

RESILIENT SEEDS

2021 SEED CATALOG

All of our seed varieties have been carefully selected for early maturity and good productivity. All varieties have been trial grown on Certified Organic farmland in Everson, Washington (Whatcom County) to ensure successful growing in our cool climate. All seed is tested to exceed federal germination standards. All of our seed packets are \$3.50. Bulk sizes of many varieties are available on our website: www.resilientseeds.com

COMMON BEANS

DRY BEANS – POLE HABIT (*Phaseolus vulgaris* except Runner beans as noted)

Pole beans are perfect for the urban gardener or those wanting to grow more beans using less space. They typically take a few weeks longer to mature as compared to bush beans but are less susceptible to late-season mold, because the pods are not in contact with the soil. Varieties grow 6-8 feet tall and require trellising. Packets are 1 ounce.

Cherokee Trail of Tears: A small black bean. This seed was carried by the Cherokee during their forced relocation in the mid-19th century. Rich and flavorful, this bean is used with pride in many traditional Native American dishes. Later to mature than most of the others, but unique.

Chester Skunk: Gorgeous heirloom with large, flat, black and white striped and speckled seeds. Vigorous, productive vines with large pods grow at least 8 feet tall. Purported to have been grown and stewarded in the Finger Lakes of New York for centuries before Columbus arrived. Indigenous Haudenosaunee (Iroquois) ancestors have selected, saved and shared these beans for untold generations. The productivity and early maturity reflects that careful stewardship. Our strain had been stewarded in Chester, Vermont for quite some time.

Oregon Giant: This bean was shared with us by a Whatcom County local who has been growing it for a number of years here in northwest Washington. This bean is touted to be a good dual-purpose bean, good eaten as a small, mild flavored green bean, a more flavorful large string bean, as a fresh shelly, or as a dry bean. This matured well in our cool rainy summer of 2019 and before that in warmer, drier summers. Can grow as tall as 15 feet but for us the 8' trellis was just fine. Dried down fine in rainy weather. Can do well in partial shade.

Moldovanesti Buffalo (*Phaseolus coccineus*): 90-100 days. This is a large white runner bean. They are several weeks later to mature than our other favorite dry pole beans, but shed the rain well and didn't show much sign of mold even into October. Plants are 8' tall with white flowers. Beans can be eaten as large green beans, fresh shell beans, or as mature dry beans. White runner beans are also known as "butter beans" in England or "Potato Beans" by some in the United States. This variety was collected by Adaptive Seeds from the village of Moldovanesti in Transylvania, Romania, where seed stewardship is still a big deal amongst subsistence growers.

Painted Lady (*Phaseolus coccineus*): A scarlet runner type bean. Lima bean-shaped large brown speckled bean. Large and easy to shell by hand. Best flavor of any runner bean we've tried, excellent as a big, meaty, stew bean.

Saxon: Local heirloom cranberry-type bean (white background with pink mottling), grown for generations on the Saxon Road in Acme, WA. Early maturity and high yields.

DRY BEANS – BUSH HABIT (*Phaseolus vulgaris*)

Bush beans grow without trellising and grow 12-18" tall. Yields are less than pole beans but they mature earlier and require no infrastructure. Packets are 1 ounce.

Beefy Resilient Grex: One of the most productive and flavorful beans we've grown. Small black and brown seeds of varying hues are easy to thresh. OSSI-pledged variety bred by Carol Deppe of Fertile Valley Seeds in Oregon.

Black Coco: Large, oval-round black bean that is early to mature and rich in flavor. Cooks quickly with a delicious aroma. Great as a soup bean or refried. The most promising black bush bean we have tried.

Golden Gaucho: 85 days. Very early productive dry bush bean. Rich distinctive flavor. Plant type is a very determinate bush that goes from completely green (and impervious to damage from rain or irrigation) to completely dry (and ready to harvest) in about 7 – 10 days, unusually fast even for a bush bean. Gaucho is originally an heirloom from Argentina, named after the legendary cowboys of the South American Pampas. This version was cleaned up by Carol Deppe who adopted a version of Gaucho from the old Abundant Life Seed Foundation that needed to be cleaned up. Carol removed crosses to green beans, selected it to be more uniform and uniformly early, and named her line the "Golden Gaucho".

Early Refuge: Heirloom grown by the Leibrant Family in Whatcom County for a century. Early, productive, and easy to harvest and shell. Creamy, moist texture; makes great soup, baked beans, and refried.

Kenearly Yellow Eye: Early maturing yellow-eye, developed in Kentville, Nova Scotia. Yellow eyes are the traditional baking beans in Maine and Nova Scotia. Produces a rich, creamy broth; excellent in hearty winter soups.

Mayo Coba: An oval-shaped dried bean common in Latin American cooking. A meaty, thin-skinned bean that holds its shape when cooked, Mayo Coba is medium in size and ivory-yellow in color; similar to a pinto bean in appearance and flavor. Grown prominently in the Mexican state of Sinaloa. Also referred to as Peruano bean in other areas. Reported to cause less gas.

