-12 plants per 30cm (12").

The real secret to growing this little vegetable is speed. Sow a short row frequently, thin them quickly, keep them watered, eat them quickly, and sow some more.

Saving

To ensure viable seeds, save seeds from at least 5 plants. Radish fruits do not split open at maturity and can be left to dry in soil without fear of shattering. Fruits should be harvested when they turn brown and become brittle. This occurs between early and late summer. Fruiting branches can be cut as they mature or all at once when approximately two-thirds of the planting is seed mature. Use force to break seed pods and extract the seeds. Put the seeds into a dated and labelled envelope and return to Brock!

Spinach

Space F1 organic is a versatile, adaptable variety of spinach that can be grown for baby or mature leaf harvest. Thick, medium-green leaves grow fast, and are tolerant to heat. This is an all-season performer.

Matures in 42 days

Season: Cool season

Exposure: Full sun to partial shade

Difficulty: Easy



Growing

Direct sow in the period four weeks before, and three weeks after the last frost date. Spinach will bolt once days get long and hot. For a continuous supply, plant every 3 weeks. Sow seeds 1cm (1/2") deep, 10 seeds per 30cm (12"), in rows 30-45cm (12-18") apart. Thin to at least 5-8cm (2-3") between plants, or further if you want larger leaves. This heavy feeder requires rich soil. Dig in 1/4-1/2 cup of balanced organic fertilizer beneath every 1m (3') of row. Overwintering spinach requires well-drained soil.

Saving

Spinach seeds normally ripen unevenly in the latter part of summer. Remove plants that bolt to seeds without producing good spinach. Strip the mature seeds from the stalks with your hands into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Squash (Acorn)

Table Queen is an heirloom acorn squash variety that has been grown since the early 20th century. This vining plant is very productive, and produces great winter storage squash. Fruit has golden-yellow flesh that is fine-textured with a sweet nutty flavour.

Matures in 85 days

Season: Warm season

Exposure: Full sun

Difficulty: Easy, but takes up space



Growing

Direct sow or transplant in late spring once the soil is warm. For transplants, start seeds indoors during the first two weeks of May. Sow seeds 2cm (1") deep. Sow 3 seeds in each spot where you want a plant to grow, and thin to the strongest plant. Space squash 45-60cm (18-24") apart in rows that are 90-120cm (36-48") apart.

Saving

Slice open the fully matured fruit. Remove the pulp and seeds with a spoon and place them in a strainer. Rinse them thoroughly and remove any remaining pulp under running water. Spread the seeds on a tray and allow them to dry completely. Put the seeds into a dated and labelled envelope and return to Brock!

Squash (Butternut)

The fruits of organic Tiana butternut squash are uniform in size and shape, with the classic tan skin and intense dark orange interior colour. Tiana is very early to mature and productive. Butternut squashes have such a rich flavour and they will keep for months in storage.

Matures in 95 days

Season: Warm Season

Exposure: Full sun

Difficulty: Easy, but takes up space



Growing

Direct sow or transplant in late spring once the soil is warm. For transplants, start seeds indoors during the first two weeks of May. Sow seeds 2cm (1") deep. Sow 3 seeds in each spot where you want a plant to grow and thin to the strongest plant. Space squash 45-60cm (18-24") apart in rows 90-120cm (36-48") apart. Use 1 cup of complete organic fertilizer worked into the soil beneath each plant. All squash grow male flowers first, later female flowers. The female flowers require pollination by bees. Incomplete pollination results in misshapen fruits. Discard these damaged fruits before they rot.

Saving

Slice open the fully matured fruit. Remove the pulp and seeds with a spoon and place them in a strainer. Rinse them thoroughly and remove any remaining pulp under running water. Spread the seeds on a tray and allow them to dry completely. Put the seeds into a dated and labelled envelope and return to Brock!

Swiss Chard

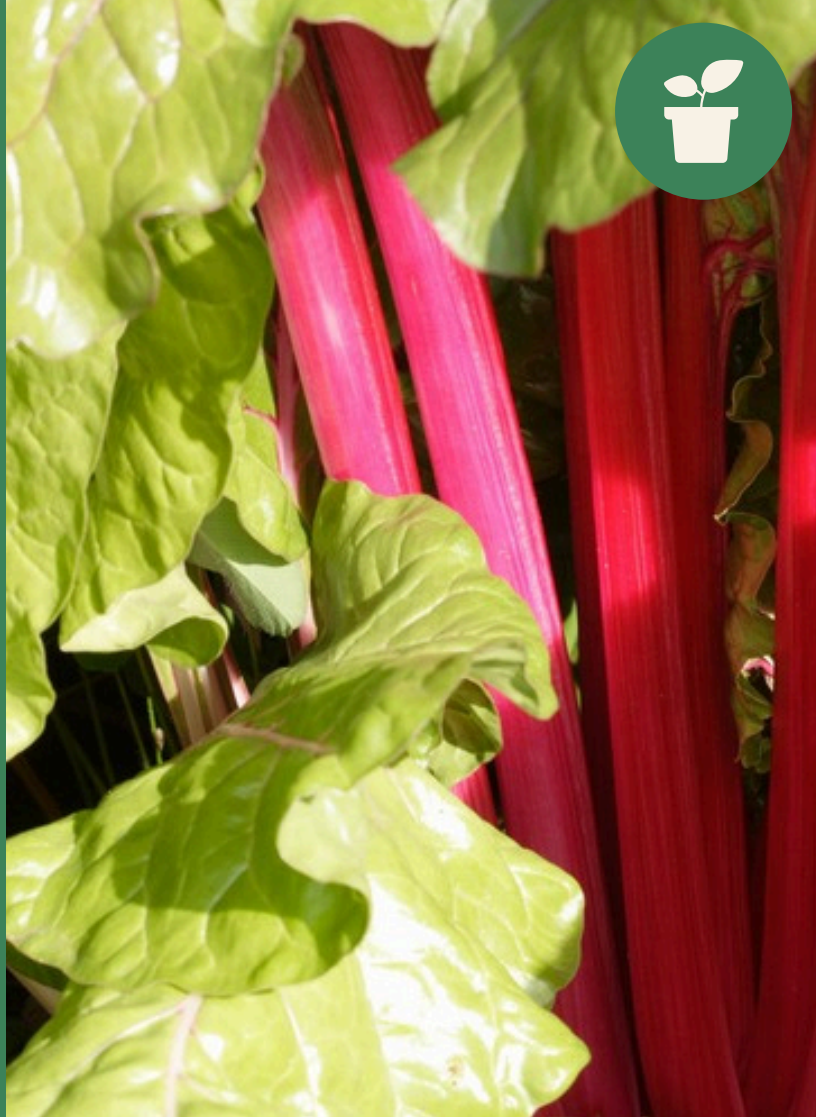
Hot pink to magenta stems and veins with dark jade coloured foliage, Magenta Sunset is a beauty among the chards. Magenta Sunset Swiss chard seeds are grown primarily for immature salad greens as it tends to bolt during summer heat. Kept in check, it will produce abundant nutritious leaves with a mild earthy flavour.

Matures in 25-30 days

Season: Cool season

Exposure: Full sun

Difficulty: Easy



Growing

Direct sow any time from early spring to mid-summer. Swiss chard is moderately winter hardy and may perform into the following spring where winters are mild. Sow seeds 1cm (½”) deep, spaced 10-30cm (4-12”) apart in rows 45cm (18”) apart.

Plenty of consistent moisture is required, especially as plants grow larger. It grows best in full sun but will tolerate light shade in summer. A liquid fertilizer or compost applied twice during summer will keep swiss chard growing well.

Saving

This crop is a biennial, meaning that it will not set seed until the second year of growth.

In the second year, swiss chard should be thinned or replanted to about two feet apart. In the summer, when plants are completely dry, brown mature seeds are easily stripped by hand from the branches. Put the seeds into a dated and labelled envelope and return to Brock!

Tomato (Container)

Glacier organic tomato seeds produce vigorous determinate plants that thrive in cool climates with short seasons. The bright red fruits have smooth skin and firm flesh with a refreshingly tangy taste. Well-suited for slicing and preserving. Perfect for container growing!

