

FEDERAL COURT

BETWEEN:

NEIL ALLARD
TANYA BEEMISH
DAVID HEBERT
SHAWN DAVEY

PLAINTIFFS

AND:

HER MAJESTY THE QUEEN IN RIGHT OF CANADA

DEFENDANTS

AFFIDAVIT OF THOMAS BAUMANN

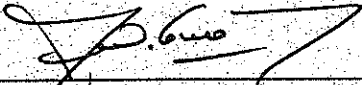
I, Thomas Baumann, Horticulturist and Professor of Agriculture at the University of the Fraser Valley, 45300 Vimy Avenue, Chilliwack, BC, MAKE OATH AND SAY AS FOLLOWS, THAT:

1. My name is Thomas Bauman and I make this affidavit of my own personal knowledge, information and belief. Where matters are stated to be on information and belief I so indicate.
2. Now produced and marked as Exhibit "A" to this my Affidavit is a copy of my curriculum vitae entitled "Professional Information".
3. Now produced and marked as Exhibit "B" to this my Affidavit is a copy of a catalogue "The Richters" (Goodwin, Ontario) 2014 Herb & Vegetable Catalogue, as an example of the wide variety of herbs, vegetable and flowers that can be sold to the public and propagated by individuals without licences or permits, subject only to local government bylaws and regulations, depending upon circumstances.

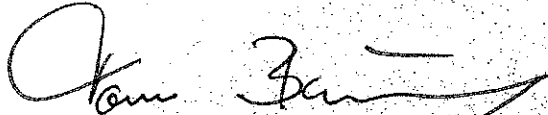
4. Now produced and marked as Exhibit "C" to this my Affidavit is a copy of my Expert Report.

5. I swear this Affidavit as an expert witness on behalf of the Plaintiffs in these proceedings.

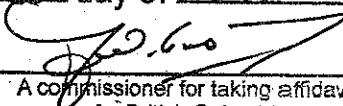
SWORN BEFORE ME at the City)
of Abbotsford, in the Province of)
British Columbia, this 30th day of)
October, 2014)



)
)
)
)
)
A Commissioner for Taking Affidavits in)
and for the Province of British Columbia)


THOMAS BAUMANN

THIS IS EXHIBIT " 51 " referred to in
the affidavit of Thomas Baumann
sworn before me at Abbotsford, BC
this 30th day of OCT 2014


A commissioner for taking affidavits
for British Columbia

Professional INFORMATION

NAME: Thomas Ernst Baumann

MAILING ADDRESS: 46420 Prairie Central Rd., Chilliwack, BC, Canada, V2P 6H3

Languages: Fluent in English and German.

1978-1983 Undergraduate and graduate student in Plant Science at Justus Liebig University, Giessen, Germany.

Degree: Dipl. Ing. Agr. Thesis: Breeding of raspberry with special reference to mechanical harvesting. Included horticulture, tropical agriculture, microbiology and range management options. Ten months of practica at a vegetable farm and a nursery. Duties included labour, machine operation and maintenance, propagation, in plastic tunnel culture of carrots and use of plastic mulch with early potatoes.

1984-1990 M.Sc. Candidate, University of British Columbia, Vancouver, Canada. Thesis: Strawberry season extension in British Columbia. Supervised by Dr. G.W. Eaton. In the summer of 1984, I was involved in all aspects of raspberry and strawberry breeding at the substation of Agriculture Canada in Abbotsford, BC May 1990 **M. Sc.**

1988-1990 Teaching assistant, UBC Department of Plant Science, in Small Fruit Culture, Tree Fruit Culture, Vegetable Production, and Protected Culture (Greenhouse). Work included the organisation and supervision of labs, marking termpapers and exams and the organisation of field trips.

1985-1991 Full-time **Researcher for the Fraser Valley Strawberry Growers Association.** Conduct of trials related to strawberry breeding and season extension, including delayed planting, raised beds, plastic mulch, and trickle irrigation. Virus elimination, tissue culture, statistical design and analysis and supervisory duties were also important parts of my responsibilities.

1990-1995 **Sessional Lecturer**, UBC Department of Plant Science, for Small Fruit and Tree Fruit Production. In 1995 the courses were combined to one and I taught via Interactive Video Link for both UCFV and UBC.

1991-1992 **Instructor**, part time, University College of the Fraser Valley, Agriculture Technology Centre, for Vegetable Production (Agri222), Fruit Production (Agri223), Greenhouse Production (Agri224) and Turfgrass Production (Agri226).

1992-1995 **Research Associate**, University of British Columbia. Management of strawberry research program with two research assistants and three student assistants. Topics include: Dayneutral and shortday varieties testing, growing systems, quality, integrated pest management, grower trials and yield component analysis. Raspberry Management, including new planting systems.

1997/8 Lecturer, Kwantlen University College, BC Horticulture Centre, Propagation for Apprenticeship and part-time access.

1992-Date Professor, full time, University of the Fraser Valley, Agriculture Technology Department, for Vegetable, Fruit, Greenhouse, Turfgrass and Field Crop Production, Pest Management, Nursery Production and Propagation, Introduction to Computers, Advanced Computer Training and Introduction to Horticulture Lab. Responsible for 3 greenhouses. Authored and teaching on-line courses.

2010 – present Department coordinator, University of the Fraser Valley. Also, member of UFV Senate and vice chair of the UFV Research Committee, Senate Awards and Honour Committee, Senate Appeals Committee.

2011 – present Director, Pacific Berry Resource Centre (PBRC)

2006 – present President Expert Agriculture Team Ltd., consulting, project management, etc.

2008 – Third Party Quality Inspection of vegetable fields, harvesting facilities and processing/packaging facilities for the BC Vegetable Marketing Board.

Memberships:

- American Society for Horticultural Science, on-going
- North American Strawberry Growers Association, on-going
- Sigma Tau Upsilon, Honorary Agricultural Society, president 1993/4
- Gwynne-Vaughn Park Society, vice-president 1995. Chair Grounds Committee 1996.

PUBLICATIONS:

Refereed Papers:

- 1. Baumann, T.E. and Eaton, G.W. 1986.** Competition among berries on the cranberry upright. *J. Amer. Soc. Hort. Sci.* 111:869-872.
- 2. Freemann, J.A., Eaton, G.W., Baumann, T.E., Daubeny, H.A. and Dale, A. 1988.** Primocane removal enhances yield components of raspberries. *J. Amer. Soc. Hort. Sci.* 114:6-9.
- 3. Baumann, T.E. and Daubeny, H.A. 1989.** Evaluation of the waiting bed cultural system for strawberry season extension in British Columbia. *Advances in Strawberry Production* 8:55-57.
- 4. Hesketh, J.L., Eaton G.W. and Baumann, T.E. 1990.** Strawberry plant spacing on raised beds. *Fruit Var. J.* 44:12-17.
- 5. Hesketh, J.L., Eaton G.W. and Baumann, T.E. 1990.** Strawberry runnering and leaf size depend on plant spacing. *Fruit Var.J.* 44:26-31.
- 6. Baumann, T.E., Eaton, G.W. and Daubeny, H.A. 1991.** Season Extension of Short-day Strawberries in the Hill Row System. *Advances in Strawberry Production.* 10:49-54.
- 7. Baumann, T.E. and Eaton, G.W. 1991.** Season Extension of Dayneutral and Everbearing Strawberries in the Hill Row System. *Advances in Strawberry Production.* 10:55-58.
- 8. Shamaila, M., Baumann, T.E., Eaton, G.W., Powrie, W.D. and Skura, B.J. 1992.** Quality attributes of strawberry cultivars grown in British Columbia. *J.*

Food Science 57:696-699+720.

9. **Baumann, T.E., Eaton, G.W. and Spaner, D. 1993.** Dayneutral strawberry production in British Columbia. *Journal Small Fruit and Viticulture* 2: 49-60.
10. **Baumann, T.E., Eaton, G.W. and Spaner, D. 1993.** Yield components of dayneutral and short-day strawberry varieties in British Columbia. *HortScience* 28: 891-894.
11. **Baumann, T.E., Eaton, G.W. and Spaner, D. 1993.** Changes in yield components due to plant spacing of shortday strawberries on raised beds. *Advances in Strawberry Research* 12: 30-33.
12. **Golaszewski, J., Eaton, G.W. and Baumann, T.E. 1994.** Optimum plot size in field experiments with strawberries. *J. Small Fruit and Viticulture* 3(1):39-48.
13. **Baumann, T.E., Eaton, G.W., Machholz, A. and Spaner, D. 1995.** Day-neutral strawberry production on raised beds in British Columbia. *Advances in Strawberry Research* 14:53-57.
14. **Baumann, T.E., Eaton, G.W., Machholz, A. and Spaner, D. 1995.** Changes in 'Tribute' day-neutral strawberry yield components due to deblossoming and foliar application of fertiliser. *Advances in Strawberry Research* 14:58-63.
15. **Baumann, T.E., Eaton, G.W. and Spaner, D. 1995.** Producing Day-Neutral strawberries in British Columbia. *Small Fruit and Vitic.*2(1):49-60.
16. **Kempler, C., Daubeny, H, Harding, B. and Baumann, T.2007.** Saanich Red Raspberry. *HortScience*, 42(1), pp. 176-178.
17. **Kempler, C., Harding, B. and Baumann, T.2007.** Stolo strawberry cultivar. *J. Amer. Soc. Hort. Sci.*
18. **Gerbrandt, E., T. Baumann, D. Chu and M. Swan 2014.** Yield Component Analysis use in Determination of Crop Estimations. *HortScience*, submitted.

Unrefereed Papers: 25, list available upon request

Reports: 40, list available upon request

Abstracts: 50, list available upon request.

Manuals:

Baumann, T.E. 1990. Grower manual for strawberry season extension. 16pp.

Baumann, T.E. and W.S. Peters 1991. Grower manual for strawberry season extension. 20pp.

Baumann, T.E., E. Gerbrandt and M Sweeney 2009. Grower manual for strawberry season extension. 30pp.

AWARDS: U.P. Hedrick Award 1989, American Pomological Society

CONFERENCES/SEMINARS:

- Lower Mainland Horticultural Improvement Association Annual Growers' Shortcourse 1986-13, talks, chair, moderator
- Annual Meeting Fraser Valley Strawberry Growers Association 1986-13

- Western Washington Horticultural Association 1988, 2002, 2013
- University of British Columbia, Introduction for first year students 1990
- BC Council of Garden Clubs General Meetings April and October 1991, October 2009
- Panel discussion on Research Grant Proposals, Richmond, BC, 24. October 1991
- Horticulture Therapy Seminar at the University College of the Fraser Valley, April 1994, 95, 96.
- Oregon Horticulture Society Growers Meeting 1996.
- Arbour Day Lectures (2) on Tree Fruits, Coquitlam, BC, 1995, 2009
- Holland/Canada Symposium Convener, 2011 and again 2013

Continuing Studies:

VanDusen Bot. Garden:

- 1990, 92, 95-00 Fruit in home garden, Pruning workshop

University of the Fraser Valley:

- 4 night workshop (Small fruits, tree fruits and vegetables I+II) at both the Chilliwack and Abbotsford campus winter 1992, 1993.
- Fruit Production, Fruit Tree Pruning 1994-01.
- Four Botanical Hikes each year 1996, 1997.
- Offering 12 courses in Spring 1997/8 (Environmental Topics).

Malaspina University College now VIU:

- Fruit Production workshop 1999/2000/2001
- Grape Production and Enology 2000/1
- Propagation 2000, 2002

Community Liaison:

- Horticulture Therapy with Chilliwack Hospital's Psychiatric Ward and Long-term multi-level care facility Heritage Village. Healing Garden Planning and construction, plantings, crafts and special events with residents. Residents also visit UFV greenhouse facilities once a year. Co-operative effort with Joanna Hirschall, Health Sciences, UFV. Gardening during the winter in greenhouses of UFV with Senior's Resources Society Chilliwack. Once a month during the Fall and Winter. Planting, seeding, garden design, etc. Co-operative effort with Joanna Hirschall, Health Sciences, UFV. 1996-date.
- Gwynne-Vaughan Park Society, design of master plan for the nearly 7 acre park on Fairfield Island, Chilliwack. Implementation of pruning and planting with the UFV students since 1995.
- Organise and implement elementary school children visits (1994 and 1995) to the agriculture department, hands-on fun stuff in classroom and greenhouses. Co-operative effort with Franziska Seywerd, Fairfield Island.
- Channel 10, three programs one introducing me as an instructor (30 minutes) introducing our programs, feature student Alicia Powell, the

other on horticulture therapy (1 hr). Co-operative effort with Joanna Hirnschall, Health Sciences, UFV.

- Cranberry Children's Video: scientific advisor on video, that garnered a Golden Apple Award at the San Francisco educational material conference/show (1993).
- Extension Services for growers: Extensive travels throughout BC during the summer to bring extension services to growers that would otherwise have little access to up-to-date information, on-going.
- Community Orchard for Chehalis First Nations Band, planning and implementation, 1995/6.
- Talks to Garden Clubs and Associations: approximately 10 talks per year.

Research:

With UBC (all in co-operation with Dr. G.W. Eaton, Plant Science, UBC):

- strawberry research from 1984 to 1993, described above.
- cranberry research 1985: yield component analysis
- raspberry research 1988-1993: yield component analysis

With UFV:

- greenplan trials: sustainability of crop growing with organic additions to the soil). Field and greenhouse trials(1994-1997).
- native blackberry collection and rooting trials at UCFV greenhouses in co-operation with Oregon State University (1995).
- blueberry, raspberry and strawberry breeding program of Agriculture and Agri-Food Canada, PARC Agassiz: students scarify and stratify seeds, seed, grow plants, screen for aphid resistance. Industry sponsored program (since 1993). Field trial co-ordinator on-going.
- blueberry yield component analysis as part of a directed study with student. Industry sponsored, in co-operation with Dr. Edith Camm, Biology, UCFV (1995/6).
- wireworm trials, co-operation Dr. Bob Vernon (Agriculture and Agri-Food Canada, PARC Agassiz). Management of student labour, grant held at UCFV. Industry sponsored (1996-2002).
- density trials in co-operation with Chaim Kempler, Agriculture and Agri-Food Canada, PARC Agassiz. Management of strawberry plants in the first three years 1995-1997.
- Blueberry disease isolation trials with BCMA.
- Blue honeysuckle research with Eric Gerbrandt (Ph.D. Cand.) funded by U of Saskatchewan and Vanier Scholarship at > \$100,000 per year
- Blueberry, new variety YCA descriptors with Eric Gerbrandt, 2011, 2012, on-going, funded by the BC Blueberry Council, IAF and Growing Forward at 40,000/year
- Raspberry decline study with Eric Gerbrandt 2011, 2012, on-going, funded by the Raspberry Industry Development Council and IAF at \$90,000/year

- Rice for Sake project with Masa Shiroki and Eric Gerbrandt, 2012, funded by IAF and the producer at 10,000 for the year.
- Gumi Berry, Elderberry, Sea Buckthorn, Goji Berry research with Eric Gebrandt and SMK Herbal, funded by the Pacific Berry Resource Centre at UFV \$10,000/year
- Alternate plant sources for raspberry and strawberry, funded by RIDC, BCBC as well as IAF and the nursery industry at \$20,000/year

Scholarly activity:

Conferences:

- Annual Meeting of the American Society for Horticultural Sciences 1986, 1988.
- Annual field day, University of California at Davis, Watsonville Research Station 1989, 91, 93-2013.
- Lower Mainland Horticultural Improvement Association's Annual Growers' Shortcourse, Abbotsford, BC, 1986-2013.
- Fraser Valley Strawberry Growers Annual General Meeting, 1986-2013.
- BC Raspberry Growers Annual General Meeting, 1992, 1994, 2000-2013.
- Oregon State Horticultural Society's Annual General Meeting and conference, 1996.
- Western Washington Horticulture Association Annual General Meeting and conference, 1988, 1990, 2002.
- Annual General Meeting BC Council of Garden Clubs, 1990, 91, 2010.
- BC Blueberry Growers Association meeting, invited speaker, 2012

Study Trips:

- California fruit and vegetable production 1989, 91, 93-2013.
- Hawaii agriculture, University of Hawaii at Hilo 1994/5 and 1996-12.
- Hawaii botany and agriculture in preparation for a continuing education course 1996/7.
- Interior of BC, fruit and vegetable production, area covered, from Fraser Valley to Creston, 1990-2013.
- Cayman Islands, visit two of our students and liase with Community College on Grand Cayman for cooperation, 1999, 2003, 2010.
- Florida, visit two of our students and liase with University of Florida Extension Agents in Howard and Brower Counties. Visit of nursery production area for tropical agriculture and technology. Yearly since 2005.
- China, 2011 May, Fuzhou Agriculture and Forestry University, also Abbotsford Trade Mission to China
- Holland, visit private companies as well as HAS den Bosch and Van Hall Lahrenstein universities

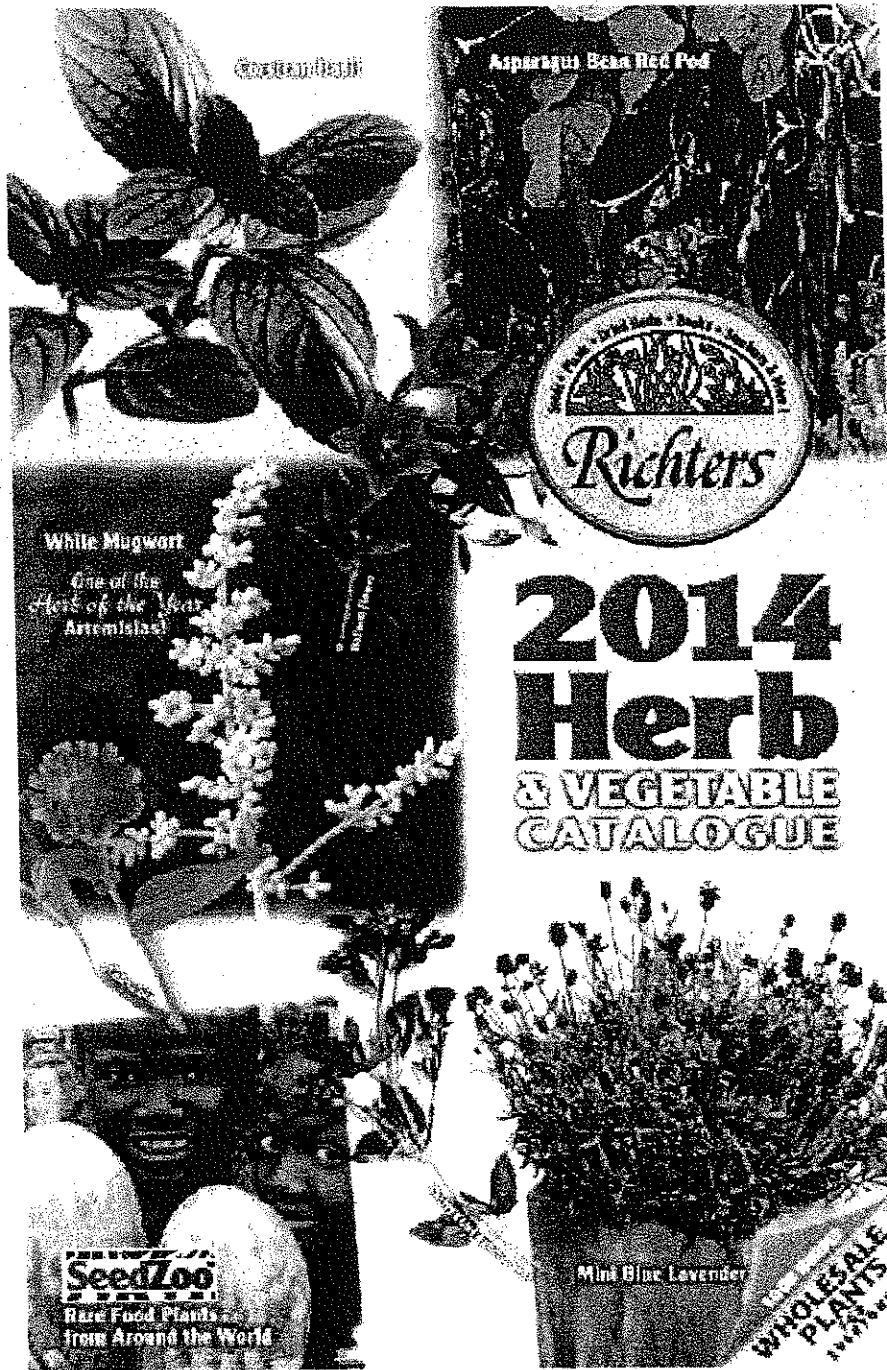
Course Development:

- 3 courses taught at UBC, 11 courses taught at UFV

- Agriculture 323 and Plant Science 411 in full Interactive Video format for simultaneous delivery in fall 1995.
- Agriculture 321 and 323 on-going for delivery via Interactive Video and computer mediated in fall and winter 2000/1/2.
- Various continuing education courses.
- Altered Landscape Conference, organisational committee, at UFV, September 1997.
- Update all courses for higher number of credits as well as Agri323, Agri321, Agri324 and Agri327 for higher University rating

Further professional involvement/Consulting:

- Research co-ordinator, Fraser Valley Strawberry Growers' Association. Management of research component of the \$1 million trust fund of the organisation since 1995.
- Member of the Industry Development Steering Committee of the \$1 million Trust Fund of the Fraser Valley Strawberry Growers Association since 1995.
- Research co-ordinator, Raspberry Industry Development Council, since 1999
- Extension trials for berry breeding program, since 2000, on-going
- Assessment of spray damage on raspberry crops for commercial company and grower via yield component analysis, 1995.
- Development of yield component based estimations of yield, pre- and post-harvest, for Risk Management, BCMA, four berry crops, 1994-1996 and again from 2002 on-going.
- Strawberry variety testing for plant breeder's rights purposes for UC Davis, 9 varieties, 1994/5, 4 varieties, 1999-2001, French variety 'Darselect' 1998-2000, 2 California varieties 2002/3. 15 varieties for California 2005 to 2013.
- Reviewer for ASHS Journals, approximately 7 papers reviewed to-date.
- Expert and material witness in blueberry related court cases.
- Consultant for establishing a grape vineyard in the Kootenay region of BC.
- Lead instructor in Turf management HRDC Employment Program at UCFV.
- Lead instructor in HRDC Eco-Tourism Employment program at UCFV.
- Consultant on Agri-Tourism manual and Conference, Chilliwack, BC.
- Consultant major litigation cases/arbitrations and BCMA Crop insurance 2001 to date, in vegetables and fruit. Major litigation case as expert in Portland, Oregon: fertiliser contamination, \$40 million US litigation, clients won \$36 million jury trial.



**2014
Herb
& VEGETABLE
CATALOGUE**

This is Exhibit "B" referred to in
 the affidavit of Thomas Baumann
 sworn before me at Abbotsford BC
 this 30th day of Oct 20 14

[Signature]
 A commissioner for taking affidavits
 for British Columbia

Welcome to our 2014 Catalogue

Richters HERBS

EVENTS

Come to our free seminars! We have many more at richters.com/events

FEB 2 HOW TO GROW BRUGMANSIA with Steven Biggs, Award Winning Garden Writer, 2-3pm

FEB 9 WONDERFUL WHEATGRASS with Tom Stern, DynamicGreens, 2-3pm

FEB 16 XERISCAPING, WATER EFFICIENT GARDENING with Jeff Mason Hogue, Mason House Gardens, 2-3pm



Travis Philp



Steven Biggs

MAR 30 COLD FRAME GARDENING with Kyla Dixon Muir, Riverdale Meadow Community Garden, 2-3pm

APR 6 ORGANIC PEST & DISEASE MANAGEMENT with Travis Philp, Greenshore Eco Farms, 2-3pm



Johanne Daoust

FEB 23 HOME CROPS THAT WOW with Steven Biggs, Award Winning Garden Writer, 2-3pm

MAR 2 ROOFTOP AND BALCONY GARDENS with Johanne Daoust, Design Educator and Urban Gardener, 2-3pm



Kyle Dixon Muir



Klaus Ferlow

APR 13 NEEM - NATURE'S POWERFUL SKIN REMEDY with Klaus Ferlow, Ferlow Botanicals, 2-3pm

Please stay afterwards for a book launch party for Klaus' new book on neem!

APR 27 GROWING AND BREWING HOPS with Nicholas Schaut, Ontario Hop Growers Association, 2-3pm

NATIONAL HERB DAY

Praising the Artemisias

Join us for a celebration of the amazing artemisias - from mugwort, santonica and tarragon to wormwood and yomogi. Come and learn what they can do for the landscape, the kitchen, and for health and healing. Free! 2-4pm

Feature presentations:

USEFUL ARTEMISIAS TO GROW

with Koidu Sulev, Richters Herbs, 2-3pm



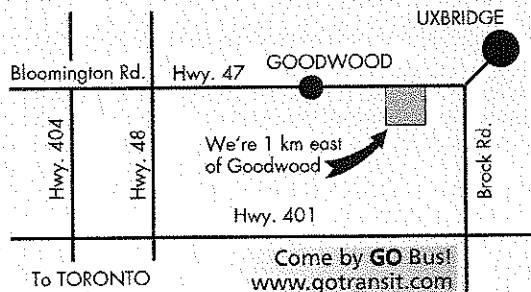
WHY ARTEMISIAS ARE IMPORTANT FOR HEALTH

with Carmen Lynde, CHT, RH, Vervain Inc, 2-3pm



Come visit our one-of-a-kind herbal store & greenhouse

We're about an hour from Toronto!



Greenhouses & Gift Shop:

Jan: Mon to Sun, 10-4 pm
 Feb-Mar: Mon to Sun, 9-5 pm
 Apr: Mon to Sun, 9-6 pm
 May-June: Mon to Sun, 9-7 pm
 July-Dec: Mon to Sun, 9-5 pm
 905.640.6677 x240

Shop Online:

www.Richters.com

Order Desk & Customer Service:

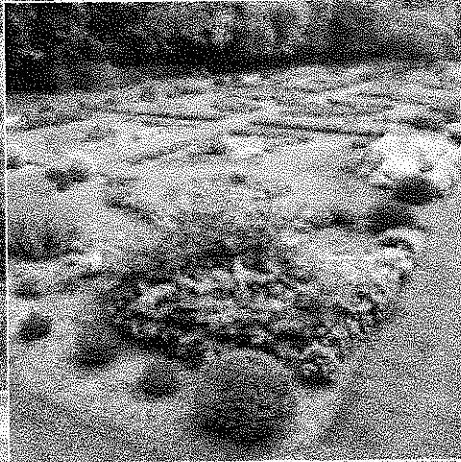
Jan-June: Mon to Thurs, 9-6 pm
 Fri to Sat, 9-5 pm
 July-Dec: Mon to Fri, 9-5 pm
 1.800.668.4372 / 1.905.640.6677



HERBS IN YOUR LANDSCAPE



YEAR 1



YEAR 3

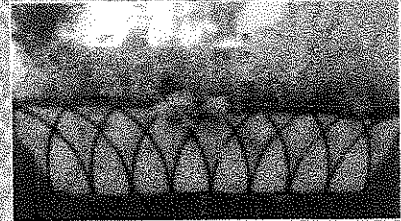
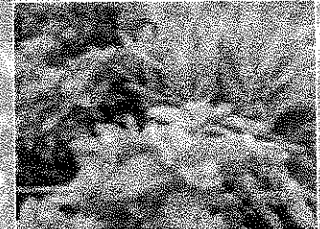
Wow! Look at what can be created with herbs from Richters! Bonny McKeough started "Q Garden" at her home in Southern Ontario three years ago and now it is a beautiful formal herb garden that will be enjoyed for years to come!

Let us help you create your herb garden!

Whether you want to create a simple kitchen herb garden, or a formal knot garden, we can help you make your dreams come true. Want to replace your lawn with a herbal alternative,

or add edible landscaping around your home? Come visit us online for great tips & ideas at

richters.com/mygarden

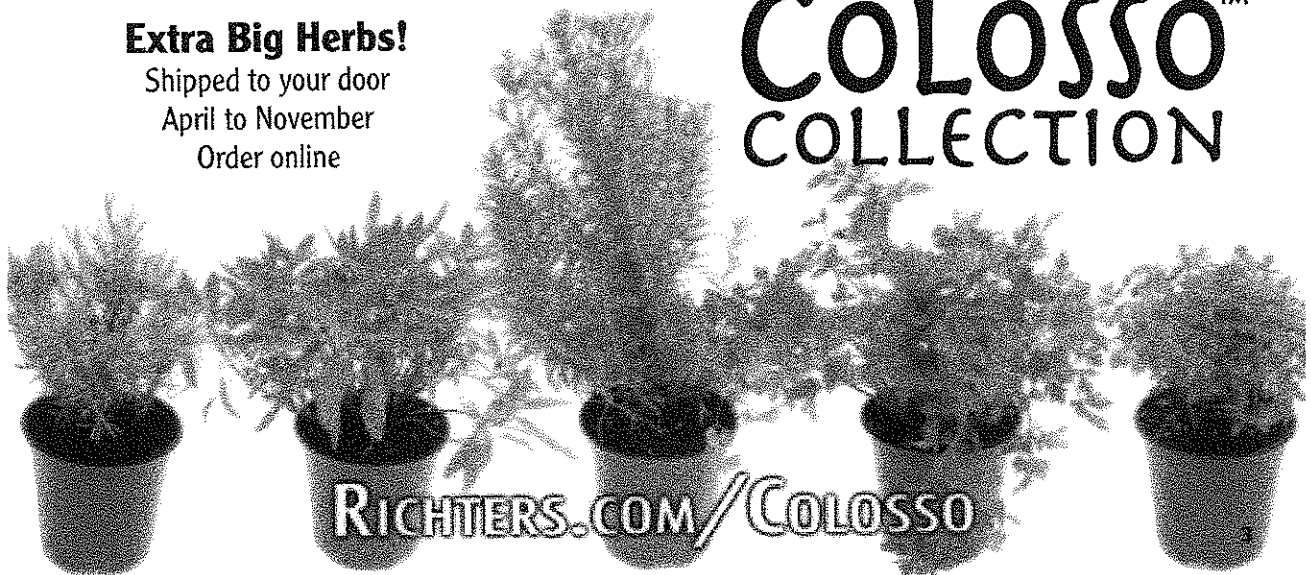


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Extra Big Herbs!

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April to November
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2017 Herb of the Year

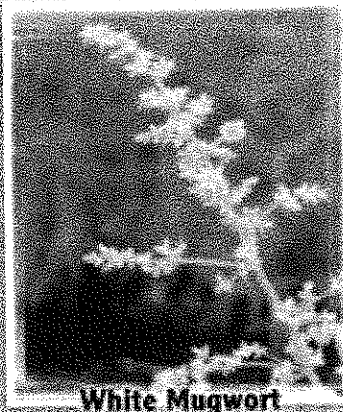
Praising the Artemisias

This year's choice for the Herb of the Year is actually a large and diverse group of plants. Important in medicine, in cooking, and as landscape plants, the artemisias are richly deserving of the honour. They include tarragon, one of the finest and most important ingredients in French cuisine, sweet annie, the source of a medicine crucially important for the prevention and treatment of malaria, and bitter wormwood, the defining ingredient of vermouth, without which the martini could not exist.

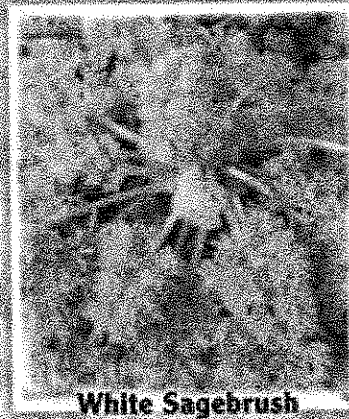
Man's connection to the artemisias goes back a long way. They are found growing in large expanses throughout the world and undoubtedly caught the eyes of early hunters and gatherers. According to the Greek myths, Artemis, the goddess of the wilderness and of the hunt, gave the power of the plant to Chiron the Centaur who was a great healer and teacher. It was Chiron who developed the first medicines from artemisia...



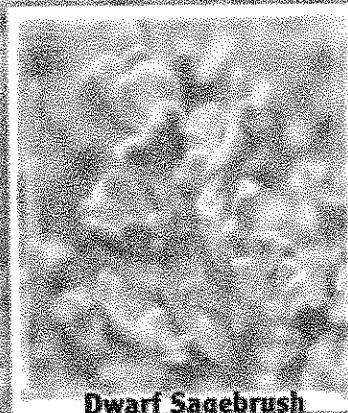
Mugwort



White Mugwort



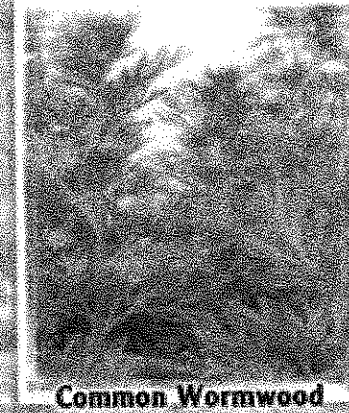
White Sagebrush



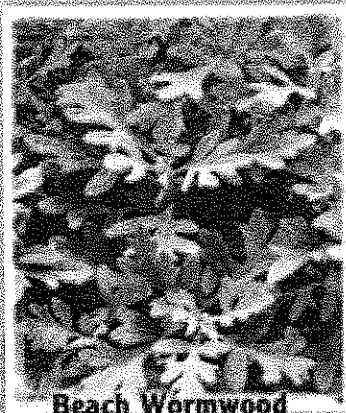
Dwarf Sagebrush



French Tarragon



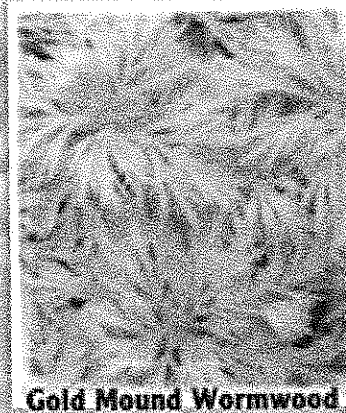
Common Wormwood



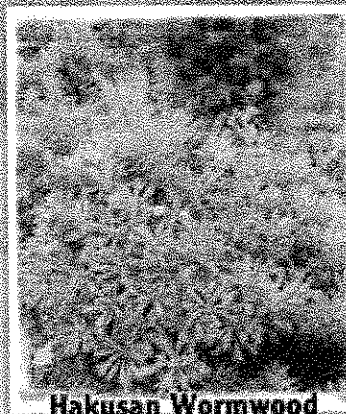
Beach Wormwood



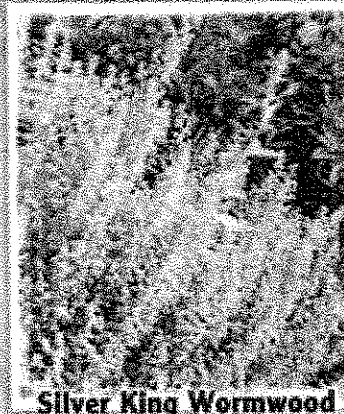
Dog Wormwood



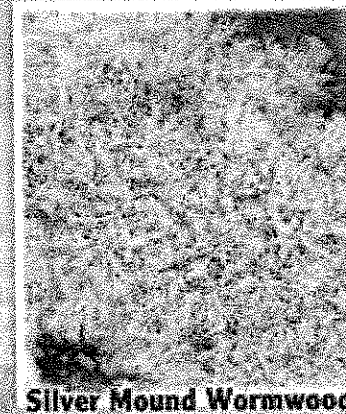
Gold Mound Wormwood



Hakusan Wormwood



Silver King Wormwood



Silver Mound Wormwood

What early herbalists must have noted is the bitter quality of the artemisias. Bitter herbs kick-start the digestive system, stimulate the liver, and boost the immune system. Today, as our lives become more and more sedentary, and our body's systems become more sluggish, we should be taking bitter herbs such as wormwood, santonica and mugwort to get things flowing again.