Montezuma Red: Sprawling small, deep red bean From South and Central America. Very productive and tolerates a wide range of soils and weather conditions, great flavor. A bit later to mature than others but well worth the effort in a good year.

Red Hawk Kidney: A high-yielding, dark red kidney bean bred at Michigan State University for disease resistance. Early maturity, good canning quality, and excellent flavor. Our favorite chili bean.

Rockwell: Heirloom from Whidbey Island, well-suited for cassoulets, stews, and baking. Small white bean with pink markings. Consistently the earliest to mature in our trials.

Six Nations: Heirloom from the Iroquois Tribe. Good as a dry bean or shelly. Retains its shape and firm texture in hot or cold dishes. One of the earliest cranberry-type beans trialed by BBGP.

OTHER LEGUMES

ADZUKI – Hokkaido (*Vigna angularis*): 110-120 days. Marginal to mature in the north part of the Pacific Northwest. A small, oval-shaped bean with deep red color and a light, nutty, semi-sweet flavor. Grown in the Far East for centuries, adzuki beans were introduced to Japan around 1000 AD. A key ingredient in a wide array of Japanese dishes and desserts, also used as a medicinal tea and externally as a beauty aid. Adzuki beans contain lower fats and oil than other beans and provide health benefits for the kidneys, bladder, and reproductive system. Hokkaido Adzuki are considered uniquely medicinal, and have become highly regarded as the “Mercedes” of all adzuki beans. Plants are erect bushes about 18” tall and wide, with yellow flowers followed by clusters of long, green pods. *Packets are ¼ ounce and contain ~ 80 seeds.*

BLACK GRAM - Kali (*Vigna mungo*): 90 days. A tiny black legume, originating from the Indian subcontinent where it has been cultivated since ancient times and consumed as a staple. Also known as “black lentil” and previously thought of as belonging to the same species as the mung bean. Black Gram is used for dal or made into flour for flat breads. Very nutritious, high in protein, potassium, calcium, iron, and B vitamins. The plant is small and furry with yellow flowers. Will mature in cooler climates but yields are lower than common dry beans. This variety was sourced from Kathmandu Valley in Nepal by Anpetu Oihankesni of Sourcepoint Organic Seeds. *Packets are ¼ ounce and contain ~120 seeds.*

COWPEA – Speckled Grey Palapye (*Vigna sinensis*). 90 days. This pretty little bean is the first cowpea I’ve had much success growing here in the Pacific Northwest. During our average summer of 2016, I planted these in mid-May and harvested in late August. Productive and easy to harvest and thresh, with long pods held above the ground by short robust plants. Originally from a market in Palapye, Botswana, we credit our friends at Adaptive Seeds for discovering this gem. *½ ounce packet contains ~100 seeds.*

GARBANZO BEANS (*Cicer arietinum*)

Garbanzo beans (chickpeas) are a cool-weather crop that is sown in the spring with peas and harvested during the mid-summer drought. Plants are typically about 2 feet tall. Garbanzos are one of the more nutritious members of the bean family - rich in protein, calcium, iron and B vitamins. Packets are 1 ounce and contain approximately 80 seeds.

Black Kabouli: Said to be originally from Afghanistan improved by WSU to tolerate cooler soils and light frosts. Reliably matures in the maritime northwest. Very tasty with slightly chewy skins; makes excellent, purple-hued hummus.

Moroccan Desi: A medium-sized, earthy brown chickpea that matures well in our cool Pacific Northwest summers. Obtained from a fellow seed steward at the 2018 Organic Seed Conference in Corvallis, OR.

DRY SOUP PEAS (*Pisum sativum*)

Soup peas are an important addition to the arsenal of storage legumes that grow well in a cool climate. Packets are 1 ounce, containing 80-100 seeds.

Darlaine: Self-supporting bush variety that makes a fine yellow soup pea. Yields about a pound of peas per ten square feet. Creamy / tan round seed. Good cover crop pea. This is the pea to get if you want to make split pea soup, as it cooks up into a smooth, creamy texture.

Gold Harvest: From Salt Spring Seeds in Canada, these have an exceptional, chestnut-like flavor as a dry soup pea. Three-foot plants are self-supporting when planted in blocks. The two-toned pink flowers and tannish-orange peas are beautiful.

St. Hubert's: A productive green soup pea. Will benefit from some support as it can grow up to 5 feet; we didn't bother and still had a good harvest. St. Hubert's is an heirloom, introduced to the St. Lawrence Valley in SE Canada by French settlers in the 1700s

Swedish Red: Incredibly productive and delicious dry pea. Seeds are the color of red wine and turn chocolate brown on cooking. Vines climb to 7 feet and more. 15 pounds per 50-feet of trellis. Also called "Biskopens".