Matures in 55 days

Season: Warm season

Exposure: Full sun

Difficulty: Moderately challenging



Growing

Start indoors in early spring over bottom heat. When seedlings germinate, remove from heat and grow under bright lights. Grow seedlings for 6-8 weeks. Tomatoes can be planted outside once night temperatures are above 10°C (50°F) - or later. Sow seeds 5mm-1cm (¼-½") deep. Keep seedlings under a very bright light to prevent legginess. Space bush (determinate) transplants 45-60cm (18-24") apart. Bush types benefit from the support of a tomato cage in order to prevent sprawling. At the time of the final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth.

Saving

Slice fully ripened tomatoes in half and scoop pulp and seeds into a clean bowl or jar. Add a cup or so of water so that the seeds are floating. Cover and place in a warm, out-of-the-way spot to ferment for 2-4 days. When fermentation is complete (a layer of scum will form or the seeds will have sunk to the bottom of the container) separate the pulp from the seeds and rinse them in a sieve removing any pulp as you go. Dry the seeds on a paper or glass plate (not on a paper towel). Put the seeds into a dated and labelled envelope and return to Brock!

Tomato (Cherry)

Sunrise Bumble Bee organic tomato seeds produce gorgeous cherry tomatoes streaked with orange and yellow and hang in trusses on tall, productive plants. This variety will work in a five gallon (or larger) container, but be sure to provide trellis support as it forms a vigorous vine.

Matures in 70 days

Season: Warm Season

Exposure: Full sun

Difficulty: Moderately challenging



Growing

Start indoors in early spring over bottom heat. When seedlings germinate, remove from heat and grow under bright lights. Grow seedlings for 6-8 weeks. Tomatoes can be planted outside once night temperatures are above 10°C (50°F) - or later. Sow seeds 5mm-1cm (¼-½") deep. Keep seedlings under a very bright light to prevent legginess.

Space vine (indeterminate) types 50-75cm (20-30") apart in rows 1m (3') apart. Vine types benefit from the support of being tied to a trellis or wire. At the time of the final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth. Stop watering around the end of July to encourage the fruit to ripen.

Saving

Slice fully ripened tomatoes in half and scoop pulp and seeds into a clean bowl or jar. Add a cup or so of water so that the seeds are floating. Cover and place in a warm, out-of-the-way spot to ferment for 2-4 days. When fermentation is complete (a layer of scum will form or the seeds will have sunk to the bottom of the container) separate the pulp from the seeds and rinse them in a sieve removing any pulp as you go. Dry the seeds on a paper or glass plate (not on a paper towel). Put the seeds into a dated and labelled envelope and return to Brock!

Tomato (Heirloom Cherry)

Gardener's Delight heirloom cherry tomato seeds have a wonderful, old-fashioned flavour and produces long trusses laden with clusters of 6-12, 0.5cm (1"), crack-resistant, bright-red morsels. Gardener's Delight requires more heat and time to mature completely but will bear fruit until frost.

Matures in 65 days

Season: Warm Season

Exposure: Full sun

Difficulty: Moderately challenging



Growing

Start indoors in early spring over bottom heat. When seedlings germinate, remove from heat and grow under bright lights. Grow seedlings for 6-8 weeks. Tomatoes can be planted outside once night temperatures are above 10°C (50°F) - or later. Sow seeds 5mm-1cm (¼-½") deep. Keep seedlings under a very bright light to prevent legginess.

Space vine (indeterminate) types 50-75cm (20-30") apart in rows 1m (3') apart. Vine types benefit from the support of being tied to a trellis or wire. At the time of the final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth. Stop watering around the end of July to encourage the fruit to ripen.

Saving

Slice fully ripened tomatoes in half and scoop pulp and seeds into a clean bowl or jar. Add a cup or so of water so that the seeds are floating. Cover and place in a warm, out-of-the-way spot to ferment for 2-4 days. When fermentation is complete (a layer of scum will form or the seeds will have sunk to the bottom of the container) separate the pulp from the seeds and rinse them in a sieve removing any pulp as you go. Dry the seeds on a paper or glass plate (not on a paper towel). Put the seeds into a dated and labelled envelope and return to Brock!

Tomato (Vine)

Get Stuffed organic tomatoes feature blocky, striped fruits that are almost the shape of a bell pepper. Large, substantial fruits grow in clusters of three to four on sturdy, relatively short vines. They can be hollowed and stuffed for cooking, or used raw as a delicious, edible serving vessel.

Matures in 75 days

Season: Warm season

Exposure: Full Sun

Difficulty: Moderately challenging



Growing

Start indoors in early spring over bottom heat. When seedlings germinate, remove from heat and grow under bright lights. Grow seedlings for 6-8 weeks. Tomatoes can be planted outside once night temperatures are above 10°C (50°F) - or later. Sow seeds 5mm-1cm (¼-½") deep. Keep seedlings under a very bright light to prevent legginess.

Space vine (indeterminate) types 50-75cm (20-30") apart in rows 1m (3') apart. Vine types benefit from the support of being tied to a trellis or wire. At the time of the final transplant, plants can be buried up to their first pair of true leaves. This will encourage greater root growth. Stop watering around the end of July to encourage the fruit to ripen.

Saving

Slice fully ripened tomatoes in half and scoop pulp and seeds into a clean bowl or jar. Add a cup or so of water so that the seeds are floating. Cover and place in a warm, out-of-the-way spot to ferment for 2-4 days. When fermentation is complete (a layer of scum will form or the seeds will have sunk to the bottom of the container) separate the pulp from the seeds and rinse them in a sieve removing any pulp as you go. Dry the seeds on a paper or glass plate (not on a paper towel). Put the seeds into a dated and labelled envelope and return to Brock!

Zucchini

The fruits produced by Desert organic zucchini seeds are smooth and dark-skinned with light speckles, and they have no trouble setting in hot weather.

Matures in 50 days

Season: Warm season

Exposure: Full sun

Difficulty: Easy, but takes up space



Growing

Direct sow or transplant in late May or early June when soil is warm. For transplants, start seeds indoors in late April or early May. Sow seeds 2cm (1") deep. Sow 3 seeds in each spot you want a plant to grow and thin to the strongest one. Space them no less than 45-60cm (18-24") apart in rows 90-120cm (36-48") apart. These plants need plenty of moisture and lots of food. Grow them in rich, well-drained soil in full sun. Water the soil around them when you irrigate and always avoid overhead watering, as wet leaves will attract diseases. Misshapen fruits can result from incomplete pollination. Discard these before they rot.

Saving

Slice open the fully matured fruit. Remove the pulp and seeds with a spoon and place them in a strainer. Rinse them thoroughly and remove any remaining pulp under running water. Spread the seeds on a tray and allow them to dry completely. Put the seeds into a dated and labelled envelope and return to Brock!

Herbs



Basil

This vigorous sweet basil produces large, mid-green leaves all summer long. Keep picking the growing tips and the two pairs of leaves below them for the kitchen. Grow some organic sweet basil in a pot on a warm and sunny windowsill and harvest the fresh leaves right through the winter.

Matures in 50-60 days

Season: Warm season

Exposure: Full sun

Difficulty: Easy



Growing

For outdoor growing, sow basil seeds throughout late spring for transplanting to the garden after the summer solstice, or direct sow in early summer once the soil has warmed up. Sow seeds 5mm (1/4") deep in sterilized seed starting mix. Basil is prone to damping off, so once seeds sprout, make sure they are adequately ventilated and kept under very bright light. Thin to 20-25cm (8-10") apart. Once plants are 15cm (6") tall, pinch out the growing tips to encourage really bushy growth prior to harvest. Pinch off flower buds in mid-summer to promote more foliage. Frequent harvesting will prolong the life of the plant.

