

ONION, EGYPTIAN

Allium x proliferum

P Z3-9

This fascinating mild-flavoured onion develops bulbs at the top of its slender leaves, not at the base like ordinary onions. Excellent for pickling and for seasoning soups and stews.

P4300 Plants (Not to ID): \$3.25, 3+/\$2.45, 12+/\$1.95

R4300 Bulbs (Sept-Oct shipment) (Can, US only): 10/\$10, 100/\$60

ONION, WELSH

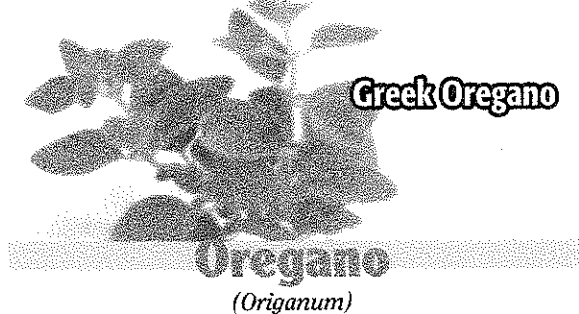
Allium fistulosum 'Evergreen'

P Z3-9

(Onion green; Bunching onion) A bulbless perennial onion green like chives, but has larger leaves and a stronger, zesty flavour. Ideal for cooked vegetables, soups, stews, casseroles and quiches. Try them in homemade potato soup for a real treat. Easy to grow; can be picked anytime ground is not frozen.

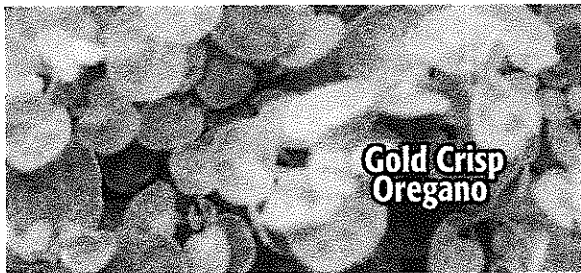
54310 Seeds: Pkt/\$1.75, 10g/\$6, 100g/\$32, 1kg/\$200

54310-001 Seeds: Pkt/\$2.25, 10g/\$8, 100g/\$55, 1kg/\$370



WILD OREGANO: See COMMON MARJORAM

VARIEGATED OREGANO: See VARIEGATED MARJORAM



GOLD CRISP OREGANO

Origanum vulgare 'Aureum Crispum'

P Z7-9

Attractive variety with roundish, crinkled leaves. Gold crisp has a more delicate, ascendant habit; very nice in window boxes, hanging baskets and strawberry jars. Needs winter mulching to survive zones 5,6, or more suited as a pot plant.

P4313 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

GOLDEN OREGANO

Origanum vulgare 'Aureum'

P Z6-9

Golden foliage is a nice colour contrast for rock gardens and edges of flower beds. Mild oregano flavour.

P4314 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

GREEK OREGANO

Origanum vulgare hirtum

P Z5-11+

This is the true oregano collected wild in the mountains of Greece. White flowers; very hardy. Excellent flavour.

54315 Seeds: Pkt/\$2, 10g/\$17, 100g/\$120, 1kg/\$800

54315-001 Seeds: Pkt/\$2.25, 1g/\$6, 10g/\$40, 100g/\$280

P4315 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

KALITERI OREGANO

Origanum 'Kaliteri'

P Z6-11+

'Kaliteri' means "the best" in Greek, an apt nickname for this terrific oregano that first came to us without a name. Specially selected for its high oil content, this strain is grown commercially in Greece for the high quality oregano market. Spicy, silver-grey foliage.

P4315-150 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

HERRENHAUSEN OREGANO

Origanum laevigatum 'Herrenhausen'

P Z5-9

Delightful sweet, fruity scented variety with dark green leaves and purple flowers. Dries well for arrangements.

P4315-200 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

BRISTOL CROSS OREGANO

Origanum 'Bristol Cross'

P Z6-10

Striking ornamental variety with a mild oregano flavour and aroma. Forms almost perfect globe-like balls when grown in baskets. Showy hop-like pink flowers similar to Kent Beauty but longer and more impressive. Ht. 20cm/8".

P4315-220 Plants: \$4.25, 3+/\$3.20

HOPLEY'S PURPLE OREGANO

Origanum laevigatum 'Hopley's Purple'

P Z11+

Dark purple-green foliage, compact growth habit. Very attractive, with mild costmary-like scent and flavour.

P4315-250 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

ITALIAN OREGANO

Origanum sp.

P Z8-10

Strong flavour. Similar to sweet marjoram.

P4315-300 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

KENT BEAUTY OREGANO

Origanum 'Kent Beauty'

P Z6-9

Round leaves on almost trailing branches and attractive pink or purple flower bracts. Good aroma and sharp, bitter oregano flavour. A hybrid between *O. rotundifolium* and *O. scabrum*.

P4315-350 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

PROFUSION® OREGANO

Origanum vulgare 'OV12'

P Z5-9

Super hardy! In the summer of 2012 a remarkable discovery was made on the Richters farm. Aromatic patches of oregano were found growing in amongst the native grasses and herbs in the back field of the farm. These were descendants from a planting more than a quarter century ago when Otto Richter, co-founder of Richters Herbs, planted oregano seeds from a highly aromatic strain from Greece that not expected to survive the Canadian winter. After the crop was harvested the plants were left to fend for themselves. A few hardy individuals that first winter and then must have eeked out an existence hidden by the taller grasses for more than 25 years! With this discovery we have have a super hardy strain that is intensely aromatic and flavourful—and is able to elbow out competitors. We are very excited and proud to offer this super hardy oregano!

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

P4315-600 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

SYRIAN OREGANO

Origanum maru

P Z8-10

Strong spicy flavour.

P4316 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



TURKESTAN OREGANO

Origanum tyttanthum

P Z8-10

Strong-flavour. Dark leaves; robust growth habit. Ideal for indoors.

P4316-200 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

ZORBA RED OREGANO

Origanum vulgare 'Zorba Red'

P Z5-9

An entirely different oregano! Excellent for gardens, hanging baskets, and container gardens. Spectacular red-purple sprays dotted with pure white flowers appear in early summer and keep on coming well into the autumn. Its spreading growth habit, dark green aromatic foliage, and waves of flowers create an impressive floral display. Ht. 90cm/36"; spread 70cm/28".

Unauthorized propagation prohibited. U.S. patent (USPP#13,841)

P4316-800 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

OREGANO, CUBAN

Plectranthus sp.

* P Z11+

Fleshy small almost round leaves with small shallow rounded teeth on edges. Scent remini-scent of oregano, but it is not used in cooking. An attractive houseplant that releases a pleasant odour when brushed against.

P4317 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

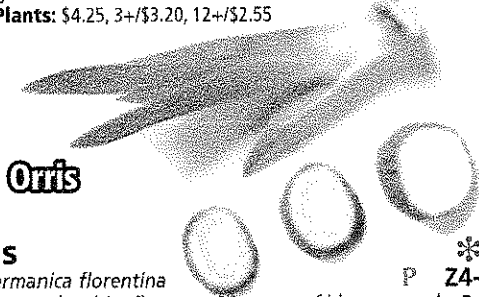
OREGANO, MEXICAN

Lippia graveolens

ⓂⓃ P Z9-11

Often sold as true oregano in Mexico and southern U.S. where its fine oregano flavour is used to great advantage in chilis and other Mexican dishes. Properly pruned, it will grow into a miniature tree in a bright window or solarium.

P4318 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Orris

ORRIS

Iris x germanica florentina

* P Z4-10

Produces nearly white flowers with traces of blue or purple. Dried powdered rhizome is the major source of orris, used in perfumery and potpourris.

P4319 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

OSAGE-ORANGE

Maclura pomifera

Ⓝ P Z5-9 SGM

Source of yellow, gold and khaki dyes. Boiled root decoction was once used to bathe irritated eyes. Good hedge plant; has vigorous habit and withstands heavy clipping. Hardy in southwestern Ontario and coastal B.C.

S4320 Seeds: Pkt/\$2.25, 10g/\$13, 100g/\$90

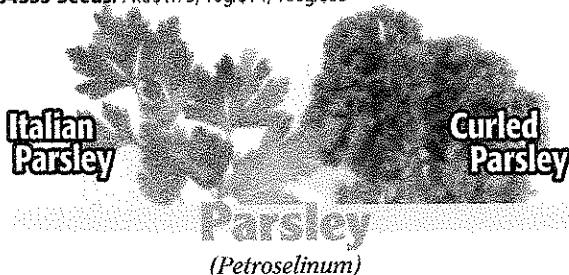
PANSY

Viola cornuta 'King Henry'

ⓂⓃ P Z6-9 SGE

Edible purple flowers have a wintergreen overtone. Use in soups, fruit and potato salads, ravioli, desserts, and as a garnish.

S4333 Seeds: Pkt/\$1.75, 10g/\$14, 100g/\$95



Italian Parsley

Curled Parsley

Parsley
(*Petroselinum*)

Curled Group

The most popular type for garnishing with finely cut, tightly curled leaves. Strong aroma and flavour.

MOSSCURLLED PARSLEY

Petroselinum crispum crispum

ⓂⓃ B Z6-9 SGE

Standard curled variety. Bright green, deeply cut and finely divided leaves.

S4350 Seeds: Pkt/\$2, 100g/\$11, 1kg/\$58, 10kg/\$420

S4350-001 Seeds: Pkt/\$2.25, 100g/\$20, 1kg/\$120

P4350 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

Plainleaf Group

Our favourite type because flavour is extra rich. Adds true European character to soups and stews.

ARGON PARSLEY

Petroselinum crispum 'Argon'

ⓂⓃ B Z6-9 SGE

Improved plainleaf variety with dark green flat leaves and upright growth habit. High yields. Strong powdery mildew tolerance.

S4365 Seeds: Pkt/\$3, 100g/\$13, 1kg/\$75

ITALIAN PARSLEY

Petroselinum crispum neapolitanum

ⓂⓃ B Z6-9 SGE

Dark green, glossy leaves, strong flavour. Taller, has larger leaves than standard strain. Very popular

S4367 Seeds: Pkt/\$2, 100g/\$10, 1kg/\$50, 10kg/\$360

S4367-001 Seeds: Pkt/\$2.25, 100g/\$16, 1kg/\$100

P4367 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

PLAIN PARSLEY

Petroselinum crispum neapolitanum

ⓂⓃ B Z6-9 SGE

Standard variety for flavouring, slightly earlier maturing than above. Deeply cut, bright green leaves with excellent flavour.

S4370 Seeds: Pkt/\$1.75, 100g/\$9, 1kg/\$43, 10kg/\$300

S4370-001 Seeds: Pkt/\$2.25, 100g/\$16, 1kg/\$100, 10kg/\$800

Root Group

Both leaves and its slender, parsnip-like root are used. Roots are excellent for flavouring soups, stews, or steamed to serve with butter or sauce.

HAMBURG PARSLEY

Petroselinum crispum tuberosum

ⓂⓃ B Z6-9 SGE

Standard variety. Roots 20-25cm/8-10in. long, flat leaves.

S4360 Seeds: Pkt/\$1.75, 100g/\$16, 1kg/\$90

PARSLEY, CHINESE: See MARINO CILANTRO

JAPANESE PARSLEY: See MITSUBA

PARTRIDGEBERRY

Mitchella repens

Ⓝ P Z5-9

(Squaw vine; Checkerberry) Attractive low growing evergreen herb common in forests throughout eastern North America. According to native American practice the tea taken in the last few weeks of pregnancy promotes easier childbirth. The tea is also used as a wash for sore nipples.

P6020 Plants: \$8.25, 3+/\$6.20, 12+/\$4.95

PASQUE FLOWER

Anemone pulsatilla

Ⓝ P Z5-7 SGM

Pretty rock garden plant with masses of purple flowers appearing early in spring. Valuable in correcting membrane disorders of the respiratory and digestive passages. Slow to germinate.

S4400 Seeds: Pkt/\$3, 1g/\$7, 10g/\$30

P4400 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



American Passion Flower

PASSION FLOWER, AMERICAN

Passiflora incarnata

Ⓝ P Z6-9 SGM


(Maypop) Important sedative used to treat insomnia, anxiety, restlessness, nervous disorders — especially in children. It is very safe; no side effects or contraindications are known. The herb is taken as a tea or in tablet or tincture form. Now incorporated in many commercial products, this herb has become a significant American herbal crop. Grows as a vine. Produces showy, sweet-scented flowers and edible fruits.

S4440-100 Seeds: Pkt/\$5

P4440-100 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

PASSION FRUIT

Passiflora edulis

P Z8B-11+ 


Unusual vine bearing spectacular star-like lavender flowers. Edible purple fruits possess pleasant flavour. Used as table fruit and in sherbet, jam, and beverages. Grow in sunniest window or greenhouse and provide support of trellis. Slow to germinate.

S4441 Seeds: Pkt/\$3.75, 10g/\$21, 100g/\$150

P4441 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

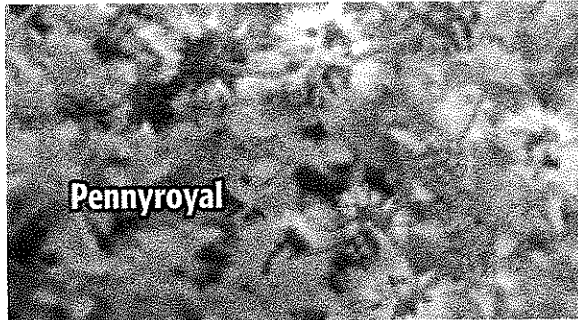
PATCHOULI

Pogostemon patchouli

P Z11+ 

One of the definitive perfumes of the Orient and of India in particular. Widely used in perfumes and soaps, and even to perfume India ink. Leaves are excellent in potpourris and sachets.


P4450 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12



Pennyroyal

PENNYROYAL

Mentha pulegium

P Z6-9 

Once used to flavour puddings and sauces. The tea is still used today to ease headache. Strong minty aroma. Has insect repelling properties. The essential oil has abortifacient properties and should not be used by pregnant women.

S4460 Seeds: Pkt/\$2.25, 10g/\$30, 100g/\$220

P4460 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

PENNYROYAL, PURPLE SNOWCONES

Mentha pulegium 'Purple Snowcones'

P Z5-9 

Pennyroyal, the forgotten maiden among the mints, has long needed a makeover to match its big minty aroma and taste. Now with this variety it is ready to take its place in gardens, hanging baskets, and container gardens. 'Snowcones Purple' has a cascading growth habit and sends up flowering branches that look like purple scoops of snow. Ht. 60cm/24".

Unauthorized propagation prohibited. Protected by U.S. patent (USPP#12,971)

P4463-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

PENNYROYAL, CARPET

Mentha pulegium 'Nanum'

P Z6-9 

(Dwarf pennyroyal) Neat mat-forming version of pennyroyal. Same scent, flavour and uses. Useful ground cover in wet areas.

P4462 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

PENNYROYAL, SPICE BALL

Mentha pulegium 'Spice Ball'

P Z5-9 

No wonder it's called 'Spice Ball': in hanging baskets and containers it develops spherical displays of tightly-woven foliage with an intense, almost spicy, mint aroma. Exceptional!

Richters exclusive. Unauthorized propagation prohibited.

P4463-700 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

Spice Ball Pennyroyal



Habanero Chile Pepper

Pepper, Chile

(*Capsicum*)

Mexican Chiles

Mexican chiles do best where the growing seasons are long and hot, but do not let that stop you from trying them in less torrid areas. Even in a cold, wet summer, we managed to get a respectable crop of chiles in Goodwood. In Canada, and most of the northern U.S., chiles need to be started indoors early (Jan-Mar) and transplanted out after the danger of frost is over.

ANAHEIM CHILE PEPPER

Capsicum annuum 'Anaheim'

A 

About 15cm/6" long, 5cm/2" across. Used fresh either green or ripe red, or dried ripe. Excellent stuffed fresh (*chiles rellenos*), and in stews and sauces. Dried in *ristras* and powdered as *chile Colorado*. Heat: 2-3.

S4470-100 Seeds: Pkt/\$1.75, 10g/\$7, 100g/\$50, 1kg/\$330

ANCHO POBLANO CHILE PEPPER

Capsicum annuum 'Poblano Ancho'


A 

The most commonly used dried chile of Mexico; essential for sauces and moles. In fresh form it is known as Poblano and in dried form it is known as Ancho. Brickred to black-purple when dry; 10cm/4in long by 7cm/3" wide. Mild, sweet flavour. Heat: 3-5.

S4470-120 Seeds: Pkt/\$1.75, 10g/\$7, 100g/\$43, 1kg/\$270

DE ARBOL CHILE PEPPER

Capsicum annuum 'De Arbol'

A 

Cayenne type, 5-7cm/2-3" long, 5-7mm across. Use powdered for sauces, soups, stews. Heat: 7.5.

S4470-330 Seeds: Pkt/\$1.75, 10g/\$19, 100g/\$130

HABANERO CHILE PEPPER

Capsicum chinense habenero

A 

Small 5cm/2" chiles are the hottest of the hot — 30-50 times hotter than Jalapeño! Used fresh or dried in salsas, chutneys, marinades. Heat: 10!

S4470-450 Seeds: Pkt/\$2.25, 10g/\$23, 100g/\$165

S4470-451 Seeds: Pkt/\$3

P4470-450 Plants: Plug pack: 12/\$12



White Habanero Chile Pepper

New! WHITE HABANERO CHILE PEPPER

Capsicum chinense 'Habanero White'

A 

Just like its fiery red close cousin, this white chile is piping hot! Use fresh or dried in salsas, chutneys, marinades just like the red one. Heat: 10!

S4470-461 Seeds: Pkt/\$5, 10g/\$30, 100g/\$225

JALAPEÑO CHILE PEPPER

Capsicum annuum 'Jalapeno'

A 

Best known hot chile, 5-7cm/2-3" long, 2-3cm/1-1.5" in diameter. Used fresh either green or ripe red in salsa, stews, breads, sauces, dips, or just about anything that needs spicing up. Known as *chipotle* when dried by smoking. Heat: 5.5.

S4470-501 Seeds: Pkt/\$2.25, 10g/\$9, 100g/\$60, 1kg/\$400

P4470-500 Plants: Plug pack: 12/\$12

SERRANO CHILE PEPPER

Capsicum annuum 'Serrano'

Use when green or ripened to scarlet. Small: 2cm/1" long, 1cm/0.5" across. Thick flesh; clean biting heat. Salsas, pickled, or roasted for sauces. Heat: 7.

S4470-800 Seeds: Pkt/\$1.75, 100g/\$20, 1kg/\$120

TABASCO CHILE PEPPER

Capsicum annuum 'Tabasco'

The chile pepper used to make the famous hot sauce of the same name. Its origin is the southern Mexican state of Tabasco, but it is now principally in Louisiana and other Gulf states. Attractive: fruits point upright, changing from yellow to orange and finally to bright red at which stage they are harvested. Compact bushes 30-120cm/12-48" high can bear as much as 100 chiles each. Heat: 9.

S4470-950 Seeds: Pkt/\$3.75, 10g/\$40, 100g/\$280

Cayenne Chile Pepper

Other Chiles

CAYENNE CHILE PEPPER

Capsicum annuum 'Long Slim'

The red hot chiles, about 3 inches long, are indispensable in Mexican, Indonesian and Italian dishes. Dried powder adds zest and piquancy to soups, sauces, egg and meat dishes. Ground pods and a little soap in water is a useful insect-repellent for the garden. Heat: 8.

S4470-321 Seeds: Pkt/\$2.25, 10g/\$8, 100g/\$55

P4470-320 Plants: Plug pack: 12/\$12

SCOTCH BONNET PEPPER

Capsicum chinense 'Scotch Bonnet'

The famous hot pepper of the Caribbean with more or less spherical fruits about 4cm/1.5" in diameter. Has a fiery, apple-cherry tomato flavour. Great for salsas and sauces. Closely related to 'Habanero' chile. 120 days. Heat: 9-10.

S4470-750 Seeds: Pkt/\$5, 10g/\$19, 100g/\$130

THAI CHILE PEPPER

Capsicum annuum 'Thai'

(Chile dé arbol Coreano) One of the hottest chiles, used widely throughout Asia and in Mexico. Baby finger-sized chiles, 4cm long and 5mm across. Heat: 8.5.

S4470-900 Seeds: Pkt/\$5, 10g/\$35, 100g/\$225

P4470-900 Plants: Plug pack: 12/\$12

JAMAICAN YELLOW PEPPER

Capsicum annuum 'Jamaican Yellow'

If you like heat and flavour... this is a good one! Mushroom shaped, thin walled, green to bright yellow, fiery hot taste similar to Habanero types. 5cm/2" fruits are good pickled or dried for seasoning. Heat: 9.

S8532-501 Seeds: Pkt/\$3, 10g/\$25, 100g/\$180

PEPPER, SZECHUAN

Zanthoxylum simulans

(Sichuan pepper) One of the signature tastes of Asia and India. Not a true pepper but the berry of a tree native to the subtropics and commonly used in cooking throughout Asia. The taste is a pleasantly pungent combination of lemony citrus and pepper. Szechuan pepper contains hydroxy-alpha-sanshool, which creates tingling and numbness in the mouth. It freshens and excites the palate, unlocking the complex flavours of Indian and Asian cuisine. The seed itself is not used, as it gives food a gritty texture; instead, the dried husks are ground and added to recipes including shrimp, chicken, beef and fish. Szechuan pepper is a component of both Chinese Five Spice Powder and Japanese Shichimi.

P4469-800 Plants (Apr-June shipment): \$8

PERILLA

Perilla frutescens

(Shiso) Decorative green or purple foliage reminiscent of coleus. Cinnamon-scented leaves are popular in Japan for flavouring raw fish, bean curd, pickles and tempura. Before sowing, chill seeds at 5°C/40°F for 3 days in moist sand.

—**GREEN** Great flavour; preferred variety for sushi.

S4474-100 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$46, 1kg/\$300

—**PURPLE** Purplish red leaves; preferred for pickled plums and preserved ginger.

S4474-200 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$46, 1kg/\$300

PERIWINKLE

Vinca minor

Excellent ground cover for shaded areas. Dark green, evergreen leaves; violet-blue flowers. Astringent and sedative properties. Formerly used for diarrhea and hemorrhages. Known as Violet of the Sorcerers in France where it was once hung at entrances to ward off evil spirits and witches.

P4474-900 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

PERIWINKLE, VARIEGATED

Vinca minor 'Variegata'

Glossy dark green evergreen leaves with pale yellow edges; violet blue flowers. One of the few herbs that adds colour to shady areas. Mat forming. Ht. 15cm/6".

P4474-950 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

PIG'S EARS

Cotyledon orbiculata

(Plakkies) Excellent wart remedy, widely recommended even by medical doctors, in South Africa. Works on pets too. Thick, fleshy, grey-green leaves are sliced lengthwise and placed cut side on the wart for 8-12 hours daily. Succulent shrub with showy coral flowers on a stem up to 60cm/2ft. Very easy to grow.

S4481 Seeds: Pkt/\$7

P4481 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

PIMPERNEL

Anagallis arvensis

Reputation for treating depression, melancholy, and allied mental disorders. Scarlet, white or blue flowers close when bad weather is imminent, hence the name Weatherglass.

S4484 Seeds: Pkt/\$3, 10g/\$17, 100g/\$120

PINE NUT

Pinus pinea

Source of the richly delicious pine nuts used in pestos and other Mediterranean dishes. Attractive pot plant, but will not produce pine nuts unless grown where it can reach mature size. Native tree of southern Europe where it grows up to 20m/65ft.

S4487 Seeds: Pkt/\$3, 10g/\$7, 100g/\$35

PINK, SWEET

Dianthus x hybrida 'Rainbow Loveliness'

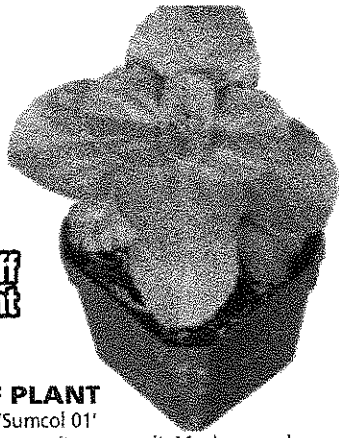
One of the most heavily scented pinks, strikingly sweet and clove-like. Edible flowers are wonderful in many dishes where colour and its clove scent and flavour add a new twist.

S4488 Seeds: Pkt/\$5

P4488 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

Sweet Pink

Piss Off Plant



PISS-OFF PLANT

Plectranthus 'Sumcol 01'

Cats and dogs won't go near it. Much as we love our feline and canine friends, they can be a royal pain in the you-know-where when they carouse in our gardens. They romp around damaging plants, dig holes, and otherwise 'do their business' where they shouldn't. But dogs and cats (and rabbits too) stay away if a Piss-Off Plant is nearby. For some reason not yet understood they detest the odour of this plant. When planted three feet apart, the Piss-Off Plant will protect a whole garden. Not offensive to humans, and does not harm children or pets.

Unauthorized propagation prohibited. Protected by U.S. patent (USPP#13,843)

P4490 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

PLANTAIN, GREATER

Plantago major

Familiar broad leaves have astringent, diuretic and expectorant properties. Valuable for respiratory and gastrointestinal problems, also helpful for bladder problems and ulcers. Used externally for skin problems. Squeezing fresh leaves on insect bites and stings relieves pain and itching.