SOYBEANS (*Glycine max*)

There are many varieties of soybeans that are early, much tastier than conventional soybeans grown in the U.S., and are not contaminated by Roundup-Ready genes. Delicious as a simply cooked dry bean; they cook in about 90 minutes. Packets are 1 ounce, containing around 100 seeds.

Black Jet: Tasty, early, small black variety. Delicious as a cooked dry bean, cooking in about 90 minutes. One of the earliest. Still challenging to grow during a cool summer but will mature most years in the Pacific Northwest. Try planting them along the south edge of a taller crop, like corn. Not your standard Roundup-Ready GMO soybean!

CORN (*Zea mays*)

All of our corn (except popcorn – see below) has been hand-pollinated to ensure purity and prevent potential contamination from nearby GMO corn. Save seed from at least 200 plants to ensure a genetically vigorous population and prevent inbreeding depression. We recommend isolating your corn from other corn types or hand-pollinating to keep your seed stock pure. Packets are one ounce. Ask about being a seed steward in our Non-GMO Corn Preservation Project if you are located in the Pacific Northwest.

POPCORN

Most popcorn varieties carry a gene that prevents pollination by other types of corn, including (most importantly) GMO dent corn. This is the only corn we do not hand-pollinate, because so far we see no evidence of any cross-breeding with any of the other types of corn we grow (or nearby GMO corn). Approximately 90 seeds per ½ ounce packet.

Amish Butter Popcorn (aka Pennsylvania Dutch Butter): Maintained by the PA Dutch since before 1885, this heirloom popcorn lives up to its name. Fluffy, tender popcorn with loads of flavor sure to please. Our original seed stock is from Ayers Creek Farm in Oregon, who have been selecting it under Pacific Northwest conditions and to maintain quality. Purported to be multi-purpose as well, making excellent polenta, masa, and flour. 8' plants selected for 6" conical heads. Several weeks later to mature than Dakota Black but will mature fine in warmer summers or average to warmer parts of the Pacific Northwest.

Dakota Black Popcorn: One of the earliest maturing and easiest to grow popcorns. 4-6" ears on 6' tall plants with two ears per plant. Dark black, pointed kernels have a ruby-red glassy shine. Pops white with chocolatey-brown centers. The flavor is delicious, hearty and crunchy. Developed by the Podoll's of Prairie Road Organic Farm, seed growers in North Dakota.

DENT CORN

Dent corn is one of the most cultivated crops around the world and an important staple in a locally-grown diet. It is a starchy (rather than sweet) type of corn that can be processed at home into hominy, tortillas, and tamales. Processed in this way and eaten in combination with legumes, dent corn

provides a complete protein. In addition, corn yields are higher than other grains, making this the best choice to use as supplemental animal feed. Approximately 75 seeds per one ounce packet.

Nothstine Dent Corn: The earliest to mature dent corn trialed by BBGP, Nothstine makes delicious cornmeal and is a good tortilla corn as well. Ears are 7-8" long on 7' stalks.

Oaxacan Green Dent Corn: Beautiful ears of corn come in a range of greens, from yellow-green through emerald. An heirloom corn from Southern Mexico, it has been used to make a regional favorite, green-flour tamales. Also makes excellent cornbread! The 6- to 10-inch ears make an attractive, edible, fall decoration. Plants reach 7 feet, are very drought-tolerant, and perform well even at higher latitudes. A bit late to mature in the Pacific Northwest, but it beats our other dent corns in taste tests so we will happily continue to struggle with it.

FLINT CORN

Flint corn is the type typically used in making polenta. It has the hardest kernel and thus is the most difficult to grind into a fine flour. Flint corn also makes excellent hominy and posole, the easiest way to process corn without a grinder. Flint corn is often known as "Indian Corn" and used as an ornamental. Approximately 85 seeds per one ounce packet.

Cascade Ruby-Gold Flint Corn: Bred by Carol Deppe of Fertile Valley Seeds to be the ultimate survival crop, the variety and crop you would choose if you could have only one variety to get you through good times and bad. A very early and productive corn, reliable even during our coolest summers. Has long ears on narrow cobs with husks that peel back easily when dry. Produces solid-colored ears of several colors—red, red-brown, dark red, orange-gold, maple-gold, gold, and yellow. The red shades make a rich-flavored cornbread; the yellow shades make a mild-flavored cornbread. Both make great polenta and johnny cakes. Also a great ornamental corn. *OSSI-Pledged Variety.*

BARLEY, OATS, & WHEAT

BARLEY (*Hordeum vulgare*)

Barley is well-adapted to the cool climate of the Pacific Northwest. Hulless varieties are excellent as a whole-grain, while malting barley is used in brewing beer. Packets are 1 ounce and contain around 400 seeds.

Six Row Purple Barley: Highly recommended 6-row, hulless barley. Grows to about 3 feet high. Easy to thresh. Beautiful purple seeds. Great yields.