Even if we are not yet ready to take bitter herbs for health, the many silver or grey artemisias can help create a beautiful, serene effect in the landscape. The artemisias are very hardy, drought tolerant, and adapt well to most garden situations. For more varieties and information, visit richters.com/artemisias

International Herb Conference in Toronto!



SAVORY SAGAS
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TORONTO JULY 19-20, 2014 www.herbsforlife.com

The International Herb Association is holding its annual conference in Toronto. Richters will be there and we hope you will join us!

July 19-20, 2014.

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www.herbsforlife2014.com

Herbs

Seeds, Plants, and Plug Packs

ACONITE

Aconitum napellus P Z2-9 SM
(Monkshood; Wolfsbane) Striking bright blue flower spikes. Recognized as a poison since antiquity, especially to poison arrows. Contains aconitine, a useful sedative for many conditions. Not to be used without medical supervision.

S1010 Seeds: Pkt/\$5, 1g/\$7, 10g/\$45
P1010 Plants (Mar-June shipment): \$6.25

ADONIS

Adonis aestivalis A SGE
According to Greek legends, this flower sprang from the blood of Adonis. Formerly used as a cardiac stimulant like digitalis but is much stronger. Brilliant crimson and black flowers in June-July.

S1011 Seeds: Pkt/\$2.25, 100g/\$18, 1kg/\$110

AGASTACHE, APRICOT SPRITE

Agastache aurantiaca 'Apricot Sprite' P Z7-10 SE
"A staggering display of apricot spikes... erupting like flames," is how the breeder describes it. Indeed, this is one very impressive herb from England, excellent for flower beds, borders and containers. It is compact, reaching a height of only 45cm/18", and very quick growing, flowering in its first year from June on. A fine aromatic herb suitable for tea and beverages.

S1011-200 Seeds: Pkt/\$3.75, 1g/\$25, 10g/\$180



Summer Fiesta
Agastache

AGASTACHE, SUMMER FIESTA

Agastache 'Summer Fiesta' P Z7-10
Outstanding variety with dense masses of orange red spikes in summer. It stands up beautifully to hot weather. Even when the flowers drop the spikes covered in red calyces persist for weeks giving the impression the plants are still in bloom. Needs good drainage. Ht. 70cm/28".

P1011-750 Plants: \$8.25

AGRIMONY

Agrimonia eupatoria P Z5-9 SM
(Sticklewort) Tea has great reputation as a wash for healing wounds and skin eruptions. Internally, tea is useful for liver, kidney and bladder problems. Produces yellow, gold and green dyes.

S1012 Seeds: Pkt/\$3, 10g/\$10, 100g/\$63, 1kg/\$420

AJOWAN

Trachyspermum ammi A SE
An important commercial spice crop in India where the pungent, aromatic seeds are in great demand in curries, pickles, confectionery and beverages. Used medicinally for sore throat, bronchitis and cough. Grows like cummin or dill; do not disturb roots when transplanting. Ht. 30-100cm/1-3ft.

S1016 Seeds: Pkt/\$3, 100g/\$24, 1kg/\$150

ALFALFA

Medicago sativa P Z4-8 SGE
Well known fodder plant. Infusion with mint is an excellent nutritious tea for daily use; rich in easily assimilated vitamins, minerals and trace elements. Alfalfa sprouts are popular in sandwiches and salads.

S1020-001 Seeds: Pkt/\$2.25, 100g/\$7, 1kg/\$28, 10kg/\$190

ALKANET

Anchusa officinalis B Z4-9 SGE
(Bugloss) Root decoction has blood cleansing action. Once used to treat rabies. Also used as a diuretic and to induce perspiration.

S1040 Seeds (Not to OR): Pkt/\$3, 10g/\$24, 100g/\$170

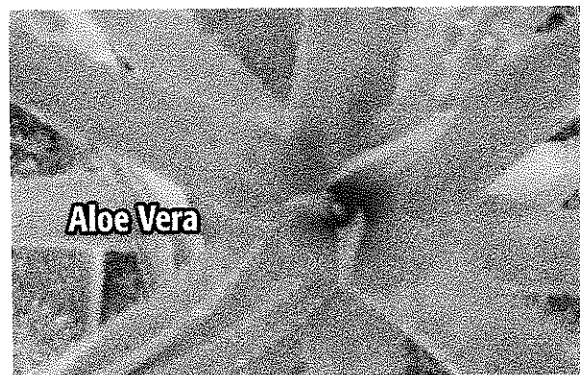
ALLHEAL

Prunella vulgaris P Z4-9 SGE
(Selfheal; Woundwort) As name suggests, infusion is effective medicine for most internal and external wounds due to its astringent action. Also as a gargle for sore throat.

S1100 Seeds: Pkt/\$2.25, 10g/\$13, 100g/\$90

S1100-001 Seeds: Pkt/\$3

P1100 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95



Aloe Vera

ALOE VERA

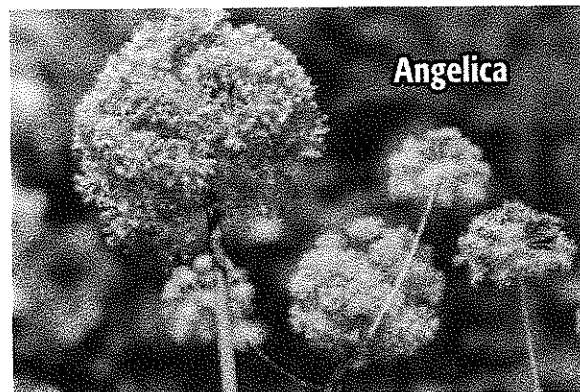
Aloe vera P Z10-11+
The famous healing plant. Fresh leaves can be split and gel applied to treat minor burns, sunburn, wrinkles, insect bites, minor cuts, scratches, and skin irritations. The juice is also used internally for ulcers. Grow indoors in good light.

P1121 Plants: \$4.25

ANDROGRAPHIS

Andrographis paniculata A SE
(Kalmegh) In Scandinavia this is the main herb used to fight the common cold, flu, and upper respiratory infections. Clinical trials have shown that this herb really works. Like echinacea, it works by boosting the immune system. It has adaptogen-like properties, it has anticancer activity, it is a bitter tonic, and it is an antioxidant that has been shown to protect the liver. Easy to grow.

S1127 Seeds: Pkt/\$3, 10g/\$7, 100g/\$30, 1kg/\$220



Angelica

ANGELICA

Angelica archangelica P Z4-9 SGM
Best known for candied stems, having flavour similar to licorice. Leaves, fresh or dried, make a pleasing tisane, resembling China tea. Lives only 2-3 years if flowerheads are not removed early.

S1130 Seeds: Pkt/\$3, 10g/\$6, 100g/\$35, 1kg/\$220

P1130 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

ANISE

Pimpinella anisum A SE
Best known for flavouring liqueurs such as anisette. Seeds are used in baked and confectionary goods. Fresh chopped leaves are appealing in soups, stews, sauces and salads. Aids digestion and eases cough.

S1140 Seeds: Pkt/\$1.75, 100g/\$18, 1kg/\$95

ANISE-HYSSOP*Agastache foeniculum*

P Z4-9 SGE

Attractive honey plant; produces abundant nectar which yields a light fragrant honey. Strongly anise-scented; delightful for tea or as culinary seasoning. Showy purple flowers.

☉ S1145-001 Seeds: Pkt/\$3, 10g/\$39, 100g/\$290, 1kg/\$1900

P1145 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, Plug pack: 12/\$12

ANISE-HYSSOP, SNOW SPIKE*Agastache foeniculum* 'Snow Spike'

P Z6-9 SGE

Showy white version of the anise-scented tea and honey herb. Ht. 1m/40".

S1145-900 Seeds: Pkt/\$3.75

ANNATTO*Bixa orellana*

P Z11+ OE

Seeds are source of natural bright-yellow food colouring, used in butter, margarine, cheese and other foods. Used by South American Indians to paint their bodies red. Easy to grow shrub or small tree; nice compact bushy habit.

S1128 Seeds: Pkt/\$3, 100g/\$15, 1kg/\$85

ARNICA, AMERICAN*Arnica chamissonis*

P Z5-8 SGE

The Vienna Pharmacognostic Institute found that this plant has the same medicinal action as the European variety, *Arnica montana*. Easier to grow.

P1149 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

ARNICA, EUROPEAN*Arnica montana*

P Z6-9 SGE

Famous Swiss herb used externally for bruises, burns and inflammations. Grows best in acid soil.

S1150 Seeds: Pkt/\$3.75, 1g/\$7, 10g/\$50, 100g/\$350

P1150 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

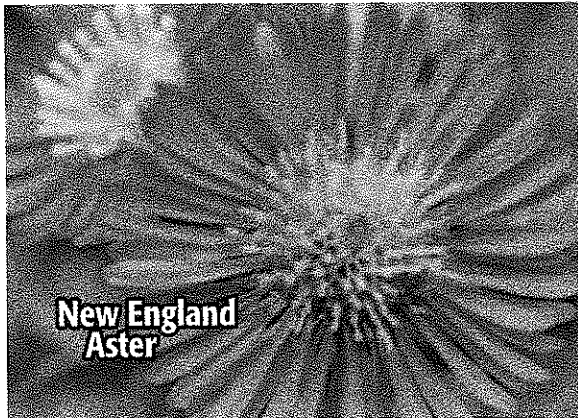
ASHWAGANDHA*Withania somnifera*

A GM

Highly regarded Ayurvedic (Indian) medicine herb sometimes called "Indian ginseng." It is the primary strengthening tonic in Ayurveda; used for everything from general weakness, rheumatism, insomnia, infertility, impotence and "weakness of the mind."

☉ S1210-001 Seeds: Pkt/\$3, 100g/\$18, 1kg/\$110

P1210 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



New England Aster

ASTER, NEW ENGLAND*Symphyotrichum novae-angliae*

P Z4-9 SGE

Native people have used the roots of this plant for fever, catarrh and pain. The Iroquois used it as a 'love medicine' and as a 'smudging' herb to revive the unconscious. This showy North American native displays its deep violet flowers in the fall.

S1220 Seeds: Pkt/\$3, 10g/\$21, 100g/\$150

ASTRAGALUS*Astragalus membranaceus*

P Z5-8 SGE

(Chinese milkvetch; Huang qi) One of the most important Chinese medicinal herbs, especially for its immune enhancing properties. Tonifies the spleen, especially in cases of fatigue. Boosts and tonifies *chi*. Cardiotoxic; lowers blood pressure and blood sugar; improves circulation. Beneficial effect on kidneys, liver, and endocrine system.

S3991 Seeds: Pkt/\$3, 10g/\$8

☉ S3991-001 Seeds: Pkt/\$3.75

P3991 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

AVENS*Geum urbanum*

P Z5-9 SGE

(Herb bennet) Infusion is used to treat diarrhea and indigestion. Also as an external application to wounds. Formerly used to add unique flavour to ale.

S1230 Seeds: Pkt/\$3, 10g/\$9, 100g/\$60

AZTEC SWEET HERB*Phyla dulcis*

P Z11-11+

Mexican herb used since at least the time of the Aztecs for coughs, colds, bronchitis, asthma, and colic. Leaves contain the intensely sweet compound hernandulcin, but high camphor content makes them unsuitable as a sugar substitute. Low creeper, with small white flowers; excellent in hanging baskets.

P1232 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, Plug pack: 12/\$12



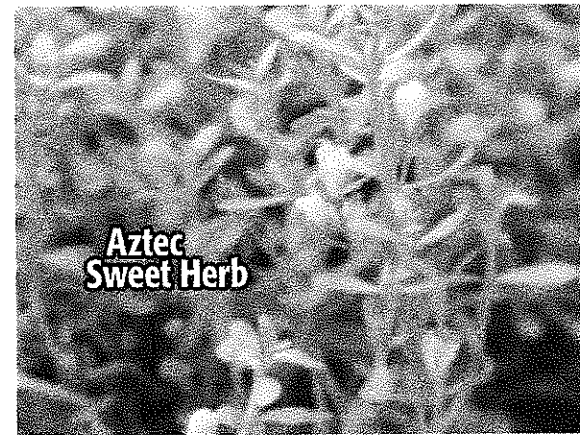
Manchurian Baby's Breath

BABY'S BREATH, MANCHURIAN*Gypsophila oldhamiana*

P Z4-9 SGE

(Yin-chai-hu) Attractive light pink sprays of flowers. Root is used in Chinese medicine for jaundice, lung disease, rheumatism and typhoid fever. Used in cases of yin deficiency, especially in cases involving chronic low grade fever.

P1235-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Aztec Sweet Herb

BACOPA*Bacopa monniera*

A

Improves mental clarity and memory! (Brahmi; Thyme-leaved gratiola) The true medicinal bacopa, not to be confused with the ornamental bacopa (*Sutera*) commonly used in hanging baskets. The whole plant is medicinal: a nerve and cardiac tonic with a tranquilizing action similar to reserpine. In India it is used for the treatment of debility, nervous breakdown, epilepsy, hysteria, and insanity. Easy to grow in pots or outdoors as a summer annual.

P1235-600 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

BAI ZHI*Angelica dahurica*

P Z5-8 SGE

Root used in Chinese medicine to treat toothache and headache and externally for mastitis and infected wounds. Has antipyretic, analgesic and antibacterial action.

S1236 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$52

☉ S1236-001 Seeds: Pkt/\$5



Balloon Flower

BALLOON FLOWER

Platycodon grandiflorus

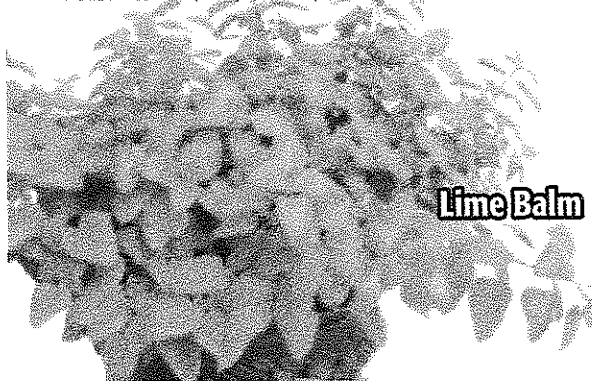
P Z4-9

Interesting profuse blue flowers resemble balloons just before opening. Important herb of the Orient: cough remedy is prepared from the roots; wholesome young foliage added to salads.

S1237 Seeds: Pkt/\$3, 100g/\$25, 1kg/\$150

S1237-001 Seeds: Pkt/\$3.75

P1237 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Lime Balm

Balm

(*Melissa*)

LEMON BALM

Melissa officinalis

Standard variety.

S1240 Seeds: Pkt/\$1.75, 10g/\$8, 100g/\$38, 1kg/\$250

S1240-001 Seeds: Pkt/\$3, 10g/\$9, 100g/\$60

P1240 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

CITRONELLA BALM

Melissa officinalis 'Citronella'

Most fragrant variety available. Has double the oil content of other varieties, up to 0.4%. Suited for home gardens and for commercial pot plant and field production. Uniform, compact, erect form, 25-30cm/10-12" high with medium-large to large leaves. Mildew resistant.

S1240-200 Seeds: Pkt/\$2, 10g/\$9, 100g/\$60, 1kg/\$400

QUEDLINGBURGER LEMON

Melissa officinalis 'Quedlingburger'

Taller variety, up to 50-60cm/20-24" high. Good oil content at about 0.2%. Suited for bulk herb field production.

S1240-500 Seeds: Pkt/\$3, 10g/\$7, 100g/\$40, 1kg/\$260

LIME BALM

Melissa officinalis 'Lime'

Very similar to lemon balm in appearance and growth but the scent is closer to lime. A new twist! Uses for tea and medicine are much the same.

P1240-900 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

BALSAM

Impatiens balsamina

(You gu) Familiar garden annual. A medicinal herb in China where it is used to clear obstructions in the throat. Flowers mixed with alum are used to paint fingernails. Double and semi-double flowers in a wide colour range.

S1248 Seeds: Pkt/\$1.75, 10g/\$7, 100g/\$31, 1kg/\$200

BAN XIA

Pinellia ternata

P Z6-9

Hardy aroid herb with light green tripartite leaves; 30cm/12" high. Tubers used in Chinese traditional medicine to combat conditions characterized by dampness and phlegm. Also used to regulate the upward flow of *chi* and to control vomiting. Contains ephedrine.

P1250 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75



Sweet Basil

Basil

(*Ocimum*)

Sweet Group (*O. basilicum*)

Familiar sweet-scented types. Sweet basil has particular affinity for tomatoes, and no tomato dish should be served without it. A few leaves of fresh basil in tomato salad, soup or sauce will bring words of praise.

Note: Some varieties of this group are not 100% true to name. Some variation in leaf form and growth habit is to be expected.

JOLINA BASIL

Ocimum basilicum 'Jolina'

A commercial Italian variety bred for compactness and uniformity. Its leaves are dark green leaves, somewhat smaller than standard sweet varieties. Very attractive. Excellent for pot production or for field production.

S1265-001 Seeds: Pkt/\$3, 100g/\$25, 1kg/\$150

MEDINETTE BASIL

Ocimum basilicum 'Medinette'

Compact variety with leaves larger than bush basil but not as large as Genovese. Excellent for potplant production, reaching only 30-35cm/12-14" high. 'Medinette' is slow to bolt, especially in hot conditions, and because of this trait it is often preferred over Genovese varieties where the summers are hot or in hot greenhouses.

S1267 Seeds: Pkt/\$3, 10g/\$7, 100g/\$27, 1kg/\$170

NAPOLETANO BASIL

Ocimum basilicum 'Napoletano'

Standard lettuce-leaf type grown in Italy. Large ribbed leaves, strong flavour.

S1268-100 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$40, 1kg/\$260

New! ROMANESCO BASIL

Ocimum basilicum 'Romanesco'

A large leaf basil has high oil content and hence a stronger aroma and flavour than other varieties. Excellent for pesto and other typical basil uses. Suited for greenhouse and field production. Good uniformity. Ht. 75-80cm/30-32".

S1269-501 Seeds: Pkt/\$1.75, 10g/\$5, 100g/\$33

SWEET BASIL

Ocimum basilicum

Long time popular variety. Large foliage. Prolific.


S1270 Seeds: Pkt/\$1.75, 100g/\$7, 1kg/\$45, 10kg/\$360

S1270-001 Seeds: Pkt/\$2.25, 100g/\$22, 1kg/\$135, 10kg/\$1000



Nufar Basil


NUFAR F1 BASIL

Ocimum basilicum 'Nufar' A 
 The original fusarium-resistant variety of sweet basil! This hybrid has shown very good resistance to fusarium in laboratory tests conducted for us by Dr. Robert Wick, the leading U.S. authority on fusarium in basil.
S1273-301 Seeds: Pkt/\$3.75, 10g/\$9, 100g/\$65, 1kg/\$420


Genovese Group (*O. basilicum*)

Classic large-leaf type from the Genoa area of Italy, the pesto capital of the world. Excellent for fresh or frozen use.


GENOVESE BASIL

Ocimum basilicum 'Genovese' A 
 Standard large-leaf variety.
S1273-001 Seeds: Pkt/\$3.75, 100g/\$25, 1kg/\$150
P1273 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

DOLLY BASIL

Ocimum basilicum 'Dolly' A 
Biggest yields! Dolly is such heavy yielder that she is truly in a class all by herself. In a trial, Dolly produced 15% more fresh herb than the next most productive variety, and 50% more than standard Genovese varieties. Very uniform, large leaved and fast growing. Has improved tolerance against low temperatures. Leaf colour is a little lighter than other varieties. Best suited for outdoor gardens and field production.
S1273-211 Seeds: Pkt/\$3, 10g/\$7, 100g/\$34, 1kg/\$240


EMILY BASIL

Ocimum basilicum 'Emily' A 
 A very compact variety suited for both fresh cut production and for pot production. Has large leaves with bright medium green colour. Has long shelf life in pots or fresh cut in bags or bunches.
S1273-231 Seeds: Pkt/\$3, 10g/\$7, 100g/\$40, 1kg/\$240




Gecofure Basil

GECOFURE BASIL


Ocimum basilicum 'Gecofure' A 
 The breeder's choice of variety name 'Gecofure' is an unimaginative contraction of 'GENovese COMPatto FUsarium RESistant'. But what the breeder has done to the variety's performance, leaf quality and disease resistance is far more inspired. Excellent uniformity, aroma and flavour. Perfect for pot production. Ht. 30-35cm/12-14".
S1273-250 Seeds: Pkt/\$3, 10g/\$7, 100g/\$45, 1kg/\$290

ENVIGOR™ BASIL


Ocimum basilicum 'Envigor' A 
 The first disease resistant Genovese basil! Resistant to three debilitating and often fatal diseases: alfalfa mosaic virus, tomato spotted wilt virus, and cucumber mosaic virus. Excellent genovese basil with large leaves and intense flavour. RICHTERS EXCLUSIVE.
S1273-500 Seeds: Pkt/\$3, 10g/\$7, 100g/\$42, 1kg/\$280

Bush Group (*O. basilicum minimum*)


BUSH BASIL

Ocimum basilicum minimum A 
 Standard bush variety. Dwarf, bush form. Fine leaves. Ideal for pot culture. New and improved. Now more uniform.
S1255 Seeds: Pkt/\$2.25, 10g/\$6, 100g/\$35, 1kg/\$250


GREEK BUSH BASIL

Ocimum basilicum minimum 'Greek' A 
 Improved bush basil variety with smaller leaves, tight compact bushes, and uniform growth. Excellent as pot plants.
S1255-100 Seeds: Pkt/\$3.75, 10g/\$13, 100g/\$90, 1kg/\$590
P1255-100 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12


SPICY GLOBE BASIL

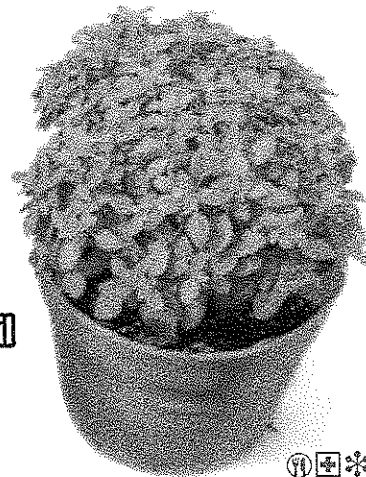
Ocimum basilicum minimum 'Spicy Globe' A 
 A most attractive form of bush basil with larger leaves (1 cm) and uniform dense globular little bushes. Plants tend to be a little stronger and more uniform than other bush varieties. Best variety for pot plant sales.
S1256 Seeds: Pkt/\$3, 10g/\$25, 100g/\$180, 1kg/\$1200
P1256 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

GLOBETTE BASIL

Ocimum basilicum 'Globette' A 
 Neat compact bush habit, only 10-15cm (4-6") high, with medium sized dark green leaves. Very aromatic. Excellent for pot culture.
S1256-200 Seeds: Pkt/\$3


GREEN GLOBE BASIL

Ocimum basilicum minimum 'Green Globe' A 
 A spectacular refinement of bush basil from Italy where the variety is known as *Finissimo Verde a Palla* ("very fine green, like a ball or globe"). Forms dense globular little bushes 50-70cm/20-28" across so perfectly uniform they look pruned. Good spicy flavour.
S1258 Seeds: Pkt/\$3, 10g/\$7, 100g/\$38, 1kg/\$250




Pistou Basil

PISTOU BASIL

Ocimum basilicum 'Pistou' A 
 Bush type with small leaves and a highly uniform dwarf compact habit. Excellent for pots and borders. Ht. 20cm/8in.
S1258-500 Seeds: Pkt/\$3, 10g/\$31, 100g/\$220

MARSEILLES BASIL

Ocimum basilicum 'Marseilles' A 
 Superb dwarf basil with large leaves. More uniform than other varieties. Excellent for pots and for borders. Ht. 25cm/10in.
S1266-300 Seeds: Pkt/\$3, 10g/\$24, 100g/\$170

Purple Group (*O. basilicum*)

New! CORSICAN BASIL

Ocimum basilicum 'Corsican'

We cannot confirm any connection to the island of Corsica, but we like its look anyway. It is similar to our purple and green 'Emerald Wine' variety introduced in 2013 with the added advantage that it can be raised from seed. The aroma and flavour are maybe a bit too mild for purists, but for folks unafraid to try something different we think Corsican is worth a look. We love it in Pad Thai with Walnuts and Corsican Basil (kaleandbutter.com). Ht. 75-90cm/30-36".

🌱 **S1259-901 Seeds:** Pkt/\$3.00, 10g/\$8, 100g/\$65



Corsican Basil

DARK OPAL BASIL

Ocimum basilicum 'Dark Opal'

Dark purplish-bronze foliage. Excellent for seasoning, and for basil vinegar which turns a beautiful red colour. Former All-American award winner, famous for its pure dark purple foliage, but in recent years it has become about 25% green.

🌱 **S1260 Seeds:** Pkt/\$1.75, 10g/\$5, 100g/\$36, 1kg/\$250

🌱 **S1260-001 Seeds:** Pkt/\$2.25, 10g/\$8, 100g/\$50, 1kg/\$350



EMERALD WINE™ BASIL

Ocimum basilicum 'OC12'

Like a fine wine this is a basil with character that lingers. The foliage with its wine-red veins encircled by an emerald-green border is a visual delight to the eye. So rich is the visual complexity that this is a basil one needs to appreciate up close, in pots on a windowsill or in a table centrepiece. The leaves and overall size are smaller than standard sweet basil. Its growth habit is compact but not densely so like bush basil.

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P1260-200 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



OSMIN BASIL

Ocimum basilicum 'Osmin'

Darkest of the purple basils. Leaves somewhat smaller than Rubin basil and less prone to lean. Height 50cm/20".

🌱 **S1260-400 Seeds:** Pkt/\$3, 10g/\$7, 100g/\$42, 1kg/\$280



ROSIE BASIL

Ocimum basilicum 'Rosie'

No green offtypes. Intense dark purple-red colour with no green at all. Other purple basils often have some green offtypes with partly green leaves; this one doesn't. Compact, upright growth habit. Has stronger stems and does not sprawl like 'Rubin' basil

🌱 **S1260-451 Seeds:** Pkt/\$3, 10g/\$8, 100g/\$50, 1kg/\$320



RUBIN BASIL

Ocimum basilicum 'Rubin'

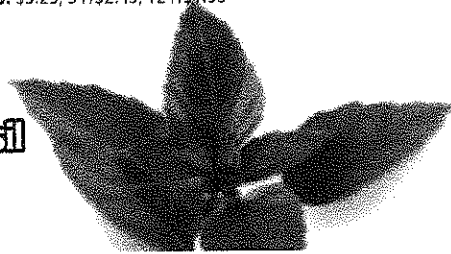
Significant improvement over the Dark Opal variety. Leaves nearly pure purple-bronze; very little green. Fine flavour and aroma.

🌱 **S1260-500 Seeds:** Pkt/\$3, 10g/\$11, 100g/\$80, 1kg/\$525

P1260-500 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95



Rubin Basil



PURPLE DELIGHT BASIL

Ocimum basilicum 'Purple Delight'

Excellent purple basil. Dark purple with little or no green colouration, much like the Dark Opal variety was before it deteriorated to greenish-purple. Medium sized leaves. Growth is stronger, more upright than Rubin. Strong flavour and scent.

🌱 **S1260-800 Seeds:** Pkt/\$3.75, 10g/\$11, 100g/\$80, 1kg/\$520



PURPLE RUFFLES BASIL

Ocimum basilicum 'Purple Ruffles'

An All-American winner. Large heavily ruffled and fringed dark purple leaves and pinkish-purple flowers make this a striking new addition to the herb garden or flower border.

🌱 **S1261 Seeds:** Pkt/\$2.25, 10g/\$12, 100g/\$85, 1kg/\$580



RED GENOVESE BASIL

Ocimum basilicum 'Freddy'

First purple-leaf Genovese! As far as we know this is the first purple leaf basil of the Genovese type. And what a looker it is! Has the same convex leaf shape as you find in the regular green Genovese basils, and the same aroma and flavour. Just imagine what gorgeous pestos you can make with this!

🌱 **S1273-700 Seeds:** Pkt/\$3



Other Basils (*O. spp.*)

ANISE BASIL

Ocimum basilicum

(Licorice basil) Originally from Persia, this gem has an endearing sweet anise fragrance and flavour. Purplish foliage.

🌱 **S1277 Seeds:** Pkt/\$3, 10g/\$7, 100g/\$42, 1kg/\$280



CINNAMON BASIL

Ocimum basilicum

From Mexico. Growth habit is similar to that of regular sweet basil, with a distinctive cinnamon taste and odour. Mexicans like to place a vase of fresh cut herb on the dinner table to ward off insects. Curiously, they do not seem to use it much in cuisine, despite its superb flavour. Deserves experimentation!

🌱 **S1278 Seeds:** Pkt/\$3, 10g/\$7, 100g/\$32, 1kg/\$200



African Blue Basil

AFRICAN BLUE BASIL

Ocimum 'African Blue'

Devotees of this variety love its attractive purplish-blue cast, strong growth habit, and sweet camphor scent. Leaf veins, flower spikes and stems are purple while the rest is green. The unusual flavour and odour definitely grow on you.

P1280 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12



AFRICAN SPICE™ BASIL

Ocimum 'Vev701'

Sweet and spicy! Imagine a blend of spices and florals, with a hint of citrus. That's what the scent and flavour of this variety are like. Delicious in pestos, salads, soups, drinks, tea, etc. Grows like lemon basil (*O. americanum*) with similar smallish, smooth leaves, small white flowerspikes, and short stature. We found this growing on the coastal savanna of West Africa in 2007 and it has since done well in pots in our greenhouses. Ht. 30cm/12".

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P1280-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



LEMON BASIL

Ocimum americanum

Intensely fragrant of lemon. Ideal for tea and potpourri. Compact bush habit.

S1283 Seeds: Pkt/\$3, 10g/\$7, 100g/\$25, 1kg/\$160

S1283-001 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$31, 1kg/\$200

LIME BASIL

Ocimum americanum

Wonderful lime-scented version of lemon basil from Thailand.

S1284-001 Seeds: Pkt/\$3, 10g/\$8, 100g/\$51, 1kg/\$340

SACRED BASIL

Ocimum tenuiflorum

(Tulsi, Holy basil) The true sacred basil grown in houses, gardens and near temples all over India. Mildly intoxicating clove-scented leaves are used in salads and other cold dishes. Note that much of what is sold as sacred or holy basil is actually spice basil, listed separately.

—**GREEN** Sri tulsi or Rama tulsi.

S1285-100 Seeds: Pkt/\$3, 10g/\$6, 100g/\$14, 1kg/\$100

—**PURPLE** Krishna tulsi. Attractive purple leaf form grown throughout India.

S1285-500 Seeds: Pkt/\$3, 10g/\$7, 100g/\$25, 1kg/\$130

P1285-500 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95



Oriental Breeze Basil

ORIENTAL BREEZE BASIL

Ocimum basilicum 'Oriental Breeze'

Outstanding showy basil equally at home in the flowerbed as it is in the herb garden. Showy purple flowerheads perched on bright green foliage appear from June to September. As a cutflower it reaches 80cm/28in while it is a more restrained 30-40cm/12-16" in pots. Strong spicy basil scent and flavour. Fleuroselect winner.

S1286 Seeds: Pkt/\$3.75, 1M/\$20, 10M/\$150

SPICE BASIL

Ocimum sp.

Interesting form of basil with strong spicy fragrance and flavour. Possibly a natural hybrid between *O. canum* and *O. basilicum*. Although recognized as sacred by Hindus, this variety is often confused with sacred or holy basil (*O. sanctum*).

S1289 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$16, 1kg/\$90

Thai Basil

THAI BASIL

Ocimum sp.

Similar to anise basil, but the flavour and fragrance is less licorice-like. True strain used in Vietnamese and Thai cooking. Essential fresh cut accompaniment to many Vietnamese dishes, including *pho*, a famous beef or chicken noodle soup. Addictive!

S1290 Seeds: Pkt/\$3, 100g/\$18, 1kg/\$110

P1290 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

QUEENETTE THAI BASIL

Ocimum sp.

In our trials it was rated as the most aromatic and flavourful of the Thai basil.

S1290-500 Seeds: Pkt/\$3, 10g/\$13, 100g/\$90, 1kg/\$620

SIAM QUEEN THAI BASIL

Ocimum sp. 'Siam Queen'

All-American winner for 1997. Has very regal looking dense deep purple inflorescences contrasting with the dark green leaves. Spicy anise-licorice aroma and flavour; excellent served fresh in such dishes as Thai green curries and Vietnamese noodle soups.

S1290-700 Seeds: Pkt/\$3, 10g/\$21, 100g/\$150, 1kg/\$1100

WEST AFRICAN BASIL

Ocimum viride

(Adefetue) Scent and flavour resemble thyme. Used throughout Africa for fevers. Popular general tonic and remedy for diarrhoea, and used to repel insects. Leaf oil is highly antiseptic due to thymol content which explains its use as a gargle, dressing for wounds and treatment for conjunctivitis.

P1292 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

BAY LAUREL

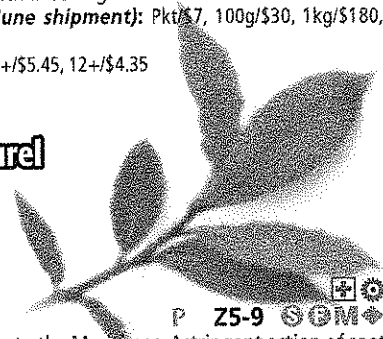
Laurus nobilis

Like wine, thyme and leeks, bay leaf is a foundation flavour of French cuisine. Meat, fish and poultry dishes almost always have a touch. Frost-sensitive small trees; best grown in tubs that afford easy movement indoors during winter. Note: Bay seeds will not germinate if they dry out too much in storage.

S1300 Seeds (Mar-June shipment): Pkt/\$7, 100g/\$30, 1kg/\$180, 10kg/\$1500

P1300 Plants: \$7.25, 3+/\$5.45, 12+/\$4.35

Bay Laurel



BAYBERRY

Myrica pensylvanica

Aromatic shrub, native to the Maritimes. Astringent action of root bark abates diarrhoea and hemorrhages; and as a gargle, soothes sore throat. Wax-covered berries are used to make aromatic candles and soap. Berries are boiled in water, liberating the wax which floats on top. Berries produce blue dye and with various mordants, leaves produce yellow, gold and greyish-green dyes. Seeds germinate more readily if wax is removed and seeds are exposed to 6 weeks of moist cold treatment.

S1298 Seeds: Pkt/\$3, 10g/\$12, 100g/\$80

P1298 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

BEDSTRAW, YELLOW

Galium verum

(Lady's bedstraw) Tops and roots are sources of yellow and red dyes. Decoction is useful for bladder and kidney complaints, and has the ability to curdle milk (hence its other name, cheese rennet).

