

RESILIENT SEEDS

2023 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 Whatcom County, Washington to ensure successful growing in our cool climate. All seed is tested to exceed federal germination standards. All of our seed packets are \$3.75. 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.

Ely: Plump, deep red true-cranberry type bean that came to Whatcom County from Ely, Minnesota. Said to have been brought from Slovenia in a pocket by an immigrant ancestor. Great yields and early maturity. Winner of Goshen Neighborhood Bean Taste Test. One of our earliest and most productive pole dry beans. Adapted to Northwest Washington for at least 3 decades now.

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.

Octarora Cornfield Bean: Excellent, part-shade tolerant vining dry bean works great in a cornfield. From Pennsylvania and is reportedly a Quaker heirloom which usually means it was originally a Lenape or Susquehannock variety. This fun little bean just keeps on producing late into the fall, on a similar schedule as our slow and steady harvest of the maturing grain corn. We've grown it on popcorn, flour corn, and a later planting of sweet corn with success.

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.

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 "Whatcom": 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. This strain has been stewarded for multiple generations in Whatcom County with gentle selection for earlier maturity and contains a small percentage of pink and white beans in the mix.

Black Valentine: 50-55 days fresh, 90-110 days for dry. Produces very shiny black seeds in 6" pods. Seeds are a little larger than a black turtle and more elongated like a small kidney bean shape. A great dual purpose variety, use for fresh stringless snap beans or dry soup/chili beans. Prolific and dependable. Tolerant of cool temperatures.

Calypso: Black and white bean with a yin-yang pattern. Original cultivar is at least 400 years old. Creamy, plump texture and nutty potato-like flavor. Succulent as a green bean as well as dried.

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.

Flor de Mayo: 90+ days for dry seed. Pink, vining bush type used as a fresh shelling bean and as a dry bean. Heirloom, one of the most popular beans in central and northern Mexico. As a shelling bean, they have a smooth texture and rich and starchy bean flavor with smoky notes that become more pronounced when the beans are dried.

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".

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.

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.

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.

Spanish Tolosana: This beautiful heirloom bean is native to the New World but is said to have been brought back to Spain by Spanish missionaries and propagated in the Basque region of Spain ever since. Produces beans that are over 1/4" wide and over 1/2 inch long. Beautiful as well as tasty, the Spanish Tolosana Bean is tan with deep brick red markings. The flavor is mild and the texture is creamy but still holds up well when cooked. Use this bean in your recipes that normally call for kidney beans.

OTHER LEGUMES

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.*

Mixed Favas: This is an interbreeding mix of a number of fava varieties with reputations for being cold hardy. Our trials are still in the works but if you are interested in developing an overwintering fava adapted to your area, this would be a good genetic base to start from. Or, plant in late winter/early spring for a reliable harvest. Good fresh or dry. Small and large seeds, green, tan, and purple.

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.

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.

Open Oak Party Mix: more of a crossover between a flint and dent, this beautiful and productive corn is bred by Adaptive Seeds to be a tasty and nutritious corn for polenta, masa for tortillas and tamales (our favorite!), pozole, and cornmeal. Yellow, Orange, and Red two-toned ears are large on plants that are up to 10' tall if irrigated. 120 days to maturity in the Pacific Northwest.

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

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.

Amber Hulless Oats: A seed selection project of breeder Joseph Lofthouse and his collaborator Amber, who originally brought this hulless oat to the seed garden. Selecting for less-shattering, taller plants, and easier threshing, over time they improved this variety.

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.

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.

MILLET

*Millet*s 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.

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.

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.

Cucumber – Boothby Blonde: Heavy producer of plump, oval, creamy yellow, warty fruits. Excellent delicate, crisp, sweet flavor, no need to peel. Best when eaten at 4" long. Good for bread and butter pickles. Maintained for five generations by the Boothby family of Livermore, ME. Recognized by the Slow Food Ark of Taste. Good container variety.

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 – Gypsy Queens: a successful (in my opinion) de-hybridization project by Adaptive Seeds, this is a nice little sweet pepper that produces elongated, yellow, orange, and red peppers. Early to mature and does well outdoors in cooler climates and shorter seasons.

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

Couer d' Albenga Oxheart: Indeterminate. 85 days. Mid to late season Oxheart tomato from Albenga, on the coast of Northern Italy. Fruits weigh 8-16 ounces and are crack-resistant. Our new most favorite mid-season and saucing tomato, the flavor and meatiness of this gorgeous beast beats the Romas hands down.

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.

Peacevine: Indeterminate. 75 days. Delicious and productive 1" cherry tomato. Bred by Alan Kapular from the Sweet 100 hybrid. These little 1" wonders resist cracking and produce wildly, on plants that grow and grow. They are named for their extra high levels of the amino acid GABA (Gamma-aminobutyric acid), which helps us with calmness, rest, and sleep.

