

# Seed Library

At Brock University



Seed growing and saving guide for the  
Brock University Seed Library!

# 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 support of WWF-Canada in funding this project. The seeds in the Seed Library have been purchased from West Coast Seeds who have also provided the images in this guide and the seed information. For more information on the seeds, please visit [www.westcoastseeds.com](http://www.westcoastseeds.com).



WWF-Canada  
supported  
project







# 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](http://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.

Subscribe to our newsletter  
for updates!



Have Questions?

Send us a message on  
Instagram, Facebook, or  
Twitter @BUustainable!

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## Legend



Seeds can be grown in a container



Plant attracts pollinators





# Vegetables





# Acorn Squash

This strong, single-stemmed, bush plant is very productive. Reno acorn squash seeds produce fruit that has golden-yellow flesh that is fine-textured with a sweet nutty flavour. Be sure to plant lots of bee-attracting flowers nearby so every female blossom gets the best potential for setting fruit.

**Matures in 70-75 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 labeled envelope and return to Brock!

# Arugula (Organic)

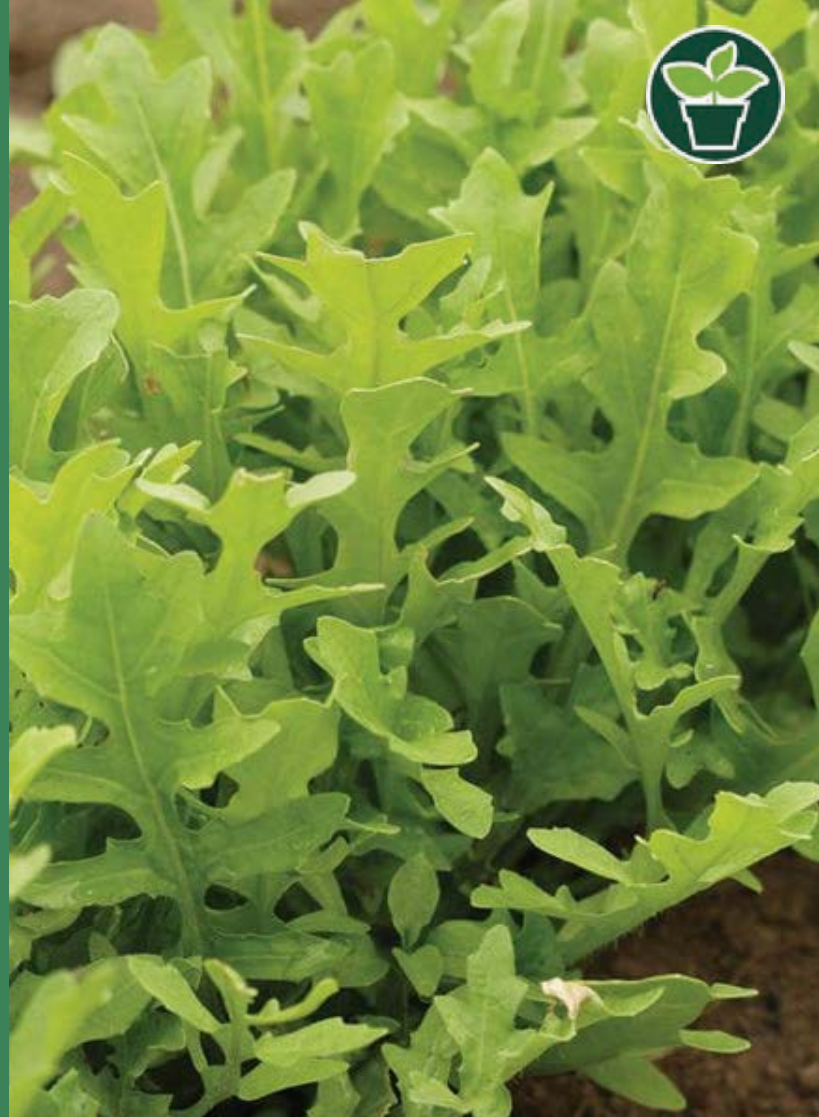
Astro organic arugula seeds produce a plant with leaves that are less lobed and more strap-like. It has a milder flavour than regular arugula. Astro is perfect for baby greens in early spring and fall - even in winter, as it's very cold hardy.