S1335 Seeds: Pkt/\$2.25, 10g/\$13, 100g/\$90

P1335 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

BET, SUGAR

Beta vulgaris 'Beta 1127'

A traditional source of molasses and sugar. Although the process is lengthy it is possible to extract molasses, and even sugar, at home from sugar beets grown in your garden. Sow in open ground in May; pull roots in October. Cool weather crop; roots attain maximum sugar content in the fall.

S1340 Seeds: Pkt/\$3, 10g/\$7, 100g/\$45, 1kg/\$300

BELLADONNA

Atropa belladonna

Source of atropine, valuable in treating eye diseases and spasms. External applications lessen local inflammation and pain. Do not use without medical supervision.

S1345 Seeds: Pkt/\$3, 10g/\$19, 100g/\$130

P1345 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Wild Bergamot

Bergamot

(*Monarda*)

Beebalm Group (*M. didyma*)

BERGAMOT

Monarda didyma

P **Z4-10**

A showy mixture of scarlet, pink, salmon and crimson flowers.

S1380 Seeds: Pkt/\$5, 1g/\$18, 10g/\$120, 100g/\$870

P1380 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

BLUE STOCKING

Monarda didyma

P **Z4-10**

Enormous violet-purple flowers; keeps blooming until frost. Ht. 75cm/30".

P1380-050 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

MARSHALL'S DELIGHT

Monarda didyma

P **Z4-10**

Pink. Superb mildew-resistant strain developed in Canada. Ht. 70cm/28"; this variety is hardy to zone 3. Price includes royalty fee to the breeder.

P1380-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

ROSE-SCENTED

Monarda didyma

P **Z4-10**

It's easy to fall in love with this one! Has an amazing rose-like scent owing to its high geraniol oil content. Excellent for potpourri and tea. Robust growth habit. Lavender-coloured flowers. This variety grows best in zones 4-8.

P1380-800 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75, **Plug pack:** 12/\$15



Red Bergamot

RED BERGAMOT

Monarda didyma

P **Z4-10**

Showy flower in a mixture of red tones. Leaves and flowers make a pleasant, soothing tisane.

S1381 Seeds: Pkt/\$5

P1381 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

SAVE!
ON SEEDS

Order 50g of seeds at the 100g price, or 500g at the 1kg price. E.g. if the 100g price is 100g/\$80 you pay \$40 for 50g. **Save up to 25%!**

Other Monardas (*M. spp.*)

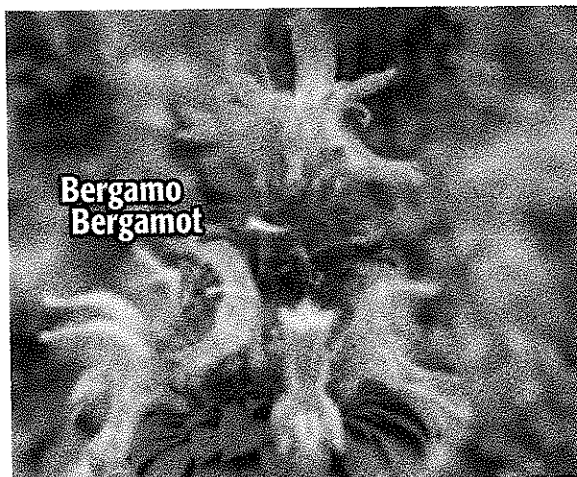
LEMON BERGAMOT

Monarda citriodora

A

Attractive native of the American southwest with pink-purple flowers. Young foliage is strongly lemon-scented and excellent in tea. Leaves used by Hopi Indians to flavour wild game.

S1382 Seeds: Pkt/\$3.75, 10g/\$6, 100g/\$22, 1kg/\$135



Bergamo Bergamot

BERGAMO BERGAMOT

Monarda x hybrida 'Bergamo'

A

Impressive annual variety with intense rose-purple flowers arranged in spikes. The flowers start earlier than other bergamots and last through August. The mass of colour is so striking Bergamo was awarded the Fleuroselect Gold Medal for 2008. The leaves have a pleasant mild lemon scent and flavour. Mildew resistant. Ht. 45-60cm /18-24".

S1383 Seeds: Pkt/\$5, 1M/\$30, 10M/\$210

WILD BERGAMOT

Monarda fistulosa

P **Z3-9**

Lavender flowers; strong fragrance. Used for tea and for flavouring meat. Frequently seen along roadsides in eastern Canada and U.S.

S1385 Seeds: Pkt/\$3, 10g/\$19, 100g/\$135

BETHROOT

Trillium erectum

P **Z4-9**

(Red trillium; Birthroot; Wakerobin) Important native American herb. Tea made from the roots was used for menstrual problems, to induce labour, for menopause, and as an aphrodisiac. Also for coughs, bowel complaints, hemorrhages, asthma, lung disorders and for skin irritations. Woodland perennial, 15-40cm/6-16" high, with deep red flowers in spring.

P1389 Plants (Apr-June shipment): \$8.25, 3+/\$6.20, 12+/\$4.95

BETONY

Stachys officinalis

P **Z4-8**

Good substitute for black tea; infusion resembles the taste and is caffeine-free. Helps relieve headache, and has general tonic action.

S1390 Seeds: Pkt/\$3, 10g/\$16, 100g/\$110

P1390 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

BISHOPSWEED: See LACEFLOWER

BLACK-EYED SUSAN

Rudbeckia hirta

B **Z3-10**

One of the most loved wildflowers. Golden-orange daisies, brown centres: July-Sept. Ht: 60cm/24". The plant and root have both been used by North American native tribes to treat a wide range of ailments — from worms in children to snakebites and earaches.

S1437 Seeds: Pkt/\$2.25, 10g/\$6, 100g/\$17, 1kg/\$100

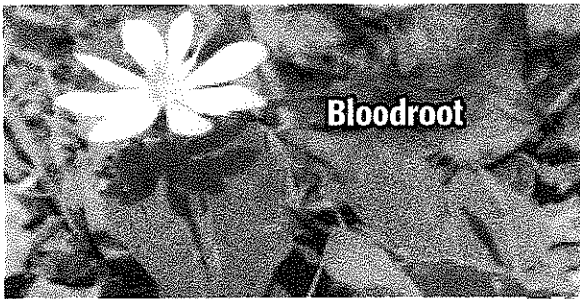
BLOODFLOWER

Asclepias curassavica

A

Handsome ornamental with showy orange crimson flowers. Used to induce vomiting and to expel worms. Has digitalis-like action on the heart. Interestingly, birds find monarch butterflies feeding on this plant to be foul tasting, and never eat another again!

S1440 Seeds: Pkt/\$2.25, 10g/\$5, 100g/\$35, 1kg/\$240



BLOODROOT

Sanguinaria canadensis

P Z3-8 ☼☼☼☼

One of our most beautiful woodland wildflowers. Conspicuous white flowers, 5cm/2" across, appear in early spring. Important dyeplant: roots yield red-orange colour for dyeing wool. Indians dyed their bodies and clothes with bloodroot.

S1450 Seeds (July shipment): Pkt/\$10

P1450 Plants (Apr-June shipment): \$6.25, 3+/\$4.70, 12+/\$3.75

R1450 Rootlets (Apr-May shipment) (Can,US only): 100/\$220, 1000/\$1500

BO-TREE

Ficus religiosa

P Z10B-11+ ☼☼

(Pipal) Sacred tree of Hindus and Buddhists; Buddha meditated non-stop for 7 years under a bo-tree until he reached liberation. Has anti-bacterial properties. Fine houseplant like *Ficus benjamina*.

S1468 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$40, 1kg/\$300

P1468 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

BONESET

Eupatorium perfoliatum

P Z4-8 ☼☼☼

Eastern North American native found in swampy areas and along streams. White flowers; 30-150cm/1-5ft high. Excellent remedy for colds and intermittent fever, especially for flu. Medical evidence suggests that it enhances the immune system. Caution: contains pyrrolizidine alkaloids; not recommended for long term use.

S1467 Seeds: Pkt/\$3, 1g/\$6, 10g/\$40

P1467 Plants (June-Aug shipment): \$4.25, 3+/\$3.20, 12+/\$2.55

BORAGE

Borago officinalis

☼☼☼☼ ☼☼

Known as the Herb of Gladness for its exhilarating effect. Try adding chopped young leaves and flowers to salads or summer drinks. On those sweltering summer days, cool off with iced borage tea, adding honey and lemon juice to taste.

S1470 Seeds: Pkt/\$1.75, 100g/\$18, 1kg/\$130, 10kg/\$1000



BORAGE, BIANCA

Borago officinalis 'Bianca'

☼☼☼☼ ☼☼

Compact habit, white flowers! A big improvement on an old favourite. Plants are more compact and sturdier than the standard blue variety. Grows only 30-50cm (12-20") tall, which makes it suitable for pots as well as the garden.

S1471 Seeds: Pkt/\$3, 10g/\$7, 100g/\$40

BOXWOOD

Buxus sempervirens

☼☼☼☼ ☼☼

Evergreen shrub. Formerly used to treat malaria, but no longer commonly used because excess doses can be poisonous. Very attractive hedging and topiary plant, frequently used in formal knot gardens. Winter mulching recommended. Use fresh or dried in wreaths.

P1480 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

BROOM, DYER'S

Genista tinctoria

P Z4-7 ☼☼☼☼

Since earliest times used to dye wool bright yellow. Formerly recommended for gout and rheumatism.

S1520 Seeds: Pkt/\$3

BROOM, SPANISH

Spartium junceum

P Z7-10 ☼☼

Said to be 5-6 times more potent medicinally than Scotch broom. Shrub of Mediterranean climatic zones; naturalized in California. Fragrant flowers yield a yellow dye.

S1528 Seeds (Not to MT,OR): Pkt/\$2.25, 10g/\$14, 100g/\$100

BUCKWHEAT

Fagopyrum esculentum

A ☼☼

Well known as a grain, cover crop and beeplant; not so well known is its medicinal value. The infusion made from the flowering tops is high in rutin which combats arteriosclerosis (hardening of the arteries and veins).

S1555 Seeds: Pkt/\$1.75, 100g/\$6, 1kg/\$15, 10kg/\$100

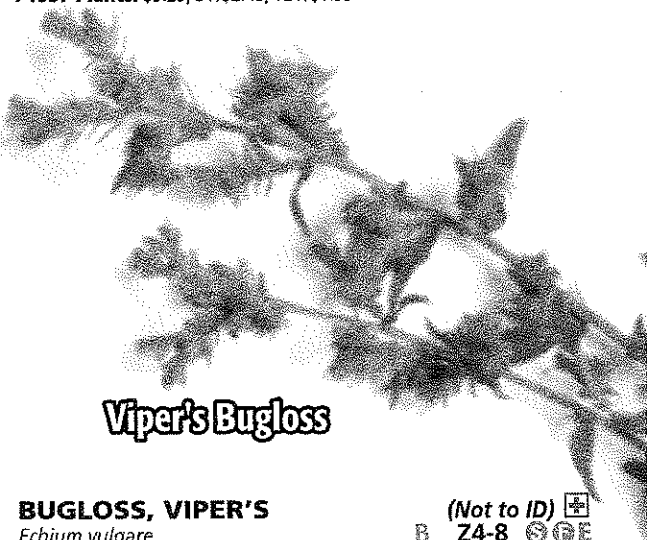
BUGLE, BRONZE

Ajuga reptans 'Atropurpurea'

P Z3-9

Attractive low growing ground cover with bronze purplish leaves. Astringent and mildly-analgesic aromatic herb used to treat wounds. Traditionally used to cleanse the liver.

P1557 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95



BUGLOSS, VIPER'S

Echium vulgare

(Not to ID) ☼☼☼

B Z4-8 ☼☼☼

(Blueweed) Bristly native of Europe with brilliant blue flowers from June til frost. Thrives in dry, poor soils. Infusion of leaves is helpful for fevers, headaches and nervous complaints.

S1560 Seeds: Pkt/\$2.25, 10g/\$9, 100g/\$60

BURDOCK

Arctium lappa

B Z2-10 ☼☼

Roots of this common wildplant are said to have "blood-purifying" properties. Useful for skin diseases, including eczema. Recent medical evidence supports folkloric use for tumours. One of four herbs in the Essiac® anti-cancer formula.

S1567-100 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$48, 1kg/\$320

BURDOCK, JAPANESE

Arctium lappa 'Takinogawa Long'

B Z2-10 ☼☼

(Gobo) Japanese vegetable with powerful medicinal properties. Long, slender, smooth-skinned roots have a delightful oyster-like flavour similar to salsify, but stronger. Japanese research shows that this variety has potent anti-tumour effects. Commonly used as a blood purifier.

S8370 Seeds: Pkt/\$1.75, 10g/\$7, 100g/\$38, 1kg/\$300

P8370 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

BURNET, SALAD

Poterium sanguisorba

P Z5-8 ☼☼☼☼

Nut-cucumber flavour of leaves is welcome in all salads with French dressing or mayonnaise. Also in soups, casseroles, herb vinegars and cream cheeses. Improves skin in facial treatments.

S1570 Seeds: Pkt/\$1.75, 100g/\$29, 1kg/\$180

P1570 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

BUTTERFLY WEED: See PLEURISY ROOT

Calendula

(*Calendula*)

CALENDULA

Calendula officinalis

(Pot marigold) Flower petals give delicate flavour and strong colour to salads, omelettes and cheese, and is used as a saffron substitute. Invaluable in first-aid skin lotions and ointments.

S1630 Seeds: Pkt/\$1.75, 100g/\$14, 1kg/\$70, 10kg/\$450

S1630-001 Seeds: Pkt/\$2.25, 100g/\$30, 1kg/\$190

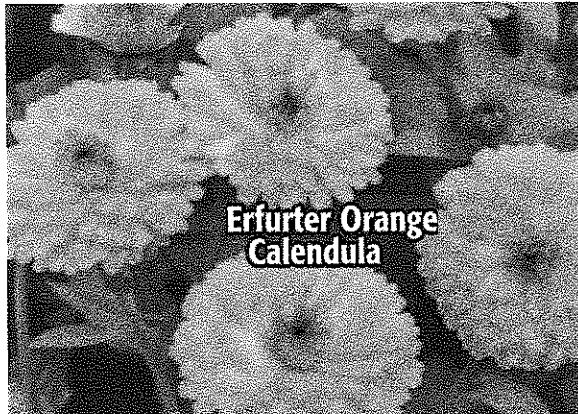


CALYPSO ORANGE

Calendula officinalis 'Calypso Orange'

Highest faradiol content! (Pot marigold) Neat, compact variety shown to have the highest faradiol triterpenoid content among 10 varieties tested. Faradiols are responsible for calendula's anti-inflammatory activity, and manufacturers now emphasize them in skin creams and ointments. Provides a continuous display of bright orange flowers with dark centres. Ht. 25-30cm/10-12".

S1630-200 Seeds: Pkt/\$5, 1M/\$43, 10M/\$300



**Erfurter Orange
Calendula**

ERFURTER ORANGE CALENDULA

Calendula officinalis 'Erfurter Orangefarbige'

(Pot marigold) Commercial strain used for medicinal flower production in Europe. Has superior medicinal action.

S1630-400 Seeds: Pkt/\$2.25, 100g/\$16, 1kg/\$100

S1630-401 Seeds: Pkt/\$3, 10g/\$10, 100g/\$70

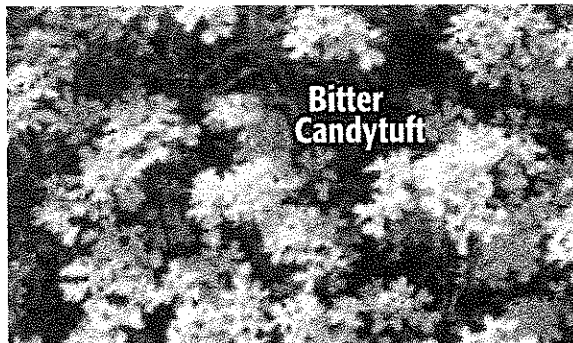


CANDYTUFT, BITTER

Iberis amara

British wildflower used for gout, rheumatism, asthma, bronchitis, dropsy and cardiac ailments. Attractive garden annual with masses of white flowers.

S1640 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$33



**Bitter
Candytuft**

CAPER BUSH

Capparis spinosa inermis

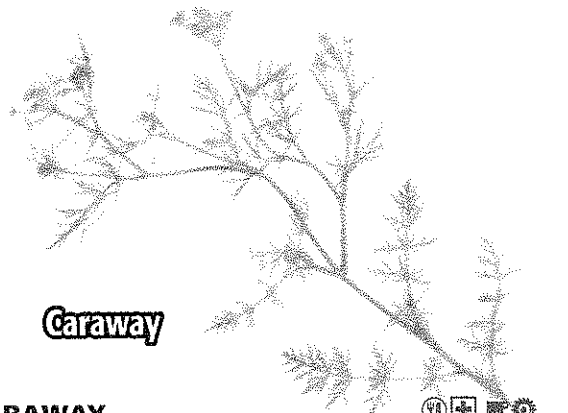
A fixture of Mediterranean cuisine for 2000 years, the unopened flower buds of this plant are pickled in strongly salted wine vinegar to develop their characteristic flavour. A straggly, slow growing shrub of dry, rocky areas of the Mediterranean and North Africa.

S1645 Seeds: Pkt/\$3.75, 10g/\$23, 100g/\$160

P1645 Plants: \$10



CAPSICUM: See CAYENNE CHILE PEPPER



Caraway

CARAWAY

Carum carvi

Spicy caraway seeds add European character to all cabbage dishes, including coleslaw and especially sauerkraut. Traditionally used in ryebread, buns and cakes, as well as in soups and stews. Fresh leaves, used as a garnish, add flavour to vegetables. Anti-flatulent.

S1650 Seeds: Pkt/\$1.75, 100g/\$12, 1kg/\$90, 10kg/\$720



CARDAMOM

Elettaria cardamomum

Ground seeds are essential in Indian cuisine. Cardamom's perfumed flavour is delicious in lassi, and in Indian spiced tea. Scandinavians use it liberally in pastries. Leaves are used in curries in Trinidad. Makes an appealing houseplant with its perfumed leaves, even if it is difficult to coax into bloom.

P1658 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75



CARDINAL FLOWER: See LOBELIA, RED

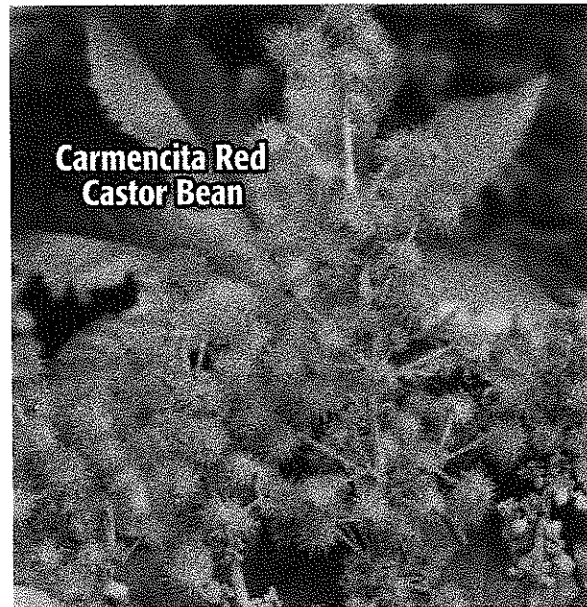
CARNATION: See CLOVE-PINK

CASTOR BEAN

Ricinus communis

Oil extracted from seeds is a commonly used laxative for temporary constipation and acute diarrhea. Large tropical-looking foliage. Caution: although the oil is safe, raw seeds are poisonous.

S1665 Seeds: Pkt/\$5, 100g/\$25, 1kg/\$190



**Carmencita Red
Castor Bean**

CASTOR BEAN, CARMENCITA RED

Ricinus communis 'Carmencita Red'

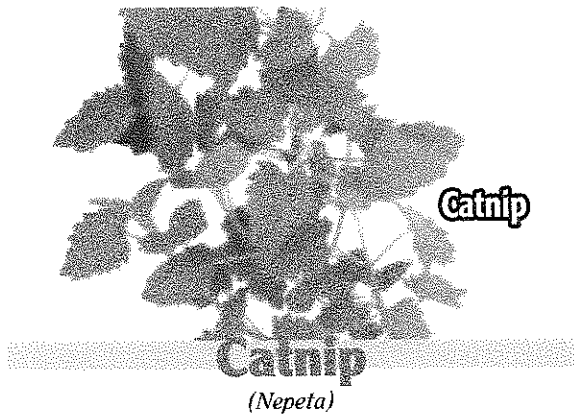
A showy form of the venerable castor bean long used in medicine. Has large maroon leaves, red stems, and spiky red seedpods. Oil extracted from the seeds of the green form is a commonly used laxative for temporary constipation and acute diarrhea. Large tropical-looking foliage. Can reach as high as 150cm/60".

Caution: The seed oil is safe but the raw seeds are poisonous.

S1665-300 Seeds: Pkt/\$7, 100g/\$65



CATMINT: See FAASSEN'S CATNIP



CATNIP

Nepeta cataria

Favourite of cat lovers, for cats relish the intoxicating leaves. Tea is a popular nightcap, as it induces a good night's sleep. Remedy for colds and fevers.

S1670 Seeds: Pkt/\$2, 10g/\$6, 100g/\$35, 1kg/\$220

S1670-001 Seeds: Pkt/\$2.25, 10g/\$14, 100g/\$95, 1kg/\$675

P1670 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

FAASSEN'S CATNIP

Nepeta x faassenii

(Catmint) Smaller ornamental form of catnip with lavender-blue flowers and grey-white foliage. Excellent for massing, as ground cover or in rockeries. Does not attract cats despite its stronger, more pleasant scent.

S1671 Seeds: Pkt/\$2.25, 10g/\$10, 100g/\$65

P1671 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

LEMON CATNIP

Nepeta cataria ssp. citriodora 'Lemony'

For years we have carried 'Lemon Catnip' and while it had a perceptible hint of lemon, it never quite lived up to its name. Finally, here is a lemon catnip that truly smells of lemons. What a wonderful way to sip tea before bedtime to help you sleep!

S1671-510 Seeds: Pkt/\$3, 10g/\$8, 100g/\$55, 1kg/\$350

CATSFoot

Antennaria dioica

Ameliorates the appetite for it stimulates bile flow, gastric juices and pancreatic secretions. Petite woolly rosettes of leaves resemble a cat's foot. Lovely in rock gardens.

S1672 Seeds: Pkt/\$3.75

CELANDINE

Chelidonium majus

Latex juice mixed with vinegar is said to remove warts and corns. Decoction is useful for stomach pains and inflammation of the biliary duct. New research indicates it has potent anticancer properties.

S1673 Seeds: Pkt/\$2.25, 10g/\$25, 100g/\$170

P1673 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

CELERY, AMSTERDAM

Apium graveolens secalinum

A very nice leaf celery with finely cut, dark green glossy leaves. Use it like parsley and surprise your guests with its rich celery flavour and aroma. More compact than other leaf celeries, reaching only 25-50cm (10-20") in height.

S1677-100 Seeds: Pkt/\$3, 10g/\$7, 100g/\$33

CELERY, CURLED

Apium graveolens 'Zwolsche Krul'

Outstanding curled leaf variety from Holland that is both ornamental and delicious to use in the kitchen like parsley. Aromatic leaves are used to season soups and stews, and like parsley they can be used as a garnish. No blanching required. Ht. 30cm/12".

S1677-500 Seeds: Pkt/\$2.25, 10g/\$26, 100g/\$180

CENTAURY

Centaureum erythaea

Traditional European panacea for lack of appetite, sluggish digestion and stomach disturbances, convalescence.

S1678 Seeds: Pkt/\$3.75, 1g/\$10, 10g/\$70

Chamomile

(*Matricaria, Chamaemelum*)

ENGLISH CHAMOMILE

Chamaemelum nobile 'Treneague'

Non-flowering form of the Roman variety; suited for lawns and pathways.

P1679 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



German Chamomile

GERMAN CHAMOMILE

Matricaria recutita

Annual (reseeds itself). The most prolific producer of flowers.

S1680 Seeds: Pkt/\$2, 10g/\$7, 100g/\$41, 1kg/\$270

S1680-001 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$50, 1kg/\$320

BODEGOLD CHAMOMILE

Matricaria recutita 'Bodegold'

Improved tetraploid strain of German chamomile for commercial production. Erect, sturdy growth habit and larger flowers containing up 0.7% essential oil high in bisabolol and other medicinal compounds. Flowers are large and dry yields can be as high as 800 kg/ha (700 lbs/acre).

S1680-100 Seeds: Pkt/\$3, 10g/\$7, 100g/\$35, 1kg/\$230

ROMAN CHAMOMILE

Chamaemelum nobile

Traditional ground cover in English gardens and pathways, where it is cut like grass.

S1682 Seeds: Pkt/\$1.75, 10g/\$14, 100g/\$100, 1kg/\$700

P1682 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

DYER'S CHAMOMILE: See MARGUERITE, GOLDEN



Chaparral

CHAPARRAL

Larrea tridentata

(Creosote bush) Effective antibiotic against bacteria, viruses and other parasites. Has been included in remedies for cancer.

S1710 Seeds: Pkt/\$2.25, 100g/\$14, 1kg/\$75

CHASTETREE

Vitex agnus-castus

(Chasteberry; Vitex) So named because the seeds reputedly subdue the sexual urge, although some suggest the aromatic seeds do exactly the opposite! German studies indicate that seed extracts regulate menstrual bleeding. Women who stop oral contraception use chastetree to re-establish normal menstruation and ovulation.

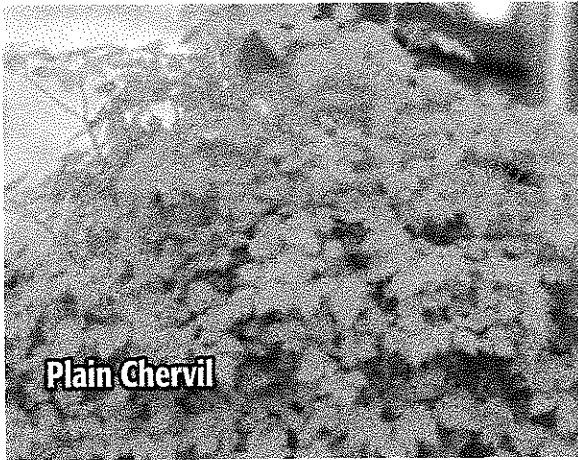
S1712 Seeds: Pkt/\$5, 10g/\$13, 100g/\$93

CHERVIL, CURLED

Anthriscus cerefolium 'Crispum'

Luscious green leaves have special subtle flavour. Traditionally used in all spring soups and salads. Can improve every dish in which parsley is used. Curled leaves make a handsome garnish.

S1720 Seeds: Pkt/\$2, 100g/\$15, 1kg/\$90, 10kg/\$720



Plain Chervil

New! CHERVIL, PLAIN

Anthriscus cerefolium

Like parsley, the fresh leaves are chopped and added at the last minute to traditional spring soups. The flavour hints of anise but is never overbearing and it can liven up many dishes including salads. Use it wherever parsley is used — you can't go wrong with it. This flat-leaved form of chervil has been used in Europe for centuries. Ht. 20-40cm.

S1719 Seeds: Pkt/\$2.00, 100g/\$20, 1kg/\$110

New! CHERVIL, VERTISSIMO

Anthriscus cerefolium 'Vertissimo'

A beautiful chervil of the Brussels Winter type, with shiny dark green flat leaves and a nice dense growth habit. Like all chervils the fresh leaves are sweet with a hint of anise and are delicious chopped in salads, soups, on tofu, fish — or anywhere where parsley is used. Well suited for home gardens and commercial fresh herb production. Sow direct in the garden in early spring or late summer to overwinter the following spring. Ht. 20-40cm.

S1721 Seeds: Pkt/\$2.00, 100g/\$20, 1kg/\$125

CHIA

Salvia hispanica

Incredible supergrain! (Mexican chia; Chia sage; Spanish sage) The Aztecs called chia the "running food" because messengers could run all day on just a handful of seeds. An ounce of seeds has as much omega-3 as 8 ounces of Atlantic salmon, as much calcium as a cup of milk, as much fibre as 1/3 cup of bran, as much iron as 1/3 cup of spinach leaves, as much vitamin C as 2 oranges, and as much potassium as half a banana. Seeds can be added to cereals and baked goods or just chewed raw like the Aztecs did. Ht. 1m (3ft).

S1725-001 Seeds: Pkt/\$3, 100g/\$9, 1kg/\$45

CHICKWEED

Stellaria media

A decoction is used to treat constipation. Fresh leaves used as a poultice for inflammations, ulcers, abscesses. Fresh leaves are eaten as a delicacy in salads or cooked like spinach. Can be invasive.

S1730 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$45, 1kg/\$280

CHICORY, WILD

Cichorium intybus

A food plant going back to the ancient Egyptians, Greeks and Romans who used the roots and the young shoots in spring like dandelion. Has diuretic, tonic and laxative properties, and is said to protect the liver. Lovely clear blue daisy flowers.

S1740 Seeds: Pkt/\$3, 100g/\$12, 1kg/\$65

CHINABERRY

Melia azedarach

(Bead tree) Beautiful tree, native of China and India; much cultivated in southern U.S. Bark used as an emetic and to expel worms. Hard nuts are used for making rosaries. Hardy along southern B.C. coast.

S1760 Seeds: Pkt/\$5, 100g/\$29, 1kg/\$190



Chives

Chives

(*Allium*)

CHIVES

Allium schoenoprasum

Regular onion chives. Besides using the leaves, try the pretty purple flowers, separated into florets, in salads for colour and flavour.

S1790 Seeds: Pkt/\$1.75, 10g/\$6, 100g/\$25, 1kg/\$150

S1790-001 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$40, 1kg/\$260

P1790 Plants (Not to ID): \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

GROLAU CHIVES

Allium schoenoprasum 'Grolau'

(Windowsill chives) Swiss strain developed for greenhouse forcing. Excellent, strong flavour and thick, dark green leaves. Suitable for indoor culture; less susceptible to turn yellow or leggy. Produces best when cut continuously.

S1790-300 Seeds: Pkt/\$2, 10g/\$7, 100g/\$45, 1kg/\$300

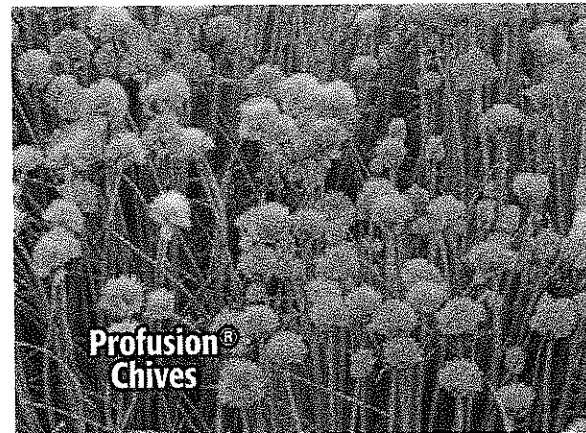
P1790-300 Plants (Not to ID): \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

NELLY CHIVES

Allium schoenoprasum 'Nelly'

Leaves are fine to medium in thickness and dark blue-green in colour. It is uniform, upright, and very vigorous. Highly resistant to diseases and is tolerant of thrips and leaf tip burn. Excellent for the fresh, processing, and potplant markets.

S1790-501 Seeds: Pkt/\$3, 10g/\$9, 100g/\$63, 1kg/\$420



Profusion® Chives

PROFUSION® CHIVES

Allium schoenoprasum 'Sterile'

Wonderful strain of chives noted for its prolific production of flowers and tender leaves. Flowers do not develop seeds. Ideal for commercial edible flower producers. Best variety for potted plant and indoor growing.

RICHTERS EXCLUSIVE. Profusion is a registered trademark of Richters; all rights reserved.

P1790-700 Plants (Not to ID): \$6.25, 3+/\$4.70, 12+/\$3.75

STARO CHIVES

Allium schoenoprasum 'Staro'

High yielding variety for the processing, fresh-cut, forcing, and potplant markets. Leaves are extra thick and dark green.

S1790-801 Seeds: Pkt/\$3, 10g/\$9, 100g/\$63, 1kg/\$420

GARLIC CHIVES

Allium tuberosum

Flat leaved variety from Japan. Irresistible combination of garlic and chives. Has become popular wherever regular chives are used. Showy white flowers.

S1793 Seeds: Pkt/\$2, 100g/\$21, 1kg/\$130

S1793-001 Seeds: Pkt/\$3, 10g/\$7, 100g/\$48, 1kg/\$310

P1793 Plants (Not to ID): \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12



**Kobold
Garlic Chives**

KOBOLD GARLIC CHIVES

Allium tuberosum 'Kobold'

Kobold is a more compact, more uniform variety of garlic chives. White flowers. Ht. 30cm/1ft.

S1793-300 Seeds: Pkt/\$3, 10g/\$7, 100g/\$37, 1kg/\$240



**Mauve Garlic
Chives**

MAUVE GARLIC CHIVES

Allium sp.

Has the same great garlic flavour as the previous form but features attractive mauve flowers.

S1794 Seeds: Pkt/\$3

P1794 Plants (Not to ID): \$4.25, 3+/\$3.20, 12+/\$2.55

CICELY, SWEET

Myrrhis odorata

Sugar saver. Sweet, anise-scented leaves and stalks (fresh or dried) add delightful flavour to sweets and desserts, saving about half the sugar. Of particular interest to diabetics.

S1798 Seeds: Pkt/\$5, 10g/\$11, 100g/\$59, 1kg/\$400

P1798 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

CLARY

Salvia sclarea

(Clary sage) Seeds soaked in water produce mucilaginous eye bath which safely removes particles, hence its name 'clear eye' or 'clary'. Used as a fixative in potpourris. Handsome aromatic flowers.

S1800 Seeds: Pkt/\$2.25, 10g/\$8, 100g/\$55, 1kg/\$370

P1800 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

CLARY, MEADOW

Salvia pratensis

(Meadow sage) Large, very showy, bright blue flowers. Sometimes used like clary sage. Aromatic.

S1805 Seeds: Pkt/\$2.25, 10g/\$12, 100g/\$90

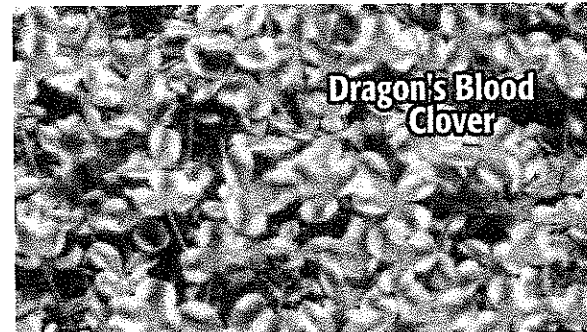
CLOVE-PINK

Dianthus caryophyllus 'Grenadin'

(Carnation) Clove-scented flowers were once used to flavour ales and wines, especially celebration cups at coronations, hence its name "carnation". Fragrance is valuable in potpourris and herb sachets. Clove-pink syrup, made by infusing the petals in a hot sugar syrup, is delectable on fruit salads or stewed fruits. 'Grenadin' is a mixture of pink, red and white double flowers.