Stupice: Indeterminate. 65 days. Bred in Czechoslovakia, Stupice is a great choice for outdoor gardens in cooler climates, as it is the most reliable and tasty early tomato we have grown here in the Pacific Northwest. The 2 inch, 3-6 ounce crimson fruits are a delicious well-balanced tomato flavor perfect for your salads or sandwiches. If we only had room for one tomato plant in our garden, this is the one we would choose.

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.dwarftomato-project.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.

Sweet Sue: 80 days - 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.

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. 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.

Celery - Tall Utah (*Apium graveolens*): Tall Utah does well in most parts of the US but is a slow grower and takes all season to grow. 12" crisp, stringless stalks with a light flavor. Needs a lot of water and pruning of side shoots so the plant puts its energy into the main stalks. ~500 seeds.

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.*

Leeks – Giant Mussleburgh: An heirloom that was introduced in 1834, near Edinburgh, Scotland. Large, very thick stems; tasty mild flavor. Grows well in most locations; perfect for home or market; this old favorite has huge size and is very winter hardy.

Parsnips – Whatcom County Landrace: Combined seed lots from two permaculture-style farms that have been letting their parsnips go wild for years now, adapting them to low-input conditions. Parsnips are one of the most cold hardy of the winter roots, very popular for over-wintering without any special care.

Salsify – Fiore Blu: A delicious, cold-hardy root popular in Europe. Mild flavor and very tasty roasted or stir-fried. Flowers and shoots are also edible. Contains medicinal properties. Roots can be left in the ground in moderately cool climates (reportedly up to zone 5) or dug up and stored in a root cellar like carrots. Has really cool purple flowers in the second year. Self-seeds for an effortless next crop.

Spinach – Abundant Bloomsdale: A cold-tolerant spinach best enjoyed as an early spring or fall crop. Slow growing with very large, upright leaves in the mild Pacific Northwest (slightly more compact in the Northeast). Leaves are a glossy dark green, sweet and succulent, thick and savoyed, growing quite large.

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.*

Ed's Red Shallot: A large, delicious, full-flavored shallot. Deep wine-colored skins that are nice and tight so that they store a very long time, up to a year with good conditions! Great for roasting, sautéing, and caramelizing. Good open-pollinated shallots are not easy to come by and this is a real treasure!

Newburg Yellow Storage: This is the best open pollinated yellow storage onion we have found. Dr. Alan Kapular started with a commercial European hybrid and reselected this as an open-pollinated variety under Organic conditions over many years. Heavy yields of 8-12 ounce round yellow onions with tight copper skin that keep remarkably well. In our 2014 storage onion trials, Newburg tied with Rosa di Milano, keeping well into April, and beating out industry standard hybrids. Our new go-to yellow storage onion.

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.

WINTER SQUASH

Easy to grow, winter squash belongs up there with potatoes as a go-to winter food. Easy to store: just put them in a cool closet or bedroom. 50-60 degrees and relatively dry works best. Generally, Cucurbita pepo cures in a week and keeps well until at least February. Cucurbita maxima and moschata take a month to cure, but can keep well into April or May. Packets contain 25 seeds.

Black Futsu (*C. moschata*): heirloom from Japan, has a smooth texture and sweet, chestnut flavor. The fruits are flattened, round and heavily ribbed, with an average weight of 2-4 lbs. Fruits are small but prolific with many per plant. The skin turns from greenish-black to a beautiful orangish color with a bluish-grey bloom on the skin when mature.

Honeyboat Delicata (*C. pepo*): Delicata is commonly a "gateway" squash, in that it is almost universally loved and is a perfect size for two people or two meals. A perfect winter squash for short seasons, delicata ripens early. This darker-skinned variety has a richer flavor and maple-like sweetness. Honeyboat was developed by Dr. James Baggett at Oregon State University.

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.

Ashwaganda: (*Withania somnifera*): Medicinal root in the nightshade family. Grows similarly to tomatoes. Forms small red berries in papery husks like tiny (inedible) tomatillos. Root is harvested in the fall.

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.

Licorice mint: (*Agastache foeniculum*): 65 days. Perennial. Also known as Anise Hyssop, this herb is native to Ontario and the central US. Beautiful purple flowering spikes are aromatic and make a great cut flower; both leaves and flowers can be used fresh or dried to make a delicious tea. Attracts many beneficial insects, bees, and pollinators.

Marigold: Plants grow to a few feet tall and bloom tremendously all season and into the fall. Orange and yellow flowers in the mix. Sow indoors in pots 6-8 weeks before last frost date or direct sow once soil has warmed up. Marigold flowers smell great, have medicinal value, and are good companion plants for root crops such as carrots and onions

Marshmallow: Herbaceous perennial native to Europe, flowering to 4 feet tall. Delicious edible root; the leaf, root, and flowers are also used by herbalists to support the mucus membranes of the respiratory and digestive system.

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.

Perfect Mix (*Nicotiana alata*): aka "Flowering Tobacco". This nicotiana is named for its "perfect" mix of flower colors: fuchsia, white, purple, salmon, lavender, rust, and bronze. It is a self-seeding annual that grows around 3 feet tall. Perky trumpet-shaped flowers bloom all season long.

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.