**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)

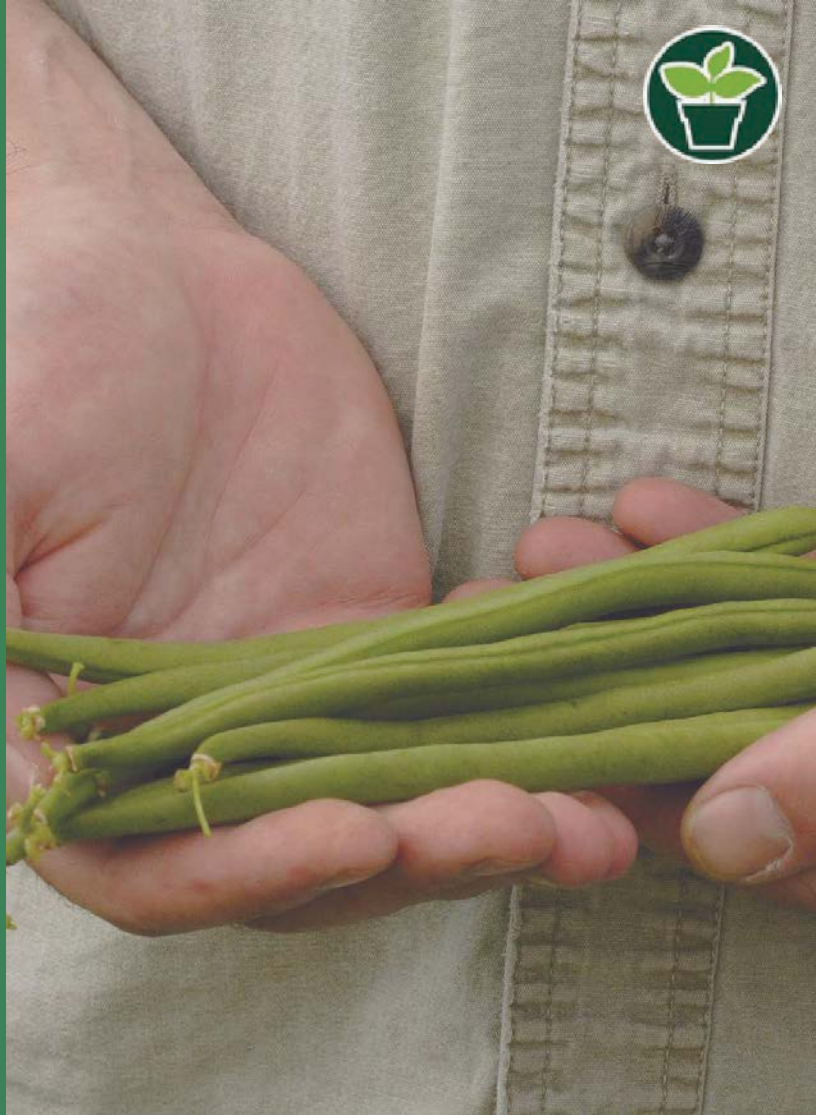
Ferrari is considered a French filet type bean and has a wonderful flavour. The slim, stringless, round pods develop early on compact plants and grow to 13cm (5"). This variety has good potential for early starting under cloche protection and is compact enough for container growing.

**Matures in 55 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 (about 4-5 weeks past eating time). 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 (Vine)

Matilda bean seeds produce big, nicely shaped, round beans with straight pods that average 15cm (6") long. The flavour is both sweet and mild. Plants are vigorous, productive, and early, but will produce all season long if you keep them well picked.

**Matures in 70 days**

**Season: Warm season**

**Exposure: Full sun**

**Difficulty: Easy**



## Growing

Seeds can be started indoors or sowed directly. Sow seeds 7-10cm (3-4") apart and 3.5cm (1½") deep at the base of a support (e.g., trellis). Seeds will sprout in 8-16 days, depending on soil conditions.

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 (about 4-5 weeks past eating time). 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!



# Beet (Organic)

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. Beet seeds are actually seed balls, each containing up to six seeds. Put the seeds into a dated and labeled envelope and return to Brock!

# Broccoli

Gypsy broccoli seeds were bred for heat resistance, so it holds better in summer heatwaves and is extremely slow bolting. The dome-shaped heads of this outstanding variety are uniform, deep green, and very tasty.

**Matures in 62 days**

**Season: Cool season**

**Exposure: Full sun**

**Difficulty: Moderate**



## Growing

Sow indoors, 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 75-90cm (30-36") apart.

Mix ¼-½ 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 labeled envelope and return to Brock!



# Brussel Sprout (Organic)

Succulent and tender, Nautic 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 labeled envelope and return to Brock!

# Butternut Squash (Organic)

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 often happens at the beginning of the season and results in misshapen fruits - just discard these damaged fruits before they begin to 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 labeled envelope and return to Brock!



# Cabbage (Organic Green)

Lennox cabbage holds its green colour much longer than other winter varieties, and it's productive for storage. The flavour is sweet and mild and the texture is pleasantly crisp.

**Matures in 105 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 labeled envelope and return to Brock!

# Cabbage (Organic Purple)

The thick, tightly packed interior leaves of Integro 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 labeled envelope and return to Brock!