Tibetan Barley: A very rare ancient barley that is adapted to tough conditions. Six-row, hulless, awned barley. Staff of life in the high mountains. Plump brown kernels with great flavor.

HULLESS OATS (*Avena sativa*)

Hulless oats are easier to thresh by hand than traditional oats. Oats are well-suited to the maritime Northwest climate, planted in early spring, requiring little to no irrigation, and harvested during the drought season. Oats are a good substitute for brown rice as a whole grain. Oats can also be ground into flour, pressed into rolled oats using an oat roller, or used as livestock feed. Packets are ½ ounce and contain around 450 seeds.

Pennuda Hulless Oats: Our highest-yielding hulless oat. The shortest plants in our hulless oats trials, a trait that could make them less likely to lodge during heavy rains.

EINKORN WHEAT- White Einkorn: Supposedly low yielding, this yielded at least as well as the wheat and barley varieties we have grown, and was easy to harvest and thresh. Spring planted variety, grows 3' tall. Good variety for the Pacific Northwest (planted in mid-April, matured by the beginning of August). This lower gluten, easier to digest ancient wheat does have a hull on it that will have to be removed for whole grain consumption. Packets are 1 oz and contain around 400 seeds.

SEED CROPS & GLUTEN-FREE GRAINS

AMARANTH (*Amaranthus spp.*)

Amaranth is a traditional grain crop of the Andes. The seeds are high in protein and gluten-free. The seeds are ground into flour, popped like popcorn, or cooked into a porridge. The leaves can be cooked like spinach, and the seeds can be germinated into nutritious sprouts. Amaranth is challenging to mature in the Pacific Northwest during our cooler summers but worth a try nonetheless. Great potential for small spaces. Packets are ½ gram and contain a minimum of 500 seeds.

Chinese Giant Orange Amaranth (*Amaranthus hypochondriacus*): Beautiful burnt-orange seedheads on 6- to 8-foot tall plants with orange stalks. Primarily a grain amaranth (tasty and productive) but very ornamental as well. Each plant can produce up to 1 lb of light beige seeds that are easy to thresh. Most successful amaranth for us over the years.

BUCKWHEAT

Buckwheat is most commonly used as a cover crop but can be left to go to seed for use as a grain. Hulls are difficult to remove for use as a whole grain but the seed can be ground whole into a delicious and nutritious flour, hulls and all. Bees love the flowers. Packets are 1 ounce and contain about 1000 seeds.

Common Buckwheat (*Fagopyrum esculentum*): The most common crop variety of buckwheat. Grows to about 3 feet tall.

Medawaska Buckwheat (*Fagopyrum tartarica*): Plants grow to 5 feet and attract many beneficial insects. Good cover crop. Infusion made from the flowering tops is high in rutin, which combats the hardening of the veins and arteries.

FLAX (*Linum usitatissimum*)

Flax is very high in Omega-3 fatty acids. Seeds can be sown in mid-spring and harvested during August when it is still relatively dry. Packets are 1/2 ounce and contain around 800 seeds.

Golden Flax: The seeds of this variety are not as mucilaginous as other varieties and are delicious eaten out of hand or added directly to breads, muffins or cereals. The plants have very pretty blue flowers about knee high that appear daily, only to disappear until the next day's glorious display.

MILLET

Milletts are a group of small-seeded grain crops that span several families and genera. Most are commonly grown in the southern US, Africa, India and other warm climates. All of the varieties we offer are those that grow well in a cool climate and have been successful in Whatcom County. Planted in late May, they will mature by September in an average year. Millet is a highly nutritious gluten-free grain. Millet seeds contain a hull that would need to be removed for use as a whole grain; seeds can also

be ground into a flour with the hulls on. Packets are 4 grams and contain a minimum of 500 seeds for Proso and 1,000 seeds for Foxtail.

Proso Millet (*Panicum miliaceum*): Quick to mature with a high alkaline content that counteracts acids and makes it more easily digested. Loose seed heads with a profusion of small, round seeds. Typically grows 3-4' tall.

Foxtail Millet (*Setaria italica*): The second-most widely planted type of millet, primarily in Asia. This millet has the longest history, as it has been grown in China since the sixth millennium BC. Reaches about 4' tall. The variety we offer is a cool-season, early maturing variety obtained from the USDA.

Limelight Millet (*Setaria italica*): Limelight millet is a hulled foxtail-type, later to mature than our other foxtail millet, but much larger and more productive. Uniform in height (3-5', depending on conditions) and bloom time, it is wonderfully ornamental but also nutritious as a grain for humans, chickens, or wild birds. Stalks emerge lime green and ripen to gold.

QUINOA (*Chenopodium quinoa*)

Quinoa is another traditional South American crop with great potential for our climate.