S4493 Seeds: Pkt/\$3, 10g/\$7, 100g/\$40, 1kg/\$260

PLANTAIN, RIBGRASS

Plantago lanceolata

Leaf juice is reputed to have blood cleansing properties, to strengthen weak lungs, and to fight colds, diarrhea and similar digestive complaints. Poultice of fresh leaves on wounds prevents infection.

S4495 Seeds: Pkt/\$2.25, 100g/\$25, 1kg/\$160

Pleurisy Root



PLEURISY ROOT

Asclepias tuberosa

(Butterfly weed) Bright orange-red flowers are worthy of attention as an ornamental. Roots act specifically on the lungs as an expectorant and anti-inflammatory. Valuable for all chest complaints, including pleurisy.

S4510 Seeds: Pkt/\$3, 10g/\$15, 100g/\$110

POKEROOT

Phytolacca americana

(Pokeweed) The young unfolded leaves in early spring (older leaves are poisonous) can be boiled and eaten like asparagus. Used to treat cancerous ulcers, rheumatism, arthritis and respiratory infections.

S4600 Seeds: Pkt/\$3, 10g/\$40, 100g/\$280

P4600 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

POMEGRANATE, DWARF

Punica granatum 'Nana'

Showy orange-red fuchsia-like flowers are followed by miniature fruits. Considered an excellent remedy for tapeworms since ancient Greece times. Needs occasional pruning.

P4651 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

POPPY, CALIFORNIA

Eschscholzia californica

Mildly narcotic colourless juice was used by Californian Indians to treat toothache. Brilliant orange flowers. Best sown direct very early in spring as it prefers cool weather.

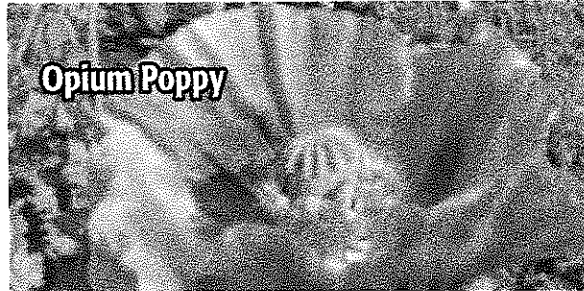
S4720 Seeds: Pkt/\$2.25, 100g/\$17, 1kg/\$100

POPPY, CORN

Papaver rhoeas

The Flanders poppy of World War One! This is famous red poppy that was immortalized in the wartime poem "In Flanders Fields" and is now a prominent symbol of Remembrance Day. Its seeds are delicious on cookies, breads, rolls, and cakes, adding texture and a mild nutty flavour. For a special treat try adding seeds to buttered noodles!

S4730 Seeds: Pkt/\$2.25, 100g/\$16, 1kg/\$115



POPPY, OPIUM

Papaver somniferum

Source of opium and the narcotic alkaloids, morphine and codeine, used to control pain, coughs and diarrhea. The plant is far more important for its culinary uses. Its seeds, which do not contain alkaloids, are widely used on breads, cakes, bagels and in Middle Eastern delicacies. The seeds also yields a good quality oil used for salads, soap, ointments and paints. A beautiful cool season annual with a mixture of single and double flowers in a riot of colours from pink to purple to blood red.

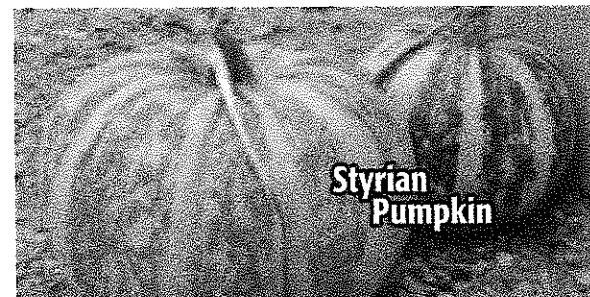
S4733-001 Seeds: Pkt/\$3

PRAIRIE-CLOVER

Dalea candida

(*Petalostemum candidum*) Navajo remedy for stomachache, abdominal pain, diarrhea and fever. The roots were regarded by the Navajo and Pawnee Indians as a 'life medicine' and panacea.

S4740 Seeds: Pkt/\$3, 10g/\$7, 100g/\$40



PUMPKIN, STYRIAN

Cucurbita pepo styriaca

Hull-less seeds yield a medicinally-active oil used in Central Europe for inflammations, hypertrophy of the prostate, and for arteriosclerosis. Has high vitamin E content, and like evening primrose stimulates the synthesis of prostaglandins. Culture like other pumpkins.

S4758 Seeds: Pkt/\$3, 100g/\$28, 1kg/\$180



PYRETHRUM



Chrysanthemum cinerariifolium


Source of one of the safest of all insecticides. White daisy flowers contain pyrethrins which act directly on the nervous systems of aphids, mites, leafhoppers, cabbageworms and other insects. Will not harm fish, waterfowl, plants or mammals. To make pyrethrum spray, mix 15mL/1Tbsp freshly ground dried flowers with 2L/2qt hot water. Add a little soap and let stand.


S4760 Seeds: Pkt/\$3.75, 1g/\$7, 10g/\$40, 100g/\$280


P4760 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

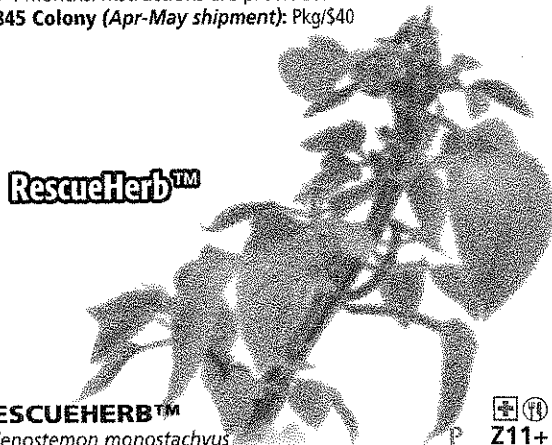
PYRETHRUM, PAINTED DAISY 
Chrysanthemum coccineum P Z5-9 
 Also source of insecticide. Lovely cut flower and border plant in a mixture of red, rose and white.
S4761 Seeds: Pkt/\$2.25, 10g/\$12, 100g/\$90
P4761 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

QUEEN ANNE'S LACE 
Daucus carota B Z3-10 
 (Wild carrot) Infusion is used in the treatment of drowsy, chronic kidney disease and bladder afflictions. Leaves applied with honey soothe external sores and ulcers.
S4800 Seeds: Pkt/\$2.25, 10g/\$5, 100g/\$25, 1kg/\$180


RAU OM 
Limnophila aromatica P Z10-11+
 (Rau ngo) A refugee of war, this remarkable little herb came to North America with the thousands who fled Vietnam in the 1970s. The scent and flavour of rau om have a beguiling floral character that is entirely unique among herbs. Its fresh leaves are essential in several sweet and sour Vietnamese dishes, including a delightful soup made with tamarind and cantaloupe.
P4840 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

REINECKIA, CHINESE 
Reineckia carnea P Z6-9
 (Ji xiang cao) In Chinese medicine it is said to "brighten the eye" and strengthen the memory, and is described as a safe cardiotoxic herb. It is an important herb of the Miao people of China who use it to treat cough and sore throats. Several active saponins and anti-inflammatory steroids have been discovered in the roots. In Chinese culture it is said to bring luck and fortune if it flowers in the garden. Maybe it does because we had much felicity in the air when it flowered for us! An attractive low growing ground cover plant suited for moist shady areas. It spreads slowly much like lily-of-the-valley but with showy pink flowers. Ht. 10cm/4".
P4844 Plants: \$8.25, 3+/\$6.20



REISHI MUSHROOM (Can, US only) 
Ganoderma lucidum P Z5-8
 (Ling-xhi) The legendary Oriental mushroom of immortality. It is still in great use as a tonic and for the treatment of obesity, angina pectoris, bronchitis, hepatitis and insomnia. Scientific evidence is building that suggests that reishi has hypotensive, anti-tumour, hypoglycemic and immunostimulatory activity. We ship blocks of colonized sawdust which will yield beautiful, orange-red mushrooms in 3-4 months. Instructions are provided.
R4845 Colony (Apr-May shipment): Pkg/\$40



RescueHerb™

RESCUEHERB™ 
Solenostemon monostachyus P Z11+
 African treatment for panic attacks! (Nyale) Virtually unknown in the West, this herb is considered one of the best spiritual cleansing herbs of Africa. When the mind is disturbed and the heart races African herbalists use this herb to bring anxiety and panic under control. The fresh herb is crushed in water, strained, and the liquid taken until the anxiety subsides. Also used for colic, convulsions, fever, headache and cough, especially in children. Research suggests that its anticonvulsant activity comes from its ability to calm the central nervous system. Has thick succulent-like stems and aromatic leaves. Ht. 60cm/24".
 RICHTERS EXCLUSIVE. Rescueherb is a trademark of Richters; all rights reserved.
P4849 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

RIBGRASS: See PLANTAIN, RIBGRASS

ROCKET, SWEET 
Hesperis matronalis B Z3-9 
 The flower of deceit: its lovely perfume is released only in the evening. The flowers stimulate the glands and are aphrodisiac. Leaves picked before flowering are nutritious greens for salads.
S5010 Seeds: Pkt/\$2.25, 100g/\$10, 1kg/\$65


Classic Rose 
 (Rosa)

No flower has stirred the imagination and passions of poets and romantics quite like the rose. Symbol of love, and of compassion, friendship and honour. As Charlemagne decreed, it ought to grow in every garden.


Classic Roses


Renowned for their scent and classic colours. Many bloom only once or twice a year, which makes them all the more appreciated when in bloom. They require much the same care as standard roses. All roses grafted on hardy understocks. Dimensions where given are height x breadth. Blooming times are given by the month, or if repeat bloomers, distinguished between recurrent (more than once) or continuous bloomers. Dates listed denote year of introduction.


All roses ship in spring. Due to USDA restrictions we cannot ship roses to the United States.


APOTHECARY ROSE 
Rosa gallica 'Officinalis' P Z4-8
 One of the oldest in cultivation — since before 1300 A.D. Was used for inflammations, stomachache, headache, and toothache, for insomnia, and for "purification of the mind". Best rose for potpourri. Semi-double, crimson flowers in June. Intensely fragrant. 1.2m/4ft x 1.2m/4ft.
P5015-040 Plants: \$18



KÖNIGIN VON DÄNEMARK ROSE 
Rosa 'Königen von Dänemark' P Z4-9
 (Alba type) Beautiful vivid crimson-pink, turning flesh-pink flowers, very double, very fragrant. 1826.
P5015-400 Plants: \$18

LA REINE VICTORIA ROSE 
Rosa 'La Reine Victoria' P Z4-9
 (Bourbon type) Deep pink, double, sweet fragrance, continuous blooming. 1872.
P5015-430 Plants: \$18

LEDA ROSE 
Rosa 'Leda' P Z4-9
 (Painted damask rose) Bluish pink, crimson edges, dbl, strong fragrance, somewhat recurrent. 1827. 1m/3ft x 1m/3ft.
P5015-450 Plants: \$18

MME. HARDY ROSE 
Rosa 'Mme. Hardy' P Z4-9
 (Damask type) Pure white, very double, very strong fragrance with a hint of lemon. Exceptional old rose. 1832.
P5015-500 Plants: \$18

MAIDEN'S BLUSH ROSE

Rosa 'Maiden's Blush' P Z4-9
(Alba type) Bluish pink, semi-double, rich perfume, June. Ht 1.3m/4ft.
P5015-510 Plants: \$18

MAXIMA ROSE

Rosa x alba 'Maxima' P Z4-9
Blue tinted turning creamy-white, double, large, very fragrant,
June. 1.8m/6ft x 1.5m/5ft. Before 1500.
P5015-530 Plants: \$18

ROSA MUNDI

Rosa gallica 'Versicolor' P Z5-9
Very showy crimson striped with white, slight fragrance, June.
1.2m/4ft x 1.2m/4ft. Before 1500.
P5015-700 Plants: \$18

ROSE DE RESCHT

Rosa 'Rose de Rescht' P Z4-9
(Damask type) Bright purplish-red, fading to lilac, very double,
strong fragrance, recurrent. 90cm/3ft x 75cm/30". No date. Superb!
P5015-720 Plants: \$18



Rose De Rescht

SALET ROSE

Rosa centifolia 'Salet' P Z4-8
Deep pink cerise, moss-type flowers. Very fragrant. Repeat flowering.
Ht. 120cm/4ft. 1854.
P5015-800 Plants: \$18

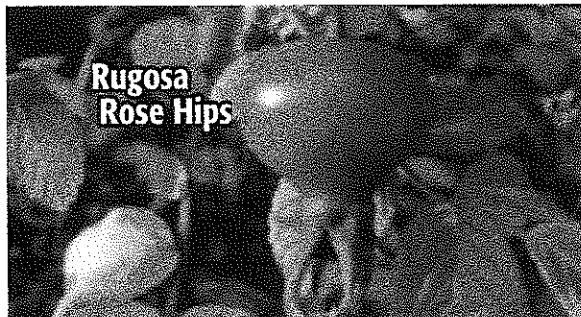
YORK AND LANCASTER ROSE

Rosa x damascena 'Versicolor' P Z4-9
Red, pink and white, semi-double, large, slight fragrance, June-
July. Ht. 1m/3ft. 1551.
P5015-900 Plants: \$18

Species Roses

DOG ROSE

Rosa canina P Z5-8
(Wild rose) Fruits (rosehips) are 20 times richer in vitamin C than
oranges. Used in preserves, sauces and tea. Pink flowers have
delicate fragrance; June.
S5020 Seeds: Pkt/\$3, 10g/\$10, 100g/\$60, 1kg/\$450



Rugosa
Rose Hips

RUGOSA ROSE

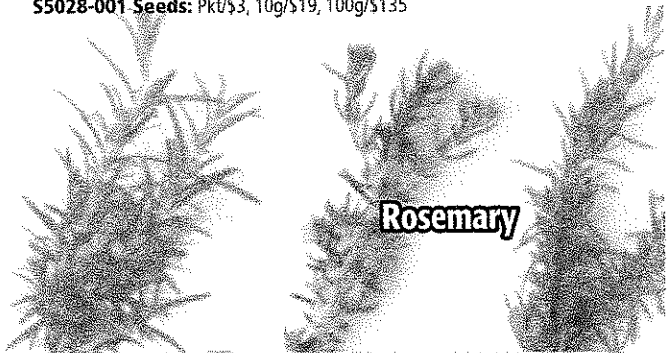
Rosa rugosa rubra P Z3-8
Excellent source of hips for preserves and teas.
(Japanese rose; Saltspray rose) Hips are tomato-red and are large,
up to an inch across. Repeat bloomer with purple-red single flowers.
Easy to grow, tolerates part shade, and is very hardy. Excellent for
group or hedge plantings. Disease resistant. 120cm/4ft x 90cm/3ft.
1796.
P5024 Plants: \$18

SWEET BRIAR ROSE

Rosa rubiginosa P Z5-8
(Eglantine rose) Spicy, sweet fragrant leaves fill the air, especially
after a shower. Pink scentless flowers appear in June.
S5025 Seeds: Pkt/\$3, 10g/\$18, 100g/\$120

ROSELLE

Hibiscus sabdariffa P Z9-11
(Hibiscus) Flowers known throughout the tropics for their flavouring
qualities. Tea made from the fleshy calyces has a lemony flavour
and beautiful ruby colour. Refreshing hot or iced.
S5028-001 Seeds: Pkt/\$3, 10g/\$19, 100g/\$135



Rosemary

Rosemary

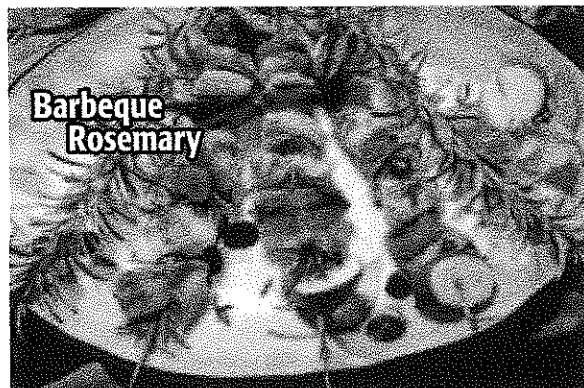
(*Rosmarinus*)

ROSEMARY

Rosmarinus officinalis P Z8-10, 11+
Regular variety. Upright bush habit.
S5030 Seeds: Pkt/\$2, 1g/\$6, 10g/\$35, 100g/\$280
S5030-001 Seeds: Pkt/\$3, 1g/\$7, 10g/\$55, 100g/\$440
P5030 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, Plug pack: 12/\$15

ARP ROSEMARY

Rosmarinus officinalis 'Arp' P Z7-10
This is the hardiest variety, reliable to zone 7, even surviving some
years in zone 6 with protection. Interestingly, it not only takes the
cold well, it thrives better in the U.S. South where summer heat can
be a problem. Foliage is grey-green with good flavour and aroma.
P5031 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, Plug pack: 12/\$15



Barbeque
Rosemary

BARBEQUE ROSEMARY

Rosmarinus officinalis 'Barbeque' P Z8-10
Make skewers for kebabs with sticks of rosemary! Produces nice
long, straight branches that can be cut to skewer lengths to grill
meats, veggies, and even fruits such as strawberries or pineapple.
The savoury essence of rosemary comes through beautifully without
overpowering the food. After one try you won't want to go back
to ordinary skewers again. Neat upright growth habit, reaching up
to 1.5m/6ft high.
P5031-700 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, Plug pack: 12/\$15

BLUE BOY ROSEMARY

Rosmarinus officinalis 'Blue Boy' P Z8-10
Diminutive, compact size and free flowering habit makes it ideal
for indoor pot culture. Excellent flavour. Ht. 60cm/24"
P5033 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

BLUE RAIN ROSEMARY

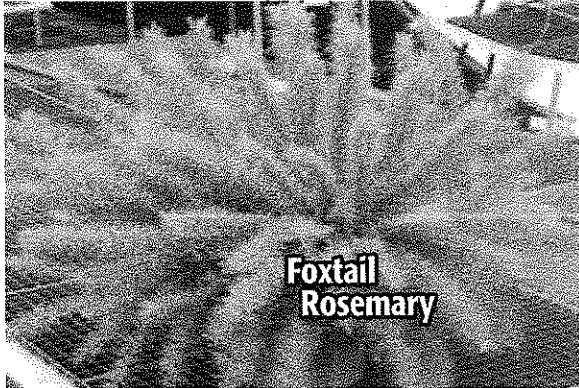
Rosmarinus officinalis 'Blue Rain'

   
P **Z8-10**

An outstanding trailing variety for hanging baskets and patio pots. The "runners" reaching 45-60cm/18-24" become loaded with light blue flowers and stay in bloom for longer than most other rosemary varieties.

Richters exclusive for North America. Unauthorized propagation prohibited.

P5033-300 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



FOXTAIL ROSEMARY

Rosmarinus officinalis 'Foxtail'

   
P **Z8-10**

Dense branches arise from the base making an impressive show for planters and hanging baskets. The eye-catching plume-like growth habit is unique among rosemaries. Mid-blue flowers. Ht. 1m/3'.

P5033-800 Plants: \$4.25, 3+/\$3.20, **Plug pack:** 12/\$15

GOLDEN RAIN ROSEMARY

Rosmarinus officinalis 'Joyce DeBaggio'

   
P **Z8-10**

Attractive golden streaks cover new growth in spring.

P5034 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

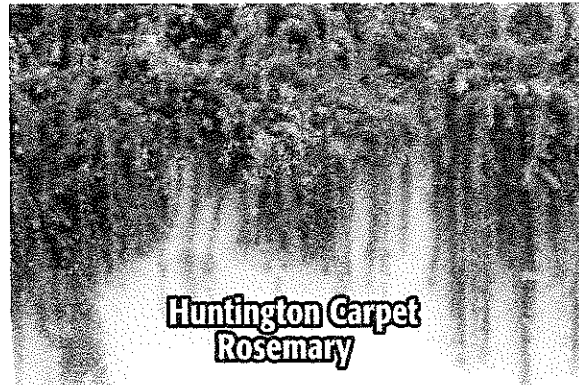
GORIZIA ROSEMARY

Rosmarinus officinalis 'Gorizia'

   
P **Z8-10**

This is an outstanding variety from well-known herb grower and author Tom DeBaggio. It is tall, upright, with long straight branches, and large luscious leaves, and it produces showy clusters of light blue flowers in summer. It gives the overall impression of strength and robust health, a kind of inspiring vigour that gardeners and cooks like to have around. DeBaggio describes the aroma as "gentle, sweet, and a bit gingery." Can reach up to 150cm/5ft.

P5034-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



HUNTINGTON CARPET

Rosmarinus officinalis 'Huntington Carpet'

   
P **Z8-10**

Very popular as a ground cover in California. The dense ground-hugging foliage and masses of deep blue flowers create a dramatic flowing "waterfall" effect. Excellent in containers, window boxes and baskets also. Ht. 30-45cm/12-18".

P5034-700 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

MAJORCA ROSEMARY

Rosmarinus officinalis 'Majorca'

   
P **Z8-10**

Showy dark blue flowers; upright to trailing growing habit.

P5037 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

PINE ROSEMARY

Rosmarinus angustifolia

   
P **Z8-10**

Strong pine scent; fine, needle-like leaves. Not suited for culinary use; but available for adoption as a miniature living Christmas tree! West Indians make a tea with milk

P5037-350 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

PINK MAJORCA ROSEMARY

Rosmarinus officinalis 'Pink Majorca'

   
P **Z8-10**

Lovely pink-flowered version of 'Majorca'. Upright growth habit; prolific bloomer.

P5037-420 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

REX ROSEMARY

Rosmarinus officinalis 'Rex'

   
P **Z8-10**

Stately variety with large, dark green leaves and deep blue flowers; vigorous upright growth habit. Preferred culinary variety.

P5037-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

SANTA BARBARA ROSEMARY

Rosmarinus officinalis 'Santa Barbara'

   
P **Z8-10**

Prostrate or trailing variety, very similar to 'Lockwood', but faster growing and earlier flowering. The flowers can be so dense that it seems as though the plants are covered in blue snow. Excellent for hanging baskets and container plantings. Will even climb if the branches have no other place to go!

P5037-900 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

SAWYER'S SELECT ROSEMARY

Rosmarinus officinalis 'Sawyer's Select'

   
P **Z8-10**

Attractive narrow-leaf form with light purple flowers. Graceful branching habit densely covered with strongly scented leaves. Choice addition to any rosemary collection.

P5037-950 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

TUSCAN BLUE ROSEMARY

Rosmarinus officinalis 'Tuscan Blue'

   
P **Z8-10**

Gorgeous upright columnar form with thick stems, succulent broad leaves, and large clear-blue flowers. The flavour and aroma is a little milder than others, but its sheer majesty is a thing to behold. Excellent variety for topiary use and for hedging in warm zones. Ht. 125-180cm/4-6ft.






P5039 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

Roseroot



ROSEROOT

Rhodiola rosea

   
P **Z1-7** 






Adaptogenic like ginseng. (Golden root) Has the ability to restore the body and mind after physical and mental exertion and stress. Its rose-scented roots improve learning and memory, and act as a tonic. In folk medicine the leaves were used like aloe on cuts and burns, and the Eskimos made a decoction of the flowers for stomach and intestinal problems. Attractive flowers are greenish-yellow with reddish and purplish tones competing for attention. One of the hardiest medicinal plants known: it survives in the Arctic with ease! Ht. 5-40cm/2-16".

S5040 Seeds: Pkt/\$7

P5040 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

RUE

Ruta graveolens

   
P **Z5-9** 

Pungent bitter leaves used sparingly in stews, salads, sandwiches and vegetable juice. Two chewed will quickly relieve nervous headache. In early times judges relied on fresh sprigs of rue to repel fleas brought into court by prisoners.

S5050 Seeds: Pkt/\$2.25, 10g/\$10, 100g/\$65, 1kg/\$440

P5050 Plants (Not to US): \$3.25, 3+/\$2.45, 12+/\$1.95

RUE, SYRIAN

Peganum harmala

P 27-9 ☞☞☞☞

Source of the famous dye "Turkish Red", a characteristic colour of Persian carpets. In Egypt, the oil expressed from the seeds is said to be an aphrodisiac. Seeds possess hallucinogenic alkaloids.

S5060 Seeds: Pkt/\$3, 10g/\$35

SADADHATURA

Datura innoxia

A ☞☞☞☞

Used in India like stramonium in treatment of asthma, whooping cough and bronchitis. Poultice of leaves used for rheumatic swellings of the joints, lumbago, painful tumours.

S5140 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$40, 1kg/\$260

SAFFLOWER

Carthamus tinctorius

A ☞☞☞☞

(False saffron) Important source of good quality cooking oil, and yellow or red dyes. Thistlelike flowerheads colour silk, wool, rouge and are used as a saffron substitute in rice dishes.