# Carrot (Organic)

Ya Ya 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 labeled envelope and return to Brock!

# Cauliflower

Amazing cauliflower has large outer leaves that grow upright, sheltering the head from the sun. As a result, the heads do not need to be harvested with urgency and you can pick them as you need them. The plants are medium sized and they're not particularly fussy about temperature stress.

**Matures in 75 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, check every day and cut when the florets are just beginning to separate.

## 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 labeled 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 labeled envelope and return to Brock!

# Cucumber

Mercury cucumbers grow to 20cm (8") long with thin, shiny, 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 55 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

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 labeled envelope and return to Brock!



# Eggplant (Organic)

Traviata organic eggplant seeds produce relatively large, spineless plants. The fruits are large, very dark purple, and have shiny skins and an overall appealing look. The classic bell shaped fruits are quite abundant on each plant, and the plants keep producing over a long season.

**Matures in 58 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 ( $\frac{1}{4}$ - $\frac{1}{2}$ " ) 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 labeled envelope and return to Brock!

# Kale (Organic)

Darkibor organic kale seeds produce plants that have finely curled leaves with intense flavour. This is an early-maturing kale for late summer and fall harvests. Plants are upright, easy to grow, and ideal for multiple harvests.

**Matures in 75 days**

**Season: Cool season**

**Exposure: Full sun**

**Difficulty: Easy**



## Growing

Sow 3-4 seeds 5mm ( $\frac{1}{4}$ " ) 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  $\frac{1}{4}$  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 labeled envelope and return to Brock!



# Leek (Organic)

Varna 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 quite thick. The dark 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 labeled envelope and return to Brock!

# Lettuce (Organic Head)

Drunken Woman lettuce has emerald green leaves tipped in mahogany red. 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 55 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 labeled envelope and return to Brock!



# Lettuce (Romaine)

The heavy, compact, and extra-dark green heads of Winter Density lettuce stand about 20cm (8") tall and display upright but tender leaves. Grow this unique, flavourful English variety in spring, summer, or fall; as it is frost tolerant and quite bolt 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 (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 labeled envelope and return to Brock!

# Lettuce (Mesclun)

This traditional French mesclun recipe combines the tangy flavours of arugula, chervil and endive with flat leaf parsley and three colourful, winter-hardy French lettuces. For winter harvest, plant seeds by mid-August. Sow long rows that will grow slowly in the lower light levels of the fall and winter. The seeds in this blend do not require warm soil to germinate, so you can start planting fresh rows in March for spring harvests.

**Matures in 65 days**

**Season: Cool season**

**Exposure: Full sun to partial shade**

**Difficulty: Easy**



## Growing

Plant in a block or wide row. Sprinkle the seeds evenly over prepared, moist soil. Try to space seeds about 1cm (½") apart. Cover lightly with soil and firm them in. For container growing, choose containers that are at least 10cm (4") deep.

Dig in 1 cup of complete organic fertilizer for every 3m (10') of row. For containers, use peat or coir-based mix with compost added. Water regularly.

## 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 labeled envelope and return to Brock!



# Onion (Organic Red)

With a vigorous habit and tight neck, Cabernet organic onion seeds produce high quality bulbs with excellent holding ability. The colour development of the internal rings is superb, with single centres and great uniformity. This variety boasts good resistance to foliar diseases, so it's among the best for organic production.

**Matures in 120-180 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 labeled 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 labeled envelope and return to Brock!



# Pea (Vine)

Sweet, stringless pods are borne on 80cm (30") semi-leafless vines that do not require support. The pods are about 9cm (3 1/2") long and average 2 pods per node. Sow Sugar Lace II seeds for giant harvests of very sweet peas. Try planting as late as early August for harvests into October.

**Matures in 68 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 (about 4-5 weeks past eating time). 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 labeled envelope and return to Brock!

# Pea (Bush)

Extra early, incredibly sweet snap peas on short, 60cm (2') vines that don't require trellising. Sugar Ann snap pea seeds are an excellent choice for smaller garden spaces and can even be grown in large containers. The bushy plants produce crisp, tasty, 6cm (2") pods.

**Matures in 56 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 (about 4-5 weeks past eating time). 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 labeled 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 ( $\frac{1}{4}$ - $\frac{1}{2}$ ") 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  $\frac{1}{2}$  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 labeled envelope and return to Brock!

# Pepper (Hot)

Sureno Serrano peppers are small, bushy plants that are highly productive with large, straight, firm-bodied, bright green fruits. Serrano chiles are about twice as hot as Jalapenos, and are the chile of choice in South Asian cuisine. Unlike many other chiles, the flavour is best when they are still green, but they will ripen to a scarlet red colour.