S1825 Seeds: Pkt/\$2, 10g/\$9, 100g/\$60, 1kg/\$400

P1825 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12



**Dragon's Blood
Clover**

CLOVER, DRAGON'S BLOOD

Trifolium repens 'Dragon's Blood'

Was Godzilla slain on a field of clover? This striking clover from Japan has green and white variegated leaves splattered with what looks for all the world like blood-red droplets on each leaf. On a less gory note, this species was once used by the Delaware and Cherokee Indians to treat colds, fevers and coughs. Excellent ground cover for sun or partial shade. Ht. 13cm/5".

P1829 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

**Red
Clover**



CLOVER, RED

Trifolium pratense

Many herbalists assert that the flowers taken as an infusion help prevent and even cure cancer. In his legendary book, *Back to Eden*, Jethro Kloss wrote, "Red clover is an exceedingly good remedy for cancer on any part of the body." Red clover is also efficacious for bronchial troubles, whooping cough, gastric troubles and ulcers.

S1830 Seeds: Pkt/\$1.75, 100g/\$6, 1kg/\$20, 10kg/\$160

S1830-001 Seeds: Pkt/\$2.25, 100g/\$9, 1kg/\$25, 10kg/\$200

CLOVER, SWEET: See MELILOT

CLOVER, WHITE

Trifolium repens 'Rivendel'

(Dutch clover; Ladino clover) Excellent ground cover and lawn replacement suitable for sunny, well-drained locations. A nitrogen-fixing legume, it is an excellent green manure plant that will improve soil fertility and boost organic content. Few know that the leaves are edible. The young leaves picked before the flowers appear can be used raw in salads. Leaves can also be cooked like spinach. The young flowers can be used in salads too. Like red clover, the dried flowers can be used for tea. The tea has been used for coughs, colds and fever. Ht. 10cm/4".

S1830-501 Seeds: Pkt/\$3, 100g/\$15, 1kg/\$85

CNIDIUM

Cnidium monnieri

(She chuang) Chinese stimulant and aphrodisiac used to treat impotency. Also used as a vaginal wash against trichomoniasis, and to treat scabies and fungal diseases.

S1831-100 Seeds: Pkt/\$3, 10g/\$7, 100g/\$49, 1kg/\$320

S1831-101 Seeds: Pkt/\$3.75

COCKSCOMB

Celosia cristata (Childsii)

Brilliant orange or red crested flowers resemble a rooster's comb. Used in China for stopping hemorrhages and diarrhea. Also helps to clear vision. Fine garden annual, easily grown.

P1832 Seeds: Pkt/\$2.25, 10g/\$19

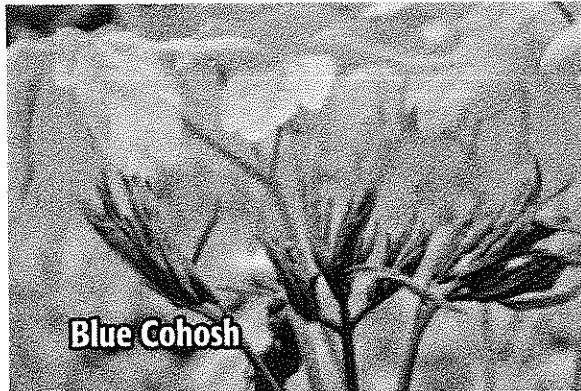
COHOSH, BLACK

Cimicifuga racemosa

North American woodland plant with estrogenic, hypoglycemic, sedative, and anti-inflammatory properties. Seeds require a warm period (20°C/70°F), followed by cold (5°C/40°F), for successful germination, and then again warm to develop properly.

P1839 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

P1839 Rootlets (Apr-May shipment) (Can,US only): 10/\$30, 100/\$250



Blue Cohosh

COHOSH, BLUE

Caulophyllum thalictroides

Much esteemed by the Amerindians to aid labour, check excessive menstruation, and treat abdominal and urinary problems. Has potential as a contraceptive on account of its estrogenic properties.

P1840 Plants: \$8.25, 3+/\$6.20, 12+/\$4.95

P1840 Rootlets (Apr-May shipment) (Can,US only): 10/\$40, 100/\$225

COLTSFOOT

Tussilago farfara

Popular remedy for coughs, colds, hoarseness, bronchitis and bronchial asthma. Also useful in herbal smoking mixtures designed for the relief of asthma and bronchitis. Seeds can be slow to germinate. Flowers and leaves in combination with mordants yield yellow, gold, tan, grey and taupe dyes.

P1848 Plants (Not to OR): \$3.25, 3+/\$2.45, 12+/\$1.95

COLUMBINE

Aquilegia vulgaris

Long-time garden favourite with exotic drooping flowers in various shades of red, blue, yellow and white. Formerly used for treating running sores and urinary and liver ailments. Has narcotic properties; not to be used without medical supervision.

P1850 Seeds: Pkt/\$2.25, 10g/\$8, 100g/\$55

P1850 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

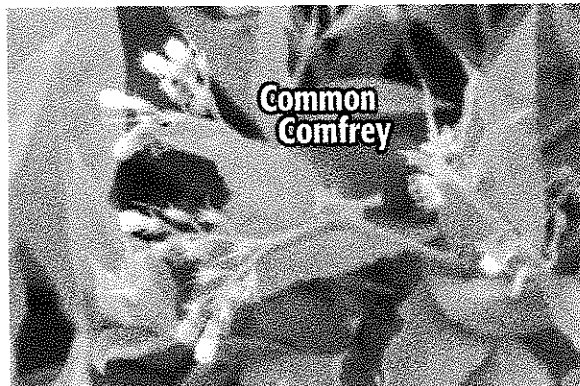
COMMON COMFREY

Symphytum officinale

Variety known and used for centuries. Purple, rose or white flowers.

P1870 Seeds: Pkt/\$3.75, 1g/\$8, 10g/\$57, 100g/\$400

P1870 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95



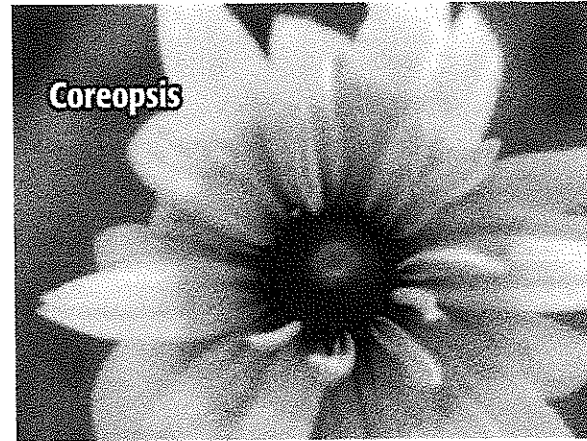
Common Comfrey

CONEFLOWER, YELLOW

Ratibida columnifera

Native wildflower used by the Navajo and Cheyenne Indians as an analgesic for chest pains, wounds and fevers. Also used as a treatment for poison ivy. Yellow, droopy daisy-like flowers in summer. Height 30-100cm/12-40".

P1879-500 Seeds: Pkt/\$3, 10g/\$7, 100g/\$37



Coreopsis

COREOPSIS

Coreopsis tinctoria

Important dyeplant: flowerheads yield bright yellow-orange shades for fabrics. Cheery garden plants.

P1880 Seeds: Pkt/\$2.25, 100g/\$14, 1kg/\$80

Santo Cilantro

Coriander, Cilantro (Coriandrum)

LEISURE CILANTRO

Coriandrum sativum 'Leisure'

(Chinese parsley) High yielding commercial variety with attractive glossy green leaves, uniform growth habit, and consistent quality. Tolerates summer heat well and is bolt-resistant. Excellent choice for fresh cilantro. Ready for harvest in 28 to 80 days depending on the season. This variety is also used for sprouting.

Seeds are tested for bacterial leaf spot (*Pseudomonas syringae* pv. *coriandricola*).

P1890-200 Seeds: Pkt/\$3, 100g/\$8, 1kg/\$35, 10kg/\$250

MARINO CILANTRO

Coriandrum sativum 'Marino'

(Chinese parsley) Excellent commercial variety for fresh production in the field or greenhouses. Quick to establish and slow bolting. Yields are higher than Santo and other standard varieties.

P1890-401 Seeds: Pkt/\$3, 100g/\$13, 1kg/\$75

POT CILANTRO

Coriandrum sativum '99057'

(Chinese parsley) Compact selection for potted plant production. Sow direct in pots.

P1890-700 Seeds: Pkt/\$3, 100g/\$19, 1kg/\$115

SANTO CILANTRO

Coriandrum sativum

(Chinese parsley) Best variety for fresh herb production. Slowest to bolt, even in hot weather, very uniform, with good flavour and dark green colour.

P1890-500 Seeds: Pkt/\$1.75, 100g/\$12, 1kg/\$65, 10kg/\$480

P1890-501 Seeds: Pkt/\$2.25, 100g/\$25, 1kg/\$160

SPICE CORIANDER

Coriandrum sativum

Variety grown for its seeds. Seeds add fresh, spicy flavour to soups and stews. Main ingredient in chili sauces, curries and exotic dishes.

S1890 Seeds: Pkt/\$1.75, 100g/\$14, 1kg/\$80

S1890-001 Seeds: Pkt/\$2.25, 100g/\$15, 1kg/\$100, 10kg/\$720



**Mexican
Coriander**

CORIANDER, MEXICAN

Eryngium foetidum

P Z8-11

(Culantro; Thorny coriander; Ngo gai) Native to Central America, but now cultivated throughout Southeast Asia and Latin America. Favoured where the true coriander (*Coriandrum sativum*) does not do well because it can stand hot, steamy weather. Leaves are tough, but if sliced and then chopped they are quite tasty. Unlike other corianders, this variety dries well, retaining good colour and flavour, and it can stand some cooking.

S1892 Seeds: Pkt/\$3, 10g/\$8, 100g/\$55, 1kg/\$390

P1892 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

CORIANDER, VIETNAMESE

Polygonum odoratum

P Z11+

(Rau ram) Tired of growing coriander from seed several times a year? This is your answer; this remarkable herb from Vietnam has excellent flavour. Grow this perennial indoors in good light.

P1891 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

CORNFLOWER

Centaurea cyanus

Striking brilliant blue blossoms, infused in water, have both curative and calming action for nervous disorders. Eyewash is reputed to strengthen weak eyes.

S1896 Seeds: Pkt/\$2.25, 100g/\$9, 1kg/\$45

COSTMARY

Tanacetum balsamita

(Bible leaf) The sweet-scented leaves may be used for tea or in herb pillows. Fresh leaves, picked before flowering, used in salads, sauces, soups and in cold drinks where a little goes a long way.

P1900 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

COTTON

Gossypium herbaceum

Source of the eminently useful cotton fibre. The rootbark once gained notoriety as an abortifacient in the U.S. South. Contains gossypol which has important anti-parasitic and antiviral effects, and has shown promise as a male anti-fertility drug in studies conducted by the World Health Organization. Can be grown for interest as a pot plant in a bright window or greenhouse.

S1920 Seeds: Pkt/\$3, 10g/\$7, 100g/\$32

COWSLIP

Primula veris

A most attractive English wildflower with bright yellow sweet-smelling, drooping blossoms in early spring. Tea made from any part of the plant was once a common remedy for pain and insomnia.

S1950 Seeds: Pkt/\$3, 10g/\$25

P1950 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

Cress

CURLED CRESS

Lepidium sativum 'Crispum'

Sow every 14 days indoors or out for a continuous supply of fresh leaves. Ready to use when seedlings have 3 or 4 leaves. Delightful companion to mustard cress #4150.

S2010 Seeds: Pkt/\$1.75, 100g/\$9, 1kg/\$40, 10kg/\$290

WATERCRESS

Nasturtium officinale

Best grown along streams where water is shallow and calm. Will succeed, however, in gardens or in pots, provided soil is kept moist.

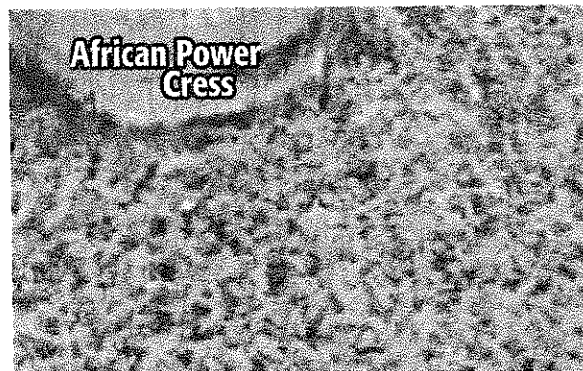
S2020 Seeds: Pkt/\$1.75, 10g/\$10, 100g/\$65, 1kg/\$430

UPLAND CRESS

Barbarea verna

(Winter cress; Land cress) Resembles watercress in flavour and often grown in place of it. Easy to grow indoors or out.

S2032 Seeds: Pkt/\$1.75, 100g/\$20, 1kg/\$140



AFRICAN POWER CRESS

Spilanthes filicaulis

Power to influence! (Brazil cress; Woilikpekpe) In West Africa this plant helps to develop the powers of persuasion and influence. Chewing on a few fresh flowers or leaves is said to help make one's talk smooth and harmonious, and local leaders are known to use it before important meetings. Leaves and the yellow button flowers produce a lemony tingling sensation on the tongue. The effect is probably due to spilanthol, a mild analgesic agent that is found in other *Spilanthes* species. Some of the world's top chefs are experimenting with *Spilanthes* cresses in salads for an "electric" tingling effect. Try a few flowers or chopped leaves in tossed salads and see what happens! A beautiful low creeper that grows into mats. Grows happily indoors in pots for your persuasive needs!

P2035 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

TOOTHACHE CRESS

Spilanthes oleracea

(Spilanthes; Australian cress) Leaves have a mild anesthetizing effect and are useful for toothaches. Also used as an antibiotic against candida. The fresh leaves are edible and are eaten like cress.

S6530 Seeds: Pkt/\$3, 10g/\$40

CROWN VETCH

Coronilla varia

Ground cover for any unsightly barren patches, south-facing slopes, etc. Mounds of lacy leaves topped all summer long by a profusion of pink or white flowers. The plant is being tested as a substitute for purple foxglove in the treatment of heart disorders. Used in folk medicine to treat disorders of the prostate. Should not be used without medical supervision.

S2040 Seeds: Pkt/\$1.75, 100g/\$25, 1kg/\$150

CUCUMBER, CHINESE

Trichosanthes kirilowii

(Gua lou; Tien hua fen; Chinese snake gourd) Source of anti-HIV agent, Compound Q (GLQ223), which was once thought to have promise for AIDS treatment because it selectively kills infected cells, leaving healthy cells untouched. Used in China to treat angina pectoris, to reduce phlegm, and to induce abortions.

S2045 Seeds: Pkt/\$3, 10g/\$7, 100g/\$45, 1kg/\$300

CULANTRO: See CORIANDER, MEXICAN

CUMIN

Cuminum cyminum

Seeds are important in many international cuisines, including those of India and Mexico. Flavour resembles caraway but is hotter. Used in soups, cake, bread, cheese, and is a standard ingredient of commercial curry powders. Requires a long warm growing season; should be started indoors in colder climates.

S2050 Seeds: Pkt/\$1.75, 100g/\$25, 1kg/\$150



Black Cumin

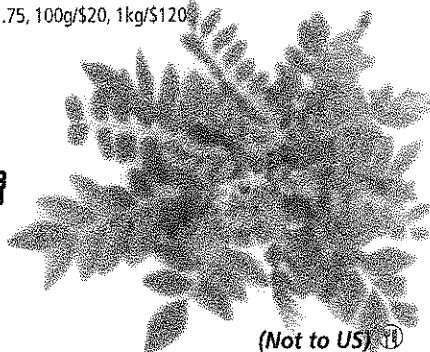
CUMIN, BLACK

Nigella sativa

(Fennel flower; Russian caraway; Black caraway) Commonly featured in Indian dhals and equally at home in Russian rye bread! Aromatic black seeds resemble fennel in aroma and taste something like peppery nutmeg. Seeds can be ground and used with near abandon like black pepper. Its legendary healing powers are summed up in the Arab proverb, "In the black seed is the medicine for every disease except death."

S2055 Seeds: Pkt/\$1.75, 100g/\$20, 1kg/\$120

Curryleaf



CURRYLEAF

Murraya koenigii

(Mitha-neem) The source of the distinctive flavour of South Indian and Sri Lankan cooking. Anyone who has savoured *dosas* — thin pancakes with a spicy curryleaf-drenched filling — will know how wonderful this herb is. A typical South Indian curry is made with mustard seeds, shallots and fresh curryleaf. The leaves have a strong curry aroma when bruised. Best used fresh, added at the last stage of cooking. Does well in pots. Requires a minimum temperature of 15-18C.

P2059 Plants: \$15

CURRYPLANT

Helichrysum italicum

Delightfully curry-scented foliage. The essential oil is used to enhance fruit flavours in confections and perfumes.

P2060 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

CURRYPLANT, MINIATURE

Helichrysum italicum microphyllum

Smaller version of the previous. Lovely compact bushy growth habit, reaching only 30cm/12" high. Scent is stronger too.

P2061 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

DAISY, ENGLISH

Bellis perennis

Charming button flowers appear from early spring until late autumn. Tea is employed as a gentle laxative; also for stomach and intestinal problems. Helps heal inflamed swellings and burns.

S2080 Seeds: Pkt/\$2.25, 10g/\$11, 100g/\$80

DAISY, OX-EYE

Chrysanthemum leucanthemum

Familiar wildflower found in meadows and along roadsides. Employed to relieve chronic cough, asthma and nervous excitability.

S2090 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$25

DANDELION

Taraxacum officinale

Universally despised as a pesky weed, the lowly dandelion is actually one of the more useful herbs around. Dried roots are very popular as a coffee substitute. Promotes bile secretion.

S2100 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$39, 1kg/\$250

French Dandelion



DANDELION, FRENCH

Taraxacum officinale sativum 'Thick-leaved'

This strain of the lowly dandelion boasts tender fleshy leaves, topping all other fruits and vegetables for iron content. Enjoy in a spring salad, or cooked like spinach. Treat as a biennial — sow one year, pick the next.

S8310 Seeds: Pkt/\$1.75, 10g/\$19, 100g/\$130, 1kg/\$900

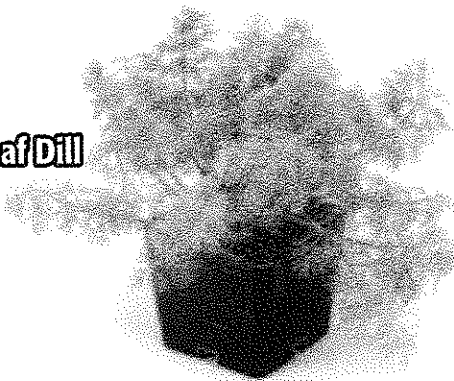
DEAD-NETTLE, PURPLE

Lamium purpureum

(Purple archangel) Attractive beeplant and medicinal herb with purple-tinged foliage and purple-red flowers. Unlike its nasty distant cousin, the stinging nettle, this nettle does not sting which explains the name. Flowers and foliage stop hemorrhages; tea is useful against chills as it acts on the kidneys and induces sweating.

S2120 Seeds: Pkt/\$3, 10g/\$20, 100g/\$140

Fernleaf Dill



Dill

(*Anethum*)

MAMMOTH DILL

Anethum graveolens 'Mammoth'

Finely cut foliage. For fresh use as "dillweed", or allowed to go to seed for dill pickles. Ht. 1m/40".

S2140 Seeds: Pkt/\$1.75, 100g/\$10, 1kg/\$40, 10kg/\$280

S2140-001 Seeds: Pkt/\$1.75, 100g/\$15, 1kg/\$100, 10kg/\$800

BOUQUET DILL

Anethum graveolens

Dwarf, compact version of the above. Ht. 75cm/3ft.

S2141-001 Seeds: Pkt/\$3, 100g/\$15, 1kg/\$85

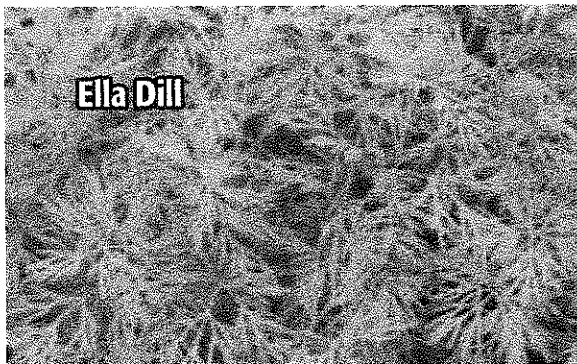
S2141 Seeds: 100g/\$12





DUKAT DILL





Anethum graveolens 'Dukat'





Finely cut foliage. For fresh use as dillweed, or allowed to go to seed for dill pickles. Has strong flavour and high oil content. Anthocyanin-free, so it is greener than most dills. Ht. 1m/40".





S2141-500 Seeds: Pkt/\$1.75, 100g/\$17, 1kg/\$120, 10kg/\$950











ELLA DILL
Anethum graveolens 'Ella' A    
 A short, dense leafy variety developed for pots and for hydroponic production. With a short stem internode length plants are bushier than other varieties. Excellent dark green colour.
 S2141-701 Seeds: Pkt/\$3, 100g/\$17, 1kg/\$120

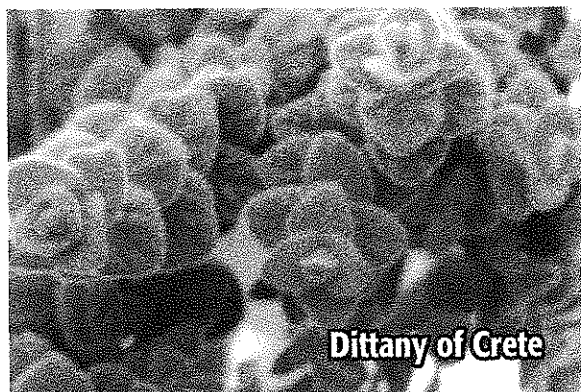
FERNLEAF DILL
Anethum graveolens A    
 Unique dwarf plants 45cm/18in; dark green leaves. Slow to bolt. Excellent for dillweed production and potted plants. All America Winner for 1992.
 S2142 Seeds: Pkt/\$3, 10g/\$35, 100g/\$250



GREEN SLEEVES DILL
Anethum graveolens 'Green Sleeves' A    
 Uniform, dark green variety for fresh market production. Very resistant to bolting. Suited for both field production and yearround greenhouse production.
 S2143-001 Seeds: Pkt/\$3, 100g/\$17, 1kg/\$120

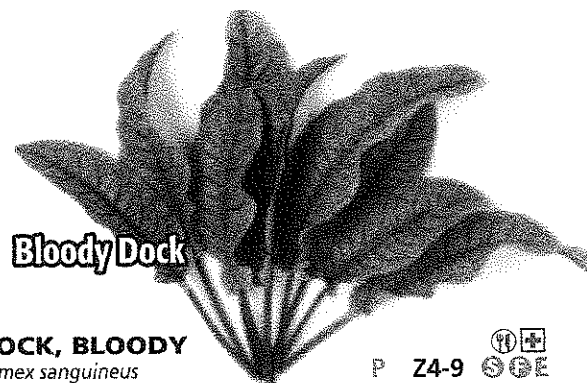
HERCULES DILL
Anethum graveolens A    
 Heavy yielding tetraploid strain. Slow to flower so foliage stays green and succulent longer. Best variety for the fresh leaf market.
 S2145 Seeds: Pkt/\$3, 100g/\$21, 1kg/\$150



MONIA DILL
Anethum graveolens 'Monia' A    
 Sturdy compact variety. Shorter uniform plants are easier to harvest for the fresh market. Dark green foliage. Best variety for pots, but is also well suited for field production.
 S2146 Seeds: Pkt/\$3, 100g/\$15, 1kg/\$100



TETRA LEAF DILL
Anethum graveolens A    
 Excellent for dillweed production. Dark green leaves, bushy habit, and slow to bolt. Ht. 1m/40".
 S2150 Seeds: Pkt/\$1.75, 100g/\$18, 1kg/\$110







DITTANY OF CRETE
Origanum dictamnus P  
 (Hop marjoram) Woolly-leaved relative of oregano with similar spicy scent and uses. The beautiful chartreuse and pink flowers may be steeped for tea. Excellent for hanging baskets.
 P2170 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

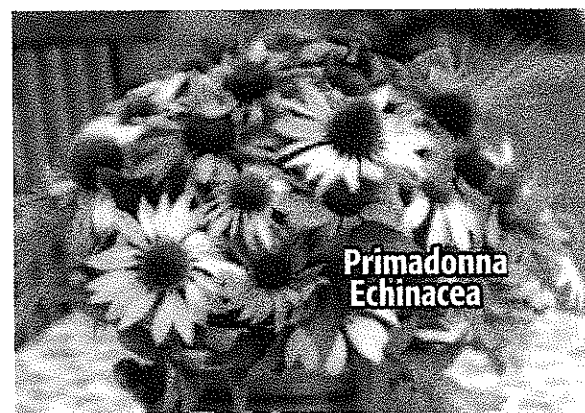


DOCK, BLOODY
Rumex sanguineus P  
 (Red-veined dock; Bloodwort) A British native with rosettes of striking light green leaves marked with bright maroon-coloured veins. Very interesting new salad green! Young leaves are used like spinach, fresh in salads or blanched a few seconds in boiling water. Has been used medicinally for cancer and for various blood diseases.
 S2182 Seeds: Pkt/\$3.75, 10g/\$30, 100g/\$220
 P2182 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

DOCK, CURLED
Rumex crispus P  
 (Yellow dock) Ointment for skin eruptions and itchy skin is made by boiling roots in vinegar, then mixing softened pulp with lard or petroleum jelly. Various plant parts used with mordants yield yellow, green, gold and tan dyes.
 S2185 Seeds: Pkt/\$2.25



DRAGONHEAD
Dracocephalum moldavica A  
 (Moldavian Balm) Scented leaves; showy blue flowers; fine beeplant. Ht. 45cm/18".
 S2200 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$40, 1kg/\$250



DUSTY MILLER
Senecio cineraria P  
 One or two drops of fresh juice dropped into the eye is said to remove cataract. Silver-white foliage is popular for grey gardens.
 S2250 Seeds: Pkt/\$1.75, 10g/\$27, 100g/\$190

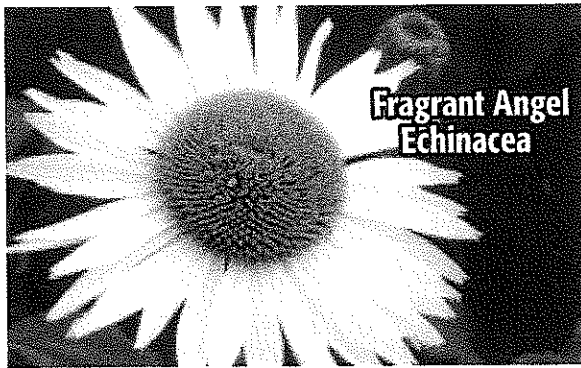


Echinacea
 (Echinacea)

Purpurea Group (*E. purpurea*)

ECHINACEA
Echinacea purpurea P  
 (Coneflower) Standard variety. Rich reddish-purple daisies appear from July to September. Roots are the most potent part, but leaves and seeds are also used in herbal medicines.
 S2280 Seeds: Pkt/\$2, 100g/\$30, 1kg/\$190
 S2280-001 Seeds: Pkt/\$3, 10g/\$5, 100g/\$35
 P2280 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

MAGNUS ECHINACEA
Echinacea purpurea 'Magnus' P  
 Beautiful variety with rose-purple petals that don't droop as much as wild echinaceas. Developed in the 1980s by Swedish echinacea breeder, Magnus Nilsson. Was the Perennial Plant of the Year for 1998. Excellent longlasting cutflower. Ht. 1m/40".
 S2280-200 Seeds: Pkt/\$3.75, 1g/\$6, 10g/\$29, 100g/\$200



FRAGRANT ANGEL ECHINACEA

Echinacea purpurea 'Fragrant Angel' P Z4-9
 Hard as it is to imagine improving the wonder herb echinacea, here is a plant that does just that. It has majestic scented white flowers with layered, overlapping, nearly horizontal petals and huge yellow cones. And its branching habit and long blooming season through to fall makes this a perfect herb, cutflower and garden plant all in one! Ht. 75cm/30".

Propagation prohibited. U.S. patent (USPP#16054).
P2280-300 Plants: \$15

PRIMADONNA DEEP ROSE ECHINACEA

Echinacea purpurea 'Primadonna Deep Rose' P Z3-8
 Impressive variety from Germany with abundant large flowers, 10-12cm/4-5" across. Excellent cutflower. Attracts butterflies. Good heat and drought tolerance. Ht. 70-80cm/28-32".

S2280-350 Seeds: Pkt/\$5

PRIMADONNA WHITE ECHINACEA

Echinacea purpurea 'Primadonna White' P Z3-8
 Like the previous variety with white petals and dark eye. Same impressive large flower size.

S2280-360 Seeds: Pkt/\$5



RUBY GIANT ECHINACEA

Echinacea purpurea 'Ruby Giant' P Z4-9
 Outstanding variety developed from a single remarkable plant discovered in Europe in the garden of the son of echinacea breeder, Magnus Nilsson. Has huge fragrant flowers, up to 18cm/7" across, with striking upcurved clear pink petals. Ht. 75cm/30".

P2280-400 Plants: \$12

WHITE SWAN ECHINACEA

Echinacea purpurea 'White Swan' P Z4-10
 Showy white variety. Medicinal activity has not been tested but is likely to be similar to the purple variety.

S2280-500 Seeds: Pkt/\$3.75, 10g/\$20, 100g/\$140

P2280-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

Other Echinaceas

NARROWLEAF ECHINACEA

Echinacea angustifolia P Z3-9
 Medicinally more active than the previous species. Slow to germinate, rarely exceeding 50%; requires 30-90 days at 5°C/40°F to germinate. Studies suggest that treatment with the hormone Ethrel quickens germination.

S2281 Seeds: Pkt/\$3, 10g/\$17, 100g/\$125, 1kg/\$950

P2281 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



PALE-PURPLE ECHINACEA

Echinacea pallida P Z5-9
 Similar to the narrowleaf species in both appearance and medicinal action. The taller (1m/40") and the paler of the two, and may, in fact, be the more important commercially because much of what is sold as *E. angustifolia* may actually be this species. Germination rates are often less than 40% and may benefit from pretreatments suggested for *E. angustifolia*.

S2282 Seeds: Pkt/\$3, 10g/\$7, 100g/\$45, 1kg/\$295

YELLOW ECHINACEA

Echinacea paradoxa P Z3-8
 (Yellow coneflower) The only yellow-flowering echinacea. Flowers are 7cm/3" across with a chocolate brown centre. Roots contain medicinal constituents similar to those found in *E. pallida*. Traditionally used like other echinaceas for its antiviral, anti-inflammatory and immune-boosting effects. Requires cold stratification for 1-2 months to break seed dormancy. Prairie native of the Missouri and Arkansas Ozark regions. Ht. 75cm/30".

S2283 Seeds: Pkt/\$3, 10g/\$28, 100g/\$190

FLAME THROWER ECHINACEA

Echinacea 'Flame Thrower' P Z4-9
 Elegant two-toned orange and yellow flowers blanket the sturdy, well-branched plants. Flowers are sweet scented too. Great choice for borders or along fences and sunny walls. One of the earliest to bloom, and keeps blooming all summer. Easy to grow. Ht. 1m/40".

Propagation prohibited. U.S. patent (USPP#21,932)

P2284-250 Plants: \$15

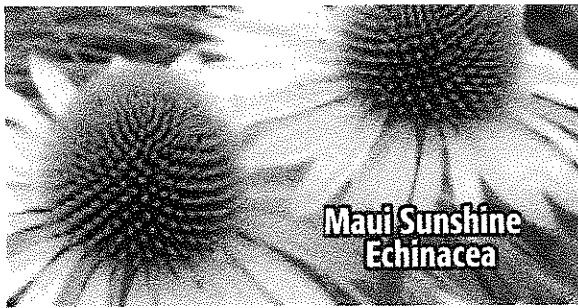


MAC N CHEESE ECHINACEA

Echinacea 'Mac N Cheese' P Z4-9
 Do the flowers with golden rays fading to yellow at the tips conjure up memories of a popular pasta dinner? Maybe. Or maybe not. But the gorgeous colour is a welcome addition to any sunny landscape. Try them next to the orangey-red 'Tomato Soup' echinacea for a summertime feast. The lovely floral scent of the flowers is a bonus. Vigorous, upright habit, up to 26" tall.

Propagation prohibited. U.S. patent (USPP#19464).

P2284-500 Plants: \$15



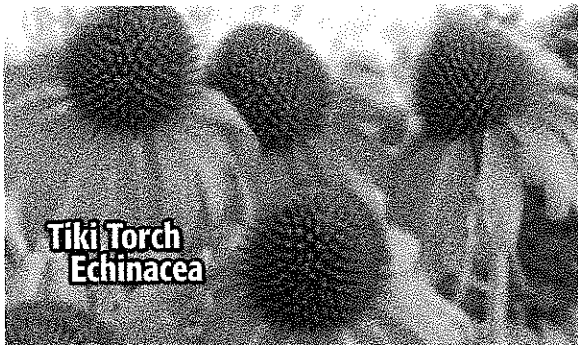
Maui Sunshine Echinacea

MAUI SUNSHINE ECHINACEA

Echinacea 'Maui Sunshine' P Z4-9
 Large sweet scented blooms with showy orange cones and bright yellow rays, maturing to a soft yellow. Excellent for cutting and drying. Vigorous, well-branched upright habit. Ht. 120cm/48".
 Propagation prohibited. U.S. patent applied for.
P2284-520 Plants: \$15

TANGERINE DREAM ECHINACEA

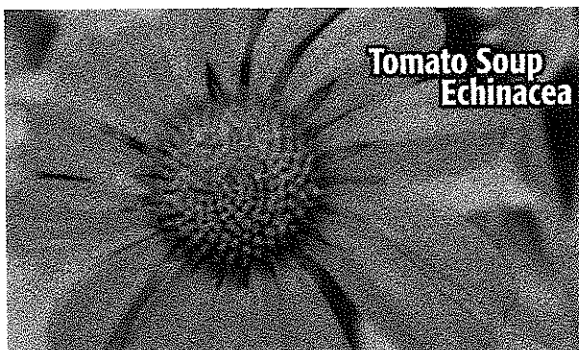
Echinacea 'Tangerine Dream' P Z4-9
 Honey scented! Large 4" flowers with wide overlapping petals awash in a clear orange colour. Colour holds well in the heat unlike other varieties. Strong stems and nice wide branching habit. Excellent choice for cut flowers. Ht. 90cm/30".
 Propagation prohibited. U.S. patent (USPP#21,773)
P2284-750 Plants: \$15



Tiki Torch Echinacea

TIKI TORCH ECHINACEA

Echinacea 'Tiki Torch' P Z4-9
 Spectacular orange colour! Masses of deep orange, spice-scented flowers. They are large, up 11 cm/4.5" across, and they last for weeks. Outstanding cross between 'Ruby Giant' and the yellow-flowered *Echinacea paradoxa*. Excellent for cutflowers and sunny borders. Ht. 90 cm/36".
 Propagation prohibited. Protected by U.S. patent (USPP#18839).
P2284-800 Plants: \$15



Tomato Soup Echinacea

TOMATO SOUP ECHINACEA

Echinacea 'Tomato Soup' P Z4-9
 Colour just like tomato soup! Amazing orangey-red colour is unique among echinaceas, reminding admirers of a famous brand of tomato soup. Flowers are huge, to 15 cm/5" wide, and keep coming till frost. Excellent vigour. Ht. 80cm/32".
 Propagation prohibited. Protected by U.S. patent (USPP#19427).
P2284-830 Plants: \$15

EDELWEISS

Leontopodium alpinum P Z5-9
 No plant symbolizes the Alps of Europe quite like edelweiss. To the Swiss, Austrians and Bavarians, the white-woolly flowers are instantly emblematic of a simple, wholesome mountain lifestyle. Edelweiss has important medicinal and cosmetic uses, and is now a cultivated crop in Europe. Traditionally used as a tea for diarrhea, dysentery and respiratory problems, today it is used to neutralize free radicals and block the formation of superoxides associated with aging. Also strengthens the walls of capillaries and veins and can be used for varicose veins and hemorrhoids. Ht. 15cm/6".
58860 Seeds: Pkt/\$3, 10g/\$35
P8860 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

Elder

(*Sambucus*)

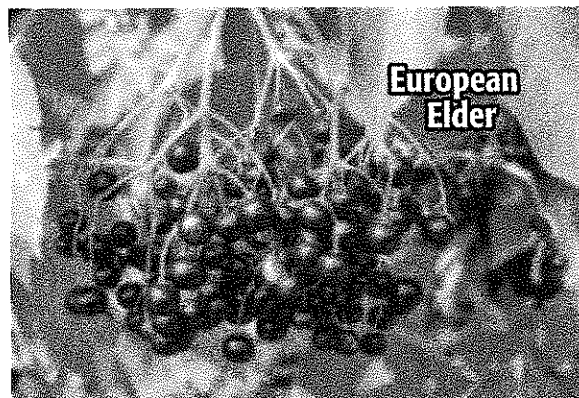
Unassuming and often overlooked for years, elder is undergoing a welcome reappraisal. We all know about elderberry wine, pie and jelly, but how many know that elderberries possess extraordinary powers as virus and bacteria fighters? Studies show that elder extracts provide powerful relief of the symptoms of colds and flus. Indeed elderberry extracts have been shown to deactivate the protein the flu virus needs to attach itself to cells. With the resurgence of interest in the humble shrub it is fast turning into a hot crop in America. Led by the efforts of Missouri researchers to transform elder into a profitable crop, many farms growing elder by the acre are springing up in America. Not only is the plant incredibly versatile, it grows happily from northern Quebec to sub-tropical America.