S5160 Seeds: Pkt/\$1.75, 10g/\$7, 100g/\$45, 1kg/\$300

☞ **S5160-001 Seeds:** Pkt/\$3

SAFFRON

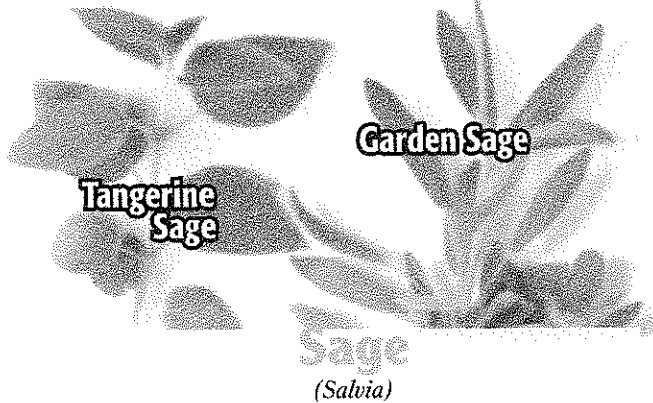
Crocus sativus

(Can, US only) ☞☞☞☞

Saffron is the world's costliest spice; it takes the stigmas of 150,000 flowers to make one kilo. It is quite easy to grow in the garden; but north of zone 6, winter indoors in a cool place. Six plants will produce enough spice for one recipe. Lovely lavender blossoms in fall. Pistils produce yellow dye used for Buddhist monks' robes in Far East. Also produces copper and olive tones with mordants.

NOTE: Order early to avoid disappointment.

R5162 Bulbs (Sept-Oct shipment): 10/\$14, 100/\$85



Garden Sages

GARDEN SAGE

Salvia officinalis

P 25-9 ☞☞☞☞

(Dalmatian sage) The main culinary varieties popular for poultry stuffing and for flavouring rich meats like pork or duck. Also in homemade sausage, omelettes, cheese and bean dishes. Sage tea gargle is valuable for sore throat. Grey-green pebbly leaves, pale blue flowers. The most common culinary variety.

S5170 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$32, 1kg/\$210

☞ **S5170-001 Seeds:** Pkt/\$3, 10g/\$14, 100g/\$100, 1kg/\$710

P5170 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

BERGGARTEN SAGE

Salvia officinalis 'Berggarten'

☞☞☞☞

Choice strain, similar to Holt's Mammoth but with larger grey-blue silvery leaves and robust, low habit.

P5170-300 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

DWARF SAGE

Salvia officinalis 'Dwarf'

☞☞☞☞

Dwarf version of the standard variety. Excellent for small areas, rockeries, borders. Ht. 25cm/10"

P5170-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

EXTRAKTA SAGE

Salvia officinalis 'Extracta'

P 25-8 ☞☞☞☞

Improved strain for commercial production. Contains up to 2.5% essential oil; yields up to 3 tonnes/ha (1.2 ton/acre).

S5170-550 Seeds: Pkt/\$2, 10g/\$9, 100g/\$60, 1kg/\$400

GOLDEN SAGE

Salvia officinalis 'Aurea'

☞☞☞☞

Leaves a lovely chartreuse-yellow enhanced by dark green splashes around the veins. Best grown in zones 7-9.

P5171 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

HOLT'S MAMMOTH SAGE

Salvia officinalis 'Holt's Mammoth'

☞☞☞☞

Similar to the standard variety, but leaves are larger.

P5171-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

PURPLE SAGE

Salvia officinalis 'Purpurea'

☞☞☞☞

Aromatic purple foliage. Used in stuffings, sausages, omelettes, soups, stews. Winter mulch.

P5172 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

TRICOLOR SAGE

Salvia officinalis 'Tricolor'

☞☞☞☞

Aromatic foliage with white and pink streaks. Grow in/outdoors in full sun. Winter mulch.

P5173 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

WHITE DALMATION SAGE

Salvia officinalis 'White Dalmation'

☞☞☞☞

A superior selection for commercial field production. Has a clean aroma and flavour, with little of the bitterness found in other varieties. Leaves are smaller and have a whiter appearance compared to standard garden sage.

P5173-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

Autumn Sages (*Salvia greggii*)

Outstanding ornamentals from Mexico and Texas with small, fruit-scented leaves and wonderful bright coloured flowers. Called autumn sage because early fall brings on a glorious spurt of autumn flowers to cap off a continuous display that begins in June. Aromatic leaves are used as a seasoning in Mexico, and the edible nectar-filled flowers are excellent in salads, even adding to the 'crunch'! Magnet for hummingbirds. Does well in full or half sun. Ht. 75-100cm/30-40".

BIG PINK SAGE

Salvia greggii 'Big Pink'

☞☞☞☞

Large violet-pink flowers, nearly 3.5 cm/1.5" across, are set on dark maroon calices. Flowers appear May-July and later from September until frost. Shiny foliage and neat upright habit.

P5164-055 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

CHERRY CHIEF SAGE

Salvia greggii 'Cherry Chief'

☞☞☞☞

Many scarlet flowers, 2.5cm/1" Does better than most during hot summer months.

P5164-060 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

LOWRY'S PEACH SAGE

Salvia greggii 'Lowry's Peach'

☞☞☞☞

Orange-peach flowers, 2.5cm/1".

P5164-070 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

RASPBERRY ROYALE SAGE

Salvia greggii 'Raspberry Royale'

☞☞☞☞

Salvia collector Richard Dufresne discovered this growing in his sage garden. It turned out to be one of his best releases, dishing out an abundance of raspberry-purple colour spring, summer and fall. Ht. 30-45 cm/12-18".

P5164-073 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Other Sages

SAGE, MEADOW: See CLARY, MEADOW

CARDINAL SAGE

Salvia fulgens

(Mexican red sage) Showy scarlet flowers; pungent scent. Height: 60-90cm/2-3ft. Infusion of leaves is used for colic in Mexico.

P5164-100 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Diviners Sage

DIVINERS SAGE

Salvia divinorum

Sacred sage of Mexico's Mazateca Indians. Chewing fresh leaves would induce divinatory visions. Psychotropic effects similar to mescaline are attributed to compounds called salvinorins. Prefers humid, shaded conditions and humus-rich, moist soil. Rangy plant, reaching 2m/7ft unless pruned.

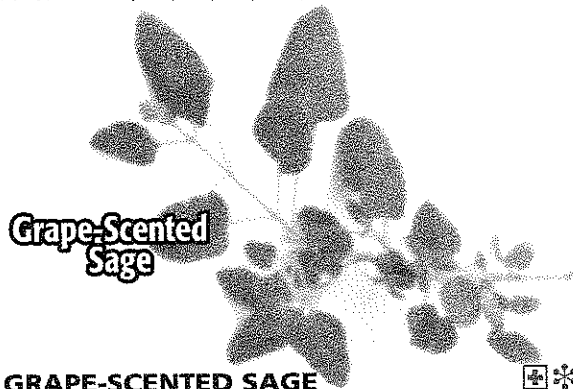
P5164-500 Plants: \$15

FRUIT SAGE

Salvia dorisiana

The strong aroma of mixed fruits makes this plant an ideal ingredient for potpourri and other fragrant concoctions. Its large velvety leaves and shocking pink flowers make it an attractive houseplant. Needs good light. Pinch to keep bushy.

P5165 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Grape-Scented Sage

GRAPE-SCENTED SAGE

Salvia melissodora

(Tarahumara indian sage) Leaves and seeds are used medicinally by the Tarahumara Indians of Mexico. Thought to contain the same psychotropic compound found in diviners sage (*S. divinorum*). Foliage is pleasantly aromatic but it is the lavender flowers that possess the remarkable grape scent. In bloom from late spring until frost, it is a perpetual magnet for bees, butterflies and hummingbirds. Ht. 1.5-2m/5-6ft.

P5169 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

GREEK SAGE

Salvia fruticosa

Much imported sage is, in fact, this species, not the true garden or Dalmatian sage (*S. officinalis*) as is commonly believed. Of ancient use; its distinctive trilobate leaves are visible in the wonderful Minoan frescoes at Knossos, dated 1400 B.C. Although somewhat inferior in quality, Greek sage offers the advantage that it is easier to grow indoors.

P5174 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

HONEY MELON SAGE

Salvia elegans 'Honey Melon'

Looks and grows much like pineapple sage but has a stunning honeydew melon scent. There is nothing else like it in the world of herbs! Red flowers are edible, and they are favourite haunts of hummingbirds. Prefers filtered light but can tolerate full sun. Reaches 1-1.3m/40-50", but can be grown in hanging baskets.

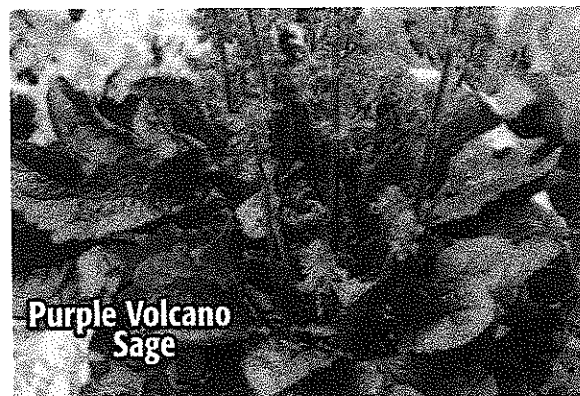
P5175 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

HUMMINGBIRD SAGE

Salvia guaranitica 'Black and Blue'

(Anise-scented sage; Guarani sage) This is the best of the sages for attracting hummingbirds. Praised for its brilliant deep blue and black flowers on 38cm/15" spikes appearing from early summer until frost. Ht. 1-1.3m/3.5-4.5ft.

P5175-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Purple Volcano Sage

PURPLE VOLCANO SAGE

Salvia lyrata 'Purple Volcano'

(Cancerweed) Medicinal herb with impressive horticultural potential! Its rich bronze-purple foliage can be used for season-long contrast in virtually any garden setting. Try it in low borders or flower beds next to green or grey plants. Tolerates partial shade well. Used like lyreleaf sage for cancer and other conditions. Ht. 20-25cm/8-10".

S5177 Seeds: Pkt/\$7, 1M/\$35, 10M/\$250

MEXICAN BUSH SAGE

Salvia leucantha

Increasingly popular as accent and contrast plants because the green-grayish pointed lanced-shaped leaves and velvety purple flower spikes are very showy. Good cut or dried flower. Removing spent flowers or 'deadheading' will promote more flowering and help keep plants more upright. Aromatic leaves. Ht. 1.2m/4ft.

P5178 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Pineapple Sage

PINEAPPLE SAGE

Salvia elegans

Fabulous pineapple scent. Brilliant red flowers. Use for drinks, chicken, cheese and in jams and jellies. Grow indoors in good light. Pinch to keep bushy.

P5180 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

PERUVIAN SAGE

Salvia discolor

Scent is a rather pleasant complex of fruit, eucalyptus and resin. Striking deep purple flowers.

P5186-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

TANGERINE SAGE

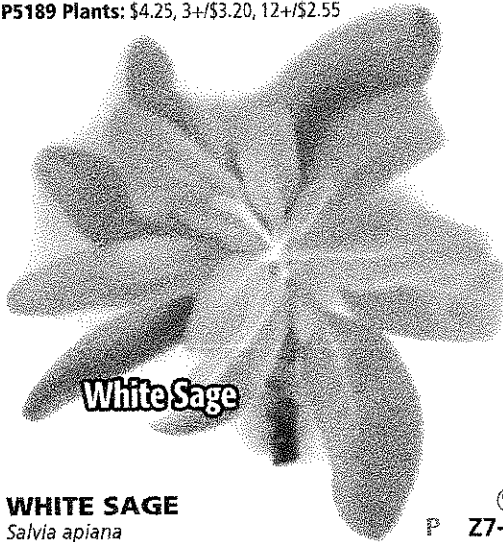
Salvia elegans cv.

Similar to pineapple sage but has slightly rounded leaves with a light citrusy scent. Scarlet flowers.

P5189 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



P Z9-10



White Sage

WHITE SAGE

Salvia apiana

Important ceremonial herb among the California Indians, used for purification much like wormwood (*Artemisia ludoviciana*). Roots were used for afterbirth to heal and to clean the womb. Leaves were smoked, taken as a tea, or used in sweatlodges to cure colds.

S5190 Seeds: Pkt/\$3, 1g/\$7, 10g/\$37, 100g/\$260

P5190 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75



P Z7-9

SAGE, RUSSIAN

Perovskia atriplicifolia

Not exactly sage nor Russian, this hardy native of Crimea, Afghanistan and Pakistan was named Perennial Plant of the Year for 1995. Has beautiful purple-blue flowers that dry well for dried arrangements. Leaves are pleasantly aromatic with a strong camphor scent works well in potpourris. Excellent beeplant.

S5191 Seeds: Pkt/\$5

P5191 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

P Z3-9



Big Sagebrush

New! SAGEBRUSH, BIG

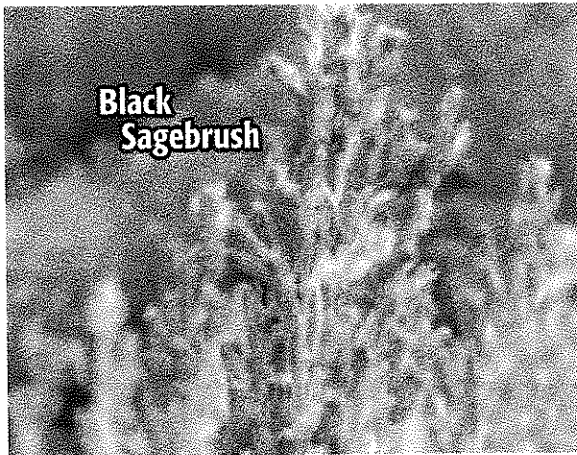
Artemisia tridentata tridentata

(Basin sagebrush) This iconic sagebrush of the American West is a pale-grey shrub that can reach 1m/3ft in height. The foliage has a strong pungent aroma and bitter taste owing to the presence of camphor and terpenoids. Native Americans used to gather the seeds and grind them into flour and they burned dried leaves and stems in homes and sweatlodges to purify the air. A decoction of leaves was used for pneumonia, and an infusion was widely used for coughs and colds, fever, sore throat, and runny nose. But the traditional use of sagebrush internally must have been carefully limited because the plant oil acids are known to be toxic to the liver if taken inappropriately.

S5193-080 Seeds: Pkt/\$3.00, 10g/\$8



P Z4-10



Black Sagebrush

New! SAGEBRUSH, BLACK

Artemisia nova

The black sagebrush is one of the most common shrubs of the United States. The low grey-green shrub is found from California to New Mexico north to Montana. The Shoshoni Indians of Nevada used the leaves for coughs and colds. Ht. 30cm/12".

S5193-100 Seeds: Pkt/\$3.00, 10g/\$8



P Z3-5

New! SAGEBRUSH, DWARF

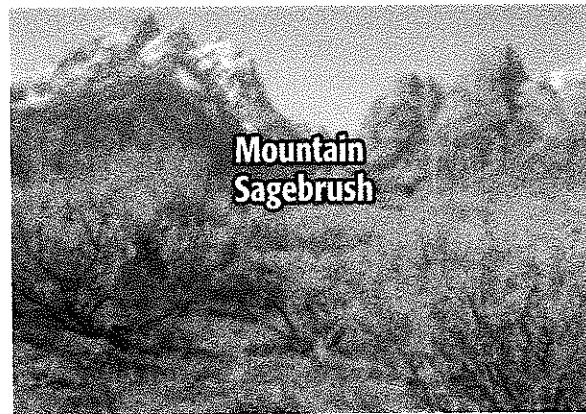
Artemisia arbuscula

(Low sagebrush) A low gray-green sagebrush, no higher than 40cm/16". Found throughout the American West, from Washington to California and Colorado, growing on rocky or thin soil, or in very dry sites.

S5193-450 Seeds: Pkt/\$3.00, 10g/\$8



P Z3-5



Mountain Sagebrush

New! SAGEBRUSH, MOUNTAIN

Artemisia tridentata vaseyana

Most abundant of the big sagebrushes, growing in mountain meadows and rocky slopes from British Columbia to California. Highly aromatic, with a pleasant mint-like scent. Like other big sagebrushes, it has a history of medicinal and food use by Native Americans, especially for cough, colds, and pneumonia. A study has shown that the vapours given off by the foliage can protect stored grain from insect damage. Ht. 60-80cm/24-32".

S5193-500 Seeds: Pkt/\$2.25, 10g/\$8



P Z4-10

SAGEBRUSH, SILVER

Artemisia cana

(Blue sage) Native of the Sierra Nevada and area north to Canada. Strongly aromatic. Used by the Montana Indians as a general tonic, to restore hair, and as a dermatological aid.

S5192 Seeds: Pkt/\$2.25, 10g/\$10



P Z3-5

New! SAGEBRUSH, WHITE

Artemisia lercheana

(Santonica; Xin jiang juan hao; *Seriphidium nitrosum*) A ghost-like shrubby aromatic sage found in meadows and grasslands throughout the vast steppes of central Asia, from the Crimea to Siberia. Its beautiful white-tomentose foliage emanates up from mounds, rising up to 50cm/20". It is tolerant of drought and salt and is very hardy. Bitter and aromatic, with strong hints of camphor and eucalyptus, it is an alternate source for santonica or Levant wormseed used as a vermifuge and as a gastric stimulant.

S5193-850 Seeds: Pkt/\$3.00, 10g/\$8



P Z3-8

New! SAGEBRUSH, WYOMING

Artemisia tridentata wyomingensis P Z3-10 ☉☉M
 Long-lived shrubby perennial with blue-grey leaves with a silver cast. Common in the dry plains and slopes of the American West. Strong pungent fragrance. Likely because of its antiseptic properties, it was used by Native Americans like other sagebrushes to treat colds, diarrhea and sore eyes. Very tolerant of drought and a good plant for xeriscaping. Requires well-drained soil but prefers low fertility. Ht. 30-90cm/1-3ft.

55193-900 Seeds: Pkt/\$2.25, 10g/\$8

SAMPHIRE

Crithmum maritimum P Z8-10 ☉M
 (Sea fennel) Aromatic herb found growing along European seashores. Succulent leaves are delicious boiled with salt and pickled in vinegar and spices. Herbalists have long extolled the beneficial effects of pickled samphire on the digestive system. Has potential in the treatment of obesity. Good diuretic. Does best in sandy or gravelly soil. Height 30-60cm/1-2ft.

55198 Seeds: Pkt/\$5, 1g/\$17, 10g/\$120

SANTOLINA

Santolina chamaecyparissus P Z6-8 ☉M
 (Lavender cotton) Attractive low bushy herb with aromatic grey-green leaves. Traditionally planted in knot gardens or low hedges. Leaf oils are used in perfume. Hang dried bunches in closets to repel moths. Dried flowers are used in floral arrangements.

P5280-200 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

SANTOLINA, GREEN

Santolina virens P Z6-10
 Excellent contrast plant for grey santolinas; for borders, hedges, and knot gardens.

P5280-300 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SANTOLINA, ROSEMARY

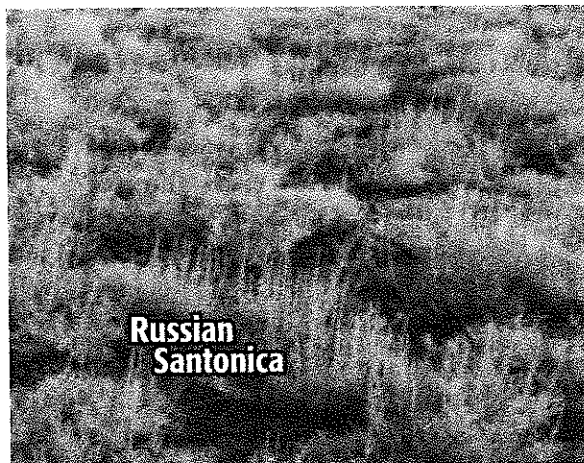
Santolina rosmarinifolia P Z9-10 ☉M
 Rare species with green foliage reminiscent of rosemary in appearance. Like its grey cousin, *S. chamaecyparissus*, it is particularly effect in knot gardens when clipped as low hedges. Aromatic sprigs are placed among clothing to repel moths.

55281 Seeds: Pkt/\$7

SANTONICA

Artemisia chamaemelifolia P Z6-9 ☉☉E
 (Sea wormwood; Levant wormseed) Low, shrubby perennial to 30cm/12" with chamomile-like leaves and agreeable warm aromatic odour. One of the oldest remedies for worms, especially suited for children. Minute greenish-yellow flowers stripped from the stems before fully expanded are used.

55282 Seeds: Pkt/\$5

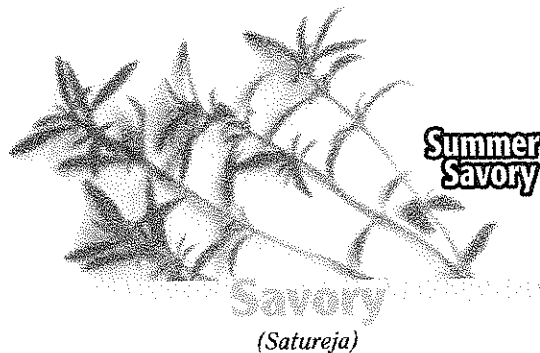


**Russian
Santonica**

New! SANTONICA, RUSSIAN

Artemisia pauciflora P Z3-8 ☉☉E
 One of several varieties of santonica from the vast steppes of central Asia. The small grey-green shrub, rising up to 30cm/12" high, is aromatic and bitter, and is used as an anthelmintic, stimulant and emmenagogue. Santonica was introduced to Europe from the Middle East by returning Crusaders, and for centuries the herb was used for the treatment of worms.

55282-500 Seeds: Pkt/\$3.00



**Summer
Savory**

(*Satureja*)

CREeping SAVORY

Satureja repandra P Z7-8
 Delightful creeping species for rock gardens and edgings. Strong flavour, similar to winter savory. Rare.

P5289 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SUMMER SAVORY

Satureja hortensis A
 Most preferred, having the most delicate flavour. Easiest to grow.

55290 Seeds: Pkt/\$1.75, 100g/\$14, 1kg/\$95, 10kg/\$750

MIDGET SAVORY

Satureja hortensis 'Midget' A
 Improved uniform selection for commercial production. Bushier and higher foliage mass than other varieties, and has high essential oil content. Ht. 30cm/12".

55293 Seeds: Pkt/\$2.25, 100g/\$17, 1kg/\$100

WINTER SAVORY

Satureja montana P Z5-8
 Strong, pungent flavour. A low bush for borders and edgings.

55300 Seeds: Pkt/\$1.75, 10g/\$16, 100g/\$110, 1kg/\$770

55300-001 Seeds: Pkt/\$3, 10g/\$25, 100g/\$180

P5300 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

SCHISANDRA

Schisandra chinensis P Z5-8
 (Wu-wei-zi) Chinese medicinal; astringent and demulcent berries are used to treat nervous conditions, chronic cough, asthma, thirst, too frequent urination, and diarrhea. Sometimes referred to as 'Chinese Prozac'. Hardy climbing vine, to zone 5. Has adaptogenic and immune-enhancing properties similar to ginseng.

55345 Seeds: Pkt/\$3, 10g/\$7, 100g/\$48, 1kg/\$330

SCULLCAP

Scutellaria lateriflora P Z3-8
 Effective, reliable remedy for headache and neuralgia. Good sedative for insomnia, restlessness, hysteria and convulsions.

55360 Seeds: Pkt/\$3.75, 1g/\$12, 10g/\$85

P5360 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

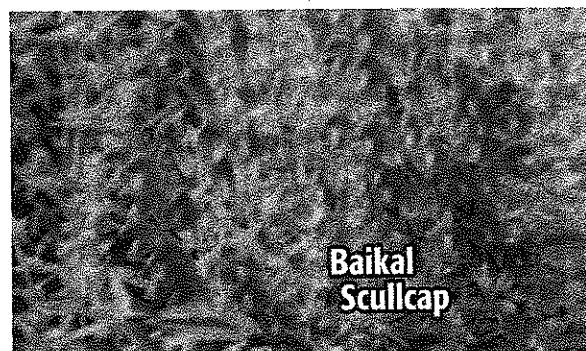
SCULLCAP, BAIKAL

Scutellaria baicalensis P Z4-8
 (Huang-qin) Important Chinese medicinal herb for fevers, colds, hypertension, insomnia, headaches, hepatitis, shingles, and other ailments. Many of its traditional uses are supported by clinical studies. Showy blue flowers. Ht. 40cm/15". Needs good drainage, and does not transplant well; otherwise easy to grow and very hardy.