**Matures in 70 days**

**Season: Warm season**

**Exposure: Full sun**

**Difficulty: Moderate**



## Growing

Sow indoors 5mm-1cm ( $\frac{1}{4}$ - $\frac{1}{2}$ " ) 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  $\frac{1}{2}$  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. 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 labeled envelope and return to Brock!



# Radish

Smooth-skinned, bright red radishes with a very round, uniform shape. Cherriette is bred to perform in higher temperatures, so it holds better potential for harvesting into summer. The ideal production time is spring and fall. The pure white flesh of Cherriette is dense and crisp, with a sweet, hot flavour.

**Matures in 24 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 labeled envelope and return to Brock!

# Spinach (Organic)

Corvair organic is a versatile, adaptable spinach with nice, oval-shaped, thick leaves that are upright in stature. High yielding plants are super productive in spring and autumn.

**Matures in 45 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 ¼-½ 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 labeled envelope and return to Brock!



# Swiss Chard

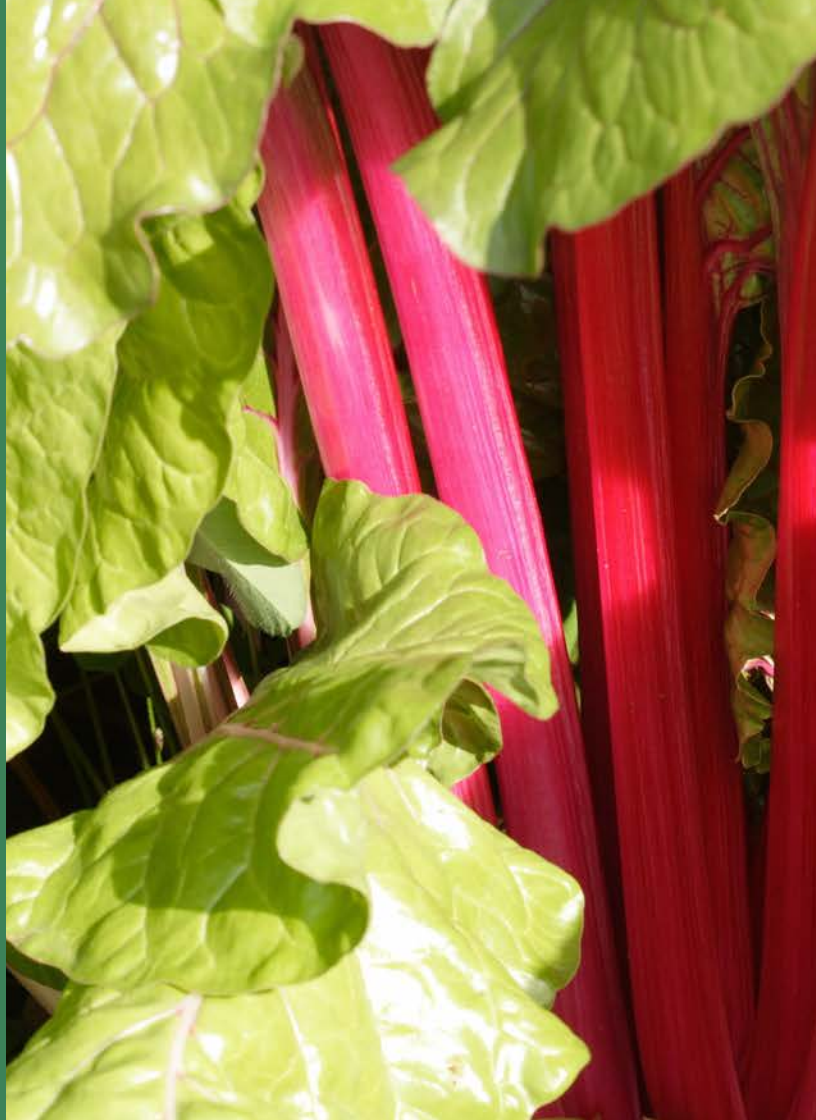
Hot pink to magenta stems and veins with dark jade coloured foliage, Magenta Sunset is a beauty among the chards. Magenta Sunset Swiss chard seeds are grown primarily for immature salad greens as it tends to bolt during summer heat. Kept in check, it will produce abundant nutritious leaves with a mild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

# Tomato (Container)

Manitoba tomato seeds produce vigorous determinate plants that thrive in cool climates with short seasons. The bright red fruits have smooth skin and firm, meaty flesh with a refreshing, tangy tomato taste. Well-suited for slicing and preserving.

**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 ( $\frac{1}{4}$ - $\frac{1}{2}$ " ) 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. 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 labeled envelope and return to Brock!