Saving

Allow the herbs to flower and the flower heads to dry. Snip the flower heads off and dry them out in a warm, dry place. To collect the seeds, shake the dry flower head into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Chamomile (German)

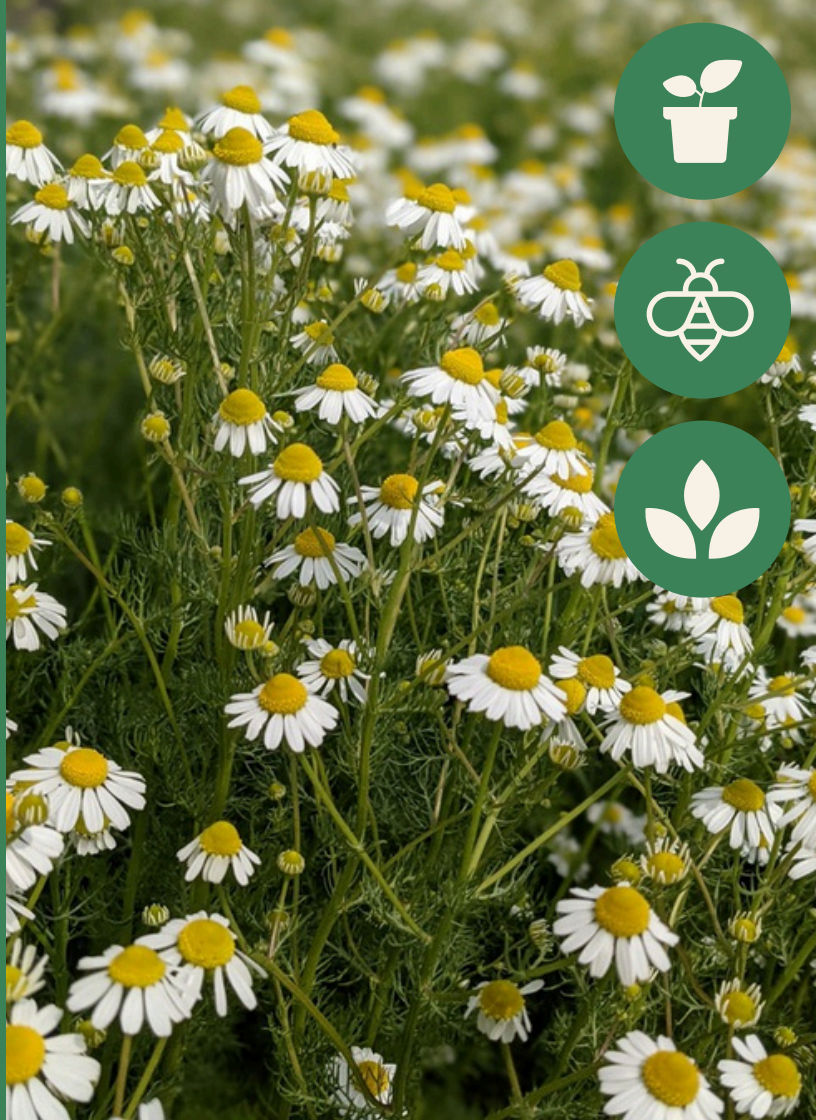
German Chamomile is a classic herb used in salads, teas, and medicinal preparations. This organic variety grows well in containers. Harvest the apple-scented flowers before they are fully mature (before the petals point downward).

Matures in 65 days

Season: Cool Season

Exposure: Full sun

Difficulty: Easy



Growing

Direct sow in early spring and late fall once the soil has thawed. Sow 1 cm (1/2") deep, and thin to 10-15 cm (4-6") apart. Seeds can take up to two weeks to sprout.

Keep plants well-watered, and remove spent flowers to prevent the plant from self-seeding and spreading.

Saving

Allow the herbs to flower and the flower heads to dry. Snip the flower heads off and dry them out in a warm, dry place. To collect the seeds, shake the dry flower head into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Chive

Hardy, perennial, and easy to grow, the chopped stems and pink flowers add a fresh, mild green onion flavour to sandwiches, salads, and baked potatoes. Clumps can be divided in spring or fall. If grown in containers, divide frequently enough to provide for constant lateral growth. Chives are surprisingly hardy and can be harvested all winter if given some protection from extreme cold.

Matures in 30-60 days

Season: Cool Season

Exposure: Full sun

Difficulty: Easy



Growing

Start indoors from late winter through mid-spring, and transplant or direct sow once the soil has warmed in late spring.

Sow 5mm-1cm (1/4-1/2") deep and keep moist until germination. If starting indoors, use bottom heat and plant 10-15 seeds per cell in a cell plug tray.

Transplant either into containers or the garden once the soil has warmed up. Space clumps 15cm (6") apart. Clumps of chives spread to about 30cm (12") across. They should be divided at that point and replanted to stand 30cm (12") apart or broken up for container planting.

Saving

Allow the herbs to flower and the flower heads to dry. Snip the flower heads off and dry them out in a warm, dry place. To collect the seeds, shake the dry flower head into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Cilantro

Cilantro "Santo" is bred to be slow bolting. The mature seeds, better known as coriander, are easy to harvest and used in many dishes - notably curry powder blends. Keep an eye on your cilantro crop because the flowering process (bolting) is famously quick in this plant. As soon as a central stem appears and the uppermost leaves become frilly, it's time to harvest the whole plant, roots and all.

Matures in 45-70 days

Season: Cool season

Exposure: Full sun to partial shade

Difficulty: Easy



Growing

Direct sow from just after the last frost date to late spring. Direct sow in the fall undercover for a winter crop. Sow 5mm (1/4") deep in short rows. Thin seedlings to stand 5-10cm (2-4") apart if harvesting leaves. Cilantro does best in light, well-drained soil in partial shade, in relatively dry conditions. Pick young leaves once they have reached about 10cm (4") in height.

Saving

Allow the herbs to flower and the flower heads to dry. Snip the flower heads off and dry them out in a warm, dry place. To collect the seeds, shake the dry flower head into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Dill

Ella is a dwarf dill bred for container and hydroponic growing. These plants are attractive to beneficial insects such as lady beetles, hover-flies, lacewings, and tiny parasitoid wasps. Take advantage of this natural food chain by growing dill to attract these beneficial insects, for they will control pest insects like aphids, thrips, and whitefly.

Matures in 90 days

Season: Warm season

Exposure: Full sun

Difficulty: Easy



Growing

Direct sow late spring through summer, or sow when cucumbers are transplanted, to coincide with maturity for pickling. Stagger the harvest by sowing every 2-3 weeks for a constant supply of fresh leaves. Grow in moderately rich soil in full sun. Water and feed regularly and stop any overhead watering once plants are 60cm (24") tall to prevent issues with mildew forming on the leaves. Begin harvesting the tasty leaves once plants reach 15cm (6") tall. About 12 weeks after sprouting, the seed heads begin to form.

Saving

Allow the herbs to flower and the flower heads to dry. Snip the flower heads off and dry them out in a warm, dry place. To collect the seeds, shake the dry flower head into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Fennel (Bronze)

Bronze fennel is a leafy-type that does not produce a bulb like other fennel. It is suitable for container growing. These plants are attractive to beneficial insects such as lady beetles, hover-flies, lacewings, and tiny parasitoid wasps. The leaves and seeds can be eaten. They have a tasty licorice flavour and are often used in pickling.

Matures in 30-60 days

Season: Cool Season

Exposure: Full sun

Difficulty: Easy



Growing

Direct sow late spring through summer about 5mm (1/4") deep and about 15cm (6") apart. Stagger the harvest by sowing every 2-3 weeks for a constant supply of fresh leaves. Grow in moderately rich soil in full sun. Water and feed regularly and stop any overhead watering once plants are 60cm (24") tall to prevent issues with mildew forming on the leaves. Begin harvesting the tasty leaves once plants reach 15cm (6") tall. About 12 weeks after sprouting, the seed heads begin to form.

Saving

Allow the herbs to flower and the flower heads to dry. Snip the flower heads off and dry them out in a warm, dry place. To collect the seeds, shake the dry flower head into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Oregano (Greek)

Greek oregano seeds offer pungently flavoured oregano leaves for cooking. Bees adore oregano when it is in bloom. Germination may be slow, so be patient. Oregano is particularly good for repelling cabbage moths, and it can be planted between rows of Brassicas for this purpose. Also good around asparagus and basil. When in bloom, oregano is highly attractive to pollinators.

Matures in 45 days

Season: Warm Season

Exposure: Full sun

Difficulty: Easy



Growing

Oregano seeds are dust-like, so handle them with care. Prepare containers using sterilized seed starting mix and water the soil. Evenly distribute the tiny seeds on the surface of the soil. Do not bury them. As seedlings grow, keep soil on the dry side. Transplant in late spring to early summer.