55361 Seeds: Pkt/\$2, 10g/\$12, 100g/\$80, 1kg/\$560

55361-001 Seeds: Pkt/\$3

P5361 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



**Baikial
Scullcap**

SCULLCAP, ORIENTAL BLUE

Scutellaria baicalensis 'Oriental Blue' P Z5-8 SE
(Baikal scullcap; Huang qin) One of Chinese medicine's most important herbs is now all dressed up for the flower garden! English breeders managed to coax the hardy perennial to throw up bigger purple-blue flowers. A beautiful new ornamental herb for sunny borders or mass plantings. Ht. 40cm/15".
S5361-500 Seeds: Pkt/\$3.75, 1g/\$21, 10g/\$150

SEA LAVENDER

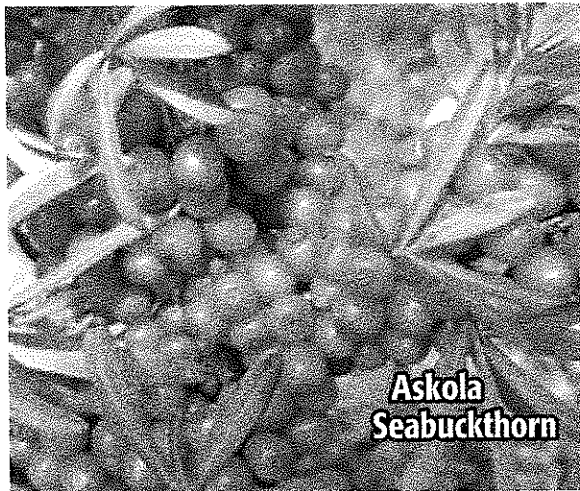
Limonium latifolium P Z4-9 SE
Graceful sprays of small mid-blue papery blossoms last for months in dried flower arrangements or potpourris. Astringent tonic useful for diarrhea and dysentery.
S5373 Seeds: Pkt/\$3

SEA-ONION

Ornithogalum caudatum P Z8-11+
A fascinating onion-like medicinal herb for sunny windows. Known as the "pregnant onion", for bulges develop on its sides where eventually baby bulbs burst through the skin. Juice of the leaves is claimed to be as effective as aloe vera in treating cuts and sores.
P5375 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SEABUCKTHORN

Hippophae rhamnoides P Z3-8 SEED
North Eurasian tree of increasing economic importance. Orange acidic berries are rich source of vitamins A and C, and make pleasing sauces, jellies and marmalades. Decoction used to treat skin eruptions. Seeds require 90 days stratification at 5°C/40°F to overcome dormancy.
S5370 Seeds: Pkt/\$3, 10g/\$7, 100g/\$40, 1kg/\$350



New! SEABUCKTHORN, ASKOLA

Hippophae rhamnoides 'Askola' P Z3-8
A German female variety selected for its exceptionally high content of Vitamin C and E. Masses of deep orange berries ripen in late August. The juice made from the fruit is delicious and very nutritious. 'Askola' will reach 3m/10ft if not pruned, so for ease of harvesting keep the bushes pruned to a lower height. This is a female cultivar. To get fruits you need a male pollinator nearby, at least one male plant for every 5 female plants.
P5370-100 Plants (Apr-June shipment): \$8

New! SEABUCKTHORN, MALE

Hippophae rhamnoides P Z3-8
Male pollinator clone for fruit set on female plants. Commercial growers need to plant about 10% of the orchard with male plants. Home gardeners need at least one male for every 5 female plants.
P5370-050 Plants (Apr-June shipment): \$8

SENEGA, CHINESE

Polygala tenuifolia P Z2-9 SE
(Yuan zhi; Siberian milkwort) Roots are excellent for coughs, particularly when there is excess phlegm, and for bronchitis and asthma. In Chinese medicine, it is used for anxiety, insomnia, palpitations, poor memory, and depression, especially in cases of excessive brooding and pent-up emotions. Very hardy. Needs full or partial sun in a well-drained location. Ht. 25cm/10".
S5378 Seeds: Pkt/\$5, 10g/\$12

SENNA, AMERICAN

Cassia marilandica P Z6-9 SE
Effective laxative much in use by American herbalists. Usually taken in combination with coriander to prevent cramps. Also used to expel worms and for fevers. Ht. 1-1.8m/3-6ft.
S5379 Seeds: Pkt/\$2.25, 10g/\$11

SENNA, CHINESE

Cassia tora A SE
(Jue-ming-zi) Excellent laxative: safe and effective for chronic constipation. Promotes clear vision, and relieves swelling, soreness and redness of the eyes caused by liver inflammation. Also used for high blood pressure, headaches, and dizziness. Ht. 30-90cm/1-3ft.
S5385 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$45, 1kg/\$300

SESAME

Sesamum indicum A SE
Important in commercial baking as roasted seeds add nutty flavour to breads and buns. Excellent addition to green salads, and very palatable with butter. Cultivated in India and China since remote times for the oil used in cooking, medicine and as fuel for lamps. Needs long growing season; sow early in peat pots. Do not disturb roots when transplanting.
S5390 Seeds: Pkt/\$1.75, 100g/\$15, 1kg/\$100, 10kg/\$750

Frog's Leg Shallot

Shallot

(*Allium*)

DUTCH SHALLOT

(Can,US only) P Z8-9 SE
Allium cepa (Aggregatum)
(Multiplier onion) Pleasant onion flavour. Orange-yellow skin, white flesh. Excellent keeper.
R5400 Bulbs (Apr-May shipment): 250g/\$12, 2kg/\$38, 10kg/\$100

FRENCH SHALLOT

(Can,US only) P Z4-9 SE
Allium cepa (Aggregatum)
The true shallot with superb garlicky flavour. Dark orange-brown skin, purple white flesh. Plant bulbs in spring or fall.
R5405-001 Bulbs (Apr-May shipment): 250g/\$13, 2kg/\$50, 10kg/\$200
R5405-002 Bulbs (Sept-Oct shipment): 250g/\$16, 2kg/\$62, 10kg/\$250

FROG'S LEG SHALLOT

(Can,US only) P Z4-9 SE
Allium cepa (Aggregatum)
Mildest variety; excellent sweet flavour. Large elongated bulbs like a bull frog's leg. Dark orange-brown skin, purple-white flesh. Very productive.
R5407 Bulbs (Sept-Oct shipment): 250g/\$21, 2kg/\$84, 10kg/\$325

GREY SHALLOT

(Can,US only) P Z4-9 SE
Allium cepa (Aggregatum)
Strong onion flavour. Considered by connoisseurs to be the true French shallots. Grey-orange skin, purple-white flesh.
R5408 Bulbs (Sept-Oct shipment): 250g/\$18, 2kg/\$72, 10kg/\$295

SHEPHERD'S PURSE

Capsella bursa-pastoris A SE
Infusion is excellent for stopping internal and external hemorrhages. Recommended for excessive menstruation.
S5420 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$27, 1kg/\$170

SILVER LICORICE

Helichrysum petiolatum P Z10-11+
Excellent hanging basket plant with small rounded woolly leaves. This is not the source of licorice flavour; used mainly for dried arrangements.
P3702 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, Plug pack: 12/\$12

SNOWBUSH, AFRICAN

Eriocephalus africanus

P Z8

(African rosemary; Wild rosemary; Kapokbos) Aromatic shrub from the velds of South Africa's Western Cape province. When in bloom its upper branches are covered with a thick blanket of white flowers like snow. Has an invigorating effect on the skin and hair like rosemary does and can be used as a seasoning like rosemary. Traditionally used to treat coughs and colds, flatulence, colic and other ailments. Also in potpourris, sachets and in aromatherapy. Easy to grow. Can be grown as a summer annual in zones down to 4.

P5465 Plants: \$4.25, 3+/\$3.20

SOAPWORT

Saponaria officinalis

P Z3-9

Excellent shampoos, skin rinses and washes for delicate fabrics are made by steeping roots in water. Lathers like soap when agitated. Skin rinse helps to relieve itchiness.

S5490 Seeds: Pkt/\$2.25, 10g/\$8, 100g/\$55

P5490 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

SOLOMONS SEAL

Polygonatum biflorum

P Z5-6

American Indians used the root for upset stomach, excessive menstruation, general debility, lung problems, cough, insomnia, and as a laxative. Has also been used for rheumatism, arthritis and skin irritations. Woodland native, 30-90cm/1-3ft.

P5580 Plants (Mar-May shipment): \$8.25, 3+/\$6.20, 12+/\$4.95

Sheep Sorrel



Sorrel

(*Rumex*)

GARDEN SORREL

Rumex acetosa 'Blonde de Lyon'

P Z4-8

Most famous for sorrel soup. Large, succulent, slightly acid-tasting leaves give zest to salads and any dish which is insipid in itself. Remove flowering tops as they appear to keep leaves tender. Whole plant produces blue and green dyes.

S5680 Seeds: Pkt/\$1.75, 100g/\$29, 1kg/\$180

P5680 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

PROFUSION® SORREL

Rumex acetosa 'TM683'

P Z4-8

Unlike standard sorrel varieties, Profusion does not go to seed at all. Produces bushels of tender, fleshy leaves all season, long after standard varieties turn tough and bitter. **RICHTERS EXCLUSIVE.** Profusion is a registered trademark of Richters; all rights reserved.

P5683 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

SHEEP SORREL

Rumex acetosella

P Z4-8

Traditionally used for fevers, inflammation, diarrhea, excessive menstruation and cancer. One of the four ingredients of the Essiac® anti-cancer remedy. Although leaves are small and time-consuming to gather, they are delicious to eat.

S5688 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$35, 1kg/\$210

TRUE FRENCH SORREL

Rumex scutatus

P Z4-8

True French sorrel, although garden sorrel is much more commonly used for sorrel soup. Smaller leaves are more concentrated in flavour and a little will go a long way.

P5696 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SOUTHERNWOOD

Artemisia abrotanum

P Z5-9

(Old man artemisia; *A. procera*) Leaves can be used in sachets and potpourris, and as a moth repellent. Try a leaf in salads or throw on the fire to refresh the air.

S5710 Seeds: Pkt/\$3.75

P5710 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SOUTHERNWOOD, CAMPHOR

Artemisia camphorata

P Z5-9

Camphor-scented form of the previous with a more compact growth habit, ideal for low hedges. Ht. 60cm/2ft.

P5715 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SOUTHERNWOOD, CITRUS

Artemisia abrotanum cv.

P Z5-9

Some people say the scent of the delicate foliage is tangerine and others say it's more like lemon. We can't decide which, but it does have a lovely fresh citrusy scent with a dash of pine. Taller and more feathery than the standard southernwood. Ht. 1.2-1.8m/4-6ft.

P5720 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SPEEDWELL

Veronica officinalis

P Z3-9

Infusion is useful for coughs and catarrh. As a lotion it is effective on skin eruptions and slow-healing wounds. Low creeping herb with pale blue flowers.

S5810 Seeds: Pkt/\$3, 10g/\$17

P5810 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95



Creeping Speedwell

SPEEDWELL, CREEPING

Veronica filiformis

P Z4-8

(Slender speedwell) Low ground cover for sun or shade. Grows in dense mats that produce masses of light mauve-blue flowers in late spring. It is a fast grower but it is also easy to contain because it does not spread by seed. Very hardy in our zone 5, with no die back occurring in over a decade of growing it. Has become naturalized in Europe and parts of North America. Ht. 3-8cm/1-3".

P5811 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

SPEEDWELL, SILVER

Veronica incana

P Z3-9

Has astringent properties. Ideal for grey gardens or rockeries. Silver-white foliage and vivid blue flower spikes. Compact habit. Ht. 30cm/12".

P5813 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

SQUAW VINE: See PARTRIDGEBERRY

St John's Wort

(*Hypericum*)

ST JOHN'S WORT

Hypericum perforatum

P Z4-8

Standard variety.

S5195 Seeds (Not to Calif., ND, OR, NV): Pkt/\$2, 10g/\$11, 100g/\$75, 1kg/\$500

P5195 Plants (Not to Calif., ND, OR, NV): \$3.25, 3+/\$2.45, 12+/\$1.95

St John's Wort



HELOS ST JOHN'S WORT

Hypericum perforatum

P Z4-8



The first St John's wort variety tolerant of anthracnose disease! 'Helos' is not completely resistant, but it has shown good tolerance to the disease and, unlike other varieties, will yield a crop if infected. If you have tried St. John's wort in the past without success, it is worth trying 'Helos'.

S5196-500 Seeds (Not to Calif., ND, OR, NV): Pkt/\$3, 10g/\$23, 100g/\$160, 1kg/\$1100

STEVIA

Stevia rebaudiana

P Z11+



Hot crop! Remarkable herbal sugar substitute containing steviolides hundreds of times sweeter than sugar but without the calories. Leaf powder can be used in place of sugar in drinks, baked goods, desserts, preserves, etc. Has a pleasant flavour of its own that never dominates or overwhelms. A very hot crop for commercial growers. The market is expanding rapidly.

S6030-001 Seeds: Pkt/\$5, 1g/\$70, 10g/\$500

P6030 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75, **Plug pack:** 12/\$15

Candy Stevia



STEVIA, CANDY

Stevia rebaudiana 'Candy'

Z11+



Supersized stevia! This is undoubtedly the most robust variety of stevia that we have ever seen. The whole plant has a sturdy upright look with strong thick stems and monstrous leaves that can exceed 10cm/4" long and 5cm/2" across. Even when grown in pots the plants reach heights of 90cm/36" or more. Taste is similar to regular stevia.

S6032 Seeds: Pkt/\$7, 1g/\$90, 10g/\$630



Stevie Stevia

New! STEVIA, STEVIE

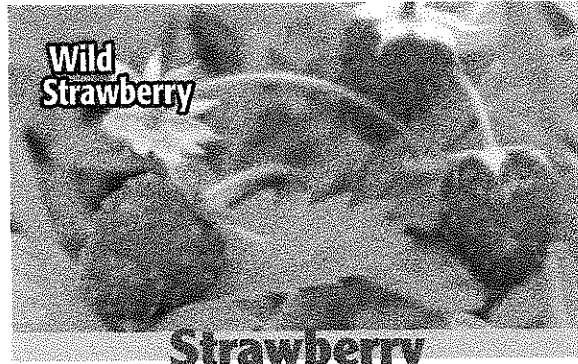
Stevia rebaudiana 'Stevie'

P Z11+



Developed in France, this medium-sized variety is well suited for growing in pots or in gardens. Ht. 40-60cm/16-24"

S6032-700 Seeds: Pkt/\$5.00, 1M/\$60, 10M/\$450



Wild Strawberry

Strawberry

(*Fragaria*)

WILD STRAWBERRY

Fragaria vesca

P Z5-9



Infusion of leaves and rootstock is effective for diarrhea, dysentery and problems of the urinary tract. Especially useful for convalescents and children. Cultivated varieties are much less potent medicinally.

S6075 Seeds: Pkt/\$3, 1g/\$7, 10g/\$31, 100g/\$220

ALPINE STRAWBERRY

Fragaria vesca 'Ruegen'

P Z5-6



Sweet, tangy berries about twice the size of the wild ones on compact, runnerless plants. Bears fruit from June til frost. Will bear in first year. Can even be grown indoors in direct sun.

S6080 Seeds: Pkt/\$3, 1g/\$7, 10g/\$30, 100g/\$210

P6080 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

WHITE SOUL STRAWBERRY

Fragaria vesca 'White Soul'

P Z5-6



This variety is heavy cropping, bearing white fruit all season long on runnerless plants. Berries are very sweet, with a faint pineapple tang, excellent for eating fresh out of hand, or for use in jams. Can be direct sown outside. A perfect border plant for the garden, it does best in part shade.

S6081 Seeds: Pkt/\$3.75, 1g/\$8, 10g/\$60

CLIMBING STRAWBERRY

Fragaria 'Hecker'

P Z5-9



Produces large sweet berries from June till frost in gardens, trained to fences, or in hanging baskets.

P6085 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

SUMAC, SWEET

Rhus aromatica

P Z4-9



Indian remedy for colds, bleeding, stomachaches, and gripe.

S6100 Seeds: Pkt/\$3.75, 10g/\$12, 100g/\$85

SUNFLOWER

Helianthus annuus

A



Familiar large yellow sunflowers are a favourite valued for the highly nutritious seeds eaten roasted or raw. Source of an excellent quality cooking oil. Large seeded variety well filled with meat.

S6140 Seeds: Pkt/\$1.75, 100g/\$10, 1kg/\$55, 10kg/\$440

S6140-001 Seeds: Pkt/\$2.25, 100g/\$13, 1kg/\$75

SUSHNI

Marsilea minuta

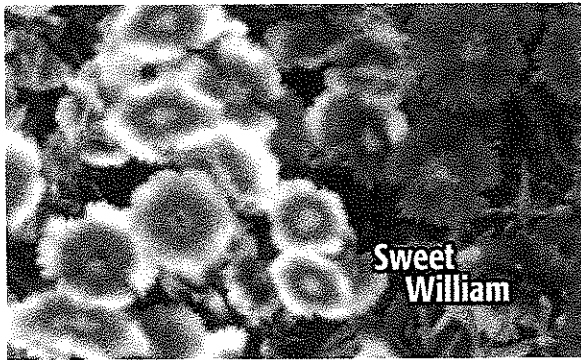
(Not to OK) P Z8-11+

P Z8-11+

Brain food! (Watercress; Fern Clover; Sak) Gotu kola, bacopa, and sushni make a trinity of South Asian herbs used to enhance brain function. Sushni is commonly sold in vegetable markets as a medicinal leafy green to help overcome insomnia — cheaper and more readily available than prescription drugs. Fresh leaves are ground into a paste and eaten as chutney, or the whole leaves are eaten in salads or cooked like spinach. The plant contains marsiline, a substance with sedative and anticonvulsant properties. Has a powerful anti-cholesterol effect also: in one study it significantly reduced blood and liver cholesterol in animals. Grows into beautiful mats like clover but is actually a type of miniature fern. Like mimosa the leaves fold up at night. Prefers full sun.

P5430 Plants: \$6.25, 3+/\$4.70

SWEET VERNAL GRASS: See VANILLA GRASS



Sweet William

SWEET WILLIAM

Dianthus barbatus

B Z3-9 ☉☉☉

Sweet clove-scented flowers are edible. Adds striking red, pink and white colour to salad, fish dishes, tea, marmalade and sorbet. **S6150 Seeds:** Pkt/\$1.75, 100g/\$15, 1kg/\$85

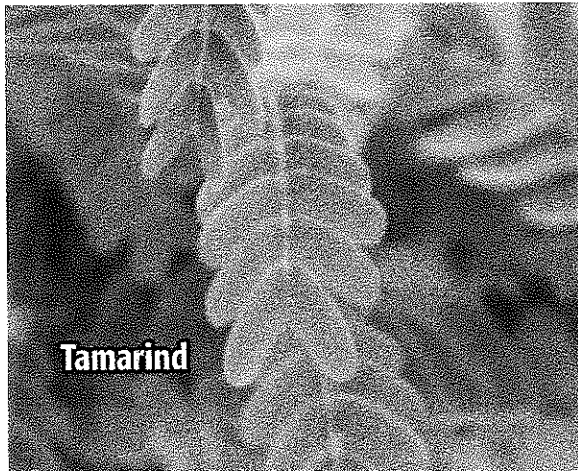
SWEETGRASS

Hierochloa odorata

P Z3-9 ☉☉☉

Traditional Amerindian ceremonial grass used in peace and healing rituals. Vanilla-like scent.

P6160 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



Tamarind

TAMARIND

Tamarindus indica

P Z10-11+ ☉☉☉

Tropical fruit and timber tree used widely in the food, chemical, and pharmaceutical industries. Tart fruits are commonly used in Indian curries, sauces, chutneys and beverages, and in Indian medicine for their carminative and laxative properties. Cooling tea made from leaves is useful for fevers, dysentery and morning sickness. Poultice of fresh leaves helps reduce swellings and boils and relieves pain. **S6170 Seeds:** Pkt/\$3, 100g/\$22, 1kg/\$140

TANSY

Tanacetum vulgare

(Not to ND) P Z4-9 ☉☉☉

Pretty yellow button flowers were once used by the Indians to induce abortion. Now used in cosmetic preparations. Repels ants from counters or around baseboard. Repels cockroaches as well. Blooming flower heads and leafy shoots produce yellow and green fabric dyes.

S6180 Seeds: Pkt/\$2.25, 10g/\$10, 100g/\$70, 1kg/\$460

P6180 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

TANSY, SILVER

Tanacetum niveum 'Jackpot'

P Z5-9 ☉☉☉

(Jackpot tansy) Sensational variety from England. Soft downy woolly-grey leaves are soon overwhelmed by a shroud of white flowers — so much so that you almost cannot see the leaves. Has the same insect-repelling properties as other tansies. Not invasive.

S6184 Seeds: Pkt/\$3.75

P6184 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

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Tarragon

(*Artemisia*)

MEXICAN TARRAGON: See SWEET MARIGOLD



French Tarragon

FRENCH TARRAGON

Artemisia dracunculifolia sativa

P Z4-7 ☉☉☉

The true tarragon, which does not propagate by seeds. Dark green, shiny leaves possess distinctive flavour. Grows to 90cm/36". Requires light, well-drained soil in a sunny location.

P6200 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

RUSSIAN TARRAGON

Artemisia dracunculifolia dracunculoides

P Z2-9 ☉☉☉

Not recommended. Coarser foliage; almost completely lacks the odour and flavour characteristic of the true French variety. Tall, vigorous habit; Ht. 150cm/5ft.

S6210 Seeds: Pkt/\$2.25, 10g/\$21, 100g/\$150

TEA

Camellia sinensis

P Z7-11+ ☉☉☉

(Cha; Chai) The world's most important caffeine beverage. It is a shrub or small tree grown in the warm temperate parts of Asia. Tea stimulates the central nervous system, is diuretic and astringent, relaxes smooth muscles, and increases coronary flow. It has significant anticancer and antioxidant effects and even has been shown to prevent tooth decay due to its high fluoride content. Can be grown indoors in a cool window.

S6240 Seeds (Nov-Mar shipment): Pkt/\$10, 100g/\$18, 1kg/\$120

TEA TREE

Melaleuca alternifolia

P Z11+ ☉☉☉

The oil has proven antibacterial, antifungal and antiviral properties which makes it valuable for skin infections, burns, bruises, cuts, herpes, warts, yeast infections, gingivitis and many other conditions requiring a powerful antiseptic. Can be applied directly on sensitive tissues without irritation. Easy to grow in containers.

S6250 Seeds: Pkt/\$7, 1g/\$12, 10g/\$45

TEASEL, FULLER'S

Dipsacus sativus

B Z3-9 ☉☉☉

Comb-like flowerheads were once used for raising nap on woolen cloth. Excellent in dried arrangements. Water trapped in leaf basins is valued as an eyewash.

S6260 Seeds: Pkt/\$1.75, 10g/\$11, 100g/\$80

THISTLE, BLESSED

Cnicus benedictus

A ☉☉☉

Main value is a tonic, particularly for the digestive system. Improves circulation, strengthening the brain and memory.

S6290 Seeds: Pkt/\$2.25, 10g/\$9, 100g/\$58, 1kg/\$390

THISTLE, MILK

Silybum marianum

AorB Z7-8 ☉☉☉

Striking plant with glossy leaves painted with veins of creamy white. According to tradition the milk of the Virgin once fell upon a plant. Important tonic herb for the liver.

S6310-001 Seeds: Pkt/\$3, 100g/\$9, 1kg/\$40, 10kg/\$290

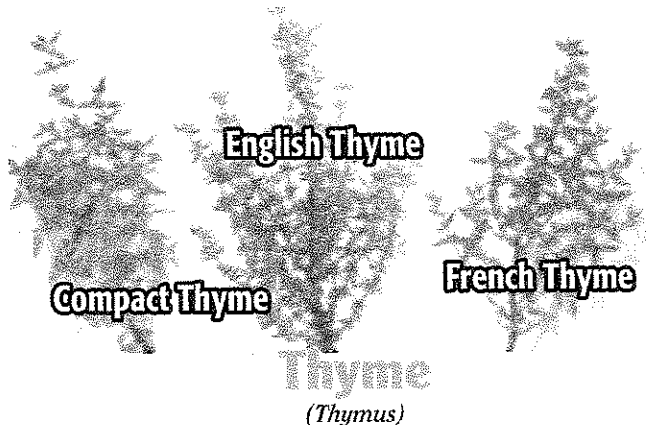
THISTLE, SILVER

Carlina acaulis

B Z5-7 ☉☉☉

(Carlina thistle) Root is used as a liver, gall bladder and kidney tonic, and an ingredient in Swedish Bitters. Extracts used to treat herpes and skin rashes. Large stemless flower with creamy-yellow centre and silver bracts is excellent for dried arrangements. Not invasive like other thistles; a protected wildflower in Germany.

S6340 Seeds: Pkt/\$5, 1g/\$7, 10g/\$35, 100g/\$240



Garden Group

Indispensable in French cooking. There is almost no stew, soup, or ragout that does not call for a pinch or two. Appropriate seasoning for rich meats and fish, improving their digestibility. Essential in bouquet garni.

ENGLISH THYME

Thymus vulgaris P Z4-9 (German thyme; Winter thyme) Most popular variety. Broad dark green leaves. Robust growth habit.

S6450 Seeds: Pkt/\$2, 10g/\$9, 100g/\$63, 1kg/\$440
S6450-001 Seeds: Pkt/\$2.25, 10g/\$20, 100g/\$140, 1kg/\$950
P6450 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

VARICO 2 THYME

Thymus vulgaris 'Varico 2' P Z4-9 (German thyme; Winter thyme) A Swiss variety developed for high quality commercial production. Although the plants are smaller and produce 30% less biomass compared to standard varieties, the essential oil content is 20-40% higher, and it is high in thymol, about 5-8%. Thymol is responsible for the potent antibacterial and antioxidant properties of thyme.

S6450-800 Seeds: Pkt/\$3

COMPACT THYME

Thymus vulgaris 'Compactus' P Z5-9 Attractive compact variety of English thyme. Very uniform growth habit. Excellent as pot plants.

P6452 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

FRENCH THYME

Thymus vulgaris P Z4-9 (Summer thyme) Narrow leaves, distinctly greyer and sweeter than English. Preferred by the French. Needs some winter protection.

S6455 Seeds: Pkt/\$2.25, 10g/\$15, 100g/\$110, 1kg/\$750
S6455-001 Seeds: Pkt/\$3, 10g/\$16, 100g/\$120, 1kg/\$950
P6455 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95



SILVER THYME

Thymus vulgaris 'Argenteus' P Z4-8 Same flavour and fragrance as English thyme. Lovely accent plant. For hanging baskets and as garden edging.

P6456 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

SAVE!
ON PLANTS
 Order 3 plants or more of any one variety and get the 3+ price. Order 12 or more and get the 12+ price. **Save up to 40%!**

Citrus Group

Delightful citrus flavour for fish, chicken, meat, salads and tea.