AMERICAN ELDER

Sambucus canadensis P Z3-11
 (Elderberry) The hardy native form grown from seeds collected in southern Ontario. Very hardy, very adaptable. For food and medicinal use.
P2295 Plants: \$12

BOB GORDON ELDER

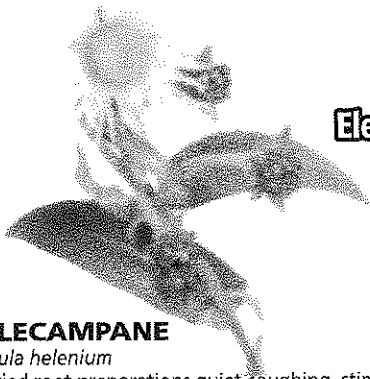
Sambucus canadensis 'Bob Gordon' P Z3-11
 Best berry producer! (Elderberry) A truly superior variety developed for commercial elderberry production. Yields were almost triple that of other varieties in trials conducted in Missouri. Large berries are borne on inverted heads that help to protect the berries from birds.
P2296 Plants: \$12



European Elder

EUROPEAN ELDER

Sambucus nigra P Z3-11
 (Common Elderberry) Very similar to American elder in appearance and used in the same ways. It is harder than its American cousin, surviving in the far north, and throughout Europe and even parts of north Africa. It has been introduced successfully in many parts of the world including North America, East Asia, Australia and New Zealand.
52300 Seeds: Pkt/\$1.75, 100g/\$25, 1kg/\$150



Elocampane

ELECAMPANE

Inula helenium

Dried root preparations quiet coughing, stimulate digestion, and tone the stomach. Flowers yield yellow and orange dyes.

S2320 Seeds: Pkt/\$2.25, 10g/\$25, 100g/\$180

P2320 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

EPAZOTE

Chenopodium ambrosioides

(Wormseed; Mexican tea) Strong scented foliage highly esteemed in Mexico and Guatemala for seasoning corn, black beans, mushrooms, fish and shellfish. Wormseed oil is frequently prescribed to expel intestinal parasites.

S2350 Seeds: Pkt/\$2.25, 10g/\$25, 100g/\$170, 1kg/\$1200

EPHEDRA, AMERICAN

Ephedra nevadensis

(Mormon tea; Desert tea; Joint-fir) Unusual native of the southwestern U.S. desert regions. Foliage resembles that of the horsetail plant. Makes a pleasant refreshing beverage tea, an excellent substitute for coffee or tea. Contains traces of ephedrine, a nerve stimulant resembling adrenaline. Has tonic effects, improves kidney action, and relieves asthma. Prefers dry, alkaline soil.

S2353 Seeds: Pkt/\$3, 100g/\$25, 1kg/\$180

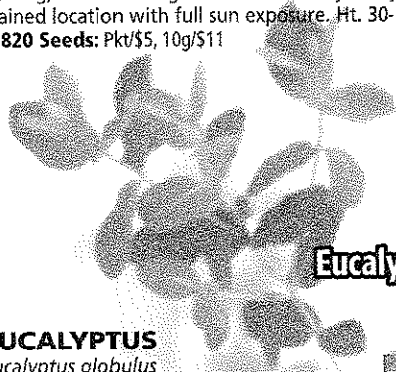
P2353 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

EPHEDRA, CHINESE

Ephedra sinica

(Cao ma huang) Chinese ephedra is a powerful stimulant herb containing the alkaloid ephedrine, the main inspiration for today's popular over-the-counter antihistamine drugs. Traditionally used in Chinese medicine for conditions characterized by wind and cold, such as chills, fever, headache, cough and wheezing. Excellent for colds, congestion, and asthma. In children used to control bed wetting, nose bleeding and diarrhea. Very hardy; prefers dry, well-drained location with full sun exposure. Ht. 30-50cm/12-20".

S3820 Seeds: Pkt/\$5, 10g/\$11



Eucalyptus

EUCALYPTUS

Eucalyptus globulus

(Bluegum) Famous "gum" trees of Australia, sources of essential oils used in perfumery and medicine. Cough drops and sore throat lozenges are made with the oil. Powerful antiseptic. Helps deodorize the air when grown indoors. Despite the enormous height they normally attain, they can be grown indoors with occasional pruning to maintain a manageable size.

S2360 Seeds: Pkt/\$3, 10g/\$20, 100g/\$140

P2360 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

EUCALYPTUS, LEMON

Eucalyptus citriodora

(Lemon gum) Crushed leaves emit a delightful lemon scent, popular in potpourris and perfumes, and to freshen the air indoors. Its oil is the major ingredient in some plant-based insect repellents, and a scattering of the leaves crushed or whole repels cockroaches and silver fish around the house.

S2361 Seeds: Pkt/\$3, 10g/\$12, 100g/\$80

P2361 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

EUCALYPTUS, SILVER DOLLAR

Eucalyptus cinerea 'Pendula'

(Dollar leaf gum) Silvery rounded leaves are used by florists for arrangements.

S2374 Seeds: Pkt/\$3

P2374 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

EVENING PRIMROSE

Oenothera biennis

Oil in seeds contains gammalinolenic acid (GLA), a precursor of prostaglandin E1 that is very active, biologically regulating such functions as the vessel and immune systems. By supplementing the diet with GLA, one can bypass a blockage of prostaglandin E1 production caused by aging, poor diet, or alcoholism. Chronic complaints such as PMS disappear. Roots can be eaten as a vegetable; shoots as a salad.

S2380 Seeds: Pkt/\$1.75, 10g/\$11, 100g/\$80, 1kg/\$530

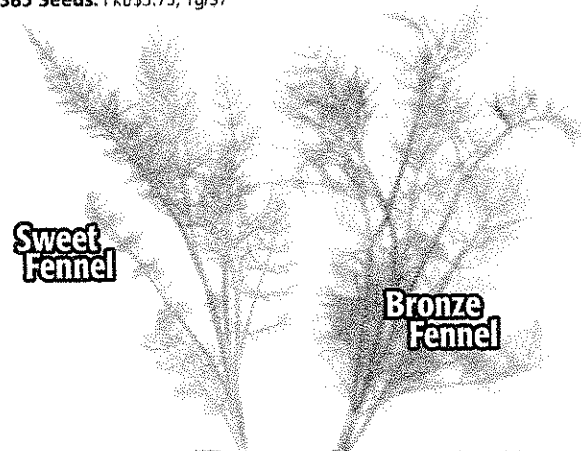
P2380 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

EVERLASTING

Helichrysum arenarium

European wildflower with cute yellow flowers resembling cat's paws. Spicy, aromatic dried flowers keep colour well; often added to commercial herbal teas for colour. Useful for dyspeptic disorders.

S2385 Seeds: Pkt/\$3.75, 1g/\$7



Sweet Fennel

Bronze Fennel

Fennel

(*Foeniculum*)

SWEET FENNEL

Foeniculum vulgare dulce

Chopped leaves are used with oily fish, such as mackerel, eel and salmon, to improve digestibility. Also in soups, salads and stews. Fennel tea is given to infants for its calming and anti-flatulent effects.

S2420 Seeds: Pkt/\$2, 100g/\$19, 1kg/\$120, 10kg/\$840

BRONZE FENNEL

Foeniculum vulgare dulce 'Rubrum'

Highly decorative form of fennel with bronze-red, lacy foliage. Leaves can be used like green fennel.

S2425 Seeds: Pkt/\$3.75, 10g/\$18, 100g/\$125, 1kg/\$900

P2425 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

FLORENCE FENNEL

Foeniculum vulgare azoricum

(Finocchio) Unlike sweet fennel, this produces a bulbous base of delicate anise flavour and crisp texture. Superb sliced raw in green salads, sauteed, or quartered in chicken casseroles. Does best in cool weather: sow direct in July to mature by fall or start early indoors and plant out in spring.

S8340-001 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$44, 1kg/\$290

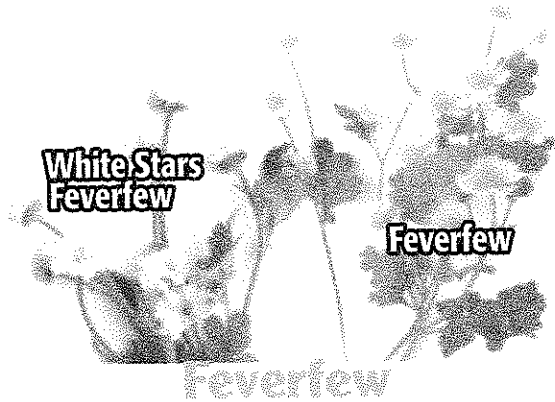
P8340 Plants: Plug pack: 12/\$12

FENUGREEK

Trigonella foenum-graecum

Common ingredient of curry powder. Used in oriental sauces, soups, stews, and for seasoning and preserving butter. Enjoys much commercial use for making imitation maple, vanilla, caramel and butterscotch flavours.



S2460 Seeds: Pkt/\$1.75, 100g/\$20, 1kg/\$120, 10kg/\$960



(*Tanacetum, Chrysanthemum*)

FEVERFEW

Tanacetum parthenium

P 25-9  



A medical survey in England indicates that 1 to 4 leaves of feverfew infused in a tea or eaten in a sandwich daily reduce the number and severity of migraine attacks in some sufferers. It even has pleasant side effects including a sense of well-being, lack of tension and relief from arthritis. Approx. 0.4% parthenolide.

\$2480 Seeds: Pkt/\$2, 10g/\$8, 100g/\$55, 1kg/\$360

P2480 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

WHITE POMPON FEVERFEW

Tanacetum parthenium 'White Pompon'



P 25-9  

Dense double white pompon type. Long stems, suitable for cutflowers. Ht: 60cm/2ft. Contains 0.3% parthenolide.

\$2485-800 Seeds: Pkt/\$3, 1g/\$10, 10g/\$60, 100g/\$440

WHITE STARS FEVERFEW

Tanacetum parthenium 'White Stars'

P 25-9  

Masses of double white flowers on neat, compact plants 18cm/7" high. Lovely in fresh or dry bouquets and arrangements. Good container plant and for edging. Low parthenolide.

\$2485-900 Seeds: Pkt/\$3, 1g/\$6, 10g/\$27, 100g/\$190

Fig
(*Ficus*)

The rotund fig and its fabled leaf go back at least 5,000 years as enduring symbols of sinful pleasure and lost innocence. The ancients and latter day fig-cognoscenti have known the hedonistic delight of fresh sun-ripened, honey-dripping figs, and know all too well the impatient wait for fig season to arrive in late summer. Many people assume that fig trees can't grow in North America, and if this describes you, then you need to rip your figurative fig leaf off and order this plant! With protection and the right care fig trees grow successfully in zones as low as 4. And they do well in containers so no one need be without the fresh fig.

HARDY CHICAGO FIG

Ficus carica 'Hardy Chicago'

P 27-11  

'Hardy Chicago' has brown-purple fruits and luscious strawberry-coloured flesh. Brought to Chicago by Sicilians from Mount Etna and has been grown there by dedicated fans of figs ever since.

P2520 Plants: \$6.25

New! ATREANO FIG

Ficus carica 'Atreano'

P 27-11  

Reliable fast growing variety. Figs have a light green skin and sweet pink flesh. Also known as 'Atreano Gold'.

P2521-100 Plants (Apr-June shipment): \$8

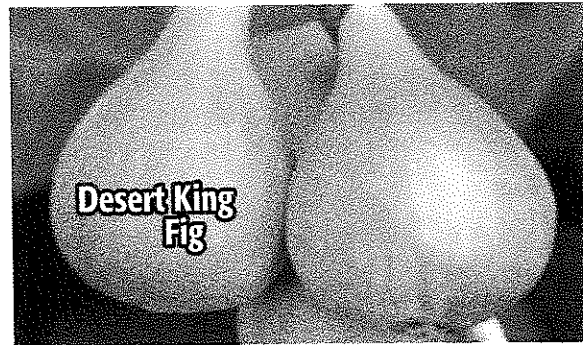
New! BLACK SPANISH FIG

Ficus carica 'Black Spanish'

P 27-11  



Figs are mahogany-black with very sweet, juicy and firm pink flesh. Bears two crops, in July and September. The plant is naturally dwarf so it does well in containers and where space is limited. Originally from Spain. Also called 'Black Jack'.

P2521-150 Plants (Apr-June shipment): \$8



New! DESERT KING FIG

Ficus carica 'Desert King'

P 27-11  

Large figs have a deep green skin with minute white spots and luscious strawberry-red flesh. Figs are sweet and delicious fresh or dried. The first harvest (the "breba" crop) in summer is heavy, followed by a lighter second crop in fall. Vigorous variety developed in California in 1920.

P2521-250 Plants (Apr-June shipment): \$8

New! LATTARULLA FIG

Ficus carica 'Lattarulla'

P 27-11  

Medium to large yellow-green fig with a very sweet and delicious light amber flesh. Produces crops in summer and fall. Also known as 'Italian Honey'.

P2521-450 Plants (Apr-June shipment): \$8

New! NEGRONNE FIG

Ficus carica 'Negronne'


P 27-11  

Named after a town in the Bordeaux region of France where this variety is said to have come from. The striking, almost black fruits have a red flesh that has intense rich flavour! A-fig-cionados say that this variety is one of the very best. Produces crops in summer and fall.

P2521-550 Plants (Apr-June shipment): \$8

New! PETER'S HONEY FIG

Ficus carica 'Peter's Honey'

P 27-11  

Originally from Sicily, this super delicious lemon yellow fig with sweet, tender, dark amber flesh, is truly amazing. It likes it a little hotter than other varieties, so grow this in a warm spot protected from the cold wind. Produces crops in summer and fall.

P2521-700 Plants (Apr-June shipment): \$8

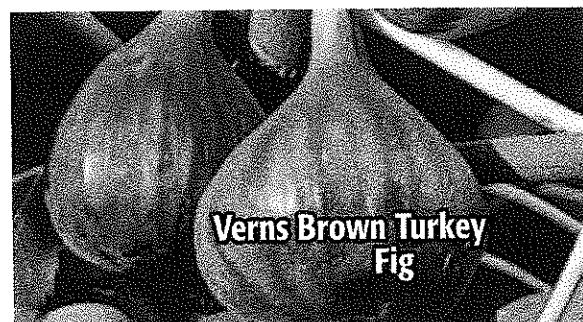
New! STELLA FIG

Ficus carica 'Stella'

P 27-11  

Large green-yellow figs with beautiful sweet purplish-red flesh. By one account this fig was brought to the U.S. by an Italian sailor who named it after his wife. Another story has it that this is really the same as another well-known variety called 'Adriatic'. Either way, this is one wonderful fig. Produces crops in summer and fall.

P2521-800 Plants (Apr-June shipment): \$8



New! VERN'S BROWN TURKEY FIG

Ficus carica 'Vern's Brown Turkey'

P 27-11  

This is an improvement over a well-known but mostly unreliable 'Brown Turkey' variety grown in North America. 'Vern's' is a reliable producer of large tasty sweet figs with a dark brown skin and a light amber flesh. It can usually be counted on producing crops in summer and in fall.

P2521-900 Plants (Apr-June shipment): \$8

FIGWORT

Scrophularia nodosa

English herb used mainly for skin problems. Also sprains, swellings, inflammation, burns, even gangrene.

S2530 Seeds: Pkt/\$3, 10g/\$19, 100g/\$120

FISH MINT

Houttuynia cordata

(Vap Ca) Vietnamese herb used fresh on meat dishes and in soups. Unusual, but interesting fish-like flavour. Very easy to grow. Shade tolerant.

P6605 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



FISH MINT, CHAMELEON

Houttuynia cordata 'Chameleon'

Vietnamese herb used fresh on meat dishes and in soups. Unusual, but interesting fish-like flavour. Striking red, green and white variegated ground cover for shady areas. Very easy to grow. Shade tolerant.

P6605-100 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

FLAG, LICORICE

Acorus gramineus 'Licorice'

All parts of the plant burst with an absolutely stunning licorice scent when squeezed. Used in Thai cooking, and deserving of experimentation wherever a new flavour twist is desired. Important Chinese medicinal herb used to treat lack of appetite, gastritis, and depression. Prefers full or partial sun in wet soil or in water garden. Grows 20-30cm/8-12"; grass-like foliage.

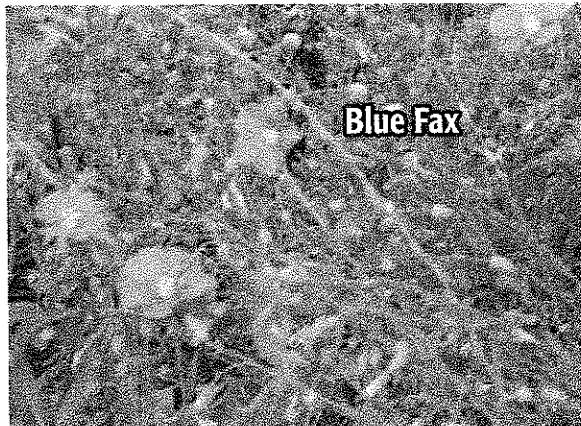
P2600 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

FLAX

Linum usitatissimum

Source of strong fibre used in linen cloth. Linseed poultice is valuable for rheumatism and infections. Linseed oil is employed in the paint and varnish industries.

S2700 Seeds: Pkt/\$1.75, 100g/\$15, 1kg/\$90, 10kg/\$720



FLAX, BLUE

Linum perenne

Pretty border perennial with pale blue flowers. As with ordinary flax, seeds contain linseed oil. Has been used for rheumatic pains, diarrhea and coughs.

S2710 Seeds: Pkt/\$2.25, 100g/\$9, 1kg/\$50

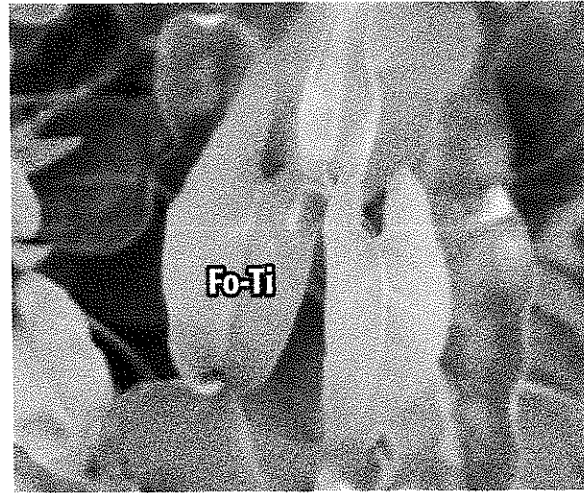
FLAX, FIBRE

Linum usitatissimum 'Evelin'

Specially bred for linen production. Fibres are longer, more uniform and stronger than ordinary flax. Fibres are prepared from the raw flax straw in a series of steps called retting, breaking, scutching and hackling. Instructions are included with each order.

—**EVELIN** High yielding variety for fibre production.

S2702 Seeds: Pkt/\$3, 100g/\$7, 1kg/\$28, 10kg/\$220



FO-TI

Polygonum multiflorum

(He-shou-wu) Legendary Oriental "Elixir of Life" said to be used by a certain Professor Li who lived to the ripe old age of 256! Early in life Li started taking a daily concoction containing the "elixir of life." He is said to have outlived 23 wives, and left behind 11 generations of descendants when he died in 1933! Widely used tonic herb in traditional Chinese medicine. Roots are used to restore blood, liver and kidneys, and is prescribed for conditions as varied as vertigo, insomnia, lumbago, and constipation. Climber.

P2725 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

FORSYTHIA

Forsythia suspensa

(Lian Qiao) Important Chinese antibacterial herb used to treat flu and cold. Forsythiaside found in the fruits is effective against a wide spectrum of bacteria and fungi. Also effective against inflammations and helps to reduce fever and boost immunity. Hardy shrub with yellow flowers that appear before the leaves in spring. Prefers full sun and shelter from the wind.

S2727 Seeds: Pkt/\$3, 100g/\$37, 1kg/\$240

P2727 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

FOXGLOVE, GRECIAN

Digitalis lanata

Source of the cardiac drug digoxin used to treat congestive heart failure. White flowers with bold brown veining on 1m/3ft spikes.

S2732 Seeds: Pkt/\$3

P2732 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

FOXGLOVE, PURPLE

Digitalis purpurea

Source of digitalis, important for its stimulating and regulating action on the heart, but too powerful to use without medical supervision. Spotted bells arranged in spikes are highly ornamental.

S2730 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$49, 1kg/\$320

P2730 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

GARDENIA

Gardenia jasminoides

(Cape jasmine; Zhi zi) Scented white flowers used by the floral industry in arrangements and corsages. Flowers used to flavour Chinese tea and a source of important essential oil used in perfumery. Fruits are used in Chinese medicine for fever, high blood pressure, insomnia, hepatitis and for sprains, swellings and bruises. Evergreen shrub up to 2m/6ft high with dark green, leathery leaves. Succeeds as a house plant if kept warm (above 18°C/65°F).

S2775 Seeds: Pkt/\$3, 10g/\$7, 100g/\$42, 1kg/\$280



**Musik
Garlic**

Garlic
(*Allium*)

Garlic often sells out by September. Order early to avoid disappointment.

Softneck Group (*Allium sativum sativum*)

Regular "softneck" form of garlic, so called because the stem does not dry hard in the centre of the bulb. Plants are shorter than the "hardneck" varieties.

CHENGDU (Can,US only) (P) (Z) (3-8) (G)
Allium sativum sativum 'Chengdu'
From a roadside market in the city of Chengdu, in western China. Has a robust garlic flavour with a touch of heat. Very early. Stores well.
R2780-100 Bulbs (Sept-Oct shipment): 250g/\$21, 2kg/\$84

INCHELIUM RED (Can,US only) (P) (Z) (3-8) (G)
Allium sativum sativum 'Incheliium Red'
Rated as one of the best tasting at Rodale kitchens. The flavour is mild with a delightful tingle that lingers. Originally discovered on an Indian reservation, this large-bulbed variety is quietly gaining a reputation as an excellent producer. Bulbs are heavier and denser than other varieties also. 8-15 cloves per bulb.
R2780-200 Bulbs (Sept-Oct shipment): 250g/\$15, 2kg/\$60, 10kg/\$245



LORZ ITALIAN (Can,US only) (P) (Z) (3-8) (G)
Allium sativum sativum 'Lorz Italian'
Vigorous large-bulbed variety originally brought to the U.S. from Italy by the Lorz family in the 1800s. Bulbs have 12-19 cloves in 3-5 overlapping layers, an arrangement that resembles a true artichoke. It has a great, strong flavour that sometimes can be hot. Tolerates heat well.
R2780-300 Bulbs (Sept-Oct shipment): 250g/\$18, 2kg/\$74, 10kg/\$295

POLISH WHITE (Can,US only) (P) (Z) (3-8) (G)
Allium sativum sativum 'Polish White'
One of the best for northern growers, but does well in southern areas also. Plants are larger and hardier than most softneck varieties; cloves are large too. Strong flavour. Good variety for braiding. 8-12 cloves per bulb.
R2780-600 Bulbs (Sept-Oct shipment): 250g/\$15, 2kg/\$60, 10kg/\$245

SUSANVILLE (Can,US only) (P) (Z) (3-8) (G)
Allium sativum sativum 'Susanville'
Mild flavoured bulbs are white-skinned with occasional pink. Excellent for roasting: the cloves easily slip apart after roasting and spread effortlessly on French bread or tomato slices. 11-13 cloves per bulb.
R2780-800 Bulbs (Sept-Oct shipment): 250g/\$15, 2kg/\$60, 10kg/\$245

Hardneck Group (*Allium sativum ophioscordon*)

Called "hardneck" because the stem dries hard in the centre of the bulb. Cloves are larger and easier to separate than the "softneck" type, but does not store as well. Esteemed for their strong garlic flavour. This group includes the rocambole or Italian garlicks.

BELARUS (Can,US only) (P) (Z) (3-8) (G)
Allium sativum ophioscordon 'Belarus'
Attractive purple-striped skins and dark green leaves. One of the earliest: it's the first to emerge in spring and the first to send up a scape later in summer. 6-9 cloves per bulb.
R2786 Bulbs (Sept-Oct shipment): 250g/\$18, 2kg/\$74, 10kg/\$295

BAI PI SUAN (Can,US only) (P) (Z) (3-8) (G)
Allium sativum ophioscordon 'Bai Pi Suan'
Said to be from Xinjiang, the restive Muslim region of western China, otherwise known as Chinese Turkestan. It is a marbled purple stripe variety with excellent rich flavour and medium heat. Matures late season. Each bulb has 4-6 plump cloves. Bulbs can get up to as 70g/2.5oz each.
R2786-100 Bulbs (Sept-Oct shipment): 250g/\$21, 2kg/\$84



**Bogatyr
Garlic**

BOGATYR (Can,US only) (P) (Z) (3-8) (G)
Allium sativum ophioscordon 'Bogatyr'
Great bulbs of fire! One of the most spectacular garlic varieties in the world. Big bulbs, big easy-to-use cloves, and an even bigger hot garlic flavour with a pleasing aftertaste. It is also one of the nicest looking garlicks, beautifully sculpted with white outer bulb wrappers and purple inner wrappers. 5-7 cloves per bulb.
R2786-200 Bulbs (Sept-Oct shipment): 250g/\$21, 2kg/\$84

FIREBALL (Can,US only) (P) (Z) (3-8) (G)
Allium sativum ophioscordon 'Fireball'
This variety gets its name from the purple wrapper and the rich, spicy flavour. Originally from Poland, it is now a popular choice among garlic gourmards for seasoning soups or meats. Matures mid to late season. Each bulb has 7-8 red-skinned cloves.
R2786-400 Bulbs (Sept-Oct shipment): 250g/\$18, 2kg/\$74, 10kg/\$295

JOVAK (Can,US only) (P) (Z) (3-8) (G)
Allium sativum ophioscordon 'Jovak'
Marbled purple stripe variety originally from the Czech Republic. Late maturing. Bulbs can get up to 35g/1.2oz in size.
R2786-600 Bulbs (Sept-Oct shipment): 250g/\$21, 2kg/\$84

KAZAKHSTAN (Can,US only) (P) (Z) (3-8) (G)
Allium sativum ophioscordon 'Kazakhstan'
One of the earliest varieties. Matures 3-4 weeks earlier than the mid-season variety, Musik. It is a recent arrival from central Asia where probably many of today's commercial garlicks came from originally. Plants are tall and strong; bulbs are white with 7-8 large cloves each.
R2786-700 Bulbs (Sept-Oct shipment): 250g/\$18, 2kg/\$74, 10kg/\$295

KYJEV (Can,US only) (P) (Z) (3-8) (G)
Allium sativum ophioscordon 'Kyjev'
Said to be a Czech variety, but the name — also spelled Kjev or Kiev — suggests it came from the Ukraine. Bulbs are large, up to 45 grams each, with 4 large cloves per bulb.
R2786-750 Bulbs (Sept-Oct shipment): 250g/\$21, 2kg/\$84

METECHI

(Can, US only) (P) (Z) (8) (G)

Allium sativum ophioscordon 'Metechi'

Growers say that this is the most consistent producer of all garlic varieties. Even in bad years it comes through when others fail. Matures very late, but delivers big and beautiful bulbs with a big, bold taste. Bulbs have 4-7 large cloves.

R2786-950 Bulbs (Sept-Oct shipment): 250g/\$21, 2kg/\$84

MUSIC

(Can, US only) (P) (Z) (8) (G)

Allium sativum ophioscordon 'Music'

Best yielding strain, preferred by commercial growers in Ontario. Produces up to 15 tonnes per hectare (13,500 lbs/acre). White skin with a pink blush. Cloves are large, only 5-6 per bulb, and they are easy to separate and peel. Has a medium hot flavour. Will store up to 9 months.

R2787 Bulbs (Sept-Oct shipment): 250g/\$15, 2kg/\$60, 10kg/\$245

PURPLE GLAZER

(Can, US only) (P) (Z) (8) (G)

Allium sativum ophioscordon 'Purple Glazer'

This is one beautiful garlic, with brilliant shiny purple and silver wrappers. The flavour is strong, but not hot, and has no aftertaste. Kitchen tests prove that this variety is one of the best for baking, with a fine texture not unlike cooked carrots. Cloves, 8-12 per bulb, are easy to peel. Originally from the Republic of Georgia.

R2787-450 Bulbs (Sept-Oct shipment): 250g/\$18, 2kg/\$74, 10kg/\$295

SIBERIAN

(Can, US only) (P) (Z) (8) (G)

Allium sativum ophioscordon

Very high in allicin which is responsible for garlic's antibiotic effect and for its ability to lower cholesterol and high blood pressure. Medium to strong flavour; light pink coloured skin. Produces 7-8 large cloves per bulb. Very hardy; excellent performer in northern climates.

R2788 Bulbs (Sept-Oct shipment): 250g/\$18, 2kg/\$74, 10kg/\$295

UZBEKISTAN

(Can, US only) (P) (Z) (8) (G)

Allium sativum ophioscordon 'Uzbekistan'

Comes from stock maintained by Germans in Washington State. We believe the original stock came from the central Asian republic of the same name. It is a glazed purple stripe variety with very colourful bulbs and large cloves, 6 per bulb.

R2788-500 Bulbs (Sept-Oct shipment): 250g/\$21, 2kg/\$84



Zemo
Garlic

ZEMO

(Can, US only) (P) (Z) (8) (G)

Allium sativum ophioscordon 'Zemo'

Beautiful large garlic similar to German White, with creamy white skin tinged with purple. Spicy flavour with moderate heat. Cloves are large, 2-6 per bulb. Tall dark green plants, very strong and hardy. Prefers cold weather. From the Republic of Georgia.

R2788-800 Bulbs (Sept-Oct shipment): 250g/\$21, 2kg/\$84

GARLIC, SILVER LACE SOCIETY

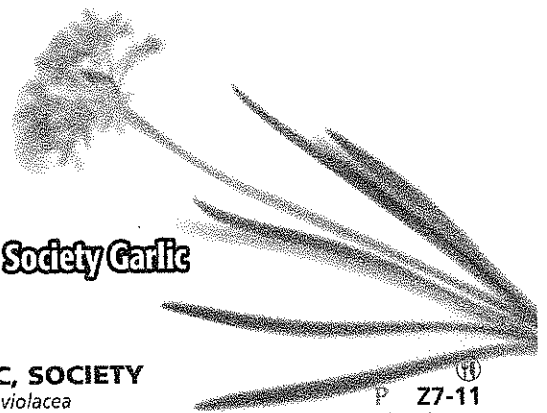
(P) (Z) (8) (G)

Tulbaghia violacea 'Silver Lace'

(Sweet garlic; Pink agapanthus) A lovely variegated version of the standard green society garlic. The silver-edged leaves beautifully frame the large pink flowers that appear in summer. Silver is more prominent in summer and changes to a pinkish tinge in winter. Prefers full sun and sandy, well-drained soil. Ht. 30-40cm/12-16".

P2791 Plants: \$6.25

Society Garlic



GARLIC, SOCIETY

Tulbaghia violacea

(Sweet garlic; Pink agapanthus) A more civil version of garlic can hardly be imagined: its lavender-pink flowers are sweet-scented like hyacinths, and are showy, and you don't get bad breath when you eat it! It tastes like garlic — the mild garlicky rhizomes, leaves and flowers can be used like garlic and chives — but it's not a garlic, it's a type of amaryllis. Wierd, but wonderful! Flowers all summer. Prefers full sun and sandy, well-drained soil. Ht. 30-40cm/12-16".

P2790 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

GAYFEATHER

Liatris spicata

(Blazing Star) Features strong spikes of deep rosy-purple flowers. Tuberous roots make a soothing tea valuable in kidney diseases or as a gargle for sore throat.

S2800 Seeds: Pkt/\$2.25, 10g/\$13, 100g/\$89

GENTIAN, TIBETAN

Gentiana tibetica

Rare medicinal species from Tibet. Used in Chinese medicine to expel wind dampness, damp heat, jaundice, for dry constipation, and as a tonic. Forms large rosettes, 60cm/2ft. high; leaves 30cm/12" long; flowers are tubular, greenish-white, to 3cm/1" long. Unlike other medicinal gentians, this is easier to raise from seed.

S2828 Seeds: Pkt/\$3.75

Geranium

(*Pelargonium*)

ALMOND

Pelargonium quercifolium 'Pretty Polly'

Pungent, resinous, nutty odour, possibly reminiscent of almonds. Very showy pink flowers.

P2840-030 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

APPLE

Pelargonium odoratissimum

Charming Victorian favourite. Delightful apple and cinnamon fragrance.

P2840-050 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

APRICOT

Pelargonium scabrum 'M. Ninon'

Strong scent, possibly of apricots. Lovely deep rose flowers; dark glossy leaves.