Grow in a sunny and warm spot. Aim for 25cm (10") between plants. Cut plants back after flowering to prevent them from getting straggly. As autumn approaches, divide some to bring inside over winter. Cut back the year's growth to about 6cm (2½") from the soil.

Saving

Allow the herbs to flower and the flower heads to dry. Snip the flower heads off and dry them out in a warm, dry place. To collect the seeds, shake the dry flower head into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Oregano (Za'atar)

Za'atar is an heirloom oregano variety from the Middle East. It has leaves that are reminiscent of thyme and marjoram. Bees adore oregano when it is in bloom. Germination may be slow, so be patient. When in bloom, oregano is highly attractive to pollinators.

Matures in 45 days

Season: Warm Season

Exposure: Full sun

Difficulty: Easy



Growing

Oregano seeds are dust-like, so handle them with care. Prepare containers using sterilized seed starting mix and water the soil. Evenly distribute the tiny seeds on the surface of the soil. Do not bury them. As seedlings grow, keep soil on the dry side. Transplant in late spring to early summer.

Grow in a sunny and warm spot. Aim for 25cm (10") between plants. Cut plants back after flowering to prevent them from getting straggly. As autumn approaches, divide some to bring inside over winter. Cut back the year's growth to about 6cm (2½") from the soil.

Saving

Allow the herbs to flower and the flower heads to dry. Snip the flower heads off and dry them out in a warm, dry place. To collect the seeds, shake the dry flower head into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Parsley

Dark Green Italian parsley seeds are easy to grow, sturdy plants with stiff upright stems. Holds flavour better than the curly kind when dried. Use parsley in companion planting. Parsley likes asparagus, carrots, chives, corn, onions, and tomatoes. Let some of your parsley go to bloom to attract hover-flies and predatory wasps. Parsley is a biennial plant that forms a long (edible) tap root. Choose deep pots for container growing.

Matures in 80 days

Season: Cool season

Exposure: Full sun to partial shade

Difficulty: Easy



Growing

If starting indoors, sow seeds 1cm (½") deep in sterilized seed starting mix, in peat pots or plug trays. Sow outdoors in drills 3cm (1¼") deep, spaced 8cm (3") apart. Thin final plants to 15cm (6") apart. For summer crops, aim to grow plants in a place where they will receive some shade during the day – either on the east or west side of a structure or fence works well. For winter crops, start new seeds in late summer and transplant them out to a warm, sunny location by September. Avoid planting near mint.

Saving

Allow the herbs to flower and the flower heads to dry. Snip the flower heads off and dry them out in a warm, dry place. To collect the seeds, shake the dry flower head into a paper bag or bucket. Put the seeds into a dated and labelled envelope and return to Brock!

Flowers



Black-Eyed Susan

Black-Eyed Susans have been used by a number of First Nations communities as a medicinal poultice to treat a number of infections, including cold and flu. You'll love the bright look of this plant in mass plantings or in larger containers.

Type: Annual/Biennial

Height: 5-8cm (2-3")

Exposure: Full sun

Difficulty: Easy



Growing

Sow indoors 6-8 weeks before the last frost or direct sow about 2 weeks before the last frost.

Sow seeds on the surface of the soil. Thin or transplant to stand 30cm (12") apart. In hot summers, some afternoon shade is appreciated. Top dress with a thin layer of well-rotted manure once a year. Keep watered in hot weather and deadhead regularly. Plants may self-sow, which should be encouraged.

Saving

Remove flower heads when the blooms have faded and turned brown. Dry the seed heads in a paper bag for about a week. Separate the chaff. Knock the seeds off of the seed head by placing them in a container with some coins or bolts. Put the seeds into a dated and labelled envelope and return to Brock!

Calendula

Calendula is a cheery annual that can be eaten and used in teas and natural skincare. These seeds grow a mix of cream, gold, apricot and bright yellow flowers that readily self-sow. This plant requires very little care and is tolerant to some drought. This is an exceptionally easy plant to grow in herb and pollinator gardens.

Type: Annual /Biennial

Height: 30-60 cm (12-24")

Exposure: Full sun to partial shade

Difficulty: Easy



Growing

Direct sow outside once the threat of frost is gone. Sow seeds 5 mm (1/4" in) deep and space out seedlings by about 15-45 cm (6-18"). You can sow new seeds every couple of weeks through the summer to have ongoing flowers into fall. Seeds start to grow in about 1-2 weeks, and flower about 2-3 weeks after germination.

Keep watered in extremely hot weather and deadhead regularly, but avoid overhead watering as the leaves may become susceptible to mildew. Plants may self-sow, which should be encouraged.

Saving

Remove flower heads when the petals dry and fall off, and seeds have turned brown. Dry the seed heads in a paper bag for about a week. Separate the seeds from the seed head and allow to dry for another week. Put the seeds into a dated and labelled envelope and return to Brock!

Dense Blazing Star

Dense Blazing Star, also known as *Liatris*, is a native perennial that welcomes many pollinators to your garden. These adaptable plants are moisture and flood-resistant and love full sun. They are non-toxic to cats, dogs, and horses. Flower spikes can reach up to 5 feet tall. Seeds will need a month of cold stratification, or should be sown directly in the late fall for summer blooms.

Type: Perennial

Height: 1.5 m (5')

Exposure: Full sun

Difficulty: Intermediate



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 3-4 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 2-4 weeks. Keep seedlings moist but not wet. Transplant outside after a hardening off period. Space plants at 30-38cm (12-15") apart.

Saving

To save seeds, snip flower stalks after the petals die and turn brown, dry and fluffy. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the spiky flower head toward the bottom of the bag. You can put more than one stem into the same bag. Close the bag around the stem base using a rubber band, twist tie, or string. Hang the bag up in a closet, dry garage, or basement. As flower heads dry, seeds will fall into the bag. Put the seeds into a dated and labelled envelope and return to Brock!

Echinacea (Purple)

Echinacea, also known as Purple Coneflower, are long-blooming from July to October. They may bloom in the first year if planted in early March, but it's their third year that is really spectacular. These perennial coneflowers attract hoverflies and parasitoid wasps, so they're useful for pest control in companion plantings. Overwintering seeds provide food for birds.

Type: Perennial

Height: 80cm (32")

Exposure: Full sun

Difficulty: Easy



Growing

Sow indoors 8-10 weeks before planting out. If started indoors in late winter, Echinacea may bloom in the first year. It can also be direct sown in early spring or early fall. Germination should occur in 10-21 days.

Sow seeds shallowly at only 3mm (1/8") deep. If starting indoors, provide total darkness and a soil temperature of 21-25°C (70-75°F). Once sprouts appear, provide bright light. Space plants at 30-38cm (12-15") apart.

Saving

To save seeds, snip flower stalks after the petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the spiky flower head toward the bottom of the bag. You can put more than one stem into the same bag. Close the bag around the stem base using a rubber band, twist tie, or string. Hang the bag up in a closet, dry garage, or basement. As flower heads dry, seeds will fall into the bag. Leave some seed heads intact over winter to feed birds and provide shelter for beneficial insects. Put the seeds into a dated and labelled envelope and return to Brock!

Four O'Clock

Four O'Clock flowers, also known as *Mirabilis*, are vibrant, trumpet-shaped blooms that open in the late afternoon. They are a favourite of hummingbirds. Plants are short and bushy, growing about 30-60 cm (2-3') tall, so they would grow well in a 5 gallon container. They do not overwinter in Canada, so save seeds for next season!

Type: Annual

Height: 30-60 cm (2-3')

Exposure: Full sun

Difficulty: Easy



Growing

Soak seeds in water overnight before direct sowing them outside once the threat of frost has passed. Sow seeds about 5 mm (1/4") deep and 15cm (6") apart. Keep the soil moist but not soaking wet. Seeds should germinate within a couple weeks, and flower between June to early fall. Four O'Clocks do not need to be deadheaded in order to keep them blooming.

Saving

To save seeds, wait for flowers to dry and for the pods to turn hard and black. Gently pull these seeds off of the plant, and let them fully dry for about a week before storing them. Put the seeds into a dated and labelled envelope and return to Brock!