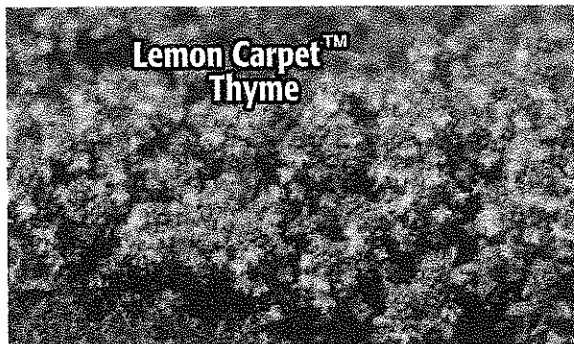
LEMON CARPET™ THYME

Thymus herba-barona cv. P Z6-8

Here is something special! This ground hugging lemon thyme is the lowest yet, and with its wiry stems it tolerates trampling better than others. The wonderful fragrance and flavour is lemon with a hint of spice. Excellent choice to plant between paving stones in walkways and patios.

Lemon Carpet is a trademark of Richters; all rights reserved.

P6458 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



CREeping LEMON THYME

Thymus pulegioides 'Lemon' P Z5-9

Similar to wild thyme — aggressive creeper, up to 20cm/8" thick. Strong lemon scent.

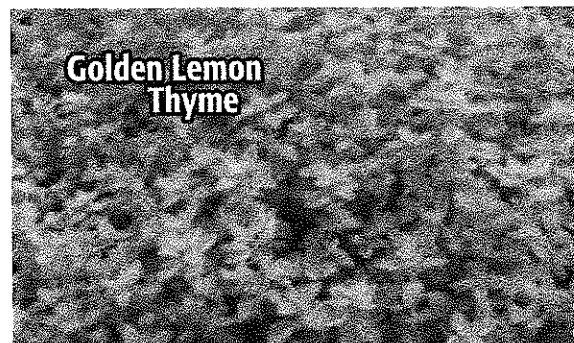
P6459 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

LEMON THYME

Thymus x citriodorus P Z4-9

Small upright bushy habit; dark green leaves.

P6460 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12



GOLDEN LEMON THYME

Thymus x citriodorus 'Aureus' P Z5-9

Scattered yellow edges on some leaves create an attractive foliage contrast.

P6462 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12

HIGHLAND CREAM LEMON

Thymus 'Highland Cream' P Z5-8

Low mat-forming lemon-scented variety with delicate dark green leaves edged with cream. Excellent between paving stones in pathways, along borders and in rock gardens. Ht. 2.5cm/1"

P6462-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

PURPLE CARPET LEMON

Thymus praecox 'articus' 'Purple Carpet' P Z2-9

Terrific low mat-forming lemon thyme, similar to 'Magic Carpet', except the flowers are bright mauve-purple. Dark green foliage never exceeds 5cm/2" in height.

P6462-700 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

LIME THYME

Thymus sp. P Z5-9

Scented leaves hint of lime. Low creeping habit; excellent ground cover. Lime-green coloured leaves.

P6464-250 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

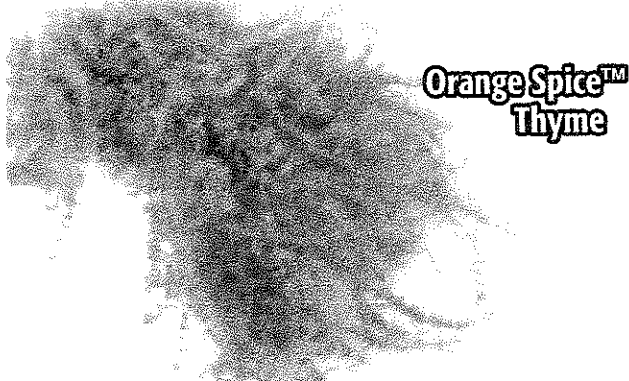
ORANGE BALSAM THYME

Thymus 'Orange Balsam'

Sensational orange scent and flavour. Deserving of experimentation in tea, cooking, and as a garnish. A favourite among West Indians. **P6465-700 Plants:** \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12



P Z5-9



Orange Spice™
Thyme

ORANGE SPICE™ THYME

Thymus 'TM95'

Wonderful orange and spice scent, a rare combination in the world of herbs. The remarkably strong clear orange flavour lingers in the mouth pleasingly without the harsh aftertaste of other thymes. This has all manner of possibilities in the kitchen and in tea. Forms dense ground-hugging mats. **RICHTERS EXCLUSIVE.** *Orange Spice is a trademark of Richters; all rights reserved.*

P6465-800 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75, **Plug pack:** 12/\$15



P Z4-9

Other Thymes

CARAWAY THYME

Thymus herba-barona

Delightful sweet caraway scent and flavour. Ideal in rock gardens. **P6440 Plants:** \$4.25, 3+/\$3.20, 12+/\$2.55



P Z5-7

CREEPING THYME

Thymus praecox articus

Low mat-forming thyme splashed with either white or rose flowers in July. Perfect complement to woolly thyme.

P6463 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12



P Z4-8

LAVENDER THYME

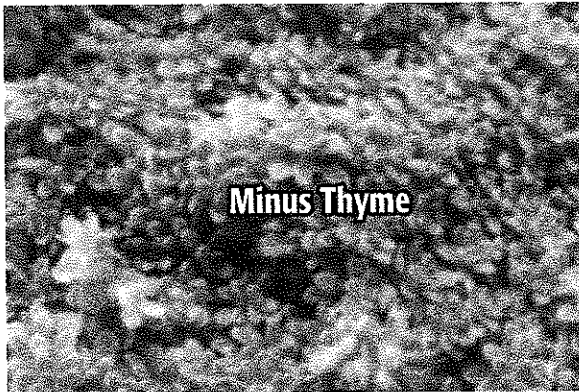
Thymus thracicus

Strong lavender scent. Creeper forming dense furry mats; lavender-purple flowers. Very attractive.

P6464 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12



P Z5-9



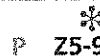
Minus Thyme

MINUS THYME

Thymus praecox articus 'Minor'

Ground hugging thyme, lower than other varieties. Dense, tight-fitting foliage, pink flowers. Excellent for pathways. Never exceeds 2cm/1".

P6464-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



P Z5-9

NUTMEG THYME

Thymus praecox articus

Pretty small leaved trailing species with an aroma and flavour of nutmeg.

P6465 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$12



P Z5-9

ROSE PETAL™ THYME

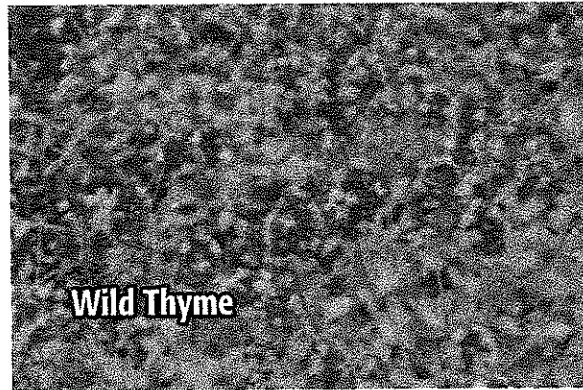
Thymus 'TM122'

A beautiful creeping thyme that comes up smelling like roses! Forms dense mats that emit a scent very similar to the scent of rose geranium when stepped upon. Excellent for walkways and rockeries. **RICHTERS EXCLUSIVE.** *Rose Petal is a trademark of Richters. All rights reserved.*

P6467-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15



P Z5-9



Wild Thyme

WILD THYME

Thymus praecox

(Mother-of-thyme) A creeper, well suited as ground cover. Perfumes the air when trodden upon. Helps to clear mucous congestion. Used in cooking.

S6470 Seeds: Pkt/\$1.75, 10g/\$9, 100g/\$63, 1kg/\$420

P6470 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12



P Z4-8

WOOLLY THYME

Thymus pseudolanuginosus

Lovely low carpets of grey, woolly leaves and pale pink flowers. Lacking scent or flavour, its virtues are mainly visual and tactile. Superb contrast plant for greener herbs.

P6472 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

P Z5-7

THYME, BROADLEAF

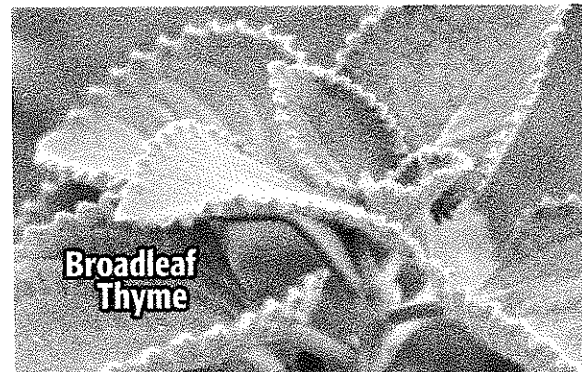
Plectranthus amboinicus

Quite unlike other thymes, this favourite of tropical America has large fleshy leaves. A keynote flavour in Jamaican cuisine.

P6478 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



P Z11+



Broadleaf
Thyme

TOBACCO, ONTARIO BOLD

Nicotiana tabacum 'CT572'

(Flue-cured Tobacco; Bright Tobacco) A leading commercial variety in Ontario. It was developed by crossing Canadian and American varieties to improve quality and disease resistance and to lower nicotine. Its slightly heavier, thicker leaves cure nicely with a high percentage of mahogany and orange leaves. The flavour is said to be somewhat stronger than other varieties.

S6492-750 Seeds: Pkt/\$3, 1g/\$24, 10g/\$160



A

TOBACCO, ONTARIO LIGHT

Nicotiana tabacum 'CT157'

(Flue-cured Tobacco; Bright Tobacco) Commercial variety grown in Ontario, developed by crossing Delgold, the longtime industry standard, with an American variety. Improvements include lower nicotine content and better resistance to disease. Its slightly thinner and lighter leaves cure well, producing a high quality tobacco with a light flavour.

56492-800 Seeds: Pkt/\$3, 1g/\$24, 10g/\$160

TOBACCO, WILD

Nicotiana rustica

(Aztec Tobacco) Originally grown and smoked by the Indians. Now the chief source of nicotine sulfate, an important insecticide for the control of aphids, thrips, whiteflies and mites.

56493 Seeds: Pkt/\$2.25, 1g/\$8, 10g/\$60

TOLOACHE

Datura wrightii

Long history of use as a hallucinogen by the Mexican Indians. The effects of this plant are well described by Castaneda in *The Teachings of Don Juan*.

56500 Seeds: Pkt/\$5, 10g/\$25

TOOTHACHE PLANT: See TOOTHACHE CRESS

TRICHOSANTHES: See CUCUMBER, CHINESE



Umkcaloabo

UMKCALOABO

Pelargonium sidoides

(Wild geranium) Medicinal geranium from southern Africa with potent antibacterial properties. Root is used for acute and chronic infections of the throat, nose and ear cavities, for sinusitis, acute and chronic bronchitis, and tuberculosis. Englishman Charles Henry Stevens claimed this herb cured his tuberculosis back in 1897. He built a business selling the root powder in Europe without revealing the origin of the medicine. But in 1972 German research identified the plant and now umkcaloabo products are sold widely. Striking plant with trailing stems, grey foliage, deep burgundy-black flowers.

P6562-600 Plants: \$15



Uva Ursi

UVA URSI

Arctostaphylos uva-ursi

(Bearberry; Kinnikinnik) Used for kidney and bladder infections on account of its diuretic and antiseptic properties. Likes damp, acidic soil. Attractive glossy green leaves and pink bell-shaped flowers.

P6565 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

Valerian



Valerian

(*Valeriana*)

VALERIAN

Valeriana officinalis

Standard variety.

56580 Seeds: Pkt/\$2, 10g/\$12, 100g/\$85, 1kg/\$600

P6580 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

ANTHOS VALERIAN

Valeriana officinalis 'Anthos'

Improved strain of valerian for commercial production; root yield up to 2.5 tonnes per hectare (1 ton/acre); contains 0.7% essential oil (bornyl acetate, valepotriate and valerenic acid).

56581-050 Seeds: Pkt/\$3.75, 10g/\$12, 100g/\$86, 1kg/\$580

VALERIAN, RED

Centranthus ruber

(Jupiter's Beard) Fragrant red flowers. Young leaves eaten in salads or as cooked greens; roots used in soups. Not to be confused with the true medicinal valerian.

56590 Seeds: Pkt/\$3.75, 1g/\$7, 10g/\$35

P6590 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

VANILLA GRASS

Anthoxanthum odoratum

(Sweet vernal grass) European grass with a sweet vanilla aroma, similar to woodruff. Pollen causes hay fever, but interestingly, a tincture of its flowers in wine is said to give immediate relief from hay fever.

56600 Seeds: Pkt/\$2.25, 100g/\$23, 1kg/\$140

VERBENA, ANISE

Lippia alba

Slow growing shrub whose leaves possess a remarkable sweet anise scent.

P6618 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75



Lemon Verbena

VERBENA, LEMON

Aloysia triphylla

This plant is a "must"! Its sweet, strongly lemon-flavoured leaves blend well with most other tea herbs. Leaves enhance all drinks, salads, jellies, sauces, soups, fish or meat dishes and desserts which call for lemon as an ingredient or a garnish.

P6620 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15





VERVAIN

Verbena officinalis

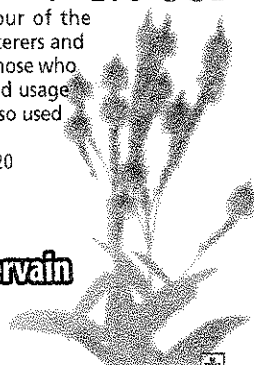
Aphrodisiac, said to "secure the favour of the ladies". Historically associated with sorcerers and witches, bestowing magical powers to those who use it. Slightly bitter tisane is of very old usage as a digestive and sedative nightcap. Also used in Chinese medicine.

S6630 Seeds: Pkt/\$2.25, 10g/\$18, 100g/\$120

P6630 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

P Z4-8    

Blue Vervain



VERVAIN, BLUE

Verbena hastata

Native North American wildflower growing in damp areas. Has a tranquilizing effect; useful for insomnia and other nervous conditions. Needs cold period (5°C/40°F; 4-8 weeks) followed by warm (20°C/70°F) and exposure to light (do not bury seeds) for successful germination.

S6631 Seeds: Pkt/\$2.25, 10g/\$8, 100g/\$53

P6631 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

P Z3-9    

VICKS PLANT

Plectranthus purpuratus

An apt name, as the odour of the fleshy leaves closely resembles that of the chest cold remedy, and is used for the purpose. Easy houseplant.

P6645 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

P Z11+    





VINCA: See PERIWINKLE

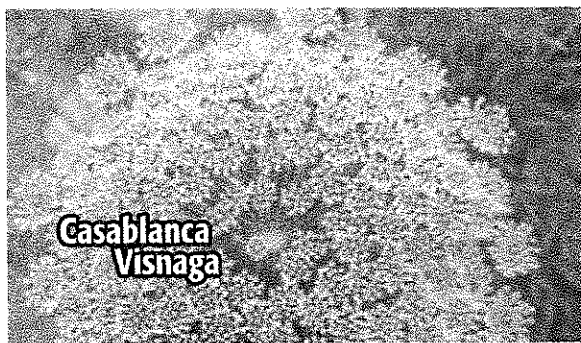
VISNAGA

Ammi visnaga

(Honeyplant) Seeds contain compounds khellin and visnadin used to treat angina pectoris, muscle spasm, gastrointestinal cramp, colic, painful menstruation and bronchial asthma. Leaves have pleasant cress-like pungent flavour.

S6655 Seeds: Pkt/\$2.25

AorB Z5-9    



Casablanca Visnaga

VISNAGA, CASABLANCA

Ammi visnaga 'Casablanca'

(Honeyplant) Commercial variety for the cutflower market. It is earlier to flower and more uniform than the standard form. Flowers look like white umbrellas mounted on strong, straight stems. Impressive in fresh floral arrangements! Casablanca is also a fine garden flower for tall borders. Ht. 100-125cm/40-50".

S6655-200 Seeds: Pkt/\$3.75, 1M/\$18, 10M/\$130

AorB Z5-9    

WALLFLOWER

Cheiranthus cheiri

Old English favourite for cottage gardens. Fragrant golden yellow flowers are delightful in potpourris and as cutflowers.

S6690 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$40, 1kg/\$260





A  

WATERLEAF

Talinum triangulare

(Leaf ginseng; Surinam spinach) Attractive edible houseplant with glossy, dark-green whorled leaves and tiny red flowers. Young leaves and tender stems can be added to salads or soups, or parboiled, steamed and sauteed. In Indonesia, its tonic qualities are as highly regarded as ginseng

P6740 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55





P Z11+    

WELD

Reseda luteola

Known since antiquity as a yellow dye source of great importance. For wool, cotton or silk.

S6800 Seeds: Pkt/\$2.25, 10g/\$12, 100g/\$80

AorB Z5-9    



Wheatgrass

WHEATGRASS

Triticum aestivum

Many health enthusiasts believe that the humble wheatgrass, in its live freshly sprouted form, pressed into juice, is a powerhouse of nutrients, enzymes and biotic factors that jumpstart the body and bring it up to top running condition. Fresh wheatgrass juice is believed to replenish the body starved of nutrients by years of poor diet and helps to restore the body's ability to fight diseases, especially cancer. The demand for fresh wheatgrass juice is growing, and businesses have emerged to supply frozen cubes of wheatgrass juice to the many people who have decided to do something about their health. With our seeds growing and making your own fresh wheatgrass juice at home is not hard to do.

S6810-001 Seeds: Pkt/\$2, 100g/\$8, 1kg/\$35





A    

WILLOWHERB

Epilobium parviflorum

Praised for inflammation of the prostate gland, and bladder and kidney disorders. An ingredient of Swedish Bitters.

S6830 Seeds: Pkt/\$3, 10g/\$28, 100g/\$190

P Z5-8    

WINTERGREEN

Gaultheria procumbens

Aromatic low shrub used for headaches and other aches and pains, inflammations and rheumatism. Common flavouring for chewing gum, toothpaste, mouthwash. Needs cold 60 days at 5°C/40°F followed by warmth to germinate.

S6850 Seeds: Pkt/\$7, 1g/\$25, 10g/\$180

P6850 Plants: \$6.25, 3+/\$4.70, 12+/\$3.75

P Z3-7    

WOAD

Isatis tinctoria

For ages the main source of blue dye in Europe, until the introduction of indigo in the 17th century. Contains the same dyestuff as indigo, though in lower concentration. Because it is hardy (unlike indigo) woad is still grown for natural dyeing.

S6920 Seeds: Pkt/\$3, 10g/\$11, 100g/\$80, 1kg/\$540

(Not to MT, Calif., ID)    

WOAD, CHINESE

Isatis indigotica

(Da qing; Qiug dai) Contains indican and isatin B, both of which can be converted to indigo. Considered antibacterial, antiviral, and anti-inflammatory. Leaves and roots are effective against flu, encephalitis, measles, hepatitis, and mumps.

S6922 Seeds: Pkt/\$3, 10g/\$7, 100g/\$42, 1kg/\$270

A  

WOLFBERRY: See GOJIBERRY

WOODRUFF, SWEET

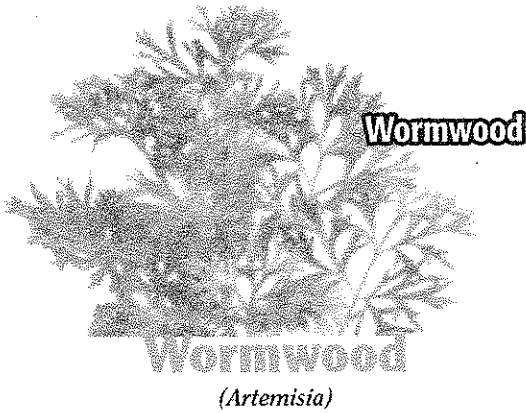
Galium odoratum

Vanilla-scented leaves are essential in Maybowl, a traditional German punch. Helpful for migraine, nervous conditions, stomach pain. Needs shade.

P6940 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$15

P Z5-9    

WORMSEED: See EPAZOTE



(*Artemisia*)

WORMWOOD

Artemisia absinthium

Bitter leaves were important in absinthe, vermouth, and other liqueurs. Has great reputation for stimulating the appetite and improving digestion. One of the oldest known remedies for worms.

S6960 Seeds (Not to ND): Pkt/\$2.25, 10g/\$11, 100g/\$78, 1kg/\$520

P6960 Plants (Not to ND): \$3.25, 3+/\$2.45, 12+/\$1.95



P Z3-9

AFRICAN WORMWOOD

Artemisia afra

Aromatic native of southern and eastern Africa where it is widely used for fevers and the treatment of malaria. It is commonly used for bronchial diseases, cough, colds, dyspepsia, stomachache, gout and constipation, and is used externally to clear up skin infections.

S6963 Seeds: Pkt/\$7



P Z11+

New! ALPINE WORMWOOD

Artemisia alpina

(Caucasian artemisia; Silver spreader; *A. caucasica*) Beautiful low silver-white mounding artemisia from the mountains of eastern Europe and the Caucasus. Ht. 15-40cm/6-14".

S6963-500 Seeds: Pkt/\$2.25



P Z3-8

BEACH WORMWOOD

Artemisia stellerana

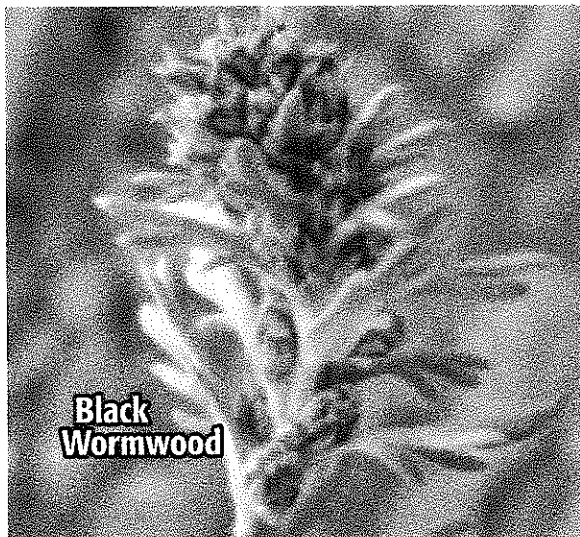
(Old woman) East Coast native, where it grows on sand dunes. Grows in silver clumps.

S6964 Seeds: Pkt/\$3.75

P6964 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



P Z4-7



New! BLACK WORMWOOD

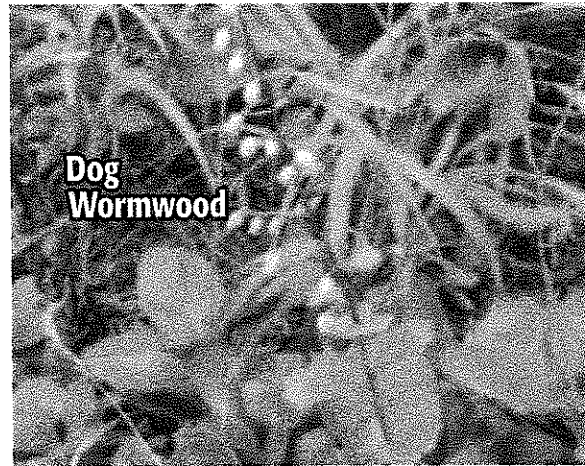
Artemisia genipi

Used to make *genepi*, a liqueur or aperitif similar to absinthe, often taken before or after meals to help to stimulate the digestion. Genepi is an acquired taste, usually made less sweet than other liqueurs. It is made by steeping the flowering tops of black wormwood in vodka or pure grain alcohol, producing a natural pale gold color. Chartreuse, the famous liqueur made by the Carthusian monks in the mountains of France, is made with black wormwood also. Low mat-forming plant with grey felt-like leaves; excellent for rock gardens.

S6964-500 Seeds: Pkt/\$2.25



P Z3-7



New! DOG WORMWOOD

Artemisia keiskeana

(Inuyomogi; An lu; Um lu) Native of China, eastern Russia, Korea and Japan where it grows along roads, on dry slopes and in meadows and woodlands. It is grown for medicine in China. In Tibetan medicine the seeds are said to be effective for male impotence and for treating amenorrhea and post-partum pain in women. The whole plant is used as an anti-inflammatory and to stop bleeding. Recent research suggests that it may have potent anti-cancer effects, particularly against breast cancer. The young leaves and shoots are edible and can be cooked and eaten. Easy to grow perennial for any sunny location with well drained soil. Ht. 30-60m/12-24"

S6966 Seeds: Pkt/\$2.25



P

FRINGED WORMWOOD

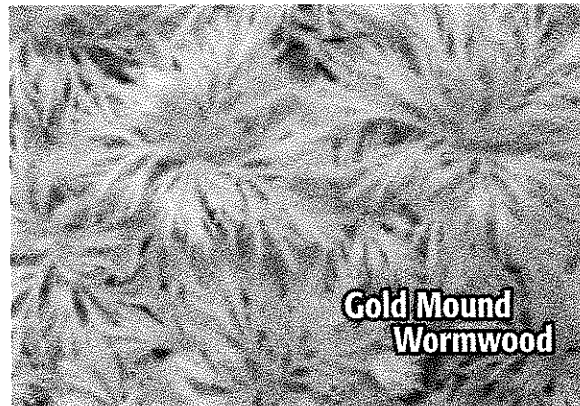
Artemisia frigida

(Fringed sagebrush) Prairie native. Silver tufted mounds; very decorative. Indians used it as a fumigant to combat illness and chewed the leaves for indigestion.