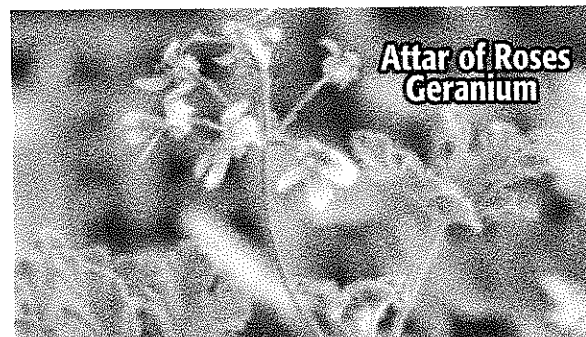
P2840-070 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

ATTAR OF ROSES

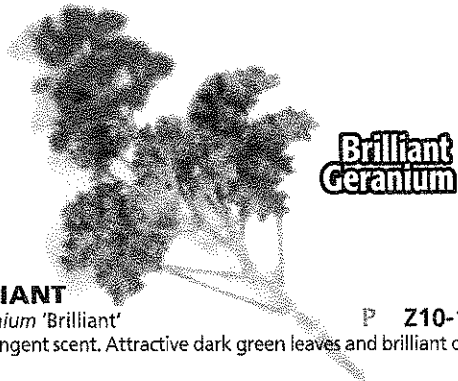
Pelargonium capitatum 'Attar of Roses'

Vigorous growing plant with deeply cut leaves. Excellent rose scent: useful perfume substitute for attar of roses.


P2840-080 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55




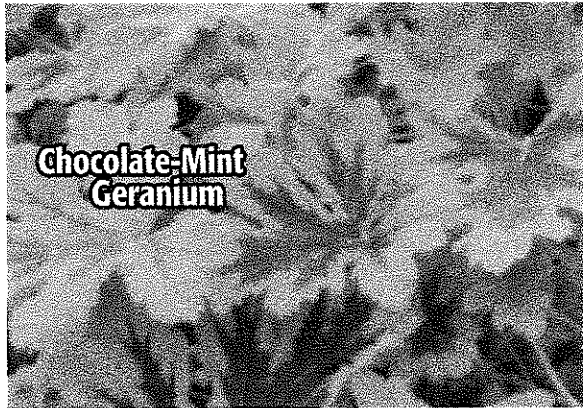
Attar of Roses
Geranium




Brilliant Geranium


BRILLIANT 
Pelargonium 'Brilliant' P Z10-11+
 Slight pungent scent. Attractive dark green leaves and brilliant cerise flowers.
P2840-140 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55


CHARITY 
Pelargonium 'Charity' P Z10-11+
 Very attractive! Leaves are two-toned with variegations of green and lime-green. Excellent pot plant with a robust, dense uniform habit. Delicate rose scent.
P2840-180 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55





Chocolate-Mint Geranium


CHOCOLATE-MINT 
Pelargonium quercifolium 'Chocolate-Mint' P Z10-11+
 Strong minty scent that some noses swear has a hint of chocolate. Velvety, purple streaked leaves.
P2840-190 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55


CINNAMON 
Pelargonium crispum 'Cinnamon' P Z10-11+
 Small crisped leaves have a lemon scent with a hint of cinnamon. Compact growth habit.
P2840-200 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

CITROSA 
Pelargonium 'Citrosa' P Z10-11+
 Claimed to keep mosquitoes, black flies and other biting insects at bay. Studies suggest that it is not effective. But even if it has no effect, its refreshing citronella scent and ease of culture make it worthwhile.
P2840-205 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

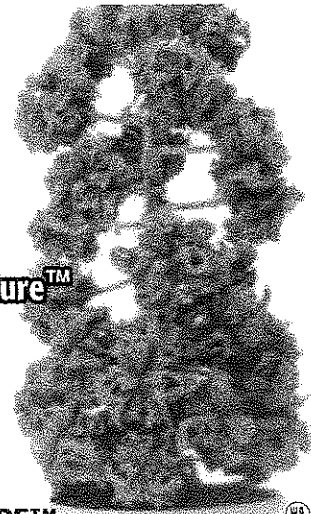
COCONUT 
Pelargonium grossularioides P Z10-11+
 Coconut scent. Self-sows readily. Small dark leaves; compact somewhat trailing habit. Ideal for hanging baskets.
P2840-220 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55


FERNLEAF 
Pelargonium denticulatum 'Filicifolium' P Z10-11+
 Finely cut leaves resemble fern leaves. Pine scented.
P2840-260 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55


FINGERBOWL LEMON 
Pelargonium crispum 'Minor' P Z10-11+
 Strong lemon scent. Tiny crisped leaves. Stiff upright habit. A fresh sprig added to the after dinner fingerbowl added an elegant touch to the Victorian dinner table.
P2840-290 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55


FRENESHAM LEMON 
Pelargonium 'Frensham' P Z10-11+
 Absolutely delightful lemon scent. Neat compact growth habit.
P2840-300 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

Lemon Sculpture™ Geranium

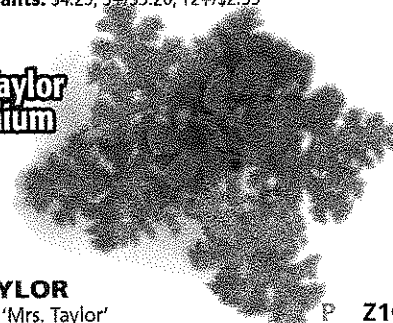



LEMON SCULPTURE™ 
Pelargonium 'Bontrosai' P Z10-11+
 Like a living sculpture! Completely new geranium with a pruned and sculpted look like bonsai. The tightly curled leaves and sparse, deliberate branching gives it a neat formal look. It keeps its sculpted look even in lower light, so it works well indoors on windowsills. The decorative possibilities are endless: try it as an eye-catching focal point for a balcony, deck or patio. Its good looks and refreshing citrus scent will make it hard to keep your hands off! Ht. 90cm/3ft. *Unauthorized propagation prohibited. Protected by U.S. patent (USPP#PP15918). Lemon Sculpture is a trademark of Richters; all rights reserved.*
P2840-440 Plants: \$8.25


LIME 
Pelargonium x nervosum P Z10-11+
 Excellent lime scent. Small deep green leaves.
P2840-450 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55


MABEL GREY 
Pelargonium citronellum 'Mabel Grey' P Z10-11+
 Outstanding lemon-scented variety with dark green, sharply lobed leaves and showy flowers.
P2840-460 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55


Mrs Taylor Geranium




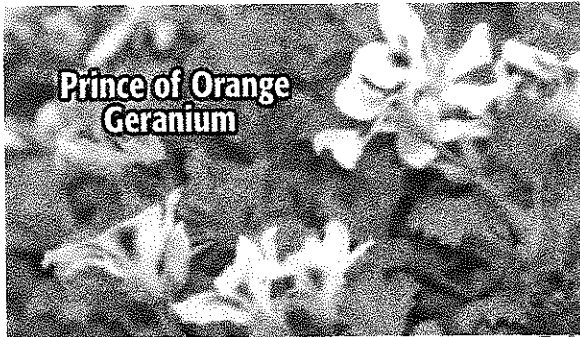
MRS. TAYLOR 
Pelargonium 'Mrs. Taylor' P Z10-11+
 Flowers bright red; very showy; pungent, crinkled leaves.
P2840-485 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55




NUTMEG 
Pelargonium x fragrans P Z10-11+
 Small dainty plant with a spicy nutmeg scent.
P2840-520 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55




OLD SPICE 
Pelargonium x fragrans 'Logeei' P Z10-11+
 Spicy like nutmeg geranium, but with a hint of apple.
P2840-560 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55




PEACOCK 
Pelargonium 'Peacock' P Z10-11+
 Delicious, intense rose fragrance. Foliage is flecked with white markings. Small lavender flowers. Vigorous growth habit. Ht. to 50cm/20".
P2840-570 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55




PEPPERMINT 
Pelargonium tomentosum P Z10-11+
 Refreshing mint scent. Large velvety leaves. Its trailing habit makes it ideal for hanging baskets.
P2840-580 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55









PRINCE OF ORANGE  
Pelargonium citrosium  **Z10-11+**
 Orange-scented. Compact, showy plant.
P2840-620 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55




PRINCE RUPERT  
Pelargonium crispum 'Prince Rupert'  **Z10-11+**
 Nice lemon scent. Plant has ruffled leaves and upright growth habit.
P2840-640 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55




ROBER'S LEMON-ROSE  
Pelargonium graveolens 'Rober's Lemon-Rose'  **Z10-11+**
 Deeply scalloped leaves resemble tomato leaves. Sweet lemon-rose scent; vigorous growth habit.
P2840-690 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

ROSE  
Pelargonium x asperum  **Z10-11+**
 The traditional rose-scented geranium with deeply cut leaves.
P2840-700 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SKELETON-ROSE  
Pelargonium radens  **Z10-11+**
 (Dr. Livingston geranium) Lemon-rose scent. Finely cut leaves.
P2840-750 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

STRAWBERRY  
Pelargonium x scarboroviae  **Z10-11+**
 (Countess of Scarborough geranium) Small crisped leaves are pleasantly strawberry-scented. Tends to stay compact in size.
P2840-850 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

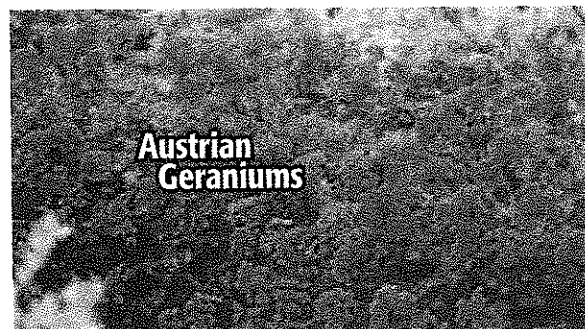
VARIEGATED NUTMEG  
Pelargonium x fragrans 'Variegated'  **Z10-11+**
 Attractive variegated version of nutmeg geranium with the same strong nutmeg scent.
P2840-910 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55






GERANIUM, AUSTRIAN  
Pelargonium peltatum  **Z8-11**
 Who hasn't feasted on its masses of colour spilling out from hanging baskets and window boxes? But who knew they are also medicinal? The fresh juice of the leaves is antiseptic, and is used to treat earache, toothache, sore throat, and mouth ulcers in South Africa.

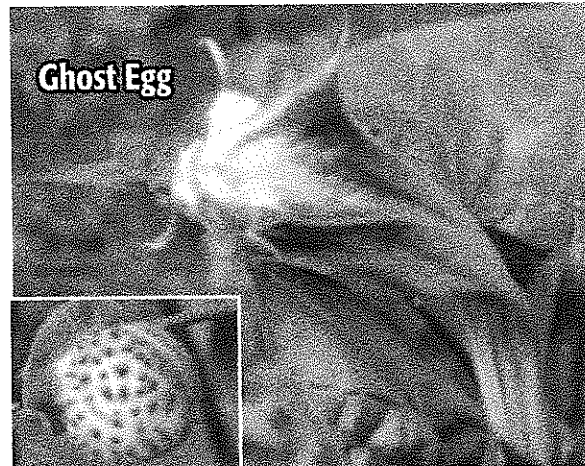
—CORAL
P2850-100 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12






—PINK
P2850-200 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12







—RED
P2850-300 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

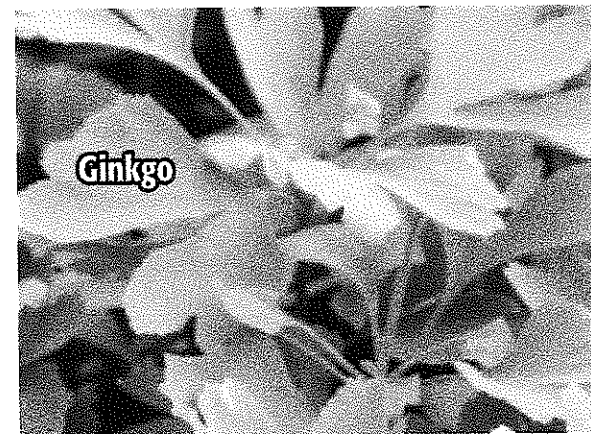








GERMANDER  
Teucrium chamaedrys  **Z5-9**  
 (Hedge germander) Showy edging plant with glossy dark green leaves and rosy flowers. Infusion quiets upset stomach and promotes appetite. Once used in the treatment of gout.
S2858 Seeds: Pkt/\$3, 1g/\$15, 10g/\$100
P2858 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

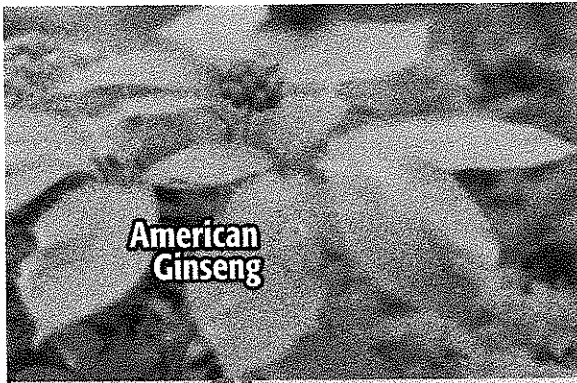


GHOST EGG  
Datura metel   
 (Ghost eggplant; Norligbuitsa) The Ewe herbalists of West Africa say that if you want to use this herb to heal you must offer a token and a prayer to the plant or it will harm the patient. It is used to treat swollen limbs and swollen areas on the head. Fresh leaves are pounded to a paste and applied as a compress to the affected part. The Ewe name *norligbuitsa* means "ghost eggplant", a potent reference to its power when misused to turn people into zombie slaves. Tubular flowers are spectacular in purple and white. Ht. 90cm/3ft.
S2861 Seeds: Pkt/\$5

GINGER, WILD  
Asarum canadense  **Z3-8**   
 (Indian ginger) North American woodland native with aromatic roots like true ginger. Important Amerindian remedy for indigestion, coughs, colds, fever, sore throat, flatulence, and nervous conditions.
P2862-300 Plants (Apr-June shipment): \$4.25, 3+/\$3.20, 12+/\$2.55



GINKGO  
Ginkgo biloba  **Z5-9**   
 (Maidenhair tree) An extremely hardy tree, resistant to pollution and disease. Very attractive fan-shaped foliage. In the West, the male tree is preferred because the female produces a foul-smelling fruit. However, the fruit contains a delicious nut which is a delicacy in China roasted or added to rice dishes. Medicinally, ginkgo is rapidly gaining a reputation as a brain tonic. According to recent European studies, the leaf extract increases blood supply to the brain and improves neural functioning and memory. Seeds take 3 to 12 months to germinate.
S2862-500 Seeds (Mar-June shipment): Pkt/\$7, 100g/\$15, 1kg/\$90
P2862-500 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75



**American
Ginseng**

Ginseng

(*Panax, Eleutherococcus*)

AMERICAN GINSENG

Panax quinquefolius

Native of cool hardwood forests throughout eastern and central North America. It has become extinct in many areas and is now cultivated to a large extent. Seeds are planted in hardwood forests or in specially prepared beds anytime from September until the ground freezes. The following spring, the seedlings appear, and in 3 to 6 years they mature. We offer high quality stratified seeds. Detailed growing instructions included.

\$2863 Seeds (Sept-Oct shipment): Pkt/\$10, 100g/\$100, 1kg/\$600

SIBERIAN GINSENG

Eleutherococcus senticosus

(Eleuthero ginseng; Ci wu jia) Species used by Russian cosmonauts and athletes to improve endurance. Possesses powerful tonic and restorative properties and was found to relieve the effects of mental and physical stress. Its action differs from that of true ginseng as it does not cause insomnia in large doses. Very hardy shrub; requires shade. Germination takes 1-2 years.

\$2864 Seeds: Pkt/\$10, 100g/\$50, 1kg/\$320

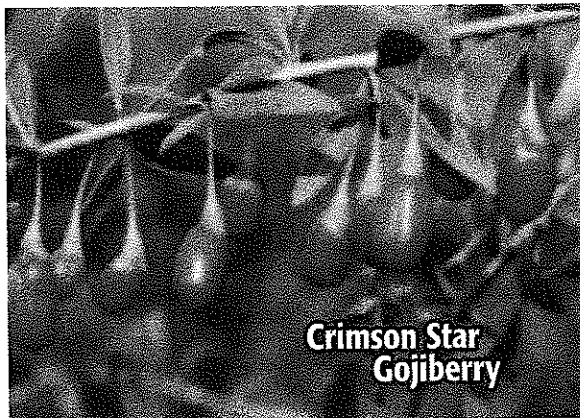
GOJIBERRY

Lycium barbarum

(Wolfberry; Gou-gi-zi; Matrimony vine) Chinese culinary and medicinal herb. Used to strengthen muscles and bone, liver function, to restore "vital essences," and to improve vision. Increases white blood cell counts, and stimulates tissue development. Young leaves and shoots are popular as cooked greens in Canton. Sweet berries are eaten raw as a snack or added to soups and stews.

\$6925 Seeds: Pkt/\$3, 10g/\$14, 100g/\$110, 1kg/\$650

P6925 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



**Crimson Star
Gojiberry**

New! GOJIBERRY, CRIMSON STAR

Lycium barbarum "Crimson Star"

(Wolfberry) This is a Chinese gojiberry selection that is popular among farmers in northern China. It begins producing large tasty berries in the second year after planting. Heavy yields.

P6925-200 Plants (Apr-June shipment): \$8

New! GOJIBERRY, SHANGHAI EXPRESS

Lycium barbarum 'Shanghai Express'

This is the first improved selection of gojiberry that is grown from seeds. It produces red gojiberry the first year when seeds are started early enough indoors — about 3 months before outdoor planting time. The sweet berries can be eaten fresh or added to soups and stews. Over the past decade there has been an explosion of interest in this herb. Ht. 40-50cm/16-20"

\$6925-800 Seeds: Pkt/\$5

GOLDENROD, EUROPEAN

Solidago virgaurea

Recognized in the German Pharmacopoeia for the treatment of kidney and bladder disorders and for its excellent diuretic and antiphlogistic effects. Used for bladder and kidney stones and inflammation. An infusion of the flowering tops is used, often in conjunction with echinacea for urinary problems, upper respiratory infections, mucus congestion and postnasal drip. Ht. 75cm/30".

\$2908 Seeds: Pkt/\$3, 10g/\$29

Goldenseal



GOLDENSEAL

Hydrastis canadensis

This North American woodland plant contains the alkaloid hydrastine which acts on the mucous membranes to alleviate catarrhal conditions such as sore gums, gastritis, nasal congestion, etc. Propagation by rootlets is more reliable than propagation by seed. Roots yield a beautiful yellow dye.

Live plants cannot be shipped to the U.S. per CITES rules.

\$2920 Seeds (July-Oct): Pkt/\$15, 10g/\$60, 100g/\$410, 1kg/\$2900

P2920 Plants (Apr-May) (Not to US): \$8.25, 3+/\$6.20, 12+/\$4.95

R2920 Rootlets (Mar-May) (Can, US only): 100/\$220, 1000/\$1500

GOOD KING HENRY

Chenopodium bonus-henricus

(Mercury; Wild spinach) Wholesome potherb rich in iron and vitamin C. In use since Neolithic times. Shoots gathered when 12cm/5" high are peeled, boiled and eaten like asparagus. Young tender leaves are eaten cooked or in salads like spinach. Flower spikes can be steamed and buttered like broccoli. Remedy for indigestion, constipation. Thrives in full or partial sun. Ht. 60cm/2ft.

\$2950 Seeds: Pkt/\$2.25, 10g/\$9, 100g/\$69

P2950 Plants: \$4.25, 3+/\$3.20

GOTU KOLA

Centella asiatica

Small creeping tropical plant used for centuries in India. Believed to have remarkable rejuvenating properties. One or two freshly chopped leaves daily in salads or liquefied in juice are said to be sufficient to revitalize the cells of the brain and to retard the aging process. Research shows that it is valuable for the treatment of burns, wounds, scars and varicose veins because it stimulates the development of connective tissue. Of easy culture in humus-rich soil where humidity is high. May be necessary to enclose plants in plastic bags during dry winter months. Avoid direct sunlight.

P3000 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$15

GRAVELROOT: See JOE-PYE WEED

GREEK MOUNTAIN TEA

Sideritis syriaca

(Ironwort) Traditional tea consumed throughout Greece to treat the common cold. Sold in dried form in most Greek markets worldwide. Sideritis species have proven anti-inflammatory properties; research into anti-arthritis and antimicrobial uses is ongoing. In the wild, plants thrive on sunny, rocky, dry hillsides growing to 50cm/20" with attractive grey-woolly leaves.

\$3010 Seeds: Pkt/\$5

P3010 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

GROUND IVY

Glechoma hederacea

(Alehoof) Balsamic leaves make an excellent cooling tea, known as "Gill tea," for the dog days of summer. Useful for kidney problems, indigestion, as a poultice for ulcers and cancers, and as a "blood purifier." Aggressive low creeper for moist, shady areas.

S3020 Seeds: Pkt/\$3

GROUND IVY, VARIEGATED

Glechoma hederacea 'Variegata'

(Creeping Charlie) Attractive white-variegated variation of the previous. Excels in hanging baskets, trailing straight down 1m/3ft. or more. Easy to grow.

P3021 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

GUM ARABIC

Acacia senegal

Source of important resin. Has protective, soothing effect on inflamed mucous membranes. Used in throat lozenges and for diarrhea and dysentery. In the food industry it is used as a stabilizer, emulsifier and flavour fixative, and it is common in chewing gum and candy. Tropical shrub or small tree with pale yellow fragrant flowers. Good indoor pot plant.

S3048 Seeds: Pkt/\$3, 10g/\$7, 100g/\$35, 1kg/\$200

GUMPLANT

Grindelia robusta

(Gumweed; Rosinweed) Effective for colds, coughs, nasal congestion and bronchial irritations. Also used as a healing wash for burns, rashes, blisters and poison ivy. Attractive yellow flowers.

S3050 Seeds: Pkt/\$3, 1g/\$10, 10g/\$60, 100g/\$400



Gynura

GYNURA

Gynura procumbens

(Leaves of the Gods; Mollucan spinach; Sambung nyawa; Daun dewa) Traditional Asian herb for diabetes. In animal studies it lowered blood sugar but only in diabetic animals, unlike antidiabetic drugs. And it protects the kidneys and retinas from damage caused by high blood sugar. It also lowers blood cholesterol and triglycerides, lowers blood pressure, and has anti-inflammatory and antiviral activity. The edible young leaves are eaten fresh in salads or stir-fried with garlic and oyster sauce. Gynura will climb if you let it but is happy kept as a small bush with regular pruning.

P3090 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

HALIJORMA

Hyptis suaveolens

(Jamaican spikenard; Chan) Aromatic annual found throughout the tropics. In Central America its seeds are mixed with water to make a nutritious drink like chia but better tasting. The essential oils in the leaves vary from region to region. Our variety is from West Africa where it is used for the treatment of fevers, dysentery and diarrhea, and is burned indoors to repel mosquitoes. Recent studies show that the herb has potent antidiabetic, antimicrobial and wound healing effects. Ht. 1m/3ft.

P3100 Plants: \$4.25

HEARTSEASE

Viola tricolor

(Johnny jump up) Old English favourite with charming small purple, lavender and yellow flowers. Was once a potent symbol of romance for courting couples. Used for dropsy, respiratory catarrh and skin eruptions. Flowers are edible.

S3140 Seeds: Pkt/\$1.75, 10g/\$9, 100g/\$60

HEARTSEED

Cardiospermum halicacabum

(Kanphuti; Balloon vine) Climbing annual common throughout India. Leaves are mixed in castor oil to treat stiff limbs, rheumatism and lumbago. Root has diaphoretic, diuretic and laxative properties. Leaf juice is used for earache. Cooked and eaten in India and Africa. Decorative black seeds with cute heart-shaped white faces are used for necklaces.

S3141 Seeds: Pkt/\$3, 10g/\$10, 100g/\$70

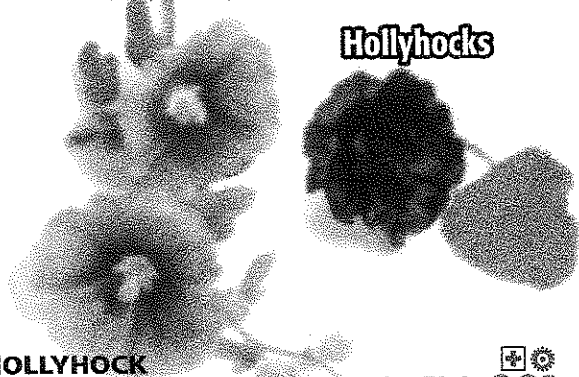
HELIOTROPE

Heliotropium arborescens

Sweet scented violet-blue flowers are favourites as pot plants or outdoor bedding plants. Cultivated for perfumery and for scenting bathing waters. Has been used for "clergyman's sore throat."

S3144 Seeds: Pkt/\$3.75, 1g/\$7, 10g/\$40

P3144 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Hollyhocks

HOLLYHOCK

Alcea rosea

As a gargle a tea of the flowers helps soothe oral inflammations. Tall majestic flower spikes of red, pink, purple or yellow.

S3274 Seeds: Pkt/\$2.25, 10g/\$10, 100g/\$70

P3274 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

HOLLYHOCK, BLACK

Alcea rosea nigra

Distinguished from the previous by its silky black-purple flowers which, when added to herb teas, give a lovely, deep rose-purple colour. Like other members of the mallow family, it helps soothe irritated mucous membranes.

S3278 Seeds: Pkt/\$2.25, 10g/\$12, 100g/\$85

P3278 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

HOLLYHOCK, DOUBLE

Alceorosea 'Double'

Soothing herb for irritations on skin and in mouth. Tall majestic flower spikes of double red, pink, purple or yellow blossoms.

S3275 Seeds: Pkt/\$3, 10g/\$12, 100g/\$80

Hops (*Humulus*)

Beer Hops (*Humulus lupulus*)

These are the classic beer making hops used by European and North American brewers. The bitterness is rated by the alpha acid content — the higher the alpha acid, the more bitter the hop. All plants are female.

CASCADE HOPS

Humulus lupulus 'Cascade'

Excellent all-purpose strain used in North American beers. Alpha acid 5-7%.

P3301-100 Plants (Apr-June shipment): \$8.25, 3+/\$6.20, 12+/\$4.95

HALLERTAUER HOPS

Humulus lupulus 'Hallertauer'

Pleasant aroma. Used in German lagers. Alpha acid 3.5-5.5%.

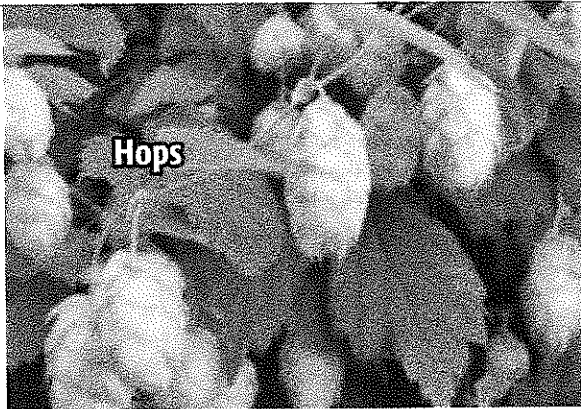
P3301-200 Plants (Apr-June shipment): \$8.25, 3+/\$6.20, 12+/\$4.95

MOUNT HOOD HOPS

Humulus lupulus 'Mount Hood'

Medium bitterness, mild flavour, good aroma; for Bavarian-style lagers. Alpha acid 4-5%.

P3301-300 Plants (Apr-June shipment): \$8.25, 3+/\$6.20, 12+/\$4.95



Hops

NUGGET HOPS

Humulus lupulus 'Nugget'

Strong bitter hop for stouts and ales. Alpha acid 12-13%.

P3301-400 Plants (Apr-June shipment): \$8.25, 3+/\$6.20, 12+/\$4.95

WILLAMETTE HOPS

Humulus lupulus 'Willamette'

Spicy aroma. Alpha acid 5-6%.

P3301-500 Plants (Apr-June shipment): \$8.25, 3+/\$6.20, 12+/\$4.95

Other Hops (*Humulus spp.*)

HOPS

Humulus lupulus

Well known beer hops are forms of this species. Important medicinally for its calming effect. A pillow stuffed with hops flowers will overcome insomnia. Tall growing vine, ideal for covering antenna towers. Seeds will yield a mixture of male and female plants.

S3300 Seeds: Pkt/\$3.75, 10g/\$16, 100g/\$120

GOLDEN HOPS

Humulus lupulus 'Aureus'

Like the brewing hop varieties, this is a vigorous climbing vine that can reach 6m/20ft. or more. Whether it can be used to brew beer, we don't know, but its beautiful golden leaves, turning to lime green by summer, make it a highly decorative hardy perennial for fences, walls, trellises, and posts.

P3302 Plants (Apr-June shipment): 510

HOREHOUND

Marrubium vulgare

Horehound candies were once the standard remedy for coughs in Europe and North America. An infusion of the herb is good for weak stomach, lack of appetite and persistent bronchitis.

S3340 Seeds: Pkt/\$1.75, 10g/\$7, 100g/\$42, 1kg/\$280

P3340 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12



Horseradish

HORSERADISH

Armoracia rusticana

Widely known condiment plant. Fleishy roots are grated for use as a pungent relish or appetizer with fish or meats.

P3360 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

HYACINTH BEAN

Lablab purpureus

(Lablab) Most of this legume vine from India is edible: the pods, leaves, flowers, dried seeds, sprouted seeds and roots are all commonly eaten in India. Not only is it versatile in the kitchen, but its purple-veined leaves add ornamental interest in the garden. In traditional Chinese medicine it is used as a tonic and for the treatment of dysentery, bloody stools and 'summer heat disorders'. Tall twining vine matures in about 75 days.

S3390 Seeds: Pkt/\$5, 10g/\$7, 100g/\$33, 1kg/\$210

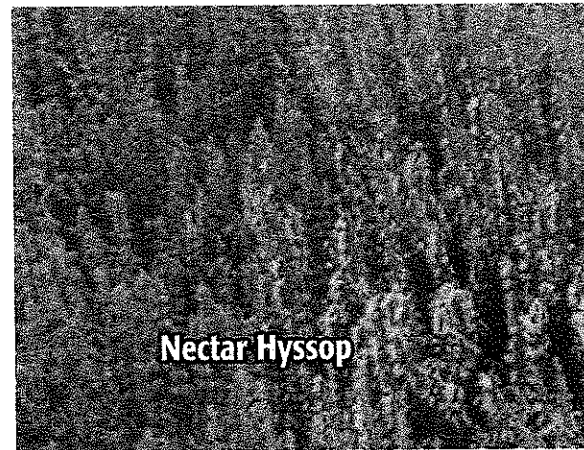
HYSSOP

Hyssopus officinalis

Decorative plant with a refreshing aromatic scent. Essential oil used in perfumery. Slightly bitter leaves are finely chopped on game meats, and in salads, soups and stews. Helps digestion. Showy blue flower spikes.

S3470 Seeds: Pkt/\$1.75, 10g/\$10, 100g/\$70, 1kg/\$470

P3470 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12



Nectar Hyssop

HYSSOP, NECTAR

Hyssopus officinalis 'Nectar'

Highly fragrant, early flowering form of hyssop. Will flower the first season if sown early enough (Feb-Mar). Excellent dry flower arrangements. Ht. 35-40cm/14-16".

—BLUE NECTAR

S3471-300 Seeds: Pkt/\$3.75, 1g/\$8, 10g/\$45

—WHITE NECTAR

S3471-320 Seeds: Pkt/\$3.75, 1g/\$8, 10g/\$45

IBOZA

Iboza riparia

(Nutmeg bush) Small aromatic South African bush with showy panicles of whitish flowers. Usually grown as an ornamental, but its musk-scented leaves are delightful to use in potpourris to underline the main fragrance with an exotic, mysterious touch.

P3482 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

INDIAN TOBACCO: See LOBELIA

INDIGO

Indigofera tinctoria

Ancient dyeplant valued for the clarity and fastness of the blue produced. Leaves contain indican which is oxidized by fermentation to produce the dye. The fresh herb gathered in flower is steeped in water for 12-48 hours with frequent stirring. The blue sediment that forms is the dye. Needs long growing season.

S3487 Seeds: Pkt/\$3, 10g/\$7, 100g/\$26, 1kg/\$160

INDIGO, WILD

Baptisia tinctoria

Roots are a valuable antiseptic, useful for bacterial infections of the mouth, throat, respiratory system, and the skin.

S3491 Seeds: Pkt/\$3.75, 10g/\$45

JACOB'S LADDER

Polemonium caeruleum

Leaflets are assembled in ladder form. Showy bright blue flowers. Remedy for nervous complaints, headaches and heart palpitations.

S3503 Seeds: Pkt/\$2.25, 10g/\$12, 100g/\$85

P3503 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

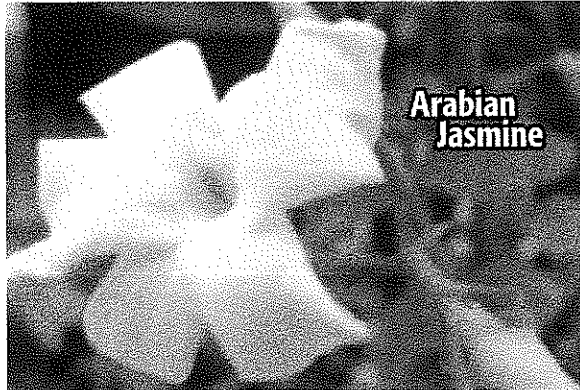
JASMINE

Jasminum officinale affine

✚ ✚ ✚
P Z9-11

(Poet's jasmine) The incomparable fragrance of jasmine has been an inspiration for poets throughout the ages. Its white flowers are a mainstay of the perfume industry. Normally vines, they can be kept bushy by pruning. For window or greenhouse.

P3505 Plants: \$8.25, 3+/\$6.20



Arabian
Jasmine

JASMINE, ARABIAN

Jasminum sambac

✚ ✚ ✚
P Z9-11+

Few flowers capture the heart and soul of Asia as *Jasminum sambac* does. It is the national flower of Indonesia and the Philippines and a symbol of purity, beauty and eternal love. The white flowers open at night to emit an intoxicating sweet scent that few can resist. Used as religious offerings and to make welcome garlands for guests. In China the flowers are added to jasmine tea. Grows as a small sprawling shrub, 1-3m (3-10ft) high, but can easily be kept to a more manageable size with pruning. Full or part sun.

P3506 Plants: \$8.25

JESSAMINE, NIGHT

Cestrum nocturnum

✚ ✚ ✚
P Z11+

(Night-scented jasmine; Queen of the night) Shrub, spectacular for its intensely fragrant creamy-white flowers which emit waves of perfume at night. The fragrance has been described variously as "resembling orange blossoms" and "sweet musk mingled with heliotrope." Will bloom repeatedly through the year if well-fed and watered. Can reach 2.5m/8ft in height if not pruned back.

P3508 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75, **Plug pack:** 12/\$15

Jewelweed



JEWELWEED

Impatiens capensis

A Z4-8 GM

North American woodland plant with distinctive orange-yellow pendant-like flowers. Juice or freshly crushed leaves are effective for poison ivy. When applied liberally to affected skin it works almost immediately to soothe the itchy rash. The fresh juice can be used to make effective poison ivy-fighting soaps. Prefers moist, shady locations with rich soil. Ht. 1m/3-4ft.