Goldenrod (Stiff)

Stiff Goldenrod is a native perennial that benefits pollinators and brings a cheery glow to early fall gardens. Tall stalks grow to be about 90-120 cm (3-4') in height. Once established, plants are drought-tolerant. Sow seeds outside in late fall to germinate, or cold stratify indoors before setting outside.

Type: Perennial

Height: 90-120 cm (46-58")

Exposure: Full Sun

Difficulty: Intermediate



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 6-8 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 1-2 weeks. Keep seedlings moist but not soaking wet. Transplant outside after a hardening off period. Space plants at 30-60 cm (12-24") apart.

Saving

Wait for the flowers to fade and dry. The flower head should be dry and fluffy seeds will start to loosen from it. Cut the flower heads from the plant a few inches down the stem so as not to damage the seeds. Place seed stalks in a paper bag and shake to free the fluffy seeds from the stalk. Put the seeds into a dated and labelled envelope and return to Brock!

Green-headed Coneflower

Green-headed Coneflower is a native perennial that benefits pollinators. Yellow petals grow around a green "eye" centre. This woodland plant grows best in part shade, but will tolerate full sun if the soil is kept moist. Blooms in late summer through early fall. Seed heads offer food to birds in the winter.

Type: Perennial

Height: 210 cm (84")

Exposure: Full sun to part shade

Difficulty: Intermediate



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 4-8 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 2-4 weeks. Keep seedlings moist but not wet. Transplant outside after a hardening off period. Space plants at 30-90cm (12-36") apart.

Saving

To save seeds, snip flower stalks after the petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the spiky flower head toward the bottom of the bag. You can put more than one stem into the same bag. Close the bag around the stem base using a rubber band, twist tie, or string. Hang the bag up in a closet, dry garage, or basement. As flower heads dry, seeds will fall into the bag. Leave some seed heads intact over winter to feed birds and provide shelter for beneficial insects. Put the seeds into a dated and labelled envelope and return to Brock!

Lance-leaf Coreopsis

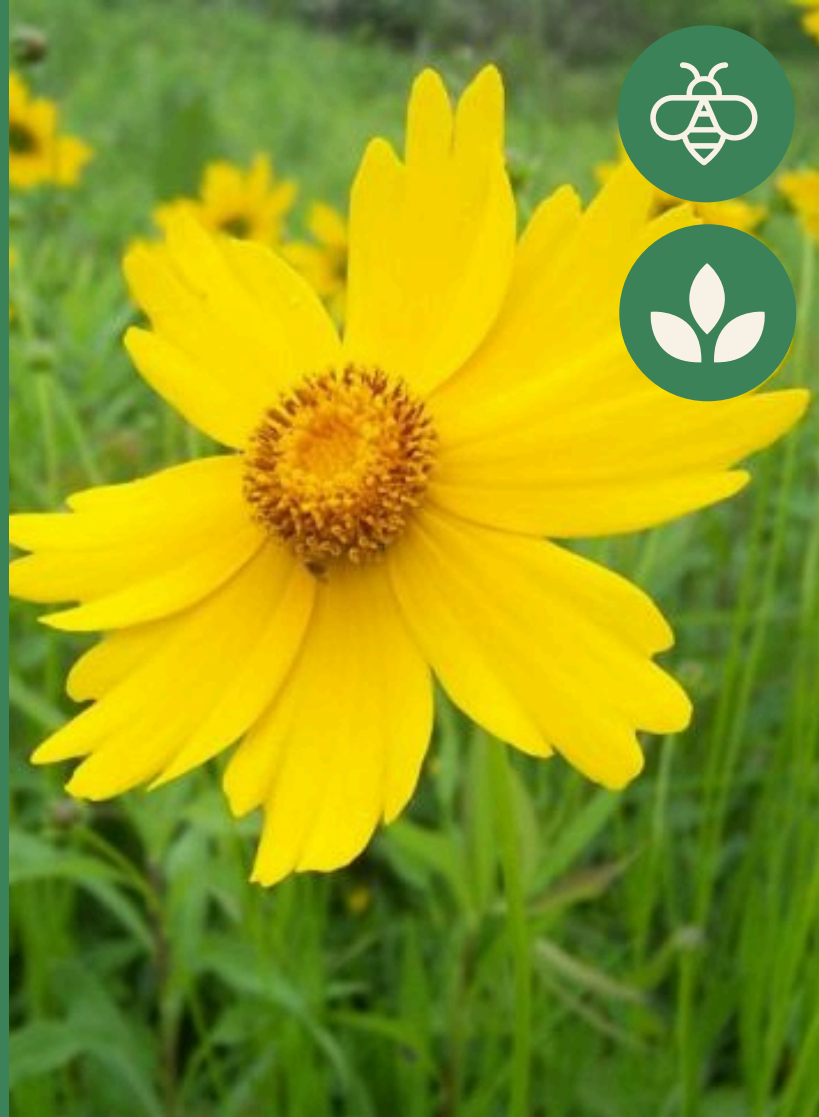
Lance-leaf Coreopsis or Tickseed is a native perennial that attracts pollinators. It forms clumps and reaches 30-60 cm (12-24") tall. Coreopsis tolerates dry, rocky soil and thrives in full sun. In winter, birds will feed on its seeds.

Type: Perennial

Height: 30-60cm (12-24")

Exposure: Full Sun

Difficulty: Intermediate



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 4-8 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 2-4 weeks. Keep seedlings moist but not wet. Transplant outside after a hardening off period. Space plants at 30-90cm (12-36") apart.

Saving

To save seeds, snip flower stalks after the petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the spiky flower head toward the bottom of the bag. You can put more than one stem into the same bag. Close the bag around the stem base using a rubber band, twist tie, or string. Hang the bag up in a closet, dry garage, or basement. As flower heads dry, seeds will fall into the bag. Leave some seed heads intact over winter to feed birds and provide shelter for beneficial insects. Put the seeds into a dated and labelled envelope and return to Brock!

Marigold

Brocade Marigold seeds produce brilliant 5cm (2") wide flowers in gold to mahogany atop 30-38cm (12-15") plants. This is a medium-height marigold that works well in large containers. Grow in full sun and deadhead regularly to enjoy flowers from May to heavy frost. The flower petals are edible, and can be dried and ground as a replacement for saffron.

Type: Annual

Height: 30-38cm (12-15")

Exposure: Full Sun

Difficulty: Easy



Growing

Sow indoors 6-8 weeks before last frost, or direct sow 2 weeks before the last frost. If starting indoors, just cover the seeds with vermiculite and provide a soil temperature of 21-25°C (70-75°F). Seeds should sprout in 4-14 days at that temperature.

Pinch the growing tips to encourage branching. This prevents tall, spindly plants. Deadhead regularly throughout the growing season.

Saving

Wait for the flowers to fade and dry. The flower head should be very withered and dried out. It should be mostly brown, with just a little bit of green left at the base. Cut the flower heads from the plant a few inches down the stem so as not to damage the seeds. Pinch the withered petals of the flower with one hand and the base of the flower head with the other hand to gently pull the petals out of the base to expose the seeds. Lay the seeds out for a day or so to dry. Put the seeds into a dated and labelled envelope and return to Brock!

Milkweed (Butterfly)

Butterfly Bush Milkweed seeds produce a hearty perennial intensely attractive to butterflies and other beneficial garden insects. Flowers are followed by exotic looking fruits that release easy-to-harvest seeds. All milkweeds are useful, nectar rich food plants for butterflies.

Type: Perennial

Height: 70cm (27")

Exposure: Full sun

Difficulty: Easy



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 3-4 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 2-4 weeks. Keep seedlings moist but not wet. Transplant outside after a hardening off period. Space plants at 30-90cm (12-36") apart.

Saving

At the end of the growing season, pick flower pods as they turn brown, dry, and mature. Seed clusters can then be removed carefully from the milkweed pod. When fully ripe and dried, the seeds will be easily separated from the floss. Let them dry for a week or so in a cool, dry location. Put the seeds into a dated and labelled envelope and return to Brock!

Milkweed (Common)

Common Milkweed begins to grow from a thick, fleshy root later in spring. Thick leaves emerge, forming a clump of foliage. Then, from mid-spring to late summer, umbels of fragrant, pink to mauve flowers appear that are so generous with nectar that they attract pollinators of all kinds.