# Tomato (Organic Vine)

Large, substantial fruits grow in clusters of three to four on sturdy, relatively short vines. Get Stuffed organic tomatoes feature blocky, striped fruits that are almost the shape of a bell pepper. 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. Indeterminate tomatoes continue to grow and produce fruit until they are killed by frost. Remove any suckers (stems growing from the crotch of leaves) to keep the foliage under control and they will set a later crop of larger fruit.

## 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 labeled envelope and return to Brock!

# Tomato (Organic Cherry)

Pink Bumble Bee organic tomato seeds are gorgeous pink cherry tomatoes streaked with 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. Indeterminate tomatoes continue to grow and produce fruit until they are killed by frost. Remove any suckers (stems growing from the crotch of leaves) to keep the foliage under control and they will set a later crop of larger fruit.

## 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 labeled envelope and return to Brock!



# Zucchini (Organic)

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. Aim to space zucchinis no less than 45-60cm (18-24") apart in rows 90-120cm (36-48") apart. These big, fast-growing 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 like mildew. Misshapen or withered fruits can result from incomplete pollination - remove these as you see them before they begin to 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 labeled envelope and return to Brock!



# Herbs





# Basil (Organic)

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 1cm (½") 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. Watch for signs of flower buds forming in mid-summer and pinch these off 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 labeled 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 ( $\frac{1}{4}$ - $\frac{1}{2}$ " ) 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 labeled envelope and return to Brock!



# Cilantro (Organic)

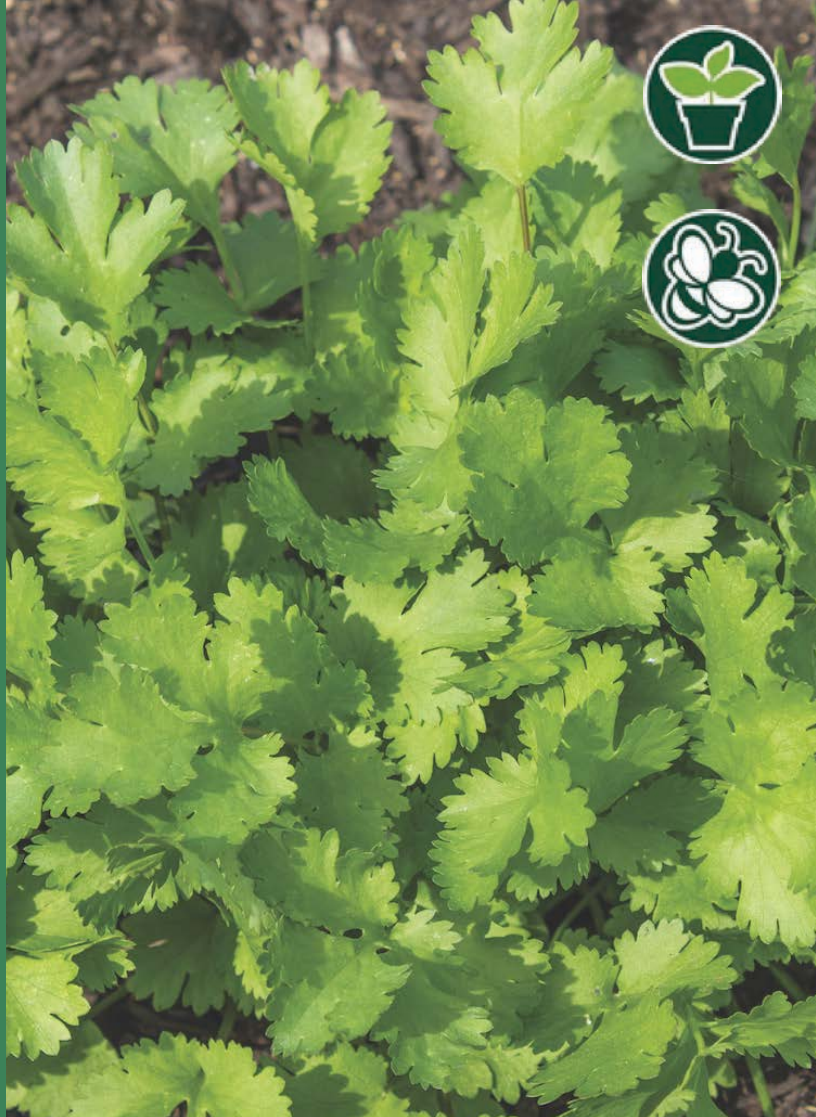
Cilantro "Santo" is bred to be slow bolting. The mature seeds, better known as coriander, are easy to harvest and used in many dishes - notably curry powder blends. Keep an eye on your cilantro crop because the flowering process (bolting) is famously quick in this plant. As soon as a central stem appears 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 2cm (1") 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 labeled envelope and return to Brock!

# Dill (Organic)

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 labeled envelope and return to Brock!