P6970 Plants: \$4.25, 3+/\$3, 12+/\$2.40



P Z5-8



New! GOLD MOUND WORMWOOD

Artemisia schmidtiana 'Ever Goldy'

A very nice variation on a long time garden favourite, 'Silver Mound' artemisia. Like the silver version, it forms low mounds of soft, ferny, aromatic leaves — only they are golden instead of silver. Beautiful for rock gardens, edgings, containers, tubs — anywhere where the visual effect needs to be glittering. In humid areas, plants benefit from a hard clipping just as the tiny flowers appear in June in order to keep them attractive all season long.

S6972 Plants: \$6.25



P Z3-9

New! HAKUSAN WORMWOOD

Artemisia lagocephala

(Bai shan hao) Attractive herb used in the Russian Far East for constipation, gastritis, colitis and senile weakness. Fresh chopped leaves are applied to wounds and used to make healing lotions. The attractive mounds of silver-grey leaves turn yellow and orange in autumn producing a striking effect in the garden. Native of China, Mongolia and East Russia where it grows on rocky slopes, along forest edges and roadsides. Ht. 40-60cm/14-24"

S6973 Seeds: Pkt/\$2.25

P Z3-8

POWIS CASTLE WORMWOOD

Artemisia 'Powis Castle'

P Z6-9

Outstanding ornamental artemisia in dense mounds of lacy silver foliage. Probable hybrid between *A. absinthium* and *A. arborescens*. Ht. up to 90cm/36"

P6977 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

New! PRAIRIE WORMWOOD

Artemisia ludoviciana

P Z4-9

(Prairie sage; Silver wormwood; Western mugwort) An aromatic native of Montana and other western states. Forms dense silver-green patches spreading by rhizome. It was an important herb of the First Nations people throughout much of North America. Its bitter principles stimulate gastric and bile secretion, improves appetite, and help relieve colic caused by gallstones. Also traditionally used to regulate menstruation when women are suffering from a difficult and painful period and to treat coughs and colds. Ht. 30-90cm/1-3ft.

S6978 Seeds: Pkt/\$2.25



**Redfoot
Wormwood**

New! REDFOOT WORMWOOD

Artemisia rubripes

P Z3-8

(Hong zu hao; Yabuyomogi) Used traditionally in Korean medicine for stomach ache, vomiting, diarrhea and to stop bleeding. Tall perennial, native to China, Mongolia, Japan, Korea and the Far East of Russia, where it can be found growing in meadows, on slopes and in forests. The young leaves can be cooked and eaten. Very easy to grow from seeds. Ht. 75-180cm/2.5-6ft.

S6979 Seeds: Pkt/\$3.75

ROMAN WORMWOOD

Artemisia pontica

P Z5-9

Attractive tufted low growing herb with small, silvery fern-like leaves. Used for stomachache and in vermouth.

P6980 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SILVER KING WORMWOOD

Artemisia ludoviciana 'Silver King'

P Z5-9

Lovely white ghost-like flowers and attractive silver foliage, excellent for dried arrangements. Used for diarrhea, headaches, stomach-ache, menstrual problems. Native Americans use it for ceremonial smudging.

P6981 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

SILVER MOUND WORMWOOD

Artemisia schmidtiana 'Nana'

P Z5-8

Soft, silky, shimmering silver foliage, in neat 30cm/12" mounds. Lovely.

P6982 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55, **Plug pack:** 12/\$15

SILVER QUEEN WORMWOOD

Artemisia ludoviciana 'Silver Queen'

P Z5-9

Similar to Silver King except foliage is more jagged and less ghostly silver grey and plants are shorter (90cm/30in). Dries well for herbal wreaths. Slightly aromatic.

P6982-500 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

SWEET ANNIE WORMWOOD

Artemisia annua

A S S E

(Sweet annie) Sweet-scented Chinese herb. Anti-malarial properties, attributed to the compound artemisinin; shown to be very effective.

S6983-001 Seeds: Pkt/\$3.75, 1g/\$56

TREE WORMWOOD

Artemisia arborescens

P Z8-9

Striking small tree with soft, feathery grey-white leaves. Fine tubplant. Mediterranean favourite for its bitter stomachic properties.

P6985 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



**Ukrainian
Wormwood**

New! UKRAINIAN WORMWOOD

Artemisia hololeuca

P Z3-7

Beautiful silver-white, mound-forming xerophytic herb, native to the Volgograd area of the Ukraine where it is now rare. It thrives in alkaline soil. Ht. 20-30cm/8-12".

S6986 Seeds: Pkt/\$2.25

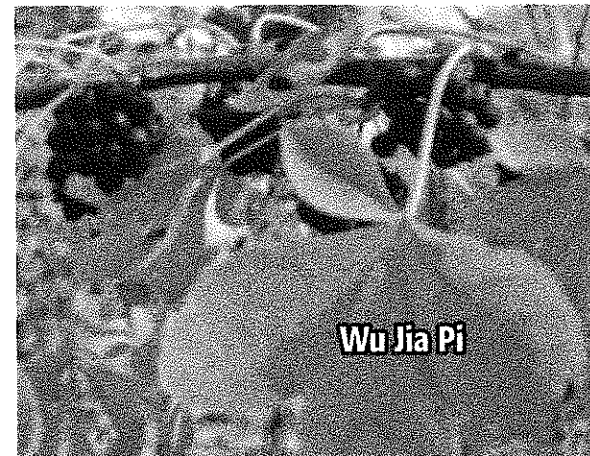
WU JIA PI

Eleutherococcus gracilistylus

P Z7-10

Chinese shrub closely related to Siberian ginseng. In China the root is used to treat autoimmune diseases and cancer. It is often used to treat rheumatism and rheumatoid arthritis, as well as weakness in the joints and muscles, difficult urination, edema, and cold dampness pain. It has anti-inflammatory effects and is used to treat swelling. There is strong evidence that it has direct immunomodulating effects by controlling the cytokines that mediate immune response. A study on mice showed that it can protect the liver by suppressing inflammatory responses. The thorny but otherwise attractive shrub prefers well-drained soil and full sun, but it will grow in partial shade. It can reach 2-3m/6-10ft in height.

S6988-001 Seeds: Pkt/\$5



Wu Jia Pi

YAM, CINNAMON

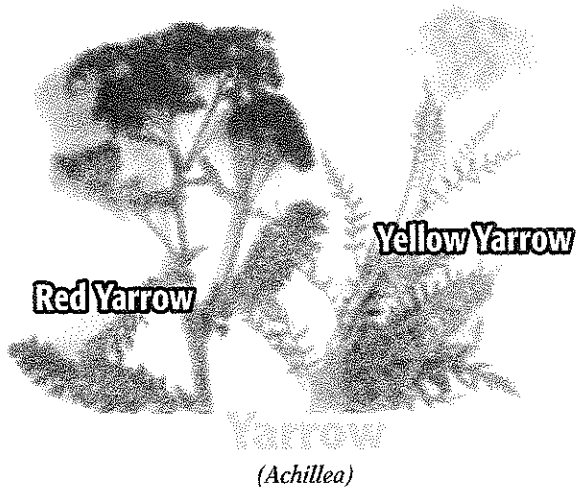
Dioscorea oppositifolia

P Z5-10

(Chinese yam; Shan yao) Climbing vine with white, cinnamon-scented flowers and edible tubers that weigh up to 2kg/5lb. Traditionally used as a herbal tonic and as a contraceptive. It stimulates the stomach and the spleen and has been used to treat diabetes, asthma, diarrhea, and emotional instability. Propagated by small bulbils.

S6990 Seeds (Oct-Nov shipment): Pkt/\$10

P6990 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55



(*Achillea*)

WHITE YARROW

Achillea millefolium

P 23-10

The most medicinally active variety. White flowers and feathery foliage. Proven mosquito repellent.

S7000 Seeds: Pkt/\$1.75, 100g/\$25, 1kg/\$160, 10kg/\$1250

P7000 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

PROA YARROW

Achillea millefolium 'Proa'

P 23-10

Elite variety for commercial production, rich in proazulene, a powerful anti-inflammatory agent. The proazulene add a distinctive blue colour to the essential oil. High yielding variety for medicinal use.

S7000-700 Seeds: Pkt/\$3

MOONSHINE YARROW

Achillea taygetea 'Moonshine'

P 24-8

Choice variety for everlasting. Leaves silver-white, flowers soft lemon-yellow, large. Up to 60cm/24" high.

P7001 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

MONGOLIAN YARROW

Achillea asiatica

P 22-8

Hardy native of grasslands and mountain slopes in northern China, Mongolia and Siberia. Has showy light pink flowers fading to white. The whole herb is used to treat fever, enteritis, rheumatic pain and the pain of bone fractures. Ht. 15-50cm/6-20".

P7003 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

RED YARROW

Achillea millefolium 'Cerise Queen'

P 25-10

Similar to common white yarrow. Flowers cherry-red.

S7005 Seeds: Pkt/\$2, 10g/\$15, 100g/\$100

P7005 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95, **Plug pack:** 12/\$12

SNEEZEWORD YARROW

Achillea ptarmica

P 23-9

According to Gerard, the powder snuffed up the nose was prescribed to 'cleanse the head of tough slimy humours.' White or pinkish flower clusters inspire its other name, the Pearl.

S7007 Seeds: Pkt/\$3, 10g/\$11, 100g/\$75

WOOLLY YARROW

Achillea tomentosa 'Aurea'

P 23-9

Low mat-forming variety with woolly leaves and golden flowers.

S7009 Seeds: Pkt/\$3

YELLOW YARROW

Achillea filipendulina 'Cloth of Gold'

P 22-10

Fern-like leaves; height up to 1.5m/5ft. Large yellow flowers.

S7010 Seeds: Pkt/\$2.25, 10g/\$11, 100g/\$75

YERBA BUENA

Clinopodium douglasii

P 27-10

(Indian mint) Trailing mint-scented plant, excellent in hanging baskets, windowboxes and as a fragrant ground cover. Yerba buena is Spanish for 'good herb', and so it is — for insomnia, colds, fever, and stomach problems. Delicious as a tea for everyday enjoyment. Also an aphrodisiac according to Native American lore.

P7015 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

YOMOGI

Artemisia princeps

P 25-9

(Japanese mugwort; Kui hao) The Japanese make delicious rice dumplings called *yomogi mochi* with this herb. Young leaves are boiled slightly and then pounded into dumplings made with gelatinous rice, adding distinctive and delightful colour, aroma and flavour. Young leaves and seedlings are used in soups and salads also. Leaves are used in moxa in Japan. Prefers full or partial sun and well-drained soil. Ht. 1m/3ft.

S7060 Seeds: Pkt/\$3, 10g/\$12, 100g/\$90

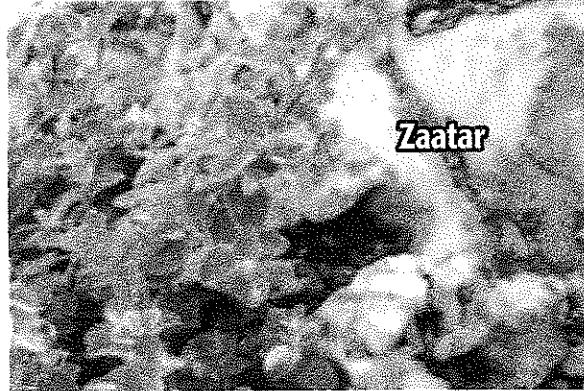
YUCCA

Yucca glauca

P 25-10

Roots contain 2% saponin, a soapy substance valuable in shampoos; leaves a fine sheen to hair. Easy to use: chopped roots are soaked in water and stirred to a lather. Spectacular towering spikes of creamy white flowers.

S7100 Seeds: Pkt/\$3, 100g/\$24, 1kg/\$145



ZAAATAR

Origanum maru

P 28-10

One of the world's great seasonings. Throughout the Middle East it gives life to hummus, dips, and soups, and it is mixed with olive oil on the traditional flatbreads served with meals. Each region has its own version of zaatar: in some areas it is a blend of herbs and spices while in others it is just one herb from among several varieties depending on the region. Our zaatar is from the mountains of northern Israel where it is popular among both Arabs and Jews. The attractive greyish-green foliage has a spicy aroma and flavour that is truly divine. Easy to grow from seeds. Ht. 40cm/16".

P7130 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

ZHI MU

Anemarrhena asphodeloides

P 22-7

Chinese medicinal herb that looks and grows like a tall grass but isn't. It spreads by underground rhizome like grasses, but unlike grasses it has fragrant yellow-white or light purple flowers that open in the evening in late summer and autumn. Used in China for 2000 years. The rhizomes are noted for their antidiabetic and antibacterial properties, and are used for pneumonia, bronchitis, high fever, irritability and insomnia.

S7150 Seeds: Pkt/\$3, 10g/\$7, 100g/\$55

ZUTA LEVANA

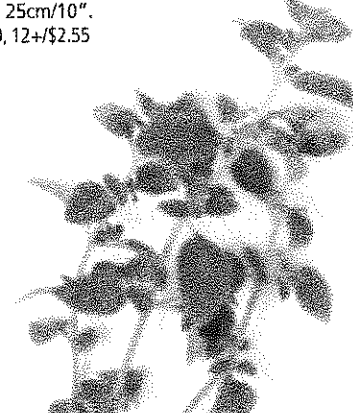
Micromeria fruticosa

P 29-11

(Little mint; Tea hyssop) One of the most popular tea and spice herbs of Israel and the Middle East. Makes a refreshing sweet minty tea. A popular bread dip is made with the leaves mixed with olive oil and salt. In Turkey, the tea is used to treat stomach ulcers. Contains pulegone; should not be taken by women who are pregnant or while trying to conceive. Ht. 25cm/10".

P7190 Plants: \$4.25, 3+/\$3.20, 12+/\$2.55

Zuta Levana



Collections

Herb Plant Collections

We ship from April to November. Out-of-stock plants will be substituted with plants of equal or higher value.

RICHTERS GARDEN OF LIVE HERBS

A herb garden of 12 live herb plants shipped anywhere in Canada or the U.S.A. It's a great way to introduce friends and family to really sumptuous eating, featuring fresh herbs from the garden. Included in the Richters collection are many of the favourites: lemon balm, bay laurel, garlic chives, English lavender, lovage, Greek oregano, rosemary, sage, winter savory, garden sorrel, French tarragon and English thyme. Complete planting instructions and plans for garden layout will be included.

P7400 Plants: \$40

SHADY REFUGE

Shade Herb Garden

For those tough shady spots in your garden under a tree or near a building where other herbs won't grow. For full or partial shade. Chameleon Fish Mint (3), Periwinkle (3), Sweet Woodruff (3), Sweet Cicely, Columbine, Valerian.

P7410 Plants: \$36

MOSQUITO GUARD

Lemon Thyme Collection

Research has shown that lemon thymes work quite well against mosquitoes. That research inspired us to put together this collection of our best low growing lemon thymes. Plant them as a border along pathways or in between stepping stones, or in an open patch where you like to sit and enjoy summer evenings. Creeping Lemon (3), Lemon Carpet (3), Highland Cream (3), Magic Carpet (3).

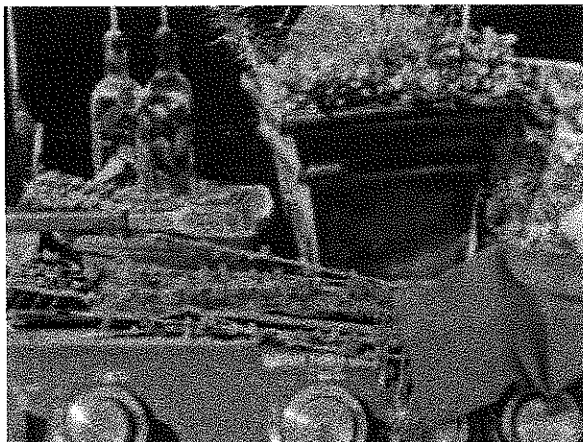
P7420 Plants: \$32

BRAIN BOOSTER

Brain Herb Garden

Three of the most important brain booster herbs from South Asia used to boost mental clarity and memory. Gotu kola and sushni are also food plants used as fresh or cooked greens. Grow on a bright windowsill. Bacopa (2), Gotu Kola (2), and Sushni (2).

P7430 Plants: \$26



GRILL MAGIC

Barbeque Herb Garden

Fire up the barbeque for summer entertaining magic with these grilling herbs! Make rosemary skewers for kebab. Try lemon thyme, tarragon and bronze fennel on fish or lemon thyme on chicken and pork. Tip: slit meat and stuff with oregano, mint and thyme before grilling. Contains Barbeque Rosemary, French Tarragon, Lemon Thyme, Greek Oregano, Spearmint, Bronze Fennel.

P7440 Plants: \$26

HEARTY FLAVOURS

Soup Garden

Fall and winter is the time for hearty soups and stews made with these favourites. Italian Parsley, Garlic Chives, Lovage, Winter Savory, Thai Basil, Lemongrass.

P7450 Plants: \$26

Herb Seed Collections

CULTIVATE YOUR COOKING

Culinary Herb Garden

Twelve favourites for indoors or out, wherever there is plenty of light. Lemon Balm, Chervil, Chives, Dill, Marjoram, Oregano, Parsley, Sage, Savory, Sorrel, Sweet Basil and Thyme.

\$7500 Seed Collection: \$15

GREAT BEGINNINGS

Salad Herb Garden

Glorious green succulence as never before. Salad Burnet, Garlic Chives, Lovage, Watercress and Garden Sorrel.

\$7510 Seed Collection: \$7



TEA TIME

Tea Herb Garden

Soothing tisanes to collect the spirit. Anise-Hyssop, Lemon Balm, Chamomile, Menthol mint and Bergamot.

\$7515 Seed Collection: \$7

HOME MEDICINE CHEST

Healing Herb Garden

Here's to good health, naturally! Cayenne, Comfrey, Valerian and Calendula.

\$7525 Seed Collection: \$7

RICHTERS WINDOWSILL GARDEN

Five of our best herb varieties specially chosen for growing in pots or windowboxes. Italian Parsley, Fernleaf Dill, Spice Globe Basil, Greek Oregano, and Grolau Chives.

\$7530 Seed Collection: \$7

FLIGHTS OF FANCY

Butterfly Garden

Mountain Mint, Hyssop, Bergamot, Faassens Catnip, Lavender, Clove Pink, Clary Sage, Mignonette, Siam Queen Thai Basil, Hollyhock, Feverfew.

\$7535 Seed Collection: \$18

CHEF'S SALAD BOUQUET

Edible Flower Garden

Feast for the eyes — pleasing to the palate. Herbs with edible flowers to add to salads, omelettes, desserts, and drinks. They can even be candied. Borage, Calendula, Heartsease, Nasturtium, Citrus Marigold.

\$7550 Seed Collection: \$7

HERBES DE PROVENCE

French Herb Garden

Captures the warm flavours and aromas of the sunny south of France where lavender hugs the hills and thyme is plentiful. A classic seasoning for chicken, vegetables or meat. French Thyme, Sweet Basil, Summer Savory, Sweet Fennel, Sweet Lavender.

\$7560 Seed Collection: \$7

ORIENTAL CRUISE

Asian Herb Garden

Enjoy the lively flavours on a cruise to the Orient, from India to Thailand and Vietnam, to Japan and China. Thai Basil, Cilantro, Chinese Chives, Perilla, Edible Chrysanthemum.

\$7570 Seed Collection: \$7

Searching the world for rare and endangered food plants.
 Many more seeds available online at: www.SeedZoo.com



TORKUVIAHE BEAN

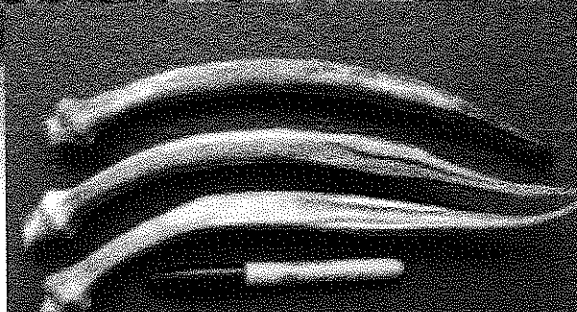
Vigna unguiculata 'Torkuviahe'

An old variety grown by the Ewe people of West Africa. As far as we know only a few farmers in the Lake Volta region are still growing it. Beautiful small red beans are borne in long straight pale-yellow pods. Traditionally cooked in stews or simply cooked with rice and served with any spicy fish, meat or vegetable sauce on top. Can also be eaten like string beans when young and tender.

S9392 Seeds: Pkt/\$5



A SE



New! NOMBO GIANT PHILIPPINE OKRA

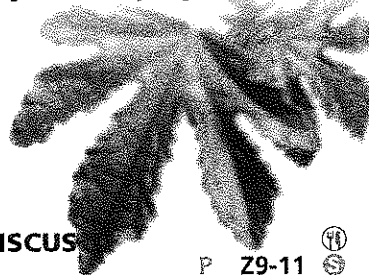
Abelmoschus esculentus 'Nombo Giant Philippine'

A favourite of the Philippines this okra produces long skinny smooth cylindrical pods that come to a quill-like tip. Pods are best when around 6-7 inches long. The plants grow to a manageable 5-6 feet tall. The Filipino community in Hawaii raves about this variety and many people there are pushing to introduce it into larger cultivation as a market crop. Like other okras it can be used as a steamed vegetable, and like the famous gumbo of Louisiana it can be added to stews and give flavor and body. Like all okra, it needs moisture, good drainage and warmth.

S9535 Seeds: Pkt/\$5



A SE



CRANBERRY HIBISCUS

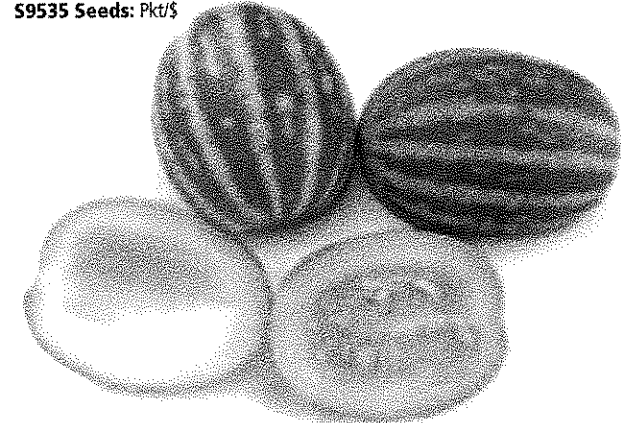
Hibiscus acetosella

(African rosemallow; False roselle) A dazzling plant from Africa with bold copper and burgundy foliage and a popular vegetable in Cameroon and the Congo. The leaves and flowers have a pleasant tart taste and are eaten raw or cooked. Add them to salads, stews, or to any dish you want to liven up with a little tartness. Will grow in most sunny gardens in full or partial sun. Start seeds indoors for spring planting outdoors. Ht. 1m/3ft.

S9531 Seeds: Pkt/\$5



P Z9-11 S



New! SWEET RUSSIAN STRIPED MELON

Cucumis melo 'Rich Sweetness 132'

This little orange and yellow striped melon from the former Soviet Union has an incredible aroma, and is very sweet if grown in the right conditions. It needs hot dry weather to bring out its full potential. Applying epsom salts a couple times during the season will increase sweetness as well. A beautiful little melon perfect for one person. Very vigorous vines loaded with fruit.

S9534 Seeds: Pkt/\$5



A SE

MONKEYFACE PEPPER

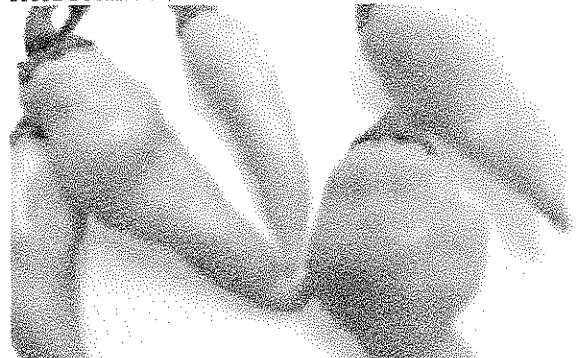
Capsicum annuum 'Monkeyface'

Hot chile pepper with a fruity, almost mango-like flavour. Although the heat is definitely there, the taste is not edgy or bitter like some other hot peppers. After the initial hot and spicy kick, the flavour lingers well after the heat subsides. The indented yellow fruits, 11cm long, vaguely suggest the faces of monkeys. This variety came to us from Sweden where chile enthusiasts apparently like their heat to come in fun shapes and flavours!

S9532 Seeds: Pkt/\$5



A SE



SeedZoo™ is a project to preserve traditional and indigenous food plants from around the world.

Teaming up with botanical explorers and ethnobotanists, we are searching for rare and endangered food plants that home gardeners can grow and enjoy, and help preserve for future generations. See the complete SeedZoo™ list online at www.SeedZoo.com.

Gourmet Vegetables

ARTICHOKE, GLOBE

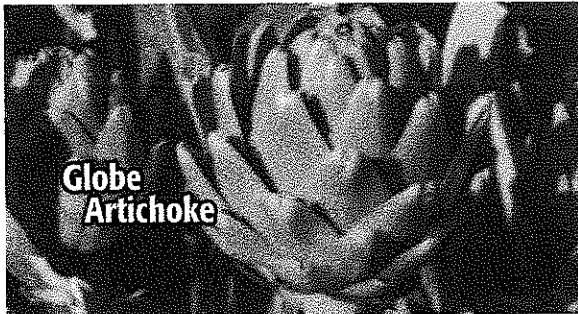
Cynara scolymus 'Large Green Globe' P Z8-11+ SE
European delicacy. Flowerbuds made up of thick fleshy scales and solid hearts are cooked and served drenched with melted butter. Start early indoors Feb/March. Requires two seasons to produce; complete instructions provided.