S3509 Seeds (Sept-Oct shipment): Pkt/\$7

JOBS TEARS, CHINESE

Coix lacryma-jobi ma-yuen

(Not to US) A

(Hato-mugi; Yi yi; Japanese barley) A staple cereal crop in Japan and China, and an important medicinal herb. Nutritious soft-shelled seeds are widely consumed in macrobiotic cuisine. They can be brewed into beer or roasted to make a delicious coffee-like beverage. In Chinese medicine, the seeds strengthen the spleen and counteract "damp heat", and are used for edema, diarrhea, rheumatoid arthritis and difficult urination.

S3509-500 Seeds: Pkt/\$2.25, 100g/\$55

JOE-PYE WEED

Eupatorium purpureum

P Z3-10 SEE

(Gravelroot) Tall graceful native of eastern U.S. Leaves emit a vanilla-scent when crushed; flowers rosy-purple. Indians and pioneers used it to induce sweating to break fevers. Valuable remedy for kidney problems.

S3510 Seeds: Pkt/\$3, 10g/\$33, 100g/\$250

P3510 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

JOJOBA

Simmondsia chinensis

P Z9-10 SEE

Oil squeezed from the nuts has proved so valuable it is called the new "liquid gold" of the West, and jojoba "prospectors" are banking on its future. Used in cosmetics and pharmaceutical products, and as a top-quality industrial lubricant that may replace sperm whale oil. Used in shampoos; believed to arrest hair loss and induce new growth.

S3512 Seeds: Pkt/\$3, 10g/\$7, 100g/\$34, 1kg/\$220

KANTIKARI

Solanum xanthocarpum

A SEE

(Yellow-berried nightshade) Spiny, diffuse herb found throughout India. Root is an expectorant; used in Ayurvedic medicine for cough, asthma, chest pain. Also used for flatulence, sore throat, and toothache. Has high concentration of solasodine, a starting material for the manufacture of cortisone and sex hormones. Bitter fruits are used in Indian curries.

S3530 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$50, 1kg/\$350

KENIKIR

Cosmos sulphureus

A SEE

Indonesian favourite with a strong, pungent scent and flavour. Young shoots are eaten raw, mixed with coconut, or cooked with other greens. Bright yellow flowers. Height 75cm/30"

S3533 Seeds: Pkt/\$2.25, 100g/\$15, 1kg/\$90

LA LOT

Piper lolot

P Z10-11+

(Lolot pepper) Vietnamese herb related to black pepper. Leaves are blanched briefly in boiling water and used as a flavouring wrap for beef which is then skewered and grilled. Alternatively, beef rolls made with ground beef and pork and wrapped in la lot leaves are fried and served with rice. The leaves can also be used fresh chopped on roast beef. Excellent house plant. Ht. 45-60 cm/18-24"

P3565 Plants: \$8.25

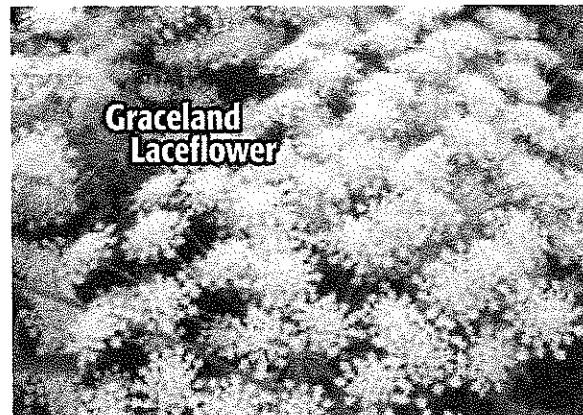
LACEFLOWER

Ammi majus

P Z5-9 SEE

(Bishopsweed) Known to the ancient Egyptians as a treatment for skin diseases this humble wild plant of the Nile valley was recently catapulted to the forefront of modern cancer research. Attractive white lacy flowers are excellent for fresh floral arrangements.

S3580 Seeds: Pkt/\$2.25, 10g/\$6, 100g/\$21



Graceland
Laceflower

LACEFLOWER, GRACELAND

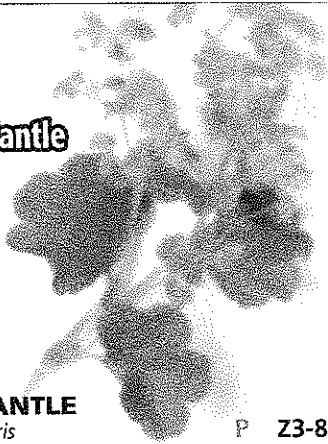
Ammi majus

P Z5-9 SEE

(Bishopsweed) Developed for the commercial cutflower market. Stems are strong, straight and uniform for easier harvest. The white flowers are large flat umbels floating above the dark green foliage. When plants are in bloom it looks like the angels draped celestial white lace everywhere. Excellent garden annual for tall borders. Ht. 100-125cm/40-50"

S3580-300 Seeds: Pkt/\$3, 1M/\$7, 10M/\$44

Lady's Mantle



LADY'S MANTLE

Alchemilla vulgaris

P Z3-8 SGM

Beneficial for menstrual disorders, lack of appetite, rheumatism, stomach ailments, disorders of the muscles. Slow to germinate.

S3600 Seeds: Pkt/\$5, 1g/\$10

P3600 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

LAMB'S EAR, WOOLLY

Stachys byzantina

P Z4-9 SGE

Delightful soft, downy foliage resembles lamb's ears in feel and appearance. Silvery appearance is ideal for contrasting and grey gardens. Formerly used to bandage wounds.

S3605 Seeds: Pkt/\$3, 10g/\$19, 100g/\$130

P3605 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

LAMB'S QUARTERS

Chenopodium album

A SE

Common weed, popular as a pot-herb. Young tender plants are a pleasant spinach substitute when boiled and served with butter. Rich source of vitamins A and C.

S3606 Seeds: Pkt/\$2.25, 10g/\$8, 100g/\$55

LANTERN, CHINESE

Physalis alkekengi

P Z3-9 SGE

Edible berries are borne inside fascinating orange chinese lantern-like calyces. Berries are eaten raw, or in preserves and pies. Recommended for fevers and gout.

S3610 Seeds: Pkt/\$2.25, 10g/\$11, 100g/\$80

P3610 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

Lady
Lavender

English
Lavender

Lavender

(*Lavandula*)

English Group (*L. angustifolia*)

The true lavender cherished for its sweet odour, which is more delicate than other types.

Note: when raised from seeds English lavenders (e.g. Hidcote, Munstead and Rosea) are not 100% true to type.

ENGLISH LAVENDER

Lavandula angustifolia

P Z5-8 SGM

Typical form. Compact, narrow foliage; flowers lavender-blue.

S3625 Seeds: Pkt/\$1.75, 10g/\$9, 100g/\$68, 1kg/\$450

S3625-001 Seeds: Pkt/\$3, 10g/\$10, 100g/\$72, 1kg/\$490

P3625 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

FOLGATE LAVENDER

Lavandula angustifolia 'Folgate'

P Z5-9

Neat compact variety with dark mauve, mildly scented flowers on long spikes. Well suited for gardens and borders, and for cutting and drying. Developed at Folgate Nursery in England before 1924. Ht. 60cm/24".

P3626-600 Plants: \$6.25, 3+/\$4.70

HIDCOTE LAVENDER

Lavandula angustifolia 'Hidcote'

P Z4-8 SGM

Compact silver-grey; flowers deep purple. Ht. 30cm/12".

S3627 Seeds: Pkt/\$3, 10g/\$30, 100g/\$220

P3627 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$15

LADY LAVENDER

Lavandula angustifolia 'Lady'

P Z6-8 SGM

A very nice improvement on English lavender. This is the first strain to flower consistently in the first year from seed. Uniform, compact branching habit; 20-25cm/8-10" tall. Lavender-blue flowers. All-America selection 1994.

S3627-750 Seeds: Pkt/\$3.75, 1g/\$10, 10g/\$70, 100g/\$500

P3627-750 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$15

LAVANCE PURPLE LAVENDER

Lavandula angustifolia

P Z5-7 SGM

Compact and uniform variety with deep purple-blue flowers. The branching habit is very tight, close to the base and produces a rich flush of attractive flower spikes. Will flower the first season if started early. Ht. 25cm/10".

S3627-800 Seeds: Pkt/\$7, 1M/\$70, 10M/\$350

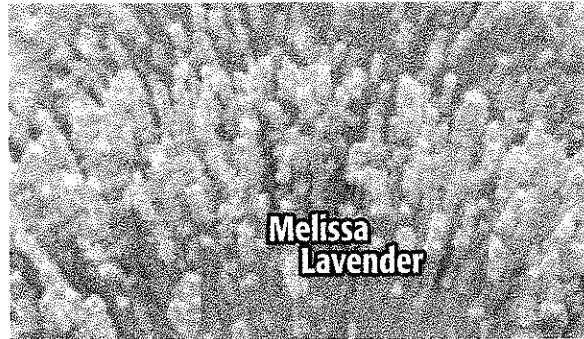
LODDON BLUE LAVENDER

Lavandula angustifolia

P Z5-7

Compact variety with mid to dark blue flowers and good aroma. Very uniform; lovely when planted in swaths through the garden. Can be used for hedging and for craft work. Hot, humid weather can cause sudden wilting. Introduced in 1959 by Loddon Nurseries in England. Ht. 55cm/22".

P3627-900 Plants: \$6.25, 3+/\$4.70



Melissa
Lavender

MELISSA LAVENDER

Lavandula angustifolia

P Z5-8

The sweetly fragrant flowers start out pure white and change to delicate pink as they mature. Flowers are earlier and last longer than other pink varieties. In the Lavender Capital of America, Sequim, Washington, there are spectacular displays of Melissa in arching rows interplanted with purple lavender. For cooking, the flowers have a prized mild and delicate flavour. Ht. 70cm/28".

P3627-970 Plants: \$6.25, 3+/\$4.70



Mini Blue
Lavender

New! MINI BLUE LAVENDER



Lavandula angustifolia 'Mini Blue'

P Z5-8 SGM

Outstanding compact lavender for edging, mass plantings, rock gardens and patio planters. Plants are highly uniform — unusual for lavenders raised from seeds. Flowers the first season from seeds if started early. Flowers are long lasting. Ht. 25-30cm/10-12".

S3627-980 Seeds: Pkt/\$7, 1g/\$48, 10g/\$300



MUNSTEAD LAVENDER

Lavandula angustifolia 'Munstead' P Z4-9  
Flowers lavender-blue, bluer and earlier than most. Compact narrow green foliage. Ht. 30-45cm/12-18".

S3628 Seeds: Pkt/\$2, 10g/\$17, 100g/\$120, 1kg/\$810



P3628 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$15

PINK PERFUME LAVENDER

Lavandula angustifolia 'Pink Perfume' P Z5-8  
Produces masses of rosy pink flowers on mounds of aromatic grey green foliage. Ht. 60cm/24".



S3628-700 Seeds: Pkt/\$5

PROVENCE BLUE LAVENDER

Lavandula angustifolia 'Provence Blue' P Z5-8  
Variety typical of the Provence region of France. Despite the popularity of hybrid lavender among French growers, this original Provençal lavender, with its deep blue shades and its more refined fragrance, is still commonly grown. Ht. 50cm/20".

S3628-800 Seeds: Pkt/\$3.75

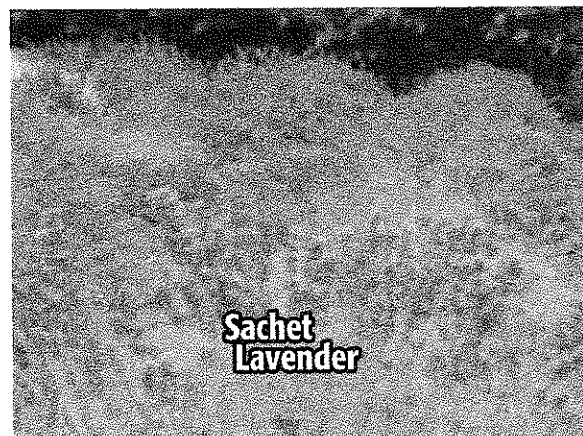
ROSEA LAVENDER

Lavandula angustifolia 'Rosea' P Z5-8  
(Jean Davis lavender) Very nice compact variety for borders and knot gardens. Pale pink. Ht. 30cm/12".



S3629 Seeds: Pkt/\$5, 1g/\$22, 10g/\$160

P3629 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

JEAN DAVIS LAVENDER: See ROSEA LAVENDER





SACHET LAVENDER

Lavandula angustifolia 'Sachet' P Z5-8  
American variety from Oregon with a strong heady aroma and excellent oil quality. Large violet-mauve flowers are good for scented use in potpourris and sachets. Blooms in June and again August or September. Nice variety for culinary use. Ht. 70cm/28".



P3630 Plants: \$6.25, 3+/\$4.70

TWICKEL PURPLE LAVENDER

Lavandula angustifolia 'Twickel Purple' P Z5-9  
Deep purple flowers with long stems and outstanding fragrance. Ideal for sachets, for cut-flowers, and for craft work. Needs regular pruning to maintain a neat rounded shape. Developed at Twickel Castle in Holland before 1922. Ht. 60cm/2ft.

P3632 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

VICENZA BLUE LAVENDER



Lavandula angustifolia 'Vicenza Blue' P Z5-9  
Big improvement over other seed-grown lavenders!
Vicenza Blue challenges the conventional wisdom that seed-grown lavenders are inferior to varieties grown from cuttings. The flowers are big, often exceeding 15mm in diameter. Its flowering habit is more uniform and growth is more vigorous than other seed-grown lavenders. The highly scented flowers are a beautiful deep purple. Flowers the first season from seed if started early enough in spring. Performs well in both pots and in gardens. Ht. 40cm/16".

S3632-700 Seeds: Pkt/\$7, 1M/\$40, 10M/\$270

Lavandin Group (*L. x intermedia*)

Hybrids between English lavender *L. angustifolia* and spike lavender (*L. latifolia*). Includes the most important varieties for oil production.



FRED BOUTIN LAVENDER

Lavandula x intermedia 'Fred Boutin' P Z5-9  
Forms low dense clumps of woolly-silver, almost white, leaves, with violet flowers on branched stalks reaching 50cm/20" high.

P3636-400 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15





GROS BLEU LAVENDER

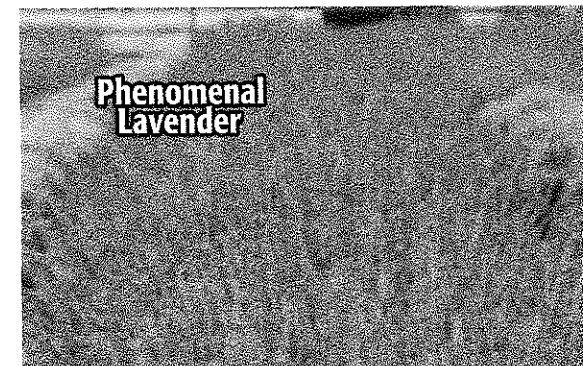
Lavandula x intermedia 'Gros Bleu' P Z6-9  
Outstanding lavender from France and a stiff challenger to Grosso, the current favourite on lavender farms. Gros Bleu is quickly becoming a standard in the Pacific Northwest where it is widely grown for fresh and dried bouquets, potpourris, and for landscape use. Compared to Grosso, its flowers are deeper purple, and the aroma is sweeter. Flower spikes can be 10cm/4" long, on extra long stems making it an excellent choice for cutting. Ht. 1m/3ft.

P3636-480 Plants: \$6.25



GROSSO LAVENDER

Lavandula x intermedia 'Grosso' P Z5-9  
Commercially important strain from the Vaucluse district of France. Discovered in 1972 when the standard commercial strain was nearly destroyed by disease. Violet flowers, strong scent. Ht. 75cm/30".

P3636-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55





New! PHENOMENAL LAVENDER

Lavandula x intermedia 'Phenomenal' P Z4-9  

A truly phenomenal new lavender! Has all the beauty and all the brawn of the best — in one plant! It has the beautiful long flower spikes typical of hybrid lavandins but also it is hardier than the toughest of the English varieties. Across Europe and the United States this lavender outperformed all other varieties tested. It is tolerant to extreme heat and humidity, and is resistant to common root and foliar diseases. Its silvery foliage and uniform, mounding habit, makes it an excellent choice for ornamental use in gardens, for fragrance, for fresh and dried arrangements, and for oil production. It is also said to be deer-proof. Ht. 60-80cm/24-32"

P3636-900 Plants: \$6.25

PROVENCE LAVENDER

Lavandula x intermedia P Z5-9  
(Dutch lavender; Lavandin) Vigorous, long-stemmed variety in cultivation since the 1950s and still widely grown for fresh bouquets, lavender wands, and potpourri. Very fragrant. Not considered suitable for commercial oil production. Ht. 1m/3ft.

P3637 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

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SEAL LAVENDER

Lavandula x intermedia 'Seal'



P Z5-9

Large bush with dark purple-violet flowers on long spikes. Old favourite for lavender bags. Its soft and pleasant aroma persists for at least two years. Was developed at the Seal Herb Farm before 1935 in England, where it was considered to be the best variety for commercial production, both for drying and for oil. Ht. 120cm/4ft.

P3637-450 Plants: \$6.25, 3+/\$4.70

SUPER LAVENDER

Lavandula x intermedia 'Super'



P Z6-9

This is the main commercial lavender grown in France. Has the best perfume of all the hybrid lavenders. The scent is light and flowery and has little of the camphor notes found in other lavandins. The oil yield lower than other lavandins but the quality is much higher. Widely used in soaps and in aromatherapy. Ht. 1m/3ft.

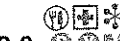
P3637-700 Plants: \$6.25

French Group (*L. stoechas*)

Despite the name these lavenders are not grown in France for the fragrance industry. Their oils possess a pronounced camphorous note which is undesirable. However they make stunning aromatic bedding plants with showy butterfly-like "wings" dancing atop the flowers. Confusingly also known as Spanish lavender.

FRENCH LAVENDER

Lavandula stoechas



P Z8-9

(Spanish lavender) The standard form with narrow, grey downy leaves and dark violet flowers. Camphor-rosemary scent.

S3635 Seeds: Pkt/\$3.75, 10g/\$18

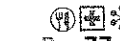
P3635 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$15



Kew Red Lavender

KEW RED LAVENDER

Lavandula stoechas 'Kew Red'



P Z7-9

Show-stopping pink and cerise flowers on intensely fragrant grey-green plants. Excellent for bedding, edging and container use. Ht. 45-60cm/18-24".

P3635-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



Purple Ribbon Lavender

PURPLE RIBBON LAVENDER

Lavandula stoechas 'Purple Ribbon'



P Z7-10

Lovely variety with large purple wing-like bracts resting upon a sea of dark purple flowerheads. Stunning in flower beds! Flowers the first season if started early (Jan-Feb). Ht. 35-40cm/14-16".

S3635-700 Seeds: Pkt/\$7, 1M/\$52, 10M/\$380

FRENCH LONG LAVENDER

Lavandula stoechas pedunculata



P Z8-9

(Pedunculata lavender) Similar to the standard form, but has large magenta flower bracts and elongated 20-30cm/8-12" flower stalks. Height up to 75cm/30". Stronger scent; bushier habit.

S3636 Seeds: Pkt/\$3, 10g/\$18, 100g/\$130

Other Lavenders

FERNLEAF LAVENDER

Lavandula multifida



P Z8-9

Soft, lacy, deeply-cut blue-green foliage. Blue-violet flowers appear all winter. Pungent scent.

S3634 Seeds: Pkt/\$3.75, 1g/\$17, 10g/\$120

SPANISH EYES LAVENDER

Lavandula multifida 'Spanish Eyes'



P Z9-10

Lovely ornamental lavender grown as an annual in flowerbeds, planters, and baskets. Set against its soft aromatic fern-like green leaves are masses of bright blue lavender flowers. Blooms all summer. Ht. 50-60cm/20-24".

S3634-500 Seeds: Pkt/\$5, 1M/\$29, 10M/\$200

SPANISH LAVENDER

Lavandula dentata



P Z8-9

(French lavender) Indented leaves are strongly resinous in odor. Light purple flowers and light purple large bracts near top of inflorescence. Ideal for indoor culture.

P3638 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

GOODWIN CREEK LAVENDER

Lavandula x gingsii 'Goodwin Creek'



P Z7-9

Outstanding hybrid discovered by lavender specialist Jim Becker. It has attractive silvery toothed leaves and long spikes of deep purple-blue flowers reaching up to 70cm/28". Excellent for landscape use, and in containers, and is even suitable for use as topiaries. Withstands heat and humidity better than most varieties, flowering throughout the summer.

P3638-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

SPIKE LAVENDER

Lavandula latifolia



P Z8-9

Coarse, broad leaved variety. Yields camphor-like oil used primarily in soaps. Highly productive oil-yielding variety.

S3640 Seeds: Pkt/\$3, 10g/\$18, 100g/\$120

SWEET LAVENDER

Lavandula heterophylla



P Z8-9

Thought to be a hybrid between *L. angustifolia* and *L. dentata*. Grows quickly; fine scent.

P3645 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

LEMONGRASS

Cymbopogon citratus



P Z11+

(West Indian lemongrass) Delightful lemon-scented grass grown throughout the tropics and in greenhouses. Tangy enlarged leaf bases are essential in Thai and Vietnamese dishes. Leaves are used to flavour fish, soups, curries and sauces, and to make a pleasant tea, consumed hot or cold.

P3680 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

Indian Lemongrass

LEMONGRASS, INDIAN




Cymbopogon flexuosus



P Z11+

Source of lemongrass oil used to flavour teas, ice cream, candy, pastries, desserts, and chewing gum. Also important in cosmetics and perfumery. Easy to grow and will produce leaves for tea and potpourris.




S3682 Seeds: Pkt/\$3, 10g/\$10, 100g/\$65, 1kg/\$440

LEOPARD LILY*Belamcanda chinensis*P Z5-10   




(She-gan) Chinese medicinal. Attractive orange-yellow flowers with red-purple spots. Used for throat conditions, cough, wheezing, bronchitis and mumps.

S3690 Seeds: Pkt/\$3.75, 10g/\$7, 100g/\$50, 1kg/\$350**P3690 Plants:** \$4.25, 3+/\$3.20, 12+/\$2.55**LESPEDEZA***Lespedeza capitata*P Z5-10   

(Round-headed bush clover) Medical evidence shows plant has antitumour activity and lowers blood cholesterol. Amerindians burned dried stems on skin to relieve neuralgia and rheumatism.

S3695 Seeds: Pkt/\$3, 10g/\$25, 100g/\$180**LICORICE***Glycyrrhiza glabra*P Z7-10   

The source of most commercial licorice used in the making of candy, liquor, and as a sweetener for herb tea. Extracts flavour tobacco, beer, soft drinks and pharmaceutical products. Powerful anti-inflammatory properties effective for arthritis, gastritis, canker sores. Also a mild laxative. 3 year old roots are harvested in the autumn.




S3701-100 Seeds: Pkt/\$3, 10g/\$18, 100g/\$110, 1kg/\$730**P3701-100 Plants:** \$6.25, 3+/\$4.70, 12+/\$3.75**LICORICE, CHINESE***Glycyrrhiza uralensis*P Z9-10   

(Gan-cao) The most commonly used Chinese medicinal herb, occurring in almost all prescriptions, its use being associated with longevity. The sweet tonic herb is an expectorant, neutralizes toxins and balances blood sugar levels.


S3701-300 Seeds: Pkt/\$3, 10g/\$9, 100g/\$60, 1kg/\$430**LICORICE, SILVER MINIATURE***Helichrysum petiolatum* 'Miniature'

P Z10-11+




Smaller version of the standard variety. Very cute! Excellent in strawberry planters, hanging baskets and patio planters. Leaves are 1cm, less than half those of the standard variety.

P3702-600 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55**LILY OF THE VALLEY***Convallaria majalis*P Z4-8   


Pure white fragrant flowers. A favourite for moist, shady areas. Strengthens and regulates the heart, but not to be used without medical supervision. Leaves yield green dyes.

P3705 Plants (Mar-June shipment): \$3.25, 3+/\$2.45, 12+/\$1.95**LION'S TAIL***Leonotis leonurus*P Z9-10 

(Lion's ear; Wild dagga) The botanical species name means 'lion's ear' but the impressive orange flower spikes look more like a lion's tail than an ear! It is a tall native of southern Africa where it is used for epilepsy, headache, hypertension, and for stomach and bronchial problems. It is used like marijuana by Hottentot tribesmen as the resinous tops and leaves have an euphoriant effect. 'Dagga' is a local name for marijuana in southern Africa, hence the name 'wild dagga'. Ht. 90-180cm/3-6ft.

P3733 Plants: \$15**Lion's Tail****LIVE-FOREVER***Sedum telephium*P Z5-9   




(Orpine stonecrop) Fleshy leaves boiled in milk stimulate the kidneys, used for diarrhea, piles, hemorrhages. Has a reputation as an anti-cancer herb. The juice mixed with vegetable oil heals burns. A neat plant for dry areas and rock gardens; bluish-green leaves and showy crimson flowers.

S3734 Seeds: Pkt/\$5, 10g/\$22, 100g/\$150**LIVERWORT***Hepatica acutiloba*P Z2-8 




Small woodland native of eastern North America. Tea made from the leaves and flowers treats problems of the liver, gallbladder, kidneys and bladder. Stops gastric bleeding. Lavender, blue, pink or white flowers appear in early spring before the leaves emerge.

P3736 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75**LOBELIA***Lobelia inflata*A  





(Indian tobacco) In small doses lobelia acts as a stimulant, especially on the respiratory system. In larger doses it acts as a nerve depressant, and is useful for asthma and whooping cough. Excessive doses can cause severe depression.

S3744 Seeds: Pkt/\$2.25, 1g/\$15, 10g/\$90**P3744 Plants:** \$3.25, 3+/\$2.45, 12+/\$1.95**LOBELIA, GREAT***Lobelia siphilitica*P Z5-9   

Showy U.S. native with large blue or white flower spikes. Employed by Indians along with mayapple (*Podophyllum peltatum*) to treat venereal disease.

S3745 Seeds: Pkt/\$3**P3745 Plants:** \$3.25, 3+/\$2.45, 12+/\$1.95**Red Lobelia****LOBELIA, RED***Lobelia cardinalis*P Z5-9   

(Cardinal flower) One of our favourite wildflowers which provides a brilliant splash of red color in damp, partially shaded locations. Said to be anthelmintic, nervine and antispasmodic.

S3746 Seeds: Pkt/\$3.75, 1g/\$9, 10g/\$64, 100g/\$450**LOVAGE***Levisticum officinale*P Z5-8    

Leaves have excellent flavour for soups, stews and casseroles. Flavour is reminiscent of celery, and of the famous yeast extract, Maggi. Can replace meat and bone stock in soups. Vigorous tall growing herb; one of the first to return in spring.

S3780 Seeds: Pkt/\$2, 10g/\$7, 100g/\$45, 1kg/\$300**P3780 Plants:** \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12**LUFFA***Luffa aegyptia*A  

(Loofah) Known as the 'dishcloth gourd' because the dried over-ripe fruits can be used to scrub dishes. Wonderful for bath and shower as it invigorates the skin without harsh abrasion. Used in Chinese cuisine as a vegetable and in medicine for rheumatic pains.

S3795 Seeds: Pkt/\$3, 10g/\$7, 100g/\$30, 1kg/\$190**LUNGWORT***Pulmonaria officinalis*P Z5-8 

(Jerusalem cowslip) Low-growing perennial with white spotted leaves and pink/blue flowers. Flowering tops are astringent; useful for coughs, bronchitis, excess mucus, hemorrhoids and diarrhea. Young leaves used in salads and soups. Prefers moist, shady locations.

P3800 Plants: \$8.25**Duration:** A - Annual, B - Biennial, P - Perennial

MA HUANG

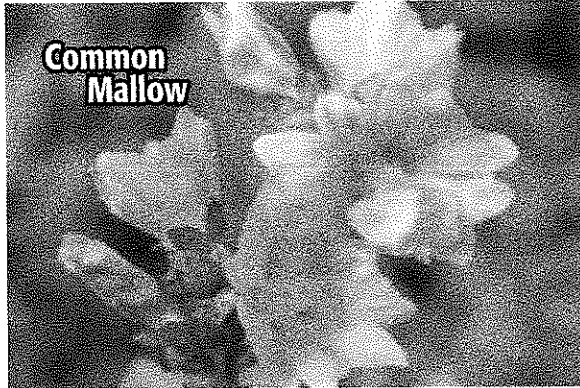
Ephedra sinica

P Z5-8       

(Chinese ephedra; Cao ma huang) Chinese herb is the inspiration for today's popular antihistamine drugs. Ephedrine has an effect on the body similar to adrenaline. Very popular in traditional Chinese medicine for resolving 'wind and cold' conditions, such as chills, fever, headache, cough and wheezing. Very hardy; prefers dry, well-drained location with full sun exposure. Ht. 30cm/12".








S3820 Seeds: Pkt/\$5, 10g/\$11

MAIDENHAIR TREE: See GINKGO



MALLOW, COMMON

Malva sylvestris

BorP Z4-9       

The infusion made from the pink flowers or leaves is used externally to moisturize and tone the skin and internally to soothe mucous membranes irritated and inflamed by coughs, stomach upsets and other intestinal problems.

S3850 Seeds: Pkt/\$2.25, 10g/\$10, 100g/\$70

MALLOW, MAURITIAN

Malva sylvestris mauritanica








B Z4-9       

(Tree mallow) Purple flowers yield an excellent natural colouring for drinks and herbal teas. Also great in salads. Medicinally similar to marshmallow. Ht. 1m/40".

S3855 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$50

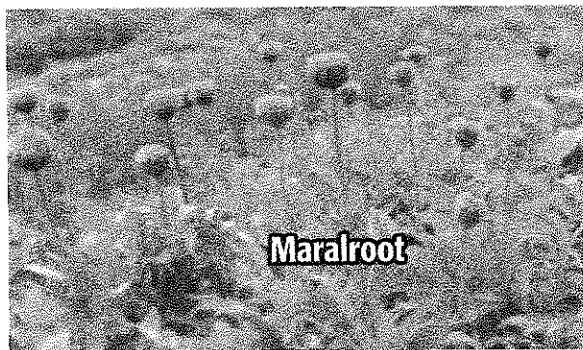
MANUKA

Leptospermum scoparium

P Z9-10       








Attractive New Zealand shrub called the Tea Plant by Captain Cook because of the agreeably bitter tea his men made from the leaves. Traditional Maori remedy for kidney and bladder complaints, and to combat the miseries of the common cold.

S3865 Seeds: Pkt/\$2.25, 10g/\$15, 100g/\$110



MARALROOT

Leuzea carthamoides 'Lujiza'

P Z2-7       








(Leuzea) Siberian plant with remarkable metabolic and tonic effects. Used in the Russian athletic training program for decades. Increases endurance and improves reflexes, concentration, and speeds recovery from exertion. Studies show that the root extract increases the work capacity of muscles and normalizes blood sugar quickly after exertion. Contains ecdysteroids which have anabolic-like growth effects without the negative side effects associated with chemical steroids. Violet flowers appear in the second year. Reaches 80-160cm/30-60" in height. Grows in deep, well-drained fertile soil in full sun. Very hardy.

S3867 Seeds: Pkt/\$7, 10g/\$12

P3867 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

MARGUERITE, GOLDEN

Anthemis tinctoria 'Kelwayi'

P Z4-8       

(Dyer's chamomile) Fine border plant; profusion of yellow daisies in August. Yields excellent yellow or gold dyes for fabrics.

S3870 Seeds: Pkt/\$2.25, 10g/\$9, 100g/\$60, 1kg/\$400

P3870 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

Marigold

(*Tagetes*)

Citrus Marigolds (*Tagetes tenuifolia*)

Originally developed for their showy flowers but they have lovely citrus-like odour and flavour. Great for desserts, especially in dessert sauces made with wine. Easy to grow.

LEMON GEM MARIGOLD

Tagetes tenuifolia

A   

Lemon yellow single flowers: free-blooming. Fine lacy foliage.



S3881 Seeds: Pkt/\$2.25, 10g/\$13, 100g/\$90

P3881 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

Orange Gem Marigold

ORANGE GEM MARIGOLD

Tagetes tenuifolia

A  


Similar to other citrus marigolds; bright orange flowers.

S3882 Seeds: Pkt/\$2.25, 10g/\$13, 100g/\$90

P3882 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

RED GEM MARIGOLD

Tagetes tenuifolia

A  

Like other citrus marigolds, with bright red flowers.

S3884 Seeds: Pkt/\$2.25, 10g/\$13, 100g/\$90

P3884 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

Insecticidal Group (*Tagetes spp.*)

These marigolds control nematodes which attack roots of many plants. Planted throughout the garden, they can reduce nematode infestations by over 90%. Also discourages above-ground insects.

FRENCH MARIGOLD

Tagetes patula

A  



Preferred variety for insect control. Compact plants ideal for interplanting. Has double orange and maroon blossoms.

S3886 Seeds: Pkt/\$1.75, 100g/\$20, 1kg/\$120

MEXICAN MARIGOLD

(Not to Calif.)  

Tagetes minuta

A  

(Huacatay) 'Weedkiller' plant. It destroys noxious weeds, including ground elder, bindweed, couch grass and ground ivy. Also effective mosquito control. Dried leaves flavour soups, meats and vegetables. Recent research suggests it has powerful anti-viral properties. Tall (up to 2m/6ft) erect habit; rarely flowers in temperate zones.

S3888 Seeds: Pkt/\$2.25, 1g/\$10, 10g/\$80

Other Marigolds (*Tagetes spp.*)

AZTEC MARIGOLD

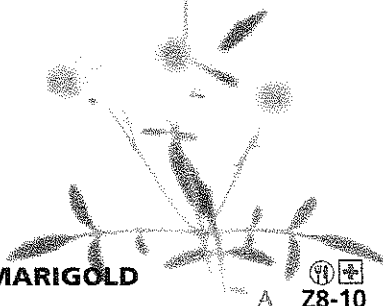
Tagetes erecta 'Crackerjack'

A  

(African marigold) Although better known by the misnomer, 'African marigold', this Central American annual is a popular bedding plant available in many ornamental hybrid forms. However, the 'Crackerjack' variety is rich in lutein, a compound that improves vision in patients with retinal degeneration. When added to chicken feed lutein-rich marigold flowers help make egg yolks a richer deeper colour. Excellent cut flower with colours in the yellow, orange and gold range. Ht. 60cm/24".

S3888-100 Seeds: Pkt/\$1.75, 100g/\$20, 1kg/\$120

Lemon Mint Marigold



LEMON MINT MARIGOLD

Tagetes lemmonii

(Mount Lemmon marigold) Mexican native with a spectacular lemon-mint scent and flavour. A robust, fast grower, easily attaining a height of 90cm/30". Produces lots of edible foliage and edible yellow flowers. Effective when used in mass plantings because it blooms freely throughout the summer.

P3888-600 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SWEET MARIGOLD

Tagetes lucida

(Mexican tarragon; Mexican marigold) Sweet-smelling leaves and flowers with a flavour similar to tarragon. In warm areas where French tarragon will not grow, this is an excellent substitute. Makes a stimulating tea. Golden yellow flowers. Slow to germinate.