With a nutty flavor and the most complete protein of any grain-type crop, its popularity is increasing quickly in this country. Quinoa seeds contain a bitter coating of saponins that can be labor-intensive to rinse off before cooking (the positive side is that the saponins protect the crop from marauding birds). Transplant quinoa during the spring to allow enough time to mature. Packets are 1 gram and contain a minimum of 250 seeds.

Titicaca Quinoa: Bred by Sven-Erik Jacobsen in the UK, from material from Chile and Peru. Selected and bred for early maturity under North European conditions. We got this on recommendation from WSU, as it was one of the top performers in their Pacific Northwest quinoa trials. The best performing quinoa from our 2015 trials, a few weeks earlier than Linares. Golden orange flowers matured early and evenly in the field.

OILSEED CROPS

Camelina (*Camelina sativa*): "The Other Canola", Camelina is an oilseed crop that has been grown in the Mediterranean for several thousand years. Cold-hardy and easy to grow, harvest and thresh. Great potential for vegetable oil production in the Pacific Northwest. High in protein and Omega 3 fatty acids but can be heated in cooking, unlike flax. You would need an oil press to utilize the oil; however, Camelina seed is also an excellent addition to poultry feed. Packets are 3 grams and contain a minimum of 1,500 seeds.

Sesame – Kingoma (*Sesame indicum*): A tan variety, good for all edible uses; can also be pressed into oil. Earlier to mature than many sesame varieties but still recommended to be grown in a hoop house in our climate. Interesting 3' tall plants, with trumpet flowers and fat seed pods. When dry, seeds shake right out of the pods by turning the plants upside down ("open sesame"). Prefers rich soil and extra calcium. Start indoors and transplant when weather is reliably warm. ½ g packets contain ~300 seeds.

Sunflower– Hungarian Black (*Helianthus annuus*): A hungarian heirloom, these are sturdy, 5-6' tall plants with large, mostly single heads. The large, black, flavorful seed is great for sprouting, eating raw, or pressed for oil (see piteba.com for a home-scale oil press). This variety was collected by Adaptive Seeds on their first Seed Ambassadors trip, from Martin Ringhoffer, who grows this Hungarian heirloom on his farm in Hungary. Packets are 3 grams and contain a minimum of 40 seeds.

SUMMER VEGETABLES

Beans, Bush Snap - Blooming Prairie (*Phaseolus vulgaris*): 55-60 days. Delicious and beautiful pencil-thin, shiny purple pods stay good as a fresh bean for a long time. The bushes are loaded and early to produce. Good raw or cooked as a fresh snap bean. The small round seeds mature in about 95 days and have a splotch of purple but are mostly creamy white. When dried and cooked, they are creamy in texture, similar to white navy beans. Named after a city in Minnesota, this one came to us via Salt Spring Seeds just over the Canadian border. 1 ounce packets contain ~100 seeds.

Beans, Bush Snap - Provider (*Phaseolus vulgaris*): 50 days. Provider can be planted earlier than other beans because it's purple seed germinates well in cool soils. Compact plants are easy to grow and adaptable to diverse soil and climate conditions. Produces 5 1/2" fleshy round pod green beans. High resistance to bean mosaic virus and powdery mildew. Good flavor and texture, this one is a market-grower's favorite. 1 ounce packets contain ~90 seeds.

Beans, Pole Snap – Fortex (*Phaseolus vulgaris*): Dependable favorite with excellent flavor. Growing to over 11", Fortex produces extra-long round pods. Early and very productive, the beans may be picked at 7" in length for extra-slim "filet" beans. Dark green, firm-textured pods are completely stringless and delicious at all lengths, even after the seeds enlarge. Walnut brown seeds.

Lettuce – Drunken Woman Frizzy Headed: 55 days. "Frizzy-headed" butterhead lettuce that forms a savoyed head, mint green tinged in mahogany red. One of the later to bolt in summer but still produces seed well in the Pacific Northwest. One of our favorites for that perfect balance of tender, lofty, and crisp.

Lettuce – Grandpa Admire: 60 days. Loose-leafed with bronze tips. Leaves are soft and deeply crinkled to catch all that salad dressing. The slow to bolt plant is also very heat tolerant and will provide sweet leaves long past other varieties of lettuce have gone bitter. The plants are quite large and can be cut to come again several times.

Lettuce – Resilient Seed-Saver's Mix (*Lactuca sativa*): To select a good "seed-saver's lettuce mix for Northwest WA", we sourced our initial stock from Wild Garden Seeds, mad genius lettuce breeders of the Pacific Northwest. Starting with dozens of disease-resistant and Northwest-adapted varieties, including originals developed by Frank Morton, we have selected those that will mature seed well for us up north. The result is a mix that you can perpetuate into the future, selecting further from this diverse gene pool to suit your own conditions. Frank only asks that you and I and future recipients honor this gift by not placing any patents or restrictions on any seed derived from this collection. *Packets are 1 g and contain ~600 seeds.*