Type: Perennial

Height: 60-90 cm (24-36")

Exposure: Full sun

Difficulty: Easy



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 3-4 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 2-4 weeks. Keep seedlings moist but not wet. Transplant outside after a hardening off period. Space plants at 30-90cm (12-36") apart.

Saving

At the end of the growing season, pick flower pods as they turn brown, dry, and mature. Seed clusters can then be removed carefully from the milkweed pod. When fully ripe and dried, the seeds will be easily separated from the floss. Let them dry for a week or so in a cool, dry location. Put the seeds into a dated and labelled envelope and return to Brock!

New England Aster

New England Asters grow well in a variety of conditions. They are a native perennial that provide nectar for pollinators in the late summer through the fall. They tend to grow on roadsides with Goldenrod, making for a beautiful fall display.

Type: Perennial

Height: 60-90 cm (24-36")

Exposure: Full sun

Difficulty: Easy



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 3-4 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 2-4 weeks. Keep seedlings moist but not wet. Transplant outside after a hardening off period. Space plants at 30-90cm (12-36") apart.

Saving

Wait for the flowers to fade and dry. The flower head should be dry and fluffy seeds will start to loosen from it. Cut the flower heads from the plant a few inches down the stem so as not to damage the seeds. Place seed stalks in a paper bag and shake to free the fluffy seeds from the stalk. Put the seeds into a dated and labelled envelope and return to Brock!

Penstemon (Foxglove Beardtongue)

Penstemon digitalis or Foxglove Beardtongue is a native perennial that is beloved by hummingbirds and other pollinators. It has light pink to white flowers atop graceful flower spikes. It is very adaptable and grows well in part shade.

Type: Perennial

Height: 120 cm (48")

Exposure: Full sun to part shade

Difficulty: Intermediate



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 6-8 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 1-2 weeks. Keep seedlings moist but not soaking wet. Transplant outside after a hardening off period. Space plants at 30-60 cm (12-24") apart.

Saving

To save seeds, snip flower stalks after the petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the spiky flower head toward the bottom of the bag. You can put more than one stem into the same bag. Close the bag around the stem base using a rubber band, twist tie, or string. Hang the bag up in a closet, dry garage, or basement. As flower heads dry, seeds will fall into the bag. Leave some seed heads intact over winter to feed birds and provide shelter for beneficial insects. Put the seeds into a dated and labelled envelope and return to Brock!

Sunflower (Hopi Purple Dye)

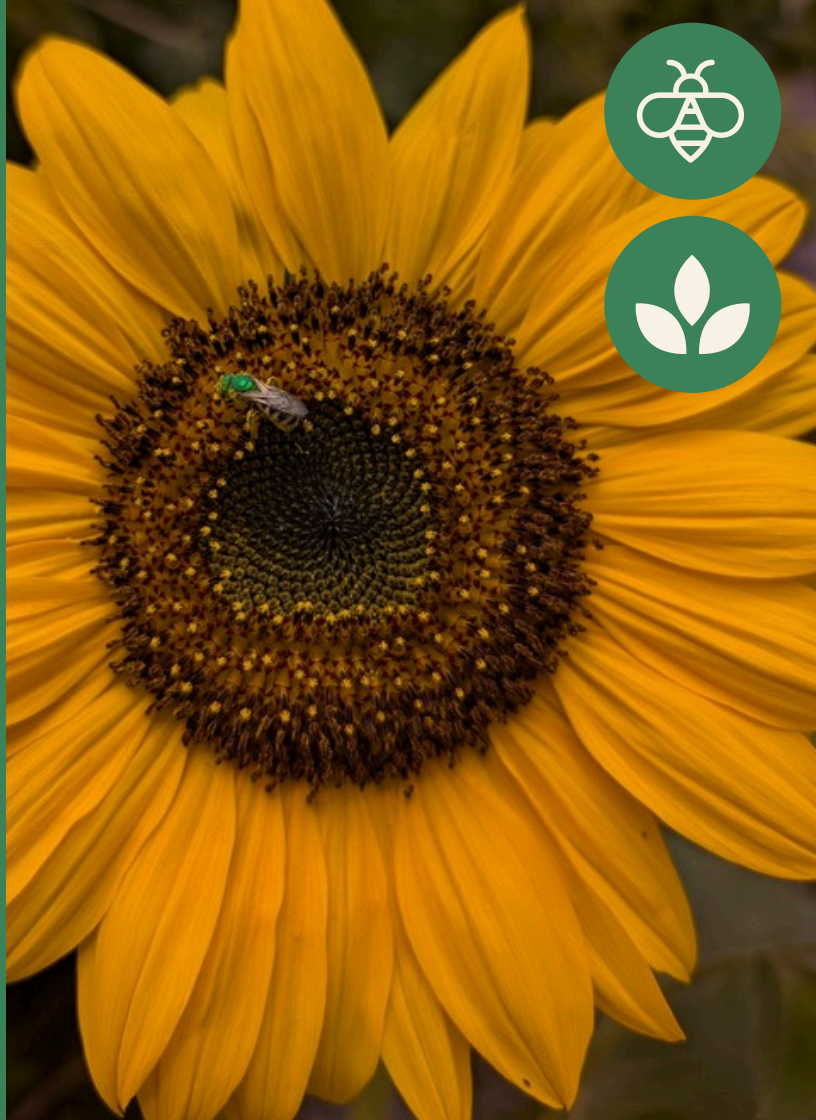
Hopi Purple Dye is an organic heirloom sunflower variety that grows large flower heads atop sturdy, 8 foot tall stalks. Its seeds are dark purple and have been used in traditional dyeing by the Hopi people. It is a favourite of pollinators and peoples alike.

Type: Annual

Height: 2.5m (8')

Exposure: Full sun

Difficulty: Easy



Growing

Sow indoors 6-8 weeks before the last frost date and transplant or direct sow towards late spring. Sow seeds 1 cm (1/2") deep and about 15-30cm (6-12") apart. Seeds should sprout in one to two weeks.

Water plants well and provide lots of sun. Flower heads will bloom by mid to late summer, and will bear seeds by early fall.

Saving

Allow flowers to fade on the plant, until the petals dry and fall away. Cut the flower head off of the stalk and allow to dry out in a sunny spot. Gently lift seeds away from the flower head, and store them in a paper bag in a cool, dry location. Put the seeds into a dated and labelled envelope and return to Brock!

Sunflower (Mix)

This mix of sunflower seeds will produce tall, thick stems with bright yellow blooms that open in midsummer. It is a favourite of pollinators and peoples alike. Petals and seeds can be eaten, or left for birds and animals to eat.

Type: Annual

Height: 1.5-2.5m (5-8')

Exposure: Full sun

Difficulty: Easy



Growing

Sow indoors 6-8 weeks before the last frost date and transplant or direct sow towards late spring. Sow seeds 1 cm (1/2") deep and about 15-30cm (6-12") apart. Seeds should sprout in one to two weeks.

Water plants well and provide lots of sun. Flower heads will bloom by mid to late summer, and will bear seeds by early fall.

Saving

Allow flowers to fade on the plant, until the petals dry and fall away. Cut the flower head off of the stalk and allow to dry out in a sunny spot. Gently lift seeds away from the flower head, and store them in a paper bag in a cool, dry location. Put the seeds into a dated and labelled envelope and return to Brock!