# Oregano

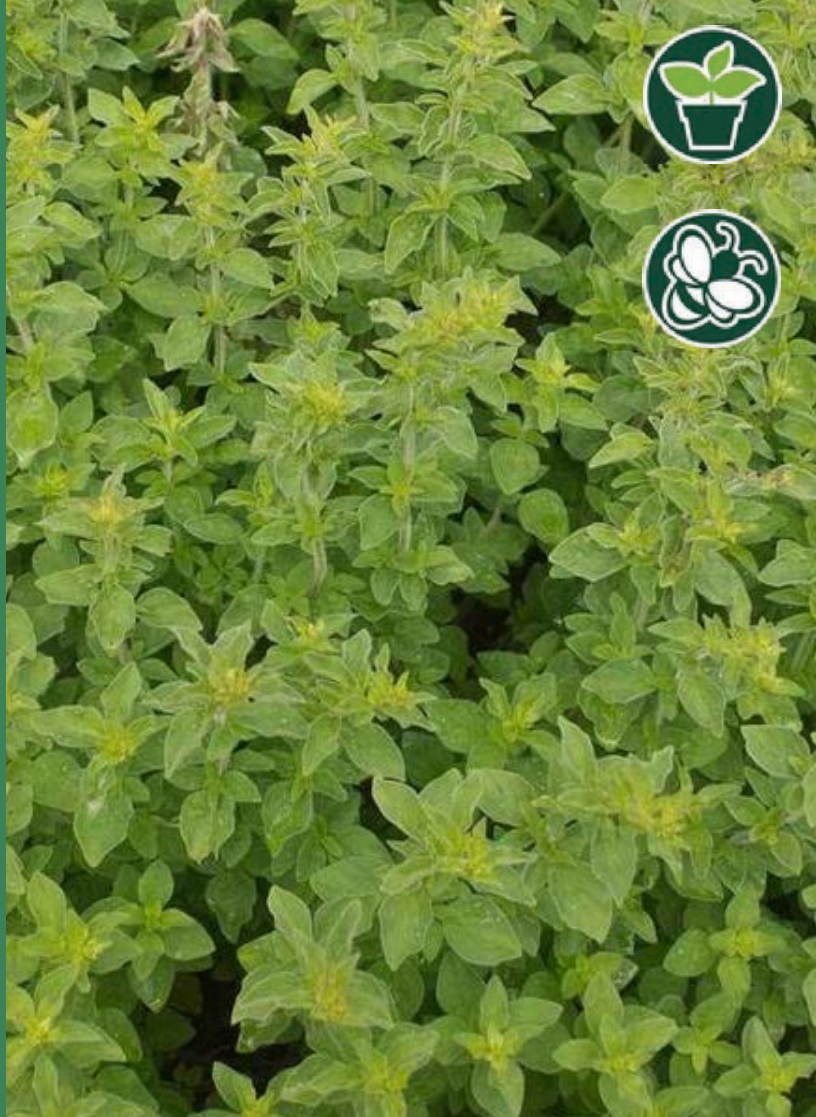
Greek oregano seeds offer the best, most pungently flavoured oregano leaves for cooking. Bees adore oregano when it is in bloom. Germination may be slow, so be patient. Oregano is particularly good for repelling cabbage moths, and it can be planted between rows of Brassicas for this purpose. Also good 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. Pot as necessary or transplant to the garden 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 labeled 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 ( $\frac{1}{2}$ " ) deep in sterilized seed starting mix, in peat pots or plug trays. Sow outdoors in drills 3cm ( $1\frac{1}{4}$ " ) 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 labeled 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

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 labeled envelope and return to Brock!



# Blend: Bee Garden

The Bee Garden Blend wildflower seeds are specially blended by West Coast Seeds' Certified Bee Master for use in managed landscapes such as disused laneways, verges, or along the edges of cultivated areas in residential or agricultural properties.

**Type:** Mixed perennial and annual

**Height:** Varied

**Exposure:** Full sun to partial shade

**Difficulty:** Easy



## Growing

In small areas, seeds can be scattered by hand. To make the most of the annual species, direct sow in early spring during the period two weeks before and eight weeks after the last frost date.

Seeds must come into contact with the soil in order to germinate. Do not bury seeds more than 2-3 times their thickness.

## Saving

Varied seeds may need to be saved differently. For the most part, flower stalks can be snipped after petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the 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 labeled envelope and return to Brock!

# Blend: Biodiversity

The hugely diverse flowers of the thirty flower species in the Biodiversity Blend are variously shaped, scented, and sized. Some are generous with their pollen and nectar, while others are stingier, but all were selected because of their attraction for bees, butterflies, and other beneficial insects. It is composed of perennials and self-sowing annuals and will bloom from late spring to first frost, changing as the seasons pass.