S8016 Seeds: Pkt/\$3, 10g/\$6, 100g/\$35, 1kg/\$260

P8016 Plants: \$3.25, 3+/\$2.45, 12+/\$1.95

ARUGULA: See ROQUETTE

ARUGULA, WILD: See SYLVETTA



Globe
Artichoke

ASPARAGUS

Asparagus officinalis 'Jersey Giant' (Can, US only) P Z5-9
Plant this year and harvest your first crop next spring! Male variety is 30% more productive than other "co-ed" varieties. About 95% of plants are male.

Order early to avoid disappointment.

R8022 Roots (Apr-May shipment): 10/\$16, 100/\$120, 1000/\$900



Barba di Cappuccino

BARBA DI CAPPUCCINO

Plantago coronopus 'Minutina' AorP Z6 SE
(Buckhorn plantain; Barbatella; Erba stella) In southern Italy this wild green with striking jagged lance-like leaves is added to tasty mixed salads called *misticanze*. It grows along the coasts among rocks where it forms neat star-like annual or perennial clumps up to 30cm/1ft high. The leaves are slightly bitter and salty at the same time. Though the greens are usually collected from the wild the plant is also easy to grow and can be quite a nice producer of fresh greens. Even the older less tender leaves can be blanched a few seconds and added to salads. Now what is the connection with cappuccino? We do not honestly know, but we love the name anyway.

S8040 Seeds: Pkt/\$3, 10g/\$9, 100g/\$65

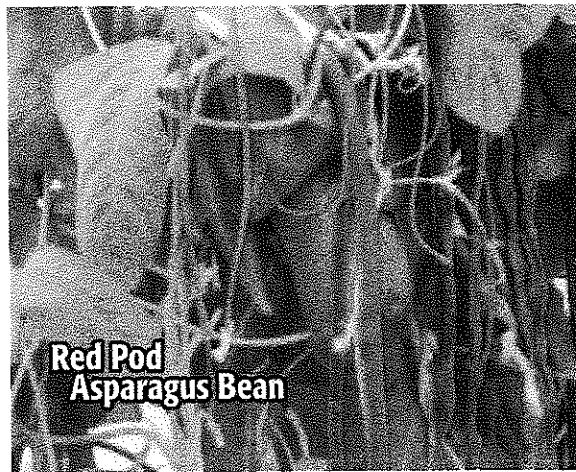
Bean

(*Phaseolus, Vigna*)

ASPARAGUS BEAN

Vigna unquiculata A SE
(Yard long bean; Dow gawk) Stringless bean with a mildly sweet flavour. Beans will grow from 60cm/2ft-90cm/3ft long but pick them when they're tender (40cm/16in long). Excellent stir fried. Best started early indoors. Needs plant support.

S8035 Seeds: Pkt/\$3, 100g/\$25, 1kg/\$200



Red Pod
Asparagus Bean

New! ASPARAGUS BEAN, RED POD

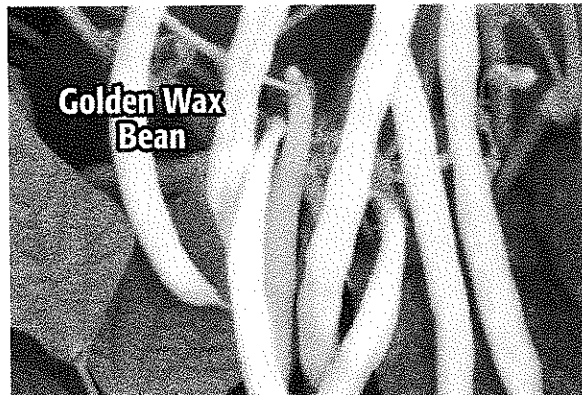
Vigna unquiculata 'Red Pod' A SE
A red-podded variation on the yardlong or asparagus bean. The long beans are like young string beans without the annoying string. The deep magenta colour persists with cooking. The sweet and mild flavour is reminiscent of asparagus, mushrooms, and beans. Excellent for stir fries. Grow like pole beans or on a trellis and sow in June when the ground is warm. Yields can be huge if pods are picked often to encourage more to come. Tolerates hot weather well. 75 days.

S8035-401 Seeds: Pkt/\$3.00, 10g/\$7, 100g/\$54, 1kg/\$360

BLUE LAKE POLE BEAN

Phaseolus vulgaris 'Blue Lake' A SE
Pole bean with terrific flavour and high yields. Vines reach a vigorous 5-6ft. Excellent canned, frozen, or eaten fresh. Seeds are white. Mosaic resistant.

S8037-501 Seeds: Pkt/\$2.25



Golden Wax
Bean

GOLDEN WAX BEAN

Phaseolus vulgaris 'Golden Wax' A SE
Stringless, tender yellow pods with a light and delicate buttery flavour, good fresh, canned or frozen. Bush bean. 25cm/10". 50 days.

S8041-001 Seeds: Pkt/\$1.75, 100g/\$15, 1kg/\$90

ROYAL BURGUNDY BEAN

Phaseolus vulgaris 'Royal Burgundy' A SE
Purple pods turn green when cooked. A reliable, heavy producing bush bean with excellent flavour and keeping qualities. Performs better in areas of cooler daytime temperature. 40-50 days.

S8042-001 Seeds: Pkt/\$3

KENTUCKY WONDER BEAN

Phaseolus vulgaris 'Kentucky Wonder' A SE
Very productive pole bean with meaty pods of distinctive flavour, rich in vitamins A and C, iron and calcium with very good keeping qualities. Introduced prior to 1864. 70 days.

S8043-001 Seeds: Pkt/\$1.75, 100g/\$15, 1kg/\$85

ROMA II BEAN

Phaseolus vulgaris 'Roma II' A SE
High yielding, with tender, meaty flat pods, slow to develop fibre and seeds. Good for freezing and canning. 60 days

S8043-401 Seeds: Pkt/\$3

JUMBO BEAN

Phaseolus vulgaris 'Jumbo'

A SE

Big Italian type green bean with a flat pod, a cross between the Romano and Kentucky Wonder. Noticeably bigger than other beans, and very flavourful. 55 days.

☎ S8043-501 Seeds: Pkt/\$3

TENDERGREEN BEAN

Phaseolus vulgaris 'Tendergreen'

A SE

Highly productive bush bean producing deep green, stringless, fleshy tender pods of excellent quality, terrific for eating raw with dips or lightly steamed and served whole. 25cm/10". 55 days.

☎ S8045-001 Seeds: Pkt/\$1.75, 100g/\$12, 1kg/\$90

BEET, BULLS BLOOD

Beta vulgaris 'Bulls Blood'

A SE

An heirloom variety introduced in 1840, producing stunning dark red leaves. Leaves are tender and sweet for use in salads. The beets can be harvested when young, at the 2-3 inch size. Glossy foliage makes it an attractive bedding plant, providing contrast. 35-40 days for leaves, 55-65 days for roots.

☎ S8051-301 Seeds: Pkt/\$3



Chioggia Beet

BEET, CHIOGGIA

Beta vulgaris 'Chioggia'

A SE

An heirloom Italian cultivar with sweet flavour, bright red nicely rounded shape, the raw interior flesh, when sliced is beautifully marked in alternating rings of cherry red and creamy white, making it very attractive sliced raw. Very mellow flavour when cooked with mild tasting bright green tops. 50 days.

☎ S8050-001 Seeds: Pkt/\$3, 100g/\$45, 1kg/\$320

BEET, DARK RED DETROIT

Beta vulgaris crassa 'Dark Red Detroit'

A SE

Prolific variety with blood red roots and red-tinged green tops. Low in geosmin, the substance that gives other beetroot varieties an unpleasant earthy taste. Roots are globular, 6-8cm/2.5-3" across with smooth skin. Keeps well. Resistant to downy mildew. 58 days.

☎ S8051-201 Seeds: Pkt/\$1.75, 100g/\$20, 1kg/\$120

BEET, GOLDEN DETROIT

Beta vulgaris crassa 'Golden Detroit'

A SE

Attractive, bright golden-orange roots, are best eaten when small, but retain their sweet flavour and do not become fibrous when larger. Tops are used as cooked greens. Excellent pickled, in salads, gourmet borscht or grilled. 55 days

☎ S8051-001 Seeds: Pkt/\$2.25, 10g/\$13, 100g/\$90, 1kg/\$620

BROCCOLI, CALABRESE

Brassica oleracea 'Calabrese'

A SE

Heirloom Italian variety producing small, deep blue-green central heads with numerous side shoots throughout the season. Very tender and mild tasting, good raw in salads and with dips, or lightly steamed, drizzled with herb butter. Seeds are used as sprouts, similar to alfalfa, for a nutritious addition to sandwiches or salads. 50cm/20". 60 days.

☎ S8052-001 Seeds: Pkt/\$2.25, 100g/\$20, 1kg/\$145

P8052 Plants: Plug pack: 12/\$12

BROCCOLI, DE CICCIO

Brassica oleracea 'de Cicco'

A SE

Rich tasting old Italian cultivar with small heads projected well above the foliage. Long harvesting period. Ideal for dips, stir fries, or steamed. For spring or fall crops. 50cm/20". 60 days.

☎ S8055-001 Seeds: Pkt/\$2.25, 100g/\$16, 1kg/\$115

BROCCOLI, ROMANESCO

Brassica oleracea 'Romanesco'

A SE

"Roman cauliflower" might be a more apt name for this traditional Italian vegetable because its distinctive light-green heads resemble cauliflower more than broccoli. It can be cooked and eaten like cauliflower or broccoli but is less bland than cauliflower and less bitter than broccoli. It is excellent raw, with a creamy, nutty flavour and makes a nice change when served as finger food with dips. For the math nerds in the kitchen, the heads are a stunning example of fractal-like design with repeating spirals of cones.

☎ S8057-001 Seeds: Pkt/\$2.75

Chinese Cabbage



CABBAGE, CHINESE

Brassica rapa (Pekinensis) 'Michihli'

A SE

Tall cylindrical heads are pure white inside. Tender, crisp leaves are sweet and spicy. Delicious cooked or served raw. A unique addition to cole slaw. Freezes well. Best sown out at mid-summer as heads bolt during hot weather.

☎ S8100 Seeds: Pkt/\$1.75, 100g/\$10, 1kg/\$50

CABBAGE, RED EXPRESS

Brassica oleracea capitata 'Red Express'

A SE

Good mid season variety with solid deep red head weighing about 2kg/5lb. Slow to burst, forms a tight, dense head with small core. Crisp, tender adds colour to salads and fine flavour to cooked dishes. 85 days

☎ S8110-001 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$45, 1kg/\$300

Green Callaloo



New! CALLALOO, GREEN

Amaranthus tricolor

A SE

(Chinese spinach; *A. gangeticus*) Callaloo is a popular Caribbean dish made from different leafy plants depending on local custom. In Jamaica and in Guyana the preferred leaf is from the amaranth. The association between the dish and amaranth is so strong that the plant itself is often called "callaloo". The young leaves are sweet and slightly tangy to the taste and are used like spinach in soups, salads and in meat and fish dishes. Very easy to grow. Sow direct in the garden in spring. 60 days.

☎ S8160 Seeds: Pkt/\$2.25, 100g/\$25



Red Callaloo

New! CALLALOO, RED

Amaranthus tricolor

A SE

The brilliant red leaves are cooked like spinach to make Jamaican and Guyanese-style callaloo, a traditional dish that originally came from West Africa. Like the green variety, the leaves are best used when young when they are sweet and slightly tangy. They are popular in soups, salads, and in meat and fish dishes. Very easy to grow. Sow direct in the garden in spring. 60 days.

S8161 Seeds: Pkt/\$3.00, 100g/\$35



Red Stalk Celery

New! CELERY, RED STALK

Apium graveolens 'Red Stalk'

A SM

An old English cultivar from the 1700s that was once found only in the gardens of the wealthy. The stalks are beautifully tinged with red, and the colour persists even after cooking. The stalks are thinner than modern celery and the flavour is more robust. Start seeds early.

S8206-901 Seeds: Pkt/\$3.00, 10g/\$19

CELERY, TANGO

Apium graveolens 'Tango'

A SM

A tender, sweet celery, not as fibrous as other varieties, but with a nice crisp snap that makes it perfect for eating fresh. Taller and more tolerant of heat than other varieties. Suitable for container gardens where adequate watering can be ensured. 80 days to maturity.

S8207-001 Seeds: Pkt/\$3

CORN, TRUE GOLD SWEET

Zea mays 'True Gold Sweet'

A SE

An heirloom favourite with a truly delicious, buttery, rich flavour. Large 20cm/8" ears with golden-yellow kernels and long-lasting sweetness. Productive plants resist lodging. Excellent for chicos. 70-80 days.

S8216-001 Seeds: Pkt/\$3, 100g/\$17, 1kg/\$100

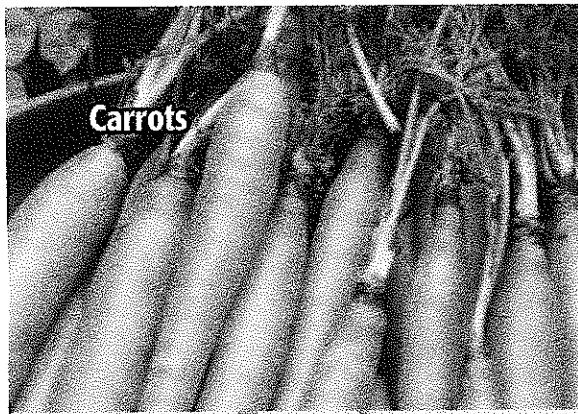
CORN SALAD

Valerianella locusta 'Broadleaf Dutch'

A SEE

Frequently found in summer salads in France and Germany. Pleasant alternative to lettuce or endive, possessing its own special piquant flavour. Ready to use when 3-4 leaves have developed. Repeat sowings till mid-August for continuous supply.

S8285 Seeds: Pkt/\$1.75, 100g/\$18, 1kg/\$100



Carrots

Carrot

(*Daucus*)

NANTES CARROT

Daucus carota sativus 'Nantes'

B SE

Rich in vitamin A, this early maturing, brilliant orange colour, coreless crispy variety is of exceptional sweet flavour! Great for juicing, freezing or fresh use. 70days.

S8204-001 Seeds: Pkt/\$2.25, 100g/\$31, 1kg/\$210

RAINBOW BLEND CARROT

Daucus carota sativus 'Rainbow Blend'

A SE

A beautiful blend of purple, red, orange, yellow and white - five different varieties in one blend. Purple has orange flesh, red has high lycopenes, yellow, white and orange have flesh of the same colours. 58-65 days.

S8204-701 Seeds: Pkt/\$2.25

ROYAL CHANTENAY CARROT

Daucus carota sativus 'Royal Chantenay'

A SE

Heirloom variety, good for heavier soils. Broad tapered roots with red core, light orange flesh. Keeps well in storage, retaining its 'real' carrot flavour, sweet and smooth! 65 days

S8205-001 Seeds: Pkt/\$2.25, 100g/\$35, 1kg/\$230

CAULIFLOWER, SNOWBALL

Brassica oleracea var. *botrytis* 'Snowball'

A SE

Heritage variety from the 1800s with compact growth of medium size pure white heads, mild flavour, excellent keeper and suitable cooked, raw or frozen. Plant seeds in early spring for fall harvest. 70 days.

S8206-001 Seeds: Pkt/\$3, 100g/\$22, 1kg/\$130

Cucumber

(*Cucumis*)

AFRICAN CUCUMBER

Cucumis metuliferus

A SE

(Horned melon) Quite unlike other cucumbers, this one has small orange spiny fruits, 8-13cm/3-5" long, possessing a subtle banana-lime flavour. They keep up to six months! Start seeds in March.

S8288 Seeds: Pkt/\$5, 10g/\$16, 100g/\$110

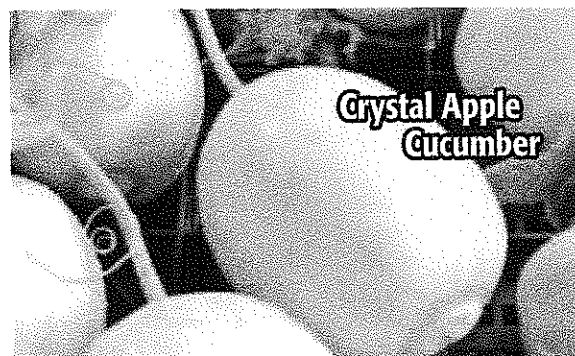
CRYSTAL APPLE CUCUMBER

Cucumis sativus 'Crystal Apple'

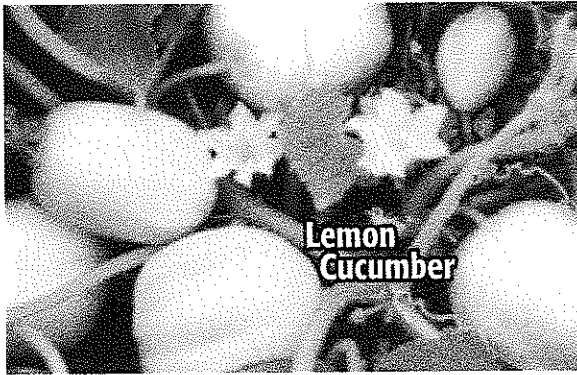
A SE

A beautiful white version of the Lemon heirloom cucumber. The texture is nice and crisp and the flavour is sweet and never gets bitter. The round white fruits are about 7cm/3" across and fit easily in the palm. Matures in 60 days.

S8288-500 Seeds: Pkt/\$2.25, 100g/\$25, 1kg/\$175



Crystal Apple Cucumber



LEMON CUCUMBER

Cucumis sativus 'Lemon'

A ☉

Heirloom variety producing 3"/8cm oval fruits on vigorous vines. Very prolific, delicate flavour with slight lemony fragrance in late stages of development. Adds colour to salads, good for slicing and pickling. Slice, blend with fernleaf dill and sour cream or yogurt for a quick, tasty appetizer! 65 days.

☉ **S8289-001** Seeds: Pkt/\$2.25, 100g/\$35, 1kg/\$220

MUNCHER CUCUMBER

Cucumis sativus 'Muncher'

A ☉

Bitter free cucumber at all slicing stages. Harvest young fruits at 8cm/2-3" for making pickles. Mature fruits are attractive, smooth skinned, medium green in colour 18cm/6-7" long, 5cm/2" diameter. 60 days.

☉ **S8289-301** Seeds: Pkt/\$2.25, 100g/\$31, 1kg/\$200



ORIENTAL CUCUMBER

Cucumis sativus

A ☉

Long, slender fruit with an edible peel. Can be eaten without fear of indigestion, stomach pains or heartburn. Start early indoors, plant out with support.

S8290 Seeds: Pkt/\$3.75, 10g/\$19, 100g/\$130

SALT & PEPPER CUCUMBER

Cucumis sativus 'Salt & Pepper'

A ☉

Pickling cucumber developed at Cornell University with white skin and black spines, 8-12cm/3-5" long. Good flavour and resistant to powdery mildew.

☉ **S8291-001** Seeds: Pkt/\$3

STRAIGHT EIGHT CUCUMBER

Cucumis sativus 'Straight Eight'

A ☉

Vigorous productive vine produces straight, deep green fruit, 20cm/8" long, bright white flesh with bitter-free flavour. Excellent for slicing, in salads and also used for pickling when small. 60 days.

☉ **S8292-001** Seeds: Pkt/\$2.25, 100g/\$31, 1kg/\$200

DAIKON

Raphanus sativus longipinnatus 'Long White'

A ☉☉

(Chinese radish) A large radish with white carrot-shaped roots 30-40cm/6-8" long. Texture is crisp and tender and flavour is pungent. Sow in fall for spring harvest or in spring for early summer harvest.

☉ **S8300-001** Seeds: Pkt/\$2.25, 100g/\$13, 1kg/\$75

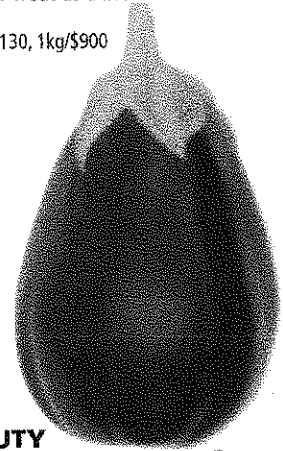
DANDELION, FRENCH

Taraxacum officinale sativum 'Thick-leaved' P Z3-10 ☉☉

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

Black Beauty Eggplant



EGGPLANT, BLACK BEAUTY

Solanum melongena 'Black Beauty'

A ☉

Introduced by Burpee over 100 years ago this large-fruited variety is still popular today. Smooth black oval fruits are 16cm/6.5" long, 13cm/5" across, and average 1kg/2lb. Holds well and retains good color. 72-85 days.

☉ **S8318-001** Seeds: Pkt/\$1.75, 10g/\$8, 100g/\$60

EGGPLANT, ITALIAN WHITE

Solanum melongena esculentum 'Italian White'

A ☉

White to pale green eggplant with creamy flesh, less bitter flesh than the purple types. Fruits are somewhat oval and plump in shape, about 15cm/6" by 12cm/5" in size. Extremely productive and early to mature. 70-75 days.

☉ **S8318-501** Seeds: Pkt/\$1.75, 10g/\$12

EGGPLANT, JAPANESE

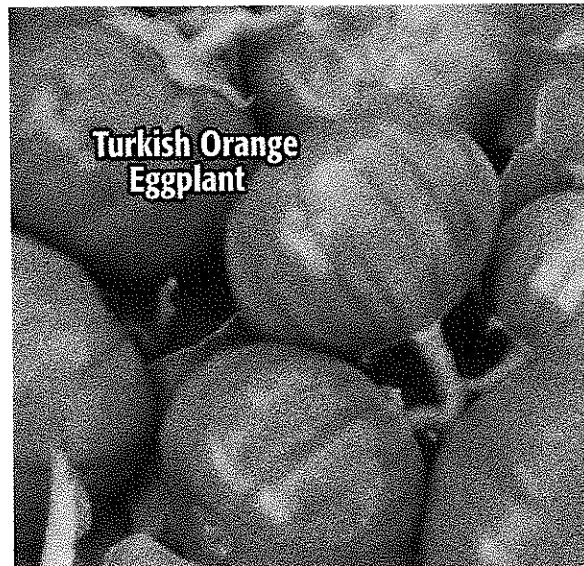
Solanum melongena 'Kurume Long Purple'

A ☉

Slender fruits are excellent for frying, cooking and pickling. Plants are highly productive and disease resistant. Yields of 40-50 fruits per plant are not unusual.

☉ **S8320-001** Seeds: Pkt/\$2.25, 100g/\$36, 1kg/\$230

P8320 Plants: Plug pack: 12/\$12



EGGPLANT, TURKISH ORANGE

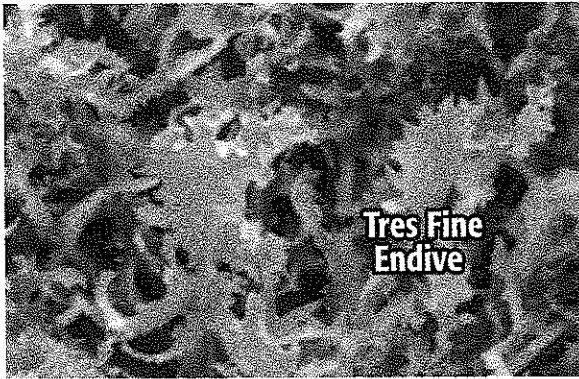
Solanum melongena esculentum 'Turkish Orange'

A ☉

Stunning red-orange heirloom variety from Turkey. The small round fruit, 7cm/3" in diameter, are eaten when green, and when they turn orange they are good for stuffing. Heavy yields and insect resistant. Ht. 50cm/20".

S8319 Seeds: Pkt/\$3, 10g/\$14, 100g/\$100

ENDIVE, RED: See RADICCHIO



**Tres Fine
Endive**

ENDIVE, TRES FINE

Cichorium endivia 'Tres Fine' **A** **SE**
Extra finely cut, lacy leaves with mild, nutty-flavour, delicate crispy ribs and cream coloured hearts are fast growing and are a great addition to salads, adding flavour, body and crunchy texture. Cool weather crop, so harvest leaves young during hot weather to avoid bitterness. 60 days.