Swamp Rose Mallow

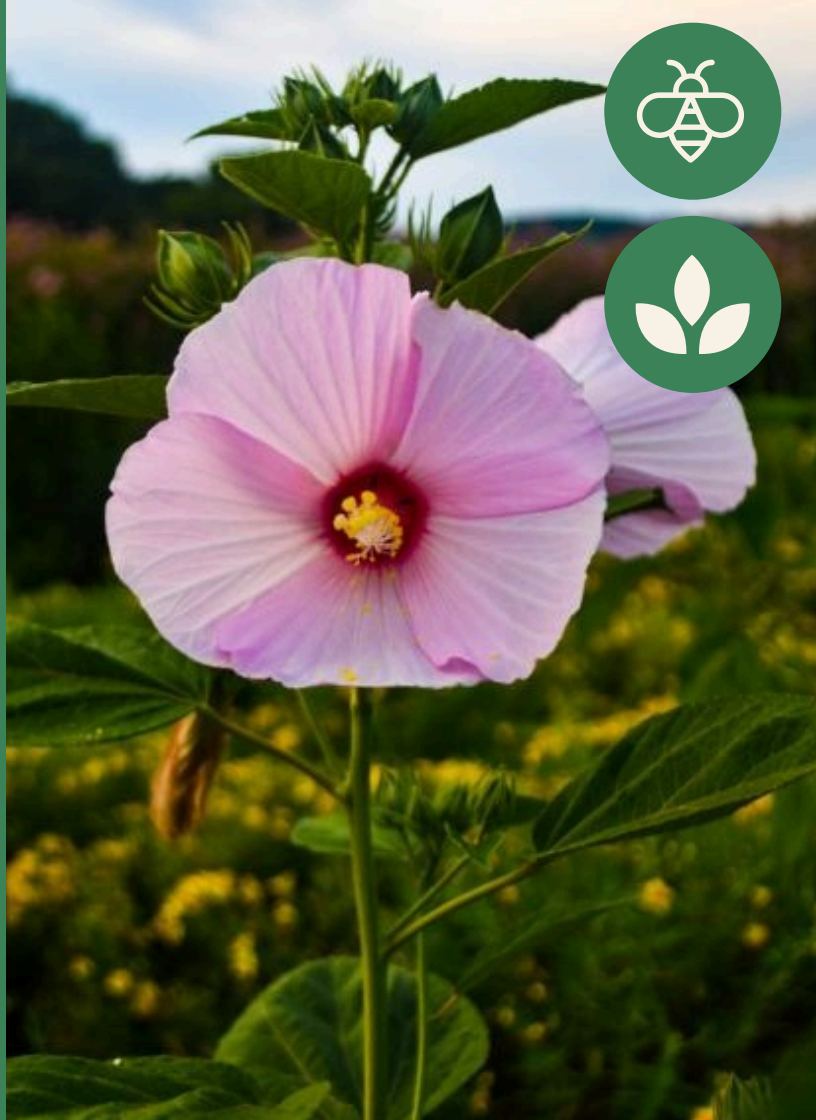
Swamp Rose Mallow is a native perennial that grows in wet, marshy conditions. It is increasingly rare in its native habitat. It has large, pale pink flowers with pollen-laden centres. It grows in a shrub-like form and works well in a rain garden.

Type: Perennial

Height: 1.5 m (5')

Exposure: Full sun

Difficulty: Intermediate



Growing

These seeds need to undergo scarification in order to germinate. Rub the tough seeds with sandpaper or a nail file, soak them in water for a day, and then sow them indoors about 6-12 weeks before the last frost. Sow seeds 3mm to 5mm (1/4 to 1/2") deep in moist, warm soil, using a heat mat.

Seeds can also be direct sown outside in the late fall for next-season blooms. Space seeds about 30-60cm (12-36") apart.

Saving

At the end of the growing season, pick flower pods as they turn brown, dry, and mature. Let them dry for a week before peeling open the pods and removing the hard, dark brown seeds. Let them dry in a cool, dry location. Put the seeds into a dated and labelled envelope and return to Brock!

Turtlehead

Turtlehead or *Chelone* is a native perennial that pollinators adore. It produces tall flower stalks with turtle-like blooms from midsummer to fall. It does best in moist, rich soils and can grow in full sun to partial shade. This plant has a clumping habit that spreads over years of growth.

Type: Perennial

Height: 90-120 cm (36-48')

Exposure: Full sun to part shade

Difficulty: Intermediate



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 6-8 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 1-2 weeks. Keep seedlings moist but not soaking wet. Transplant outside after a hardening off period. Space plants at 30-60 cm (12-24") apart.

Saving

To save seeds, snip flower stalks after the stalks dry to brown. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the spiky flower head toward the bottom of the bag. You can put more than one stem into the same bag. Close the bag around the stem base using a rubber band, twist tie, or string. Hang the bag up in a closet, dry garage, or basement. As flower heads dry, seeds will fall into the bag. Leave some seed heads intact over winter to feed birds and provide shelter for beneficial insects. Put the seeds into a dated and labelled envelope and return to Brock!

Virginia Mountain Mint

Virginia Mountain Mint is a native pollinator-friendly plant that blooms in clusters of white flowers. It has a peppermint fragrance and is part of the larger mint family. It grows best in full sun, and blooms from summer to fall.

Type: Perennial

Height: 60-90 cm (24-36")

Exposure: Full sun

Difficulty: Easy



Growing

Sow indoors 6-8 weeks before the last frost date and transplant or direct sow towards late spring. Barely cover the small seeds using a sterilized seed starting mix. Scatter seeds 3mm (1/8") apart in desired space or pot if starting outside. Space seedlings about 30cm (12") apart.

Seeds should sprout in 14-30 days.

Saving

At the end of the growing season, pick flower pods as they turn brown, dry, and mature. Seed clusters can then be removed carefully from the plant and placed in a paper bag. Shake gently to release seeds. Let them dry for a week or so in a cool, dry location. Put the seeds into a dated and labelled envelope and return to Brock!

Wild Bergamot

Wild Bergamot seeds, commonly known as Bee Balm, produce curious flowers that vary in shades from pink to lavender. These flowers appear in July and August above stout, strong stems bearing aromatic leaves. The leaves are excellent in tea, reminiscent of the distinct flavour to Earl Grey blends. All bergamots are highly attractive to beneficial pollinators like butterflies and wild bees.

Type: Perennial

Height: 60-90cm (24-36")

Exposure: Full sun

Difficulty: Easy



Growing

Sow indoors 6-8 weeks before the last frost, or direct sow in early spring when a light frost is still possible. Seeds can also be direct sown in the fall, as the first frost approaches.

Barely cover the tiny seeds with soil. Thin or space transplants 45-60cm (18-24") apart. These vigorous perennials will grow closer together over time.

These perennial plants spread by rhizome growth and should be dug and divided every three years.

Saving

Remove seed heads after all petals have fallen off and the seed heads look dry and brown. Dry the seed heads in a paper bag or container for about a week. Shake the seed heads around in the sealed container or paper bag. Sift the seed/chaff mixture using a fine mesh kitchen strainer. Repeat this step to remove most of the chaff. Put the seeds into a dated and labelled envelope and return to Brock!

Wild Geranium

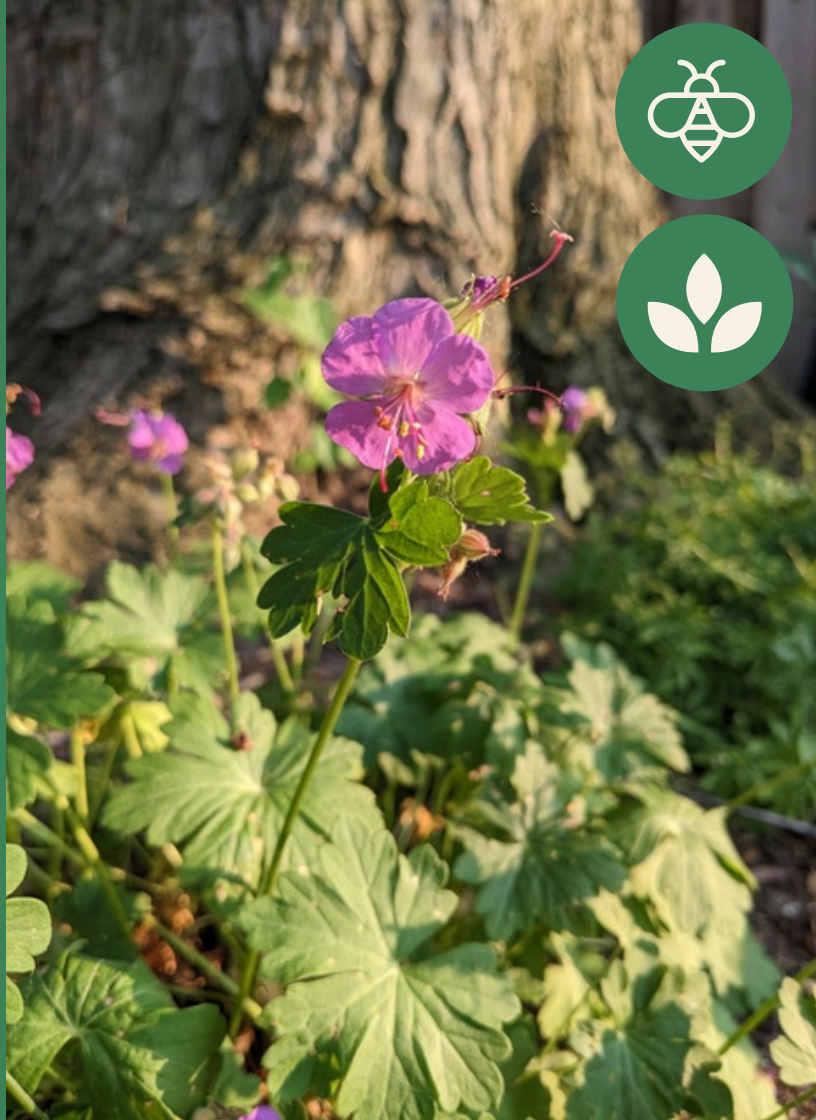
Wild Geranium or Cranesbill is a native perennial that grows in woodlands. It forms dense patches with deep pink blooms and fragrant leaves reminiscent of citronella or lemongrass. It grows best in partial shade and well-draining soil. It blooms in late spring to early summer, welcoming in pollinators of all sorts.