S3889 Seeds: Pkt/\$3.75, 10g/\$16, 100g/\$115

TARRAGOLD™ MARIGOLD

Tagetes lucida

(Pot tarragon; Mexican tarragon) Improved tarragon substitute for southern and tropical gardens, for indoor growing, and for commercial greenhouse production. The flavour is very close to true tarragon (*Artemisia dracunculoides*) — a little less biting and anise-y, but otherwise almost indistinguishable from the real thing. Excellent choice for warm climates where true tarragon does not thrive. *Tarragold* is a trademark of Richters. All rights reserved.

P3889-500 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75, **Plug pack:** 12/\$15

MARIGOLD, POT: See CALENDULA



Sweet Marjoram

Marjoram
(*Origanum*)

HOP MARJORAM: See DITTANY OF CRETE

COMMON MARJORAM

Origanum vulgare

(Wild oregano) Medicinal variety of oregano lacking true oregano's familiar aroma and flavour. Used for upset stomach, headache, cough, and diarrhea. Also as gargle for mouth and throat inflammations. Handsome purple or pink flowers attract honeybees.

S3890 Seeds: Pkt/\$1.75, 10g/\$12, 100g/\$85, 1kg/\$590

S3890-001 Seeds: Pkt/\$2.25, 10g/\$14, 100g/\$100

SWEET MARJORAM

Origanum majorana

Leaves add strong, spicy flavour to soups, sauces, stuffings, stews. Rubbing with fresh leaves before roasting improves all strong meats. Adds special flavour to sausages and meatloaf. A must in German potato soup. Use plant tops to dye wool in shades of yellow, orange, brown and grey.

S3910 Seeds: Pkt/\$2, 10g/\$8, 100g/\$50, 1kg/\$350

S3910-001 Seeds: Pkt/\$2.25, 10g/\$15, 100g/\$100, 1kg/\$710

P3910 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

VARIEGATED MARJORAM

Origanum vulgare 'Variegata'

(Variegated oregano) Attractive white-yellow variegated leaves; low, prostrate habit. Flavour is similar to common marjoram.

P3914 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

MARSHMALLOW

Althaea officinalis

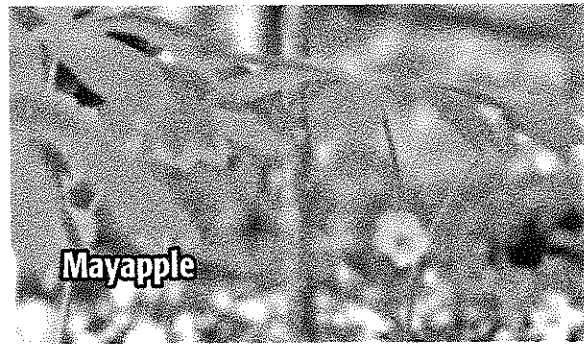
Noted for soothing irritations and inflammations of the skin, throat, eyes, lungs and urinary organs.

S3920 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$30, 1kg/\$200

P3920 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

—**ERFURTER** Up to 10% in medicinal mucilage. Very hardy.

S3930 Seeds: Pkt/\$3, 10g/\$10, 100g/\$70, 1kg/\$470



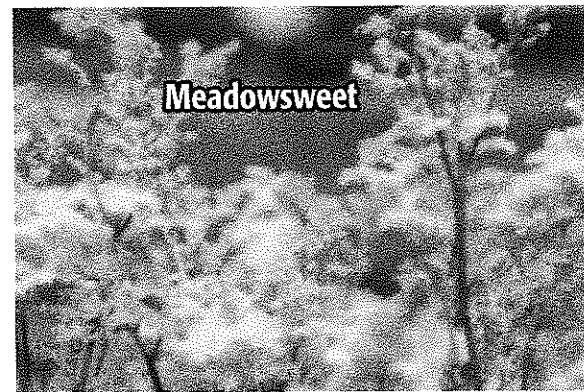
Mayapple

MAYAPPLE

Podophyllum peltatum

(American mandrake) A derivative of this herb is medically proven against certain cancers. Used by the Amerindians to treat hepatitis, syphilis, fevers, constipation, etc.

P3960 Plants (Mar-May shipment): \$6.25, 3+/\$4.70, 12+/\$3.75



Meadowsweet

MEADOWSWEET

Filipendula ulmaria

Attractive European wildflower with sweet almond-scented, yellow-white or reddish flowers. Contains salicylic acid, chemically similar to ASA. Useful for flu, gout, rheumatism, arthritis, fever, etc. Once added to herbal beers and wine.

S3965 Seeds: Pkt/\$3, 10g/\$12, 100g/\$90

P3965 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

MELILOT

Melilotus officinalis

(Sweet clover) Important forage crop. Medicinally, it prevents blood clotting. Salve or poultice is useful for swellings, boils, arthritis and rheumatism.

S3970 Seeds: Pkt/\$1.75, 100g/\$8, 1kg/\$38, 10kg/\$270

MIGNONETTE

Reseda odorata

Legendary sweet ambrosial scent amply compensates for unimpressive yellow flowers. Victorian favourite commonly grown in pots and in window-boxes to scent the city air. For perfume, sachets and potpourris.

S3980 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$35

MILKVETCH, CHINESE

Astragalus membranaceus

P 25-8



(Chinese astragalus; Huang qi) One of the most important Chinese medicinal herbs, especially for its immune enhancing properties. Tonifies the spleen, especially in cases of fatigue. Boosts and tonifies *chi*. Cardiotonic; lowers blood pressure and blood sugar; improves circulation. Beneficial effect on kidneys, liver, and endocrine system.

S3991 Seeds: Pkt/\$3, 10g/\$8

☉ **S3991-001 Seeds:** Pkt/\$3.75

P3991 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

MILKWEED

Asclepias syriaca

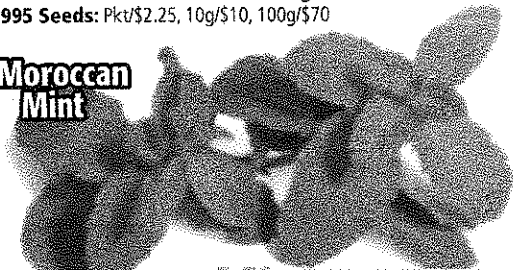
P 22-8



Apt name as all parts exude a milky juice when cut. Wild flower growing up to 1m/3ft high. Young shoots are eaten like asparagus. Silk-like down of seeds is used to stuff pillows. Root and rhizome are anodyne (pain killing). Used for asthma, painful cough and scrofula. Germination benefits from gibberellic acid treatment.

S3995 Seeds: Pkt/\$2.25, 10g/\$10, 100g/\$70

**Moroccan
Mint**



Mini

(*Mentha*)

Spearmint Group

ENGLISH MINT

Mentha spicata cv.

Traditional favourite for mint jelly, peas, carrots, potatoes, mint julep, lamb sauce. Won't grow in tropics.

P4010 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

MOROCCAN MINT

Mentha spicata

An exceptional sweet mint used widely throughout North Africa to brew Moroccan-style mint tea. Much like black tea is in England and India, and green tea is in China, preparing and serving Moroccan tea is a traditional art form and a symbol of hospitality. To prepare Moroccan tea, green tea is first brewed, then boiled with sugar, and then fresh mint is added and the mixture allowed to steep for several minutes before serving.

P4039 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SPEARMINT

Mentha spicata

Best cooking mint. Excellent with carrots, peas and potatoes, and for making mint sauces for roast lamb.

P4040 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

IMPROVED SPEARMINT

Mentha spicata 'Kentucky Colonel'

Also known as 'Kentucky Colonel' mint, this hybrid of apple mint (*M. suaveolens*) and true spearmint (*M. spicata*) has a wonderful fruity spearmint aroma and flavour.

P4042 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

SCOTCH SPEARMINT

Mentha x gracilis

(American apple mint; Red mint) This mint is one of the back bones of the American mint oil industry. It is the source of spearmint oil used mainly to flavour chewing gum. Has characteristic dark red or reddish purple stems and dark green leaves. Excellent sweet scent and flavour. Ht. 30-45cm/12-18".

P4044 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

VIETNAMESE MINT

Mentha x gracilis

Terrific sweet spearmint flavour. Particular strain featured in Vietnamese dishes.

P4053 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

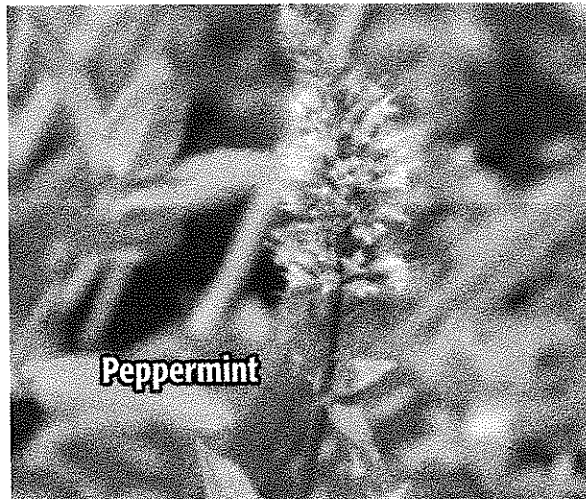
Peppermint Group

CHOCOLATE MINT

Mentha x piperita piperita

For years we were convinced the 'chocolateness' was a figment of someone's imagination. Peppermint is overlaid by something that adds up to a striking 'peppermint patty' scent. A real treat for discriminating noses!

P4006-300 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12



Peppermint

PEPPERMINT

Mentha x piperita piperita

(Candy mint) Peppermint tea is an old favourite — a refreshing alternative to coffee and regular tea. Excellent for stomach indigestion. Lends its spiciness to many dishes. Don't be fooled by seeds labelled as 'peppermint', peppermint can't produce seeds because its flowers are sterile.

P4030 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

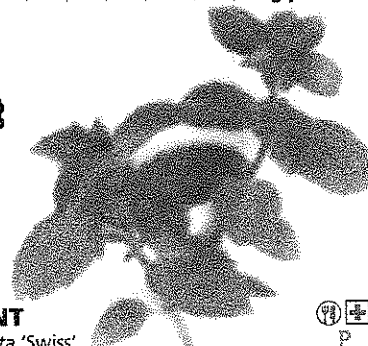
VARIEGATED PEPPERMINT

Mentha x piperita piperita 'Variegata'

Same as regular peppermint except for attractive splashes of white. Reverts to green unless green branches are rogued out regularly.

P4030-800 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

**Swiss
Mint**



SWISS MINT

Mentha x piperita 'Swiss'

This peppermint has a lighter, refreshing scent and flavour. Used in the manufacture of a Swiss brand of herbal candies.

P4052 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

Other Mints

APPLEMINT

Mentha suaveolens

Soft gray-green round leaves have an apple-menthol fragrance. Delightful for tea.

P4000 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

BANANA MINT

Mentha arvensis 'Banana'

This mint from France really smells of bananas! The unexpected fruitiness inspires a creative gastronomic tangent. Dazzle friends and family with banana mint recipes!

P4005-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

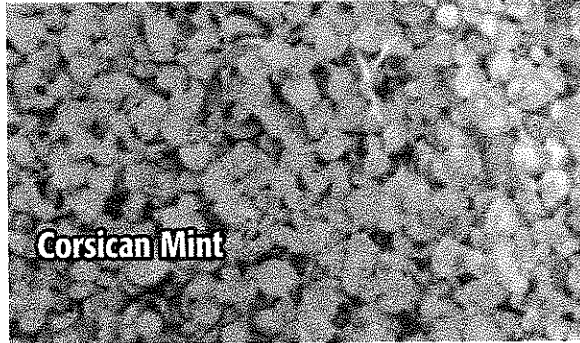
BEACH MINT

Mentha canadensis

  **Z4-9**

This mint was discovered growing on a beach on the beautiful shores of Georgian Bay in Ontario. In the middle of the sand this mint staked out its claim on the beach. Mints, of course, are supposed to grow in rich wet soils, not dry sand, and so we were quite staggered. Like an injured bird we brought it back to nurture in our greenhouses where it continued to surprise us because it chose not to follow the usual script for mints of unruly, rapacious growth. Instead it is a rather well-behaved mint, and to boot it sports a wonderful minty scent and flavour. Ht. 30cm/12".

P4005-600 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Corsican Mint

CORSICAN MINT

Mentha requienii

  **Z7-9**

Low carpet-forming mint with tiny leaves. Strongly scented like pennyroyal. Not quite hardy in our area.

P4007 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

GINGER MINT

Mentha arvensis 'Variegata' (M. x gentillis)

  **Z6-9**

Gold-flecked leaves have a fragrance and flavour that is fruity with a hint of ginger.

P4015 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

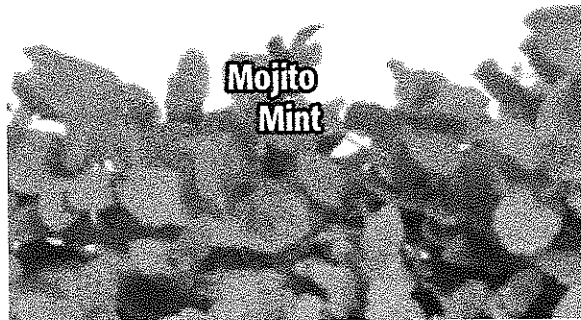
GRAPEFRUIT MINT

Mentha x piperita 'Grapefruit'

  **Z5-9**

This beguiling mint has a spearmint flavour with a strong grapefruit overtone. Hybrid of *M. suaveolens* and *M. x piperita*.

P4018 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Mojito Mint

MOJITO MINT

Mentha x villosa

  **Z5-9**

Cuba's famed *mojito* cocktail, made with rum, sugar, lime juice and Cuba's unique *mojito* mint, is now an essential staple of cocktail lounges everywhere. While recipes call for any available spearmint the real drink can only be made with the true *mojito* mint. Clearly different from other mints — its scent and flavour are agreeably mild and warm, not pungent nor overly sweet like others. In a perhaps typically Cuban understated way its warm embrace lingers until you realize you want more. *Salud!*

For delicious alcoholic and non-alcoholic mojito recipes see www.richters.com/mojito/.

P4025 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75, **Plug pack:** 12/\$15

ORANGE MINT

Mentha aquatica 'Citrata'

  **Z4-9**

(Eau de cologne mint; Bergamot mint) Treasured for its very special fragrance. Its hint of citrus is tantalizing in fruit punches, teas and potpourris. The oil is an ingredient in chartreuse and perfumes.

P4028 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

PINEAPPLE MINT

Mentha suaveolens 'Variegata'

  **Z6-9**

Similar to apple mint with a sweeter, fruity scent. White streaks vary with the season.

P4032 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

MENTHOL MINT

Mentha spicata

  **Z4-9**

Variety commonly sold as peppermint or spearmint. Flavour and odour is pungent, not sweet like the true root-propagated strains. Useful for tea, for medicinal purposes.

S4041 Seeds: Pkt/\$2, 10g/\$30, 100g/\$210

PENNYROYAL MINT: See PENNYROYAL

The Westerfield Mints (*M. spp.*)


Richters is pleased to offer these remarkable mints created by Jim Westerfield, a former innkeeper extraordinaire with a passion for herbs and for developing new varieties of mints.

RICHTERS EXCLUSIVE: Richters holds exclusive propagation rights for all Westerfield mints in Canada.

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HILLARY'S SWEET LEMON MINT

Mentha 'Hillary's Sweet Lemon'

  **Z6-11**

Developed from apple and lime mint, it has the sweet, fruity, aroma of apple mint lined with a citrus edge. An aggressive female mint with lavender flower spikes. Named after Hillary Clinton.

P4019 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

BERRIES & CREAM™ MINT

Mentha 'Berries and Cream'

  **Z5-9**

Sweet and fruity, like a bowl of fresh berries and cream. Mint breeder and innkeeper Jim Westerfield continues to delight with his mint creations and this is another winner. Leaves are tasty chopped fresh or wonderful added as a garnish.

P4019-100 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



Candied Fruit™ Mint

CANDIED FRUIT™ MINT

Mentha 'Candied Fruit'

  **Z6-11**

In Jim Westerfield's words: "In my early years I worked in a small grocery store. One day I was given the job of stocking a small seasoning rack. Along the way I couldn't resist sneaking a whiff of a small container marked 'Candied Fruit'. It seems that I NEVER forgot that delicious aroma." And so years later that memory lives on as Candied Fruit mint.

P4019-340 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

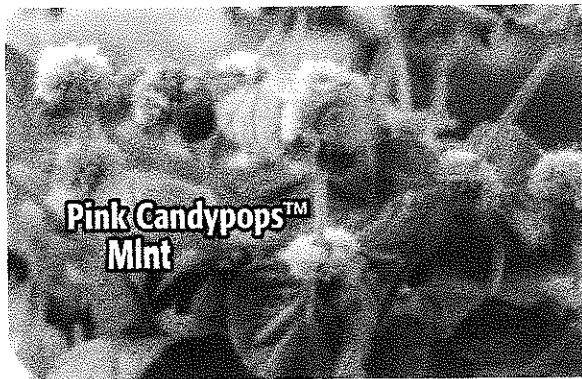
CANDY LIME™ MINT

Mentha 'Jim's Candy Lime'

  **Z5-9**

It's hard to play favourites with your babies, but for breeder Jim Westerfield, this one holds a special place in his heart. It possesses a superb sweet lime aroma with many possibilities for the kitchen. Try it in candies, cookies, cakes, salads, seafood... anywhere where you need to create a new sensation. Interestingly, the sweet lime aroma of fresh-cut leaves gets stronger when stored overnight.

P4019-350 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



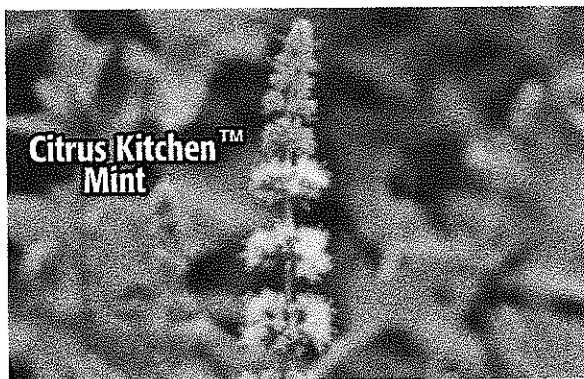
PINK CANDYPOPS™ MINT

Mentha 'Pink Candypops'

P Z6-11

We don't normally think of mints as ornamentals but breeder Jim Westerfield has found a way to make this mint look like a million bucks! When the pink puff flowers appear in summer they look like pink lollipops! Can be grown in beds or in containers.

P4019-360 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



CITRUS KITCHEN™ MINT

Mentha 'Utility Citrus Kitchen'

P Z6-11

"Marilyn states outright that this is her favourite of all the hybrids I've produced. She uses it in, of all things, her early morning orange juice. We both predict that it will, in time, become one of the most used utility mints in the professional kitchens of the world."

P4019-368 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

COTTON CANDY™ MINT

Mentha 'Cotton Candy'

P Z6-11

Jim Westerfield's says: "The first time I smelled this hybrid a voice in my head said 'Cotton Candy'. It had a certain soft, sweet aroma, combined with, of all things, pink flowers! What's interesting is that there exists not one bottle of flavoring ANYWHERE on any shelf in the world, whose label reads 'Cotton Candy'. Nope, such a seasoning has simply NEVER existed."

P4019-370 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

JIM'S FRUIT™ MINT

Mentha 'Jim's Fruit'

P Z6-11

In Jim Westerfield's words: "Of all my hybrids, this just might be my favourite. Its leaves are deep green with a truly delicious, fruity aroma. It becomes a huge, robust mint, seemingly very proud of itself. And it should be, it's gorgeous!"

P4019-380 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

FRUIT SENSATIONS™ MINT

Mentha 'Fruit Sensations'

P Z6-11

In Jim Westerfield's words: "All of our gourmet food customers invariably raved about the delicious aroma and flavor of this beautiful mint hybrid. When I was still in business, I sold a ton of it. In truth, it sold itself."

P4019-382 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

FRUITASIA™ MINT

Mentha 'Fruitasia'

P Z6-11

In Jim Westerfield's words: "This is one beautiful mint. It actually makes for one hell of a border plant. For sure, it is one excellent fruit dish mint. I call it a 'must have' mint."

P4019-385 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

ITALIAN SPICE™ MINT

Mentha 'Italian Spice'

P Z6-11

In Jim Westerfield's words: "We always served this neat hybrid in our gourmet restaurant as a side dish. We combined it with garlic chives and fresh parmesan cheese. This was combined with angel hair pasta. And then to this was added lots of butter and maybe, just maybe a touch of fresh garlic. Mmmm!"

P4019-390 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

JULIA'S SWEET CITRUS™ MINT

Mentha 'Julia's Sweet Citrus'

P Z6-9

'Julia's Sweet Citrus' has bright green leaves, roundish and slightly crinkly. The scent is a wonderful melange of citrus. Great for teas and punch, and for any dish calling for mint. Suited for a sunny garden, and makes a great hanging basket plant as it trails over. Flowers are white tinged with a touch of purple.

P4019-400 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

MARGARITA™ MINT

Mentha 'Margarita'

P Z5-9

Here's to you! A big bold lime-scented mint for your next margarita. This hybrid is a beauty, with "lots of physical definition" as breeder Jim Westerfield puts it. And so it does, with perfectly shaped, groovy leaves, and a hint of dark bronze at the tips at times. This mint means fun. Does not spread by underground rhizomes like most mints, but it still gets around by aboveground runners.

P4019-450 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

Marilyn's Salad™ Mint

MARILYN'S SALAD™ MINT

Mentha 'Marilyn's Salad'

P Z6-11

This is a completely different mint with a completely different use — as a fresh salad green! The young leaves are very tender, and the flavour is mild, sweet and delicate, not at all like other stronger mints. And they're quite the sensation in salads — just pick the leaves, strip them from the stems, and throw them liberally into your salad mix. For tender foliage, grow this mint in partial shade and cut often to keep the young leaves coming.

P4019-470 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

MARSHMALLOW™ MINT

Mentha 'Marshmallow'

P Z6-11

The scent is a swirl of different notes but marshmallow always seems to rise to the top. But perception can vary, perhaps dependent on your mood. But whatever your nose makes of this mint, you will likely find yourself reminiscing of the past, of happy summers, and of roasting marshmallows around the campfire!

P4019-480 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

OREGANO-THYME™ MINT

Mentha 'Oregano-Thyme'

P Z5-9

Yes, this does have oregano and thyme in it; but it is not simply the sum total of those two herbs — it's something more. Breeder Jim Westerfield says that this mint has so much culinary potential "it's actually scary!" In fact, he is already featuring it in dishes created at his award-winning inn, The Westerfield House near St. Louis.

P4019-600 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

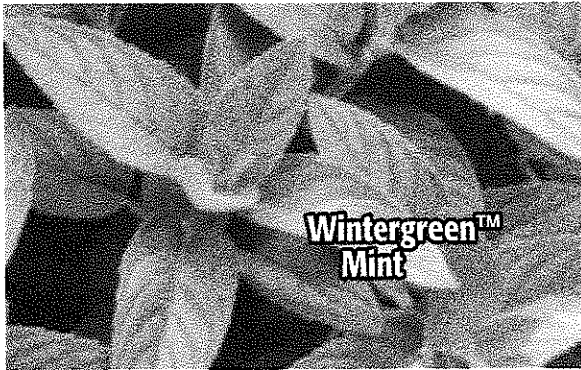
SWEET PEAR™ MINT

Mentha 'Sweet Pear'

P Z5-9

This mint will make you laugh. It really gives off an unmistakable hint of ripe sweet pears! How Jim Westerfield managed to cross his mints to produce this remarkable gem is beyond us, but we are thrilled to grow it and offer it to our customers. Very attractive addition to any mint collection. Mature leaves are downy, ovate and silvery grey in colour; flowers are light pink-purple; and the growth habit is upright and robust. The delicate flavour is suitable wherever mint is called for.

P4019-800 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



WINTERGREEN™ MINT

Mentha 'Sister Julie's Wintergreen'

In Jim Westerfield's words: "Four years ago my crossbreeding programs produced what seems to be the first true wintergreen mint. Although just about EVERYONE connects the wintergreen flavour and aroma to the mint world, the real wintergreen aroma is actually produced by the *Gaultheria* genus of plants. What's exciting is that this mint is exactly the wintergreen mint candy. All of the above equals one hell of a tea mint."

P4019-900 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

MINT, KOREAN

Agastache rugosa

Oriental variety of anise-hyssop with an anise-like flavour. Makes a pleasing tea and an unusual seasoning for meats and dressings. Helps clear fevers and strengthens the stomach.

S4060 Seeds: Pkt/\$3, 10g/\$17

S4060-001 Seeds: Pkt/\$3.75

MINT, MOUNTAIN

Pycnanthemum pilosum

Hardy U.S. native. Leaves possess a wonderful menthol fragrance; may be used just like peppermint. Excellent beeplant.

S4064 Seeds: Pkt/\$3, 1g/\$6, 10g/\$39

P4064 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

MITSUBA

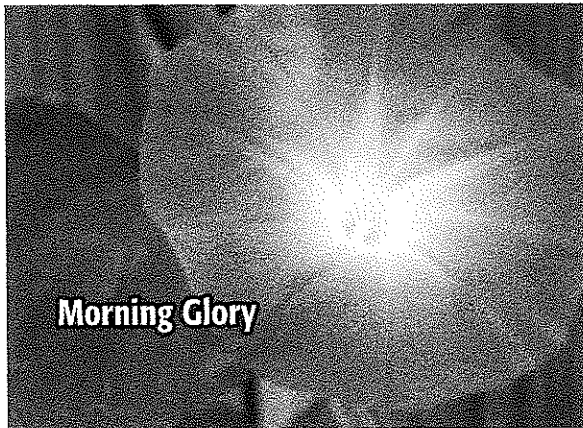
Cryptotaenia japonica

(Japanese parsley) Unique flavour of leaves and leafstalks, either fresh or blanched, is pleasing in soups, salads, and fried foods. Of easiest culture; prefers moist, partly shady locations.

S4070 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$33, 1kg/\$210

MONKSHOOD: See ACONITE

MORMON TEA: See EPHEDRA, AMERICAN



Morning Glory

MORNING GLORY

Ipomoea tricolor 'Heavenly Blue'

Lovely fast growing vine with dark sky-blue flowers. Ideal for walls, trellises or tall fences. Used by the Aztecs as a hallucinogen in religious ceremonies.

S4085 Seeds: Pkt/\$1.75, 100g/\$12, 1kg/\$63

MORNING GLORY, MEXICAN: See OLOLIUQUI

MOTHERWORT

Leonurus cardiaca

Especially valuable for PMS, menstrual pain and delayed menstruation. Gentle sedative. Helps calm the entire nervous system. Strengthens the heart and often prescribed for palpitations.

S4100 Seeds: Pkt/\$2.25, 10g/\$14, 100g/\$95

P4100 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

MUCUNA

Mucuna pruriens

Twining annual found throughout India. Pods and young leaves are used as vegetable and fodder. Used as a nerve tonic in Ayurvedic medicine. Seeds are a natural storehouse of L-dopa, a precursor of dopamine. In a recent clinical trial Parkinson's sufferers treated with crushed seeds regained some mobility with fewer side effects than conventional drugs.

S4115 Seeds: Pkt/\$3.75, 100g/\$24, 1kg/\$150

MUGWORT

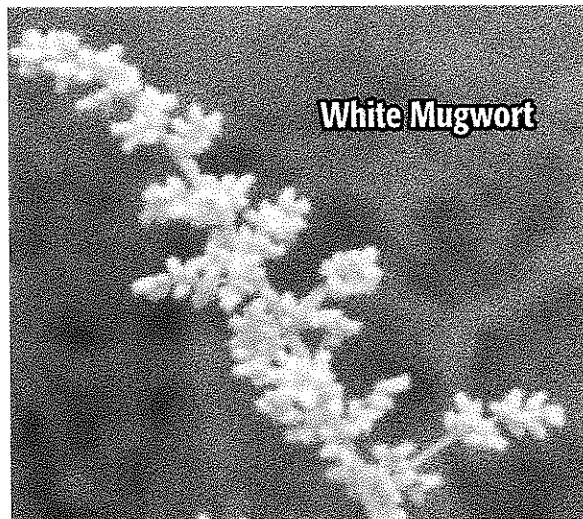
Artemisia vulgaris

Bitter flower buds improve digestibility of rich meat, poultry or fish dishes. Used in Japan for moxibustion.

S4120 Seeds: Pkt/\$2.25, 10g/\$9, 100g/\$60, 1kg/\$400

P4120 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

MUGWORT, JAPANESE: See YOMOGI



White Mugwort

New! MUGWORT, WHITE

Artemisia lactiflora

Creamy white flowers set against a backdrop of green foliage makes this a very attractive ornamental herb for the garden. Indeed, the Royal Horticultural Society has honoured it with an Award of Garden Merit, and it is an excellent as a cut or dried flower. But it is also a Chinese medicinal herb valued for its bitter aromatic tonic properties and is used to treat menstrual and liver disorders. Easy to grow in moist soil in full sun. Non-invasive, unlike the European mugwort. Ht. 90-150cm/3-5ft.

S4120-500 Seeds: Pkt/\$5.00

MULBERRY

Morus nigra

Handsome tree bearing sweet, juicy berries that make fine preserves and wine. Rootbark decoction is a traditional remedy for tapeworms. Hardy in southwestern Ontario and B.C. coastal regions.

Please note that a small percentage of seedgrown plants will be non-flowering and therefore non-fruiting.

S4122 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$35

P4122 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

MULLEIN

Verbascum thapsus

Striking yellow flower stalks rise from a woolly leaf base in the second year. Good remedy for coughs, hoarseness and bronchitis. All plant parts can be used to produce yellow, bronze and grey dyes.

S4125 Seeds: Pkt/\$2.25, 10g/\$10, 100g/\$70

P4125 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

MUSTARD, BROWN

Brassica juncea

Stronger than white mustard, and gives extra pungency to continental European mustards. (The more delicate white mustard is used in English and American mustards.) Also used in ground mustard, usually in combination with white mustard.

S4151 Seeds: Pkt/\$1.75, 100g/\$5, 1kg/\$17, 10kg/\$100

MUSTARD, WHITE

Brassica hirta

(Mustard cress) True companion to curled cress for salads and sandwiches. Sow 4 days after cress to mature concurrently. Whole seeds are used to season pickles, sausages and sauerkraut. The well known condiment is prepared from ground mustard seeds.

S4150 Seeds: Pkt/\$1.75, 100g/\$5, 1kg/\$17, 10kg/\$100

MYRTLE, GERMAN

Myrtus communis 'Microphylla'

Dainty, small-leaved version of the previous. Traditionally used in wedding bouquets. Lovely for corsages and arrangements.

P4220 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Greek Myrtle

MYRTLE, GREEK

Myrtus communis

Classic evergreen shrub from the Mediterranean. Fragrant white flowers and leaves are used in potpourri. Spicy leaves can be used in cooking like bay leaf. Essential oil is used for fragrance.

S4200 Seeds: Pkt/\$3.75, 10g/\$12, 100g/\$90

P4200 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

NASTURTIUM, CLIMBING

Tropaeolum majus

Young leaves make a pleasant pepper substitute in pepper-restricted diets and are unusually high in vitamin C. Immature green seeds substitute for capers, and in tossed salads the gorgeous spicy flowers add a spectacular touch. Climbs trellises, fences or poles up to 2m/6ft high. Mixed colours.

S4250 Seeds: Pkt/\$1.75, 100g/\$13, 1kg/\$70, 10kg/\$500

Dwarf Nasturtium

NASTURTIUM, DWARF

Tropaeolum minus

Peppery leaves and fragrant flowers are delicious used fresh in salads. High in vitamin C. Ideal for borders, window boxes and hanging baskets; yellow, orange and red colours. Ht 30cm/12"

S4251 Seeds: Pkt/\$1.75, 100g/\$13, 1kg/\$70, 10kg/\$500

S4251-001 Seeds: Pkt/\$2.25, 100g/\$30, 1kg/\$190

NEPITELLA

Calamintha nepeta

(Lesser calamint) A regional favourite in Tuscany where it is added to mushroom dishes and green vegetables for its distinctive minty flavour. Sauteed zucchini or mushrooms with fresh nepitella, tomatoes, and garlic is served with roast or boiled meat dishes. Easy to grow.

S4264 Seeds: Pkt/\$3.75, 1g/\$14, 10g/\$90, 100g/\$630

P4264 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

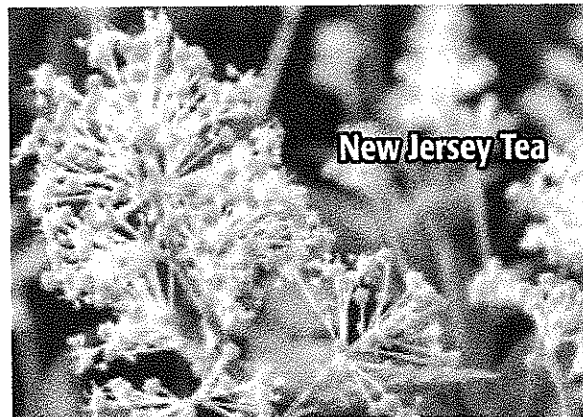
NETTLE, STINGING

Urtica dioica

Drying or cooking removes stinging effect of the leaves. Use in salt-reduced diets. Cooked young shoots are rich in iron. Important biodynamic herb: increasing the potency of neighbouring herbs, stimulating humus formation. Fresh whole leaves produce green, gold and chartreuse tones. Fresh nettles keep a larder free of flies and discourage frogs when planted near beehives.

S4270 Seeds: Pkt/\$2.25, 10g/\$8, 100g/\$55, 1kg/\$380

P4270 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95



New Jersey Tea

NEW JERSEY TEA

Ceanothus americanus

(Red root) Used as a tea substitute during the American Revolution. Indians used it for skin problems, skin cancer and venereal sores. A good gargle for mouth and throat sores.

S4273 Seeds: Pkt/\$5

NIGELLA

Nigella damascena

(Love-in-a-mist) Finely divided leaves create a mist effect surrounding the lovely blue flowers. Seeds used in curries and bread, although its close cousin black cumin is better. Seeds stored with clothing repel insects. Valued in perfumery trade.

S4275 Seeds: Pkt/\$2.25, 100g/\$25, 1kg/\$130

OLD MAN ARTEMISIA: See SOUTHERNWOOD

OLEANDER, YELLOW

Thevetia nerifolia

Attractive shrub with yellow, bell-shaped flowers. Rich source of cardiac glycosides used for heart patients who are intolerant of digitalis. All parts are poisonous. Use under medical supervision. Can be kept to 1m/3ft tall in pots with regular pruning.

S4290 Seeds: Pkt/\$3, 100g/\$20, 1kg/\$120

OLOLIUQUI

Rivea corymbosa

(Mexican morning glory) Sacred hallucinogenic herb used by the Aztecs in divination rituals. Once thought to be exterminated by the Spaniards in their zeal to exorcise "demonic" practices but the plant and the rituals were found alive in the mountains among the Mazatecs of Oaxaca, Mexico. Climbing vine with white flowers.

P4292 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

ONION, DEEP PURPLE BUNCHING

Allium fistulosum 'Deep Purple Bunching'

(Onion green; Bunching onion) Attractive green stalks look like they have been dipped in wine! Bulbs are stained a deep purple. Colour persists at any temperature or age. Royal Horticultural Society Award Winner in 2010. A salad onion that adds an unmistakable splash of colour and flavour to any dish. 60 days.

S4310-201 Seeds: Pkt/\$3