Melon – Farthest North Early Melon Mix (*Cucumis melo*): 75 days. A diverse gene pool mix of ultra early, cool weather tolerant melons. Small, softball-size melons vary in color as well as texture & flavor. The earliest short-season variety we have found. Ripens outdoors in Denmark! Developed by Tim Peters of Peters Seed & Research in Riddle, Oregon and further selected by Adaptive Seeds. *Packets contain ~30 seeds.*

Pea – Oregon Giant Sugar (*Pisum sativa*): Highly recommended by Carol Deppe in "The Tao of Vegetable Gardening", this edible-pod pea has huge pods and big crinkled seeds. Pods are sweetest after seeds have reached full size, but are tasty from small size up until they start drying down, giving an unusually large harvesting window. When harvested at full size with fully expanded seeds they are as sweet as snap peas, just a different shape. Resistant to pea enation, pea wilt, and powdery mildew, which allows for planting spring through fall. Plant February through mid-August to harvest spring through fall; plant in early October to overwinter where possible. Plants grow to about 3 feet and need some support. Hold on vine and in the refrigerator a long time. Bred by Jim Baggett/Oregon State University. Vigor and large-sized leaves make this variety especially nice for pea shoots. To use as an eat-all pea shoot crop, sow in a wide row or bed at about 2" apart in all directions. When plants are about 6 inches high, harvest the top 4 inches. *Packets are 1 ounce and contain ~80 seeds.*

Pepper - Chimayo (*Capsicum annuum*): This famous heirloom pepper is a joy to grow! Great yields on self-supporting plants grown outdoors in our cool maritime climate! Loaded plants are super easy to harvest as the peppers snap right off the stalk. Chimayo is a hill town in New Mexico, at 6,000 feet in elevation, and this variety has been revived as an important part of the cultural history there. Similar in heat to a moderate jalapeño, with scoville units at 4,000-6,000. Chimayo has a smoky, earthy flavor, and is typically used as a roasting pepper, made into chili powder or flakes, or dried in ristras. 30 seeds.

Pepper - Marconi Sweet (*Capsicum annuum*): Italian heirloom, large, 7" long tapering fruit, red when fully ripe. Heavy yielding, strong plants that didn't seem to rely much on the support we gave them. Marconi performed exceptionally well in our hoophouse with a harvest season several months long. Very sweet and flavorful. This pepper got rave review from a farmer friend who is experienced growing a wide variety of hybrid peppers for the fresh market - I was pleased to discover that I had been successful at finding an open-pollinated red italian type that was equally as delicious as their favorites. 30 seeds.

TOMATOES for COOLER CLIMATES or OUTDOOR GROWING

For those of you who are like me and have too many projects going on in the mid-summer garden to keep on top of labor-intensive indeterminate greenhouse tomatoes, try these! The following varieties mature well for us outdoors in our Northwest Washington gardens. Packets are \$3.50 and contain 30 seeds

Legend: Determinate. 68 Days. A true late blight resistant tomato. Legend steadily produces large 4-5 inch tomatoes. Early, high quality, richly flavored, fruits are round, red, and seedless. Only at the end of the growing season does this shy seeder produce seeded fruits. Gardeners who have experienced losses due to late blight will love the reliability and quality of Legend. Selected by Dr. James R. Baggett, professor emeritus Oregon State University.

Orange King: Determinate. This uniform, round orange tomato is sweet and meaty and popular at the farmers market. It is equal to the best orange slicer we have tried. Early, productive, and worth growing even as a sprawling, low-maintenance outdoor tomato in the cool Pacific Northwest. I admit, we don't like extra work in mid-summer, and low-maintenance outdoor tomatoes are what we prefer. Easier to harvest if you cage it or give some other basic support. Bred by Tim Peters in Oregon.

DWARF TOMATOES

The Dwarf Tomato Project is a collaborative citizen breeding project aimed at creating delicious tomatoes of all flavor and size variations on compact, easy-to-maintain dwarf tomato plants. The "Dwarf" category of tomatoes had been neglected by breeders and limited in variety, but is very promising for both container gardeners and those looking for heirloom flavor on a lower-maintenance plant. For more information, visit their website: www.dwarftomatoproject.net

Sean's Yellow Dwarf: 65 days – Sean's Yellow Dwarf is a regular leaf dwarf variety that produces oblate medium to medium large fruit that ripen to a medium yellow color. The flavor is well balanced and delicious, and bears prolifically. Open Source Seed Initiative-listed variety.

Sleeping Lady Dwarf: 60 days – Sleeping Lady is a regular leaf dwarf variety that produces oblate medium sized fruit that ripen to a brick red, chocolate hue. The flavor is well balanced and mild, and the variety is quite prolific. Open-Source Seed Initiative Variety.

Dwarf Sweet Sue: 80 days – Dwarf Sweet Sue is a potato leaf dwarf variety that produces round to oblate medium sized fruit that ripen to bright yellow with a pink blossom end blush. The flavor is outstanding – well balanced and sweet, and the variety is quite prolific. Open Source Seed Initiative-listed variety.