Type: Perennial

Height: 30 cm (12")

Exposure: Part shade

Difficulty: Intermediate



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 6-8 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall for next season's blooms.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 1-2 weeks. Keep seedlings moist but not soaking wet. Transplant outside after a hardening off period. Space plants at 30-60 cm (12-24") apart.

Saving

Small seed pods form on upright flower stalks. Once pods dry to brown, gently pick them and place them in a paper bag to dry out further. You can gently crush the pods to release the seeds. Sift the seed/chaff mixture using a fine mesh kitchen strainer. Repeat this step to remove most of the chaff. Put the seeds into a dated and labelled envelope and return to Brock!

Wild Lupin

Wild Lupin is a native perennial that forms blue-mauve flower stalks. It is beloved by pollinators, and is the only host plant of the Karner Blue Butterfly. Lupin is part of the bean family, so it fixes nitrogen in the soil, helping to improve the health of the garden and ecosystem. It prefers sunny sites with poor soil.

Type: Perennial

Height: 30-60 cm (12-24")

Exposure: Full sun

Difficulty: Intermediate



Growing

These seeds need to undergo scarification and cold stratification in order to germinate. Rub the tough seeds with sandpaper or a nail file, and then place them in a damp cloth in a sealed bag in the fridge for 6-8 weeks. Sow them indoors about 6-8 weeks before the last frost. Sow seeds 5 mm (1/2") deep about 30-45cm (12-18") apart. Transplant seedlings outside after a hardening off period, but do so gently without disturbing the root system.

Seeds can also be direct sown outside in the late fall for next-season blooms.

Saving

Lupin are part of the bean family, so their seed pods look like short pea pods. Once flowers face, pods will form. Once pods dry out and seeds can be heard rattling inside, pick them off of the plant and allow them to dry for another week in a cool, dry place. Pop seeds from the pods. Put the seeds into a dated and labelled envelope and return to Brock!

Zinnia

Giant Blue Point zinnias produce dahlia-flowered zinnias with tall stems in large double blooms. Crimson red, lilac, rose, canary yellow, deep red, white, and orange. These zinnias are long blooming with excellent disease resistance. Picking off the dead flowers will prolong the bloom time, but so will cutting them for bouquets.

Type: Annual

Height: Varied

Exposure: Full sun

Difficulty: Easy



Growing

Direct sow after last frost. Just cover Zinnia seeds, and aim for a final spacing of 25-30cm (10-12") between plants.

Depending on the variety, it takes about two months after sowing for the first flowers to appear. Take regular cuttings of stems to enjoy indoors, starting mid-summer into the fall. Cutting encourages the production of new flowers and seems to stimulate the plants for greater vigour. Try to avoid overhead watering to prevent mildew.

Saving

Remove seed heads after all petals have fallen off and the seed heads look dry and brown. Dry the seed heads in a paper bag or container for about a week. Shake the seed heads around in the sealed container or paper bag. Sift the seed/chaff mixture using a fine mesh kitchen strainer. Repeat this step to remove most of the chaff. Put the seeds into a dated and labelled envelope and return to Brock!

Grasses & Grains



Big Bluestem

Big Bluestem is a native prairie grass that grows over 6' tall, with slender, burgundy florets. It is a beneficial plant for pollinators, beneficial insects, and birds in a prairie ecosystem. It grows in full sun to part shade, and tolerates dry soil.

Type: Perennial

Height: 2m (6')

Exposure: Full sun to part shade

Difficulty: Easy



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 4-6 weeks before sowing directly outside or starting indoors. To provide natural stratification, plant seeds outside in the fall.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 1-2 weeks. Keep seedlings moist but not soaking wet. Transplant outside after a hardening off period. Space plants at 30-60 cm (12-24") apart.

Saving

Seeds can be harvested in fall when seed heads turn brown, dry, and begin to fall apart. Strip seeds from the stems by hand, placing them in a paper bag to dry for a month. Then, put the seeds into a dated and labelled envelope and return to Brock!

Canada Wild Rye

Canada Wild Rye is a cool season grass that is a great native cover crop. It is fast growing and pollinator friendly. It bears edible rye grains that can be harvested or left for birds and small mammals. It grows best in full sun to part shade and in average soils.

Type: Perennial

Height: 1.5 m (5')

Exposure: Full sun to part shade

Difficulty: Easy



Growing

Cold stratification is the process of breaking seed dormancy through chilling. To artificially cold stratify seeds, place them on a damp paper towel in a sealed bag in the refrigerator for 4-8 weeks before sowing directly outside. To provide natural stratification, plant seeds outside in the fall.

Sow seeds shallowly at only 5mm (1/4") deep, directly outside. Seeds should sprout in 1-2 weeks. Keep seedlings moist but not soaking wet. Space seedlings to about 15cm (6") apart.

Saving

Seeds can be harvested in fall when seed heads begin to nod, turn brown, dry, and separate from the stem. Strip seeds from the stems by hand, placing them in a paper bag to dry for a month. Then, put the seeds into a dated and labelled envelope and return to Brock!

Job's Tears

Job's Tears are intriguing plants that are often classified somewhere between a grass and a grain. Edible seeds are eaten like millet, but can also be used for natural beads as they have a natural hole through them and striking patterns when dry. One plant will bear dozens of seeds in the early fall. Plants will grow in full sun and well-drained site.

Type: Biennial

Height: 60-90 cm (24-36")

Exposure: Full sun

Difficulty: Easy



Growing

Start seeds outdoors, directly in the ground or container, after the threat of frost has passed. Sow seeds 1 cm (1/2") below soil. Space seeds 30cm (12") apart. Seeds should germinate within two weeks. Provide adequate water as seedlings grow into short, corn-like stems.

Plants are easy-going and adaptable.

Saving

To save seeds for replanting or natural beads, pick seeds off of stems once they start to turn from green to brown. Seeds can be a solid colour or striped. If seeds are white and chalky, they have been left on the plant too long to germinate. Seeds should be left to dry in an open container or tray for about a week in a cool, dry place. Put the seeds into a dated and labelled envelope and return to Brock!

Little Bluestem

Little Bluestem is a native prairie grass that grows in short, round clumps with slender, burgundy florets. Blue-green foliage turns a golden-red in the fall. It is a beneficial plant for pollinators, beneficial insects, and birds in a prairie ecosystem. It grows in full sun and tolerates dry soil.

Type: Perennial

Height: 90 cm (36")

Exposure: Full sun

Difficulty: Easy



Growing

Seeds do not require cold stratification, but can be sown in the late fall. Seeds can be started indoors 4-6 weeks before the last frost and transplanted outside in late spring. They can also be direct sown in early spring.

Sow seeds shallowly at only 3mm (1/8") deep. Seeds should sprout in 1-2 weeks. Space plants at 30-60 cm (12-24") apart.

Saving

Seeds can be harvested in fall when seed heads turn brown, dry, and begin to fall apart. Strip seeds from the stems by hand, placing them in a paper bag to dry for a month. Then, put the seeds into a dated and labelled envelope and return to Brock!

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