**Type:** Mixed perennial and annual

**Height:** Can reach 1m (3')

**Exposure:** Full sun to partial shade

**Difficulty:** Easy



## Growing

In small areas, seeds can be scattered by hand. To make the most of the annual species, direct sow in early spring during the period two weeks before and eight weeks after the last frost date.

Seeds must come into contact with the soil in order to germinate. Do not bury seeds more than 2-3 times their thickness.

## Saving

Varied seeds may need to be saved differently. For the most part, flower stalks can be snipped after petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the 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 labeled envelope and return to Brock!



# Blend: Butterfly

The brilliant colours and longevity of this blend attract and keep the butterflies coming back. Butterfly Blend wildflower seeds are made up of 50% annuals and 50% perennials. This means lasting flowers, bright colours, and butterflies for many seasons to come. The nectar-rich flowers in the Butterfly Blend will also attract many species of insects, birds, and wildlife.

**Type:** Mixed perennial and annual

**Height:** Varied

**Exposure:** Full sun to partial shade

**Difficulty:** Easy



## Growing

In small areas, seeds can be scattered by hand. To make the most of the annual species, direct sow in early spring during the period two weeks before and eight weeks after the last frost date.

Seeds must come into contact with the soil in order to germinate. Do not bury seeds more than 2-3 times their thickness.

## Saving

Varied seeds may need to be saved differently. For the most part, flower stalks can be snipped after petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the 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 labeled envelope and return to Brock!

# Blend: Hummingbird

Attract hummingbirds to your growing area with these beautiful Hummingbird Blend wildflower seeds. The twelve species in this mix are some of the most attractive nectar-bearing flowers available and have a long blooming period.

Type: Mixed perennial and annual

Height: Varied

Exposure: Full sun

Difficulty: Easy



## Growing

In small areas, seeds can be scattered by hand. To make the most of the annual species, direct sow in early spring during the period two weeks before and eight weeks after the last frost date.

Seeds must come into contact with the soil in order to germinate. Do not bury seeds more than 2-3 times their thickness.

## Saving

Varied seeds may need to be saved differently. For the most part, flower stalks can be snipped after petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the 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 labeled envelope and return to Brock!



# Echinacea

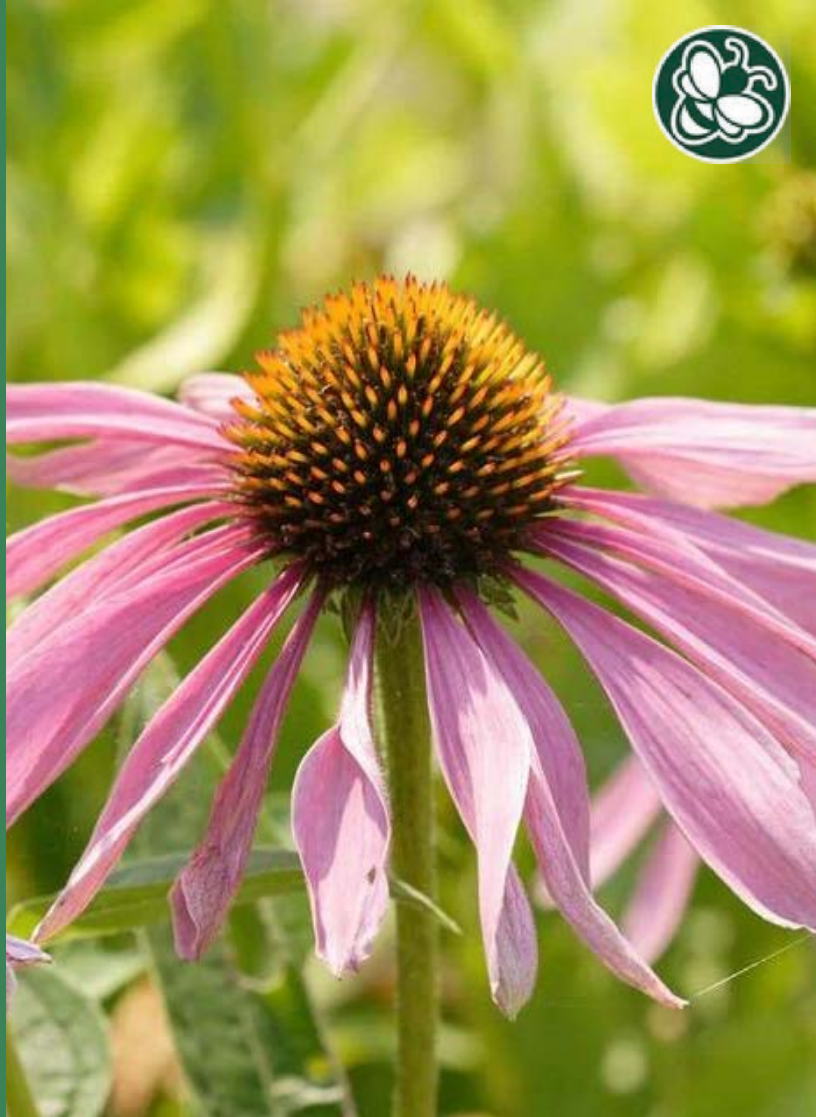
Purple Coneflowers Echinacea seeds produce plants that are long-blooming from July to October. They may bloom in the first year if planted in early March, but it's their third year that is really spectacular. These perennial coneflowers attract hoverflies and parasitoid wasps, so they're useful for pest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