Tasmanian Chocolate Dwarf: 65 days – Tasmanian Chocolate is a regular leaf dwarf variety that produces oblate medium fruit that ripen to brownish brick red color. The flavor is well balanced, mild and sweet, and the variety is quite prolific.

Yukon Quest Dwarf: 65 days - Early to mid season dwarf variety. Regular leaf, dark green rugose foliage, stout central stem, grows to 3 feet tall. Fruit are smooth and round to oblate, ranging from 3-6 ounces, and ripen pink (the color of Brandywine). Flavor is well balanced and pleasant. Open Source Seed Initiative-listed variety.

COOL-SEASON VEGETABLES & TRADITIONAL STORAGE CROPS

Fall-harvested storage vegetables, crops that overwinter in the ground, and cold-tolerant shoulder season veggies all help to fill the “hunger gap” of the months when the garden hibernates and while we are waiting for the warmer weather vegetables to mature. These are some of our favorites.

Arugula (*Eruca sativa*, *Diplotaxis spp.*): 20-40 days. Your standard salad arugula, with long, dark, lobed leaves suitable for salad mix or bunching. Arugula will brighten up your shoulder season salads, and is a good overwintering greenhouse crop as well. Let it go to seed and it will re-plant itself in a dense, low-maintenance stand. Cut at the baby-leaf stage or during cool weather, arugula is quite mild. During hot weather or at mature stage it can get quite spicy. The white flowers are also edible, with a spicy, nutty flavor that makes an excellent salad topping.

Rainbow Chard (*Beta vulgaris*): 28-50 days. A farmers market favorite, rainbow chard is a mix of green, red, orange, and yellow leaf types that make an attractive combination in salads or bunched on display. This seed comes from a large patch that unexpectedly overwintered in 2015-16. Cooks fast like spinach, great raw mixed into a salad. Plant densely and harvest as baby greens, or allow to grow to full size and harvest all summer and fall until the first major frost. If you're lucky and have mild winters, it will bounce back and give another good round of harvest in early spring before bolting in the second year.

Dutch Broadleaf Cress (*Lepidium sativum*): 20 days. Garden cress is an easy-to-grow cool-season green and this variety is our favorite of several we've tried. Very large, broad leaves for a garden cress, with nice wavy edges. Fairly slow to bolt & good peppery flavor with not too much spice. Gives a fantastic boost to salads and sandwiches. Reintroduced in 2009 by Adaptive Seeds, this old variety from the Netherlands had been commercially unavailable for a decade. *Packets are 1 gram and contain ~400 seeds.*

Siskiyou Sweet Onions (*Allium cepa*): 110 days spring sown, or 300 days over wintered. A reselection of Walla Walla sweet onion. Light brown skin with white flesh that is very mild and sweet. Primarily grown for fresh use, we like to plant them close together and thin them all season long for larger and larger green onions as time goes on. Will also store for a couple of months if harvested mature and cured. Cold hardy and can grow quite large with good fertility. *Packets are 1 gram and contain ~200 seeds.*

STORAGE ONIONS

Allium cepa. We did some intensive trials of storage onions in 2014 and found some incredible open pollinated onions that performed as well or better than the standard commercial hybrids. These were our two best, with the highest yields and longest storage. Packets are 1 gram and contain ~200 seeds.

Rosa di Milano Red Storage: Beautiful wine to bronze-colored skins, flat tops, and heavy yields of medium to large onions. Rosa di Milano tied for first place in our 2014 storage onion trial, keeping well into April and holding its own against the top yellow storage onion we trialed. Very impressive for an open pollinated variety. It also did well under downy mildew pressure in one field and resisted splitting under over-watering in another. Italian heirloom.

FLOWERS AND HERBS

Beautiful, edible, medicinal, and wonderful attractors of beneficial insects and pollinators, you can't go wrong with these flowers and herbs. These will make you slow down during the fast pace of summer, and smile.

Astragalus (*Astragalus membranaceus* = *Astragalus propinquus*, the Chinese herb Huang-qi). Hardy to Zones 4 to 10 (mulch heavily in colder zones). Herbaceous perennial native to China. Traditionally used to increase vital energy and protect against illness. Plants can grow up to 6 feet tall, with yellow flowers giving way to pea-like seed capsules. Plant is a sturdy survivor, and prefers full sun, average soil, and good drainage. Scarify seed lightly by rubbing against sandpaper, and soak overnight in mycoblast tea or kelp tea, which encourages nitrogen fixing nodulation. Can be direct seeded in early spring, but we recommend growing seedlings in pots or trays protected from slugs while small and transplanting. Germinates in 3 to 10 days. Thin to 6 inches apart. Roots are harvested after the third year.