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.

Leave some seed heads intact over winter to feed birds and provide shelter for beneficial insects.

## 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. Put the seeds into a dated and labeled envelope and return to Brock!

# Gilia

Bird's Eyes Gilia are a charming wildflower that blooms from spring to mid-summer, producing long-lasting stems of chocolate-scented blue flowers with dark centres. These rise above the ferny foliage and open in sunshine, but close on cloudy days. This easy to grow, nectar-rich annual is attractive to bees, butterflies, and hummingbirds.

Type: Annual

Height: 30-45cm (12-18")

Exposure: Full sun

Difficulty: Easy



## Growing

Gilia is most successful if direct sown outdoors 2-3 weeks before the last frost, or in the autumn in mild climates. Alternately, start indoors 6-8 weeks before the last frost and harden seedlings off gradually in a cold frame before transplanting. This is one of those annuals that require almost no effort. Sprinkle seeds where they are to grow and most gardeners will have a very high success rate.

Sow seeds 2mm (1/8") deep. At a temperature of 12-18°C (55-65°F), seeds should germinate in 17 to 21 days.

## Saving

Flower stalks can be snipped after petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the 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 labeled envelope and return to Brock!





# Lewis Flax

This drought-tolerant perennial forms clumps of tall, slender stems with narrow, inconspicuous leaves. The plants are crowned with clusters of lovely pale blue, cup-shaped flowers. This plant is often used for erosion control and its seed capsules are attractive to wild birds. Flowers bloom from mid to late summer.

Type: Perennial

Height: 90cm (36")

Exposure: Full sun

Difficulty: Easy



## Growing

Direct sow after the last frost date. Sow seeds by barely covering them to a depth of 5mm (1/8"). Seeds germinate in 20 to 25 days. Thin seedlings to 15cm (6") apart.

Cut back about half of the flowering stems in early summer to extend the blooming period. Avoid fertilizer and manure. Rich soil reduces blooming. Lewis Flax dislikes root disturbance, so it is not suitable for transplanting – it's better to simply sow more seeds.

## Saving

Flower stalks can be snipped after petals die. Cut as long a stem as you can. Slip this stem into a paper bag, putting it in with the 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 labeled 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 labeled envelope and return to Brock!



# Milkweed (Orange)

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

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 1/2" (1.5cm) apart in desired space or pot.

Seeds should sprout in 7-35 days.

Note: Milkweed can sometimes aggressively spread, so large containers can be used to contain the plant.

## 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 labeled envelope and return to Brock!

# Milkweed (Pink)

Swamp Milkweed begins to grow from a thick, fleshy root later in spring. Narrow, strap-like 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: 2m (6')

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 1/2" (1.5cm) apart in desired space or pot.

Seeds should sprout in 7-35 days.

Note: Milkweed can sometimes aggressively spread, so large containers can be used to contain the plant.

## 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 labeled envelope and return to Brock!



# Lupine

Stunning, brightly-coloured spikes create a strong feature in the early summer garden. Its pea-like flowers grow in dense spires. Scatter through cottage or wildflower gardens or mass plant in the border. This variety offers all the lupine colours in one package: purple, deep blue, red, pink, yellow, cream, and white.

Type: Perennial

Height: 1m (3')

Exposure: Full sun to partial shade

Difficulty: Easy



## Growing

Soak Russell Hybrids lupines seeds for 24 hours or nick the seed ends and plant. Sow indoors 6-8 weeks before the last frost. If starting indoors, use peat or biodegradable pots to minimize root disturbance.

Sow shallowly, a couple of millimeters (1/8") deep, and maintain a coolish soil temperature.

Space or thin plants to 30-60cm (12-24") apart to allow for natural spread.

## Saving

Allow the pods to remain on the plant until they have dried and begun to turn brown, being careful not to wait too long to the point where they split open themselves. Carefully remove the pods and open them to expose the seeds inside. Separate the seeds from the pods and spread them out in a single layer in a cool, dry place. Put the seeds into a dated and labeled 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 labeled envelope and return to Brock!