Basil – Holy (*Ocimum tenuiflorum*): Also known as Tulsi, this aromatic mint has been used in Ayurvedic medicine for thousands of years and is a sacred Hindu plant. Holy basil is considered an adaptogen and has a myriad medicinal qualities. All of the aerial parts are edible. Holy basil's sweet, buttery flavor will do wonders for a stir-fry and makes for an incredible iced tea. In our mild northwest climate, the growth habit is comparable to Italian basil and, like other basil, it will continue to produce if pruned throughout the season. If left to flower, it becomes a fragrant insectary plant – bees and other pollinators go wild for the pale purple flowers. Holy basil is a tender annual that prefers a warm, dry growing season. Though greenhouse conditions are ideal in the Pacific Northwest, it can also thrive outside in the hot summer months. It is highly frost-sensitive and should be started indoors. *Packets contain a minimum of 200 seeds.*

Basil – Italian Large Leaf (Classic large-leaf type. Large plant with medium-dark green leaves up to 4" long. Compared to Genovese, the scent and taste are sweeter. Grows to approx. 2' tall. *Packets contain a minimum of 200 seeds.*

Bee's Friend / Phacelia (*Phacelia tanacetifolia*): Hands down winner of the "bee-attractor of the year" award, our patches of phacelia were non-stop loaded with every bee on the block, and was especially loved by the bumblebees. The lavender-blue flowers and feathery leaves are eye-catching and easily form a dense, low maintenance stand. Wear long sleeves and gloves when harvesting seeds; it can be itchy. Very long bloom period - the flower heads unfurl like fiddleheads and bloom in succession from one end of the stem to the other. ~500 seeds.

Black Cumin (*Nigella sativa*): Known as black cumin, black caraway, roman coriander, black onion seed, etc., this is an annual flowering plant in the buttercup family, native to south and southwest Asia. It has a several thousand year-old history, and is one of the most revered seeds throughout time. The 8-12" plants don't get too bushy, and have delicate lacy leaves and intriguing blue and white flowers. The seed oil has long been used medicinally, particularly for asthma and other lung-related conditions. As a spice, the black seeds taste like a combination of onions, black pepper and oregano. They have a pungent bitter taste and smell. Somewhat drought tolerant. ~300 seeds.

Cilantro – Santo (*Coriandrum sativum*): Santo is a mild, slow-bolting selection grown for its leaves. Direct seed every two weeks for a continuous supply of fresh leaves. Sprinkle to taste on salads, bean dishes, chicken, and spicy Southwestern dishes. Cilantro flowers are also edible. Approximately 50 days to maturity for leaves, 105 days to maturity for coriander seeds. *Packets contain a minimum of 200 seeds.*

Coreopsis - Calliopsis (*Coreopsis tinctoria*): Annual wildflower native to the US Midwest, coreopsis is a favorite with butterflies and makes a great border plant. Grows to 30" tall in dense stands, covered with 1 1/2" blooms with two-toned red and yellow flowers. Can tolerate poor soil and is drought-tolerant. Will self-sow in the right conditions. The smell of the dried nectar when threshing the seed is unbelievably good. ~400 seeds.

Mexican Sunflower (*Tithonia rotundifolia*): Attracts beneficial insects such as hover flies, minute pirate bugs, and butterflies. Mexican sunflower has 3 1/2" orange flowers on strong, branching plants about 6' tall. Excellent as a cut flower, and continues blooming until frost. Said to love hot, dry sites, but thrived in our mild Pacific Northwest summer. ~100 seeds.

Poppy - Hungarian Breadseed (*Papaver somniferum*): With delicate, large purple flowers, these are one of our favorite flowers to grow. Hungarian Blue Breadseed Poppy has been grown in Europe for centuries for culinary use, so the capsules don't spill their seeds when ripe. The seed capsules are fun to snap off during harvest, and to shake like a rattle, imagining the hundreds of seeds inside each one. Breadseed poppies are lower in medicinal compounds than ornamental somniferum poppies, and higher in seed production. Very nutritious. Poppy seeds have been produced since nearly the dawn of agriculture and have been used in culinary creations all over the world as a spice, condiment, garnish, thickening agent, dessert base, and even as a component of dinner entrees. Easily grown, and yielding hundreds of thousands of seeds from just a small patch, breadseed poppy is a two-for: an exceptionally beautiful bloom that leads to a harvest of health-giving seeds. ~1000 seeds.

Sweet Alyssum (*Lobularia maritima*). Attracts and supports beneficial insects, such as lacewings, parasitic wasps, syrphid flies, and tachinid flies. Easy to grow, forms a low-growing (8-16" tall) mat of sprawling plants with dense clusters of small white flowers. Requires little maintenance or weeding. It seriously never stopped flowering until our first hard frost. After setting seed in late summer, we chopped it way back and it just grew right back and bloomed all fall. Sweet alyssum's aroma is intoxicating, wafting 50 feet of the patch to remind me of its presence. Tender perennial in Zones 9-11. ~800 seeds.