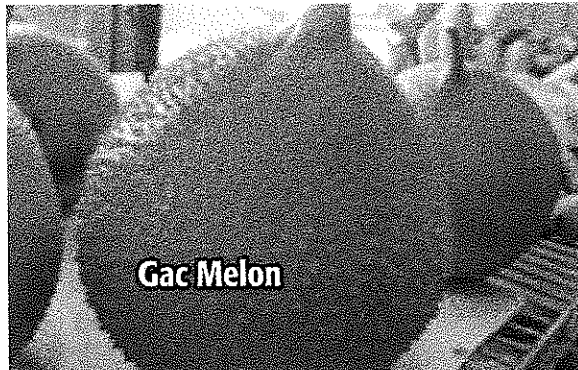
S8322-001 Seeds: Pkt/\$3, 100g/\$44, 1kg/\$290

FENNEL, FLORENCE

Foeniculum vulgare azoricum **P** **SEE**
(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



Gac Melon

GAC MELON

Momordica cochinchinensis **P** **Z11+** **SM**
(Spiny gourd; Kantola) A Vietnamese melon with a spectacular spiny orange-red skin and red fleshy sacs containing the seeds. Looks like something out of *Jurassic Park*. Even the seeds inside the sacs are impressive — like brown half-dollar sized meteorites with jagged edges and black lines running through them. Revered in Vietnam as the "fruit from heaven", believed to promote longevity, health and vitality. The melons have up to 70 times as much lycopene as tomatoes and are very rich in carotene, up to 10 times as much as carrots and sweet potatoes. The taste of the red flesh is like avocado. Gac is a tropical vine that will grow outdoors like other melons. Start indoors at least 8 weeks before outdoor planting time. Seeds are slow and sporadic to germinate, taking a month or more. To get fruits it is necessary to have at least one male plant. Hand pollination of female flowers is probably necessary also.
S8345 Seeds: \$7

GOBO

Arctium lappa 'Takinogawa Long' **B** **Z2-10** **SE**
(Japanese burdock) Japanese vegetable with powerful medicinal properties. Slender, smooth-skinned roots up to 1m/40" long have a delightful oyster-like flavour similar to salsify, but stronger. Peel, slice, and cook 30 minutes, drain and cook again for 10 minutes. Season with butter, salt and herbs and serve. Japanese research shows that this variety has potent anti-tumour effects. Commonly used as a blood purifier.

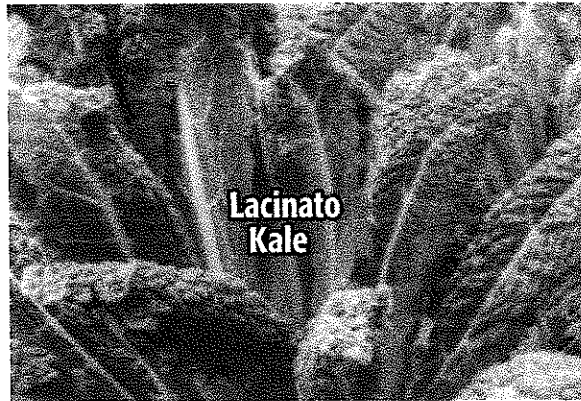
S8370 Seeds: Pkt/\$1.75, 10g/\$7, 100g/\$38, 1kg/\$300

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

JICAMA

Pachyrhizus erosus **P** **Z10-11+** **SE**
(Yam bean) Tropical vines produce turnip-shaped tubers with a sweet white flesh. Best eaten raw, but is cooked also. Has low starch and calories. Produces largest tubers in tropical areas, but will produce equally tasty, smaller tubers in more temperate areas with a 4-5 month growing season. Start indoors 6-8 weeks before outdoor planting time.

S8420 Seeds: Pkt/\$2.25, 100g/\$20, 1kg/\$150



**Lacinato
Kale**

KALE, LACINATO

Brassica oleracea acephala 'Lacinato' **A** **SE**
(Black cabbage; Cavolo nero) Large, dark green, serrated leaves growing to a height of 60cm/2', are useful for culinary purposes as well as ornamental. Very winter hardy. Freezing temperatures tenderize it bringing out its full flavour. Wonderful raw, in soups, stews, steamed or stir-fried, especially blended with fresh, chopped chives and coriander! 100 days.

S8421-001 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$30, 1kg/\$200

P8421 Plants: Plug pack: 12/\$12

KALE, RED RUSSIAN

Brassica napus 'Red Russian' **A** **SE**
Tender sweet leaves of excellent flavour are highly nutritious and the attractive blue-green/red frilly leaves are cold hardy, making it possible to harvest during the winter. Tasty steamed, stir-fried or in salads. 65 days.

S8422-001 Seeds: Pkt/\$3, 10g/\$7, 100g/\$30, 1kg/\$200

LEEK, AMERICAN FLAG

Allium ampeloprasum 'American Flag' **B** **Z4-9** **SE**
A cornerstone of French cuisine. Sweeter, milder and more delicate than the mildest onion. Start in March. Very hardy — may be gathered even after light snow, or left in the ground until spring.

S8460-001 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$40, 1kg/\$260

P8460 Plants (Not to ID): Plug pack: 12/\$12

Lettuce

(*Lactuca*)

Butterhead Lettuce

BUTTERCRUNCH LETTUCE

Lactuca sativa 'Buttercrunch' **A** **SE**
A long time favourite of gardeners with crisp, dark green, reddish-tinted leaves and a yellowish-white heart. Keeps its buttery sweetness well even in the heat of summer and is more bolt-resistant than other butterhead varieties. 50-75 days.

S8470-101 Seeds: Pkt/\$1.75, 100g/\$25, 1kg/\$160

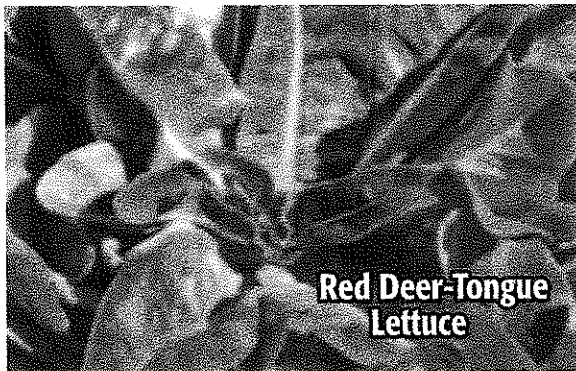


**Buttercrunch
Lettuce**

Leaf Lettuce

New! AMISH DEER-TONGUE LETTUCE

Lactuca sativa 'Amish Deer-Tongue' **A** **SE**
Like the red deer tongue variety, this is a very nice leaf lettuce with tongue-shaped leaves. The flavour is pleasantly sharp and nutty and the texture is quite good for fresh salad use. The variety is described as rugged and a heavy producer perhaps befitting of its Amish heritage. Sow direct in the garden in spring. 45-55 days.
🌱 **S8470-801** Seeds: Pkt/\$1.75, 100g/\$40



Red Deer-Tongue Lettuce

New! RED DEER-TONGUE LETTUCE

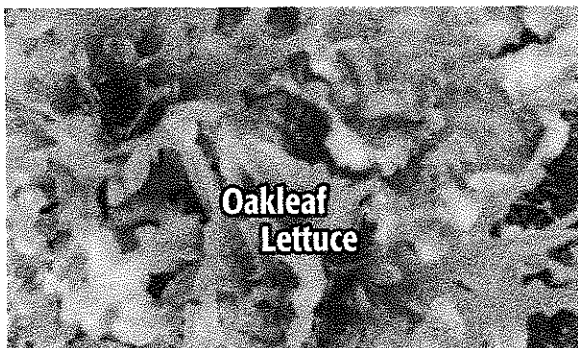
Lactuca sativa 'Red Deer-Tongue' **A** **SE**
The "deer tongue" idea refers to the pointed shape of the leaves and not, we hope, to some special fondness deer may have for this unusual variety of leaf lettuce. Still you'll need to guard it from marauders, deer or human, because the rich, nutty taste of the red hued leaves is irresistible. Slow bolting. Sow direct in the garden in spring. 45-55 days.
🌱 **S8470-811** Seeds: Pkt/\$1.75, 10g/\$6, 100g/\$40

LOLLA ROSSA LETTUCE

Lactuca sativa 'Lolla Rossa' **A** **SE**
Attractive heavily-rippled, medium green leaves tipped with a strong, warm red make this mild flavoured, heat tolerant lettuce a great garnish or addition to salads. Used as cut and come greens or left to head up for a single serving. 52 days.
🌱 **S8471-001** Seeds: Pkt/\$3, 10g/\$7, 100g/\$50, 1kg/\$350

OAKLEAF LETTUCE

Lactuca sativa **A** **SE**
Compact rosettes of delicately thin, tender, light green oakleaf-shaped leaves that stand heat well and does not become bitter. Old fashioned variety that is now popular as a gourmet specialty. 45 days.
🌱 **S8472-001** Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$30, 1kg/\$200



Oakleaf Lettuce

RED OAKLEAF LETTUCE

Lactuca sativa 'Red Oakleaf' **A** **SE**
Lovely oakleaf-shaped leaves in hues of burgundy, maroon and crimson. Like the standard type it stands heat well and does not become bitter. 45 days.
🌱 **S8472-301** Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$30, 1kg/\$200

BLACK-SEEDED SIMPSON LETTUCE

Lactuca sativa 'Black-Seeded Simpson' **A** **SE**
Still a huge favourite after more than 150 years, this leaf lettuce has crinkly light-green leaves that are tender and juicy. Large upright plants are tolerant to heat, drought and light frost. 45 days.
🌱 **S8474-001** Seeds: Pkt/\$1.75, 100g/\$25, 1kg/\$160

SALAD BOWL LETTUCE

Lactuca sativa 'Salad Bowl' **A** **SE**
Large rosettes of tender, deep-lobed oak-like leaves. Good resistance to bolting and good heat tolerance. Does not get bitter in hot weather. Produces baby leaves in 28 days and full size in 49-60 days.
🌱 **S8475-001** Seeds: Pkt/\$1.75, 100g/\$27, 1kg/\$170

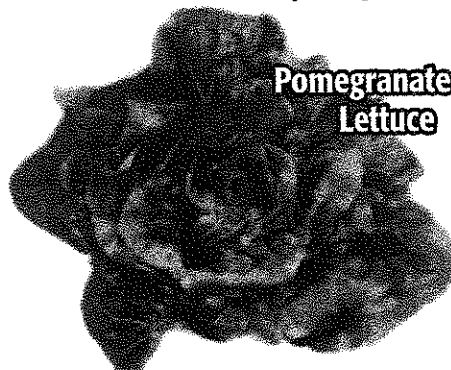
RED SALAD BOWL LETTUCE

Lactuca sativa 'Red Salad Bowl' **A** **SE**
A loose type with a striking bronze burgundy oak-shaped leaves. Very popular for all season use. Stays bitter-free and is heat tolerant. Ready for baby leaf use in 28 days or full-size use in 51-58 days.
🌱 **S8475-101** Seeds: Pkt/\$1.75, 100g/\$27, 1kg/\$170

Romaine Lettuce

PARIS ISLAND COS LETTUCE

Lactuca sativa 'Paris Island' **A** **SE**
Romaine lettuce that forms long, deep green, upright leaves with that delicious juicy crunch, creamy white midribs that are sweet and crisp. Great for use in sandwiches, salads, garnish or wraps. Heat tolerant, heavy heads. 65 days.
🌱 **S8473-001** Seeds: Pkt/\$2.25, 100g/\$25, 1kg/\$165



Pomegranate Crunch Lettuce

POMEGRANATE CRUNCH LETTUCE

Lactuca sativa 'Pomegranate Crunch' **A** **SE**
Open headed romaine with gorgeous pomegranate-red leaves. Highly resistant to common fungal diseases.
🌱 **S8473-501** Seeds: Pkt/\$3.75, 1M/\$14, 10M/\$100

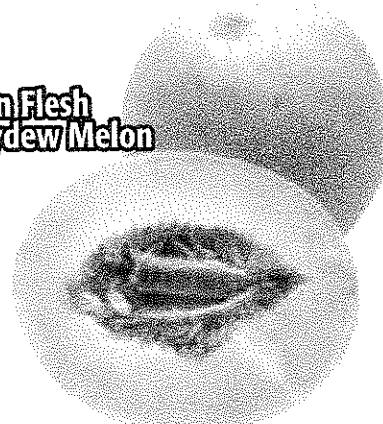
MELON, HEARTS OF GOLD

Cucumis melo 'Hearts of Gold' **A** **SE**
Produces firm, round fruit weighing 1-2kg/3-4 lbs. with deep salmon coloured flesh that is thick, firm with a sweet, intense flavour. Good for short season gardeners. 90 days.
🌱 **S8480-001** Seeds: Pkt/\$2.25, 100g/\$25, 1kg/\$160

MELON, HONEY DEW GREEN FLESH

Cucumis melo 'Honey Dew Green Flesh' **A** **SE**
Long time standard honey dew variety for home gardens and farms. Fruits are large, up to 6 lbs, with a pale-green rind that ripens to light gold. The sweet flesh is a luscious lime-green with high sugar content, and seed cavities are small so you get plenty of flesh per fruit. 105-115 days.
🌱 **S8483-001** Seeds: Pkt/\$1.75, 100g/\$24, 1kg/\$150

Green Flesh Honeydew Melon



Mesclun

Mesclun is commonly defined as "a mixture of salad greens". Sowing successively every ten days will produce a regular supply of tasty salad greens.

RICHTERS SPECIAL MESCLUN

Mixed species A SE
Contains Kagraner lettuce, red leaf lettuce, roquette, radicchio, cornsalad, borage, mizuna, mustard spinach, chervil and curled cress. Sow in early spring or late summer.
S8495 Seeds: 10g/\$9

HERBAL MESCLUN

Mixed species A SE
Sweet basil, borage, roquette, sweet fennel, sugar beet, red leaf lettuce. Heat tolerant; suited for mid-summer sowings.
S8496 Seeds: 10g/\$11

SPICY MESCLUN

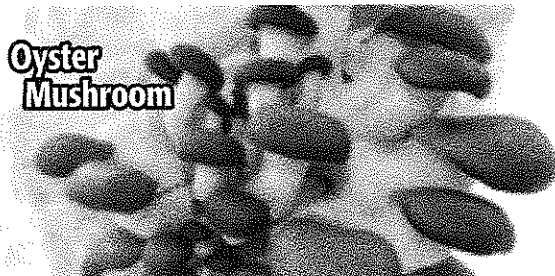
Mixed species A SE
Contains pak-choi, chinese mustard, mustard spinach, shungiku, curled cress, roquette and mizuna. Sow in early spring or late summer.
S8497 Seeds: 10g/\$9

Mushroom

OYSTER MUSHROOM

Pleurotus ostreatus (Can,US only) P Z5-8
Oyster mushrooms look, smell and taste like oysters. They are commonly used in Chinese and Japanese dishes, but they have jumped the pot and are now found in dishes of many cuisines. The fragrant smoky-gray caps have a soft, chewy texture and are delicious cooked in omelettes, casseroles, pasta, kebabs, soup, stews. Try them in a simple stir fry with garlic, butter, soy sauce, white wine and rosemary. Contains statins which help to control cholesterol. Oyster mushrooms are so effective at breaking down organic compounds they are being used for mycoremediation, the rehabilitation of contaminated soils. Easy to grow: we supply live colonies in ready-to-grow sawdust blocks. Complete instructions are provided.

R8490-700 Colony (Apr-May shipment): Pkg/\$32



Oyster Mushroom

SHIITAKE MUSHROOM

Lentinus edodes (Can,US only) P Z5-8
Oriental delicacy cooked and eaten much like ordinary mushrooms but the taste is richer and more satisfying. Considered an elixir of life in Japan; modern research has shown it lowers blood cholesterol and possesses antitumor, antiviral and antibiotic activities.

—**GROWING KIT (Can,US only)** Live colony supplied in ready-to-grow sawdust block. Complete instructions are provided.

R8655-100 Colony (Apr-May shipment): Pkg/\$40

—**SPAWN PLUGS (Can,US only)** Inoculate your own shiitake logs with these certified organic sawdust spawn plugs. Just drill logs and insert plugs and you're done - it's that easy. **HOW TO GROW:** Use only fresh cut logs, cut preferably before trees leaf out in spring. Inoculate when daytime temperatures are between 10-18°C (55-70°F). One tray of 600 plugs will inoculate 12-15 logs. Logs last for 4-5 years. Complete instructions provided.

☉ **R8656-001 Spawn Plugs (Apr-May shipment):** 600/\$50

Mustard

(Brassica)

MIZUNA MUSTARD

Brassica rapa (Japonica) A SE
(Japanese mustard) Attractive, finely-cut curled leaf mustard with pleasant, mild flavour. Japanese favourite for sukiyaki-like dishes. Also great in salads and as a garnish. Unlike other mustards, will regrow after cutting. 65 days.
☉ **S8500-001 Seeds:** Pkt/\$2.25, 100g/\$32



Red-Streaked Mizuna Mustard

New! RED-STREAKED MIZUNA MUSTARD

Brassica rapa (Japonica) A SE
(Japanese mustard) The deeply frilled foliage has beautiful red streaks set against a green background. The visual effect is like an abstract expressionist painting, mesmerizing if you let yourself get drawn into the detail. Imagine tossing these tasty peppery leaves into your next salad.

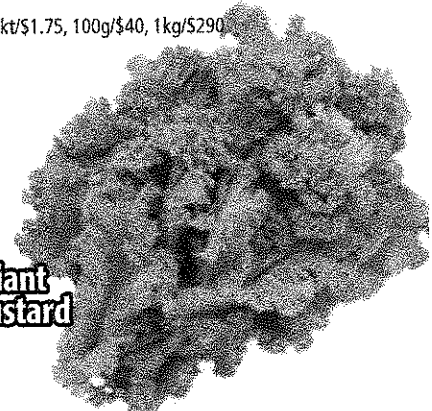
☉ **S8500-101 Seeds:** Pkt/\$1.75, 10g/\$6, 100g/\$40

MIBUNA MUSTARD

Brassica rapa (Japonica) A SE
(Japanese mustard) Traditional Japanese green dating back to the Edo period. Lance-shaped leaves, produced in abundance, have a mild mustard flavour and are delicious in mixed salads and in stir fries and soups. Mibuna is regarded as a cold-season vegetable but is also heat-tolerant and doesn't bolt during the warm season. Quick crop: matures in 40 days, but baby leaves can be harvested in as few as 20 days.

☉ **S8501-001 Seeds:** Pkt/\$1.75, 100g/\$40, 1kg/\$290

Southern Giant Curled Mustard



SOUTHERN GIANT CURLED MUSTARD

Brassica juncea 'Southern Giant Curled' A SE SE
Sharp-flavoured curly leaves are excellent in salads and sandwiches or cooked. Harvest when young and tender. Repeat sowings for a continuous crop. Cold tolerant. 45 days.

☉ **S8510-001 Seeds:** Pkt/\$2.25, 100g/\$15, 1kg/\$85

RED GIANT MUSTARD

Brassica juncea 'Red Giant' A SE SE
(Chinese mustard; Indian mustard) A splash in the salad bowl and in the garden! Brilliant maroon leaves with light green midribs are both delicious and strikingly ornamental. Spicy leaves are excellent in mixed salads or alone, and they are delicious steamed and tossed with sesame oil and soy sauce or stir fried with ginger and bok choy and chicken. Sow in early spring. Can even be grown in containers. Cold tolerant. 45 days.

☉ **S8511-001 Seeds:** Pkt/\$1.75, 100g/\$26, 1kg/\$160

TENDERGREEN MUSTARD

Brassica perviridis 'Tendergreen' A SGE
Broad spinach-like leaves can be eaten as cooked greens or in salads and sandwiches. Remains crisp and mild even during hot weather. For continuous supply sow every month or so. Will regrow some after cutting. 20-30 days.

☉ S8516-001 Seeds: Pkt/\$1.75, 100g/\$35, 1kg/\$220

TATSOI MUSTARD

Brassica narinosa 'Tatsoi' A SGE
(Spoon mustard) Oriental green with a soft creamy texture and distinctive subtle flavour. When seeded thickly the small dark green baby greens are ready to harvest in 21 days after sowing. When seeded less thickly the leaves form a compact, thick rosette in 45 days, perfect for bunching. Very cold tolerant: can be harvested even from under the snow.

☉ S8517-001 Seeds: Pkt/\$1.75, 100g/\$40, 1kg/\$290



NEW ZEALAND SPINACH

Tetragonia tetragonioides A SE
Unlike ordinary spinach, its spreading branches produce succulent leaves and stemtips of very fine flavour throughout the season, long after all other varieties finish. In fact, the more they are picked, the more they produce. Cooked like regular spinach.

S8520 Seeds: Pkt/\$2.25, 100g/\$12, 1kg/\$75

OKRA, BURGUNDY

Abelmoschus esculentus 'Burgundy' A SE
Deep-red "baby" pods make very attractive menu additions and older pods remain tender even at 20cm/8" length, and retain their red colour when cooked. The attractive red stems and branches, red-veined green leaves are ornamental as well as tasty! 60 days.

☉ S8522-001 Seeds: Pkt/\$2.25, 100g/\$19, 1kg/\$110



OKRA, CLEMSON SPINELESS

Abelmoschus esculentus 'Clemson Spineless 80' A SE
First introduced in 1939 this variety is now the most popular on the market. Vigorous 1m/4ft high plants produce straight spineless pods that are excellent in soups, stews and relishes. Pods are most tender when 7cm/3" long or less. 48-60 days.

☉ S8522-201 Seeds: Pkt/\$1.75, 100g/\$14, 1kg/\$77

ONION, BUNCHING

Allium fistulosum 'Evergreen' P Z3-9 SE
Very hardy green onion with long white slender stalks and little or no bulbing. Useful at any stage of growth having a tender, mildly pungent taste. Sow seeds in spring or fall. 65 days.

S4310 Seeds: Pkt/\$1.75, 10g/\$6, 100g/\$32, 1kg/\$200

☉ S4310-001 Seeds: Pkt/\$2.25, 10g/\$8, 100g/\$55, 1kg/\$370



ONION, GABRIELLA

Allium cepa var. *cepa* 'Gabriella' A SE
A very attractive round onion with yellow-brown skin and large uniform shape, up to 3-4"/8-11cm across. The flavour is mild and sweet, perfect for fresh use on burgers and in salads. Stores well, lasting up to 3-5 months. Slow to bolt, a feature that enhances its large size.

☉ S8523-401 Seeds: Pkt/\$3.75, 1M/\$9, 10M/\$75, 100M/\$550

ONION, RED CIPOLLINI

Allium cepa var. *cepa* 'Red Cipollini' A SE
A beautiful heritage onion variety from Italy where it is often seen braided like garlic and hung in kitchens. The distinctive flat bulbs, about 8-10cm/3-4" across, have a bright red colour and semi-sweet flavour. Excellent for both pickling and slicing. A good keeper for winter storage. Where winters are mild it can be planted in the fall for early harvest next summer. 105-115 days.

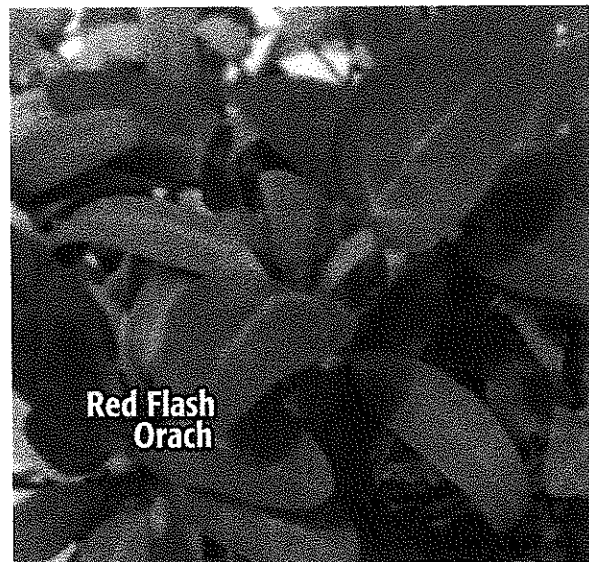
☉ S8523-701 Seeds: Pkt/\$3.75, 10M/\$11, 100M/\$80

ONION, WALLA WALLA

Allium cepa var. *cepa* 'Walla Walla' A SE
Old fashioned variety from France, and although not a long-keeper, these are one of the sweetest onions to grow. Large globes with light brown skin are ultra-mild and the crunchy, white flesh is delicious either raw or cooked. Try baking them like potatoes in their own skin! 110 days.

☉ S8524-001 Seeds: Pkt/\$3, 10g/\$14, 100g/\$100

P8524 Plants (Not to ID): Plug pack: 12/\$12



ORACH, RED FLASH

Atriplex hortensis 'Red Flash' A SE
(French spinach) Ancient Greek and Roman spinach-like green, and still popular in France today. The tender young shoots can be boiled and buttered, creamed, added to quiches, or rolled up in crepes. Adds gorgeous colour to tossed salads. Striking in the garden too, reaching 2-3ft/60cm.

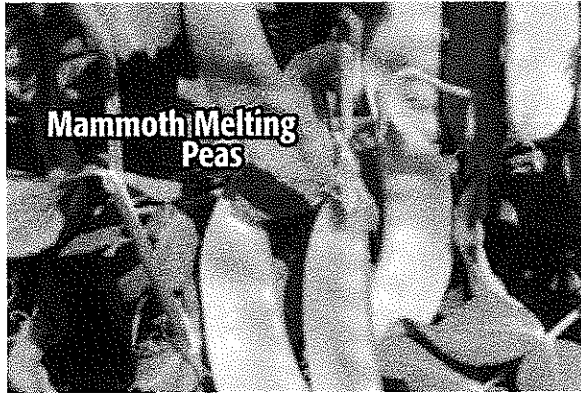
S8527-700 Seeds: Pkt/\$3, 10g/\$11, 100g/\$75, 1kg/\$500

White-Stemmed Pak-Choi

PAK-CHOI, WHITE-STEMMED

Brassica rapa (Chinensis) 'White Stemmed' **A** **SE**
 (Bok choy) Popular standard ingredient in many Chinese dishes like chow mein and wonton soup. Leaves are thick and glossy with a hint of mustard flavour. Stalks are pure white, crisp and very tender. Try bite-sized slices stir fried with tofu, meat and seasonings. Grows 25cm/10" in 45 days.

S8529-001 Seeds: Pkt/\$2, 100g/\$25, 1kg/\$150



PEA, MAMMOTH MELTING

Pisum sativum 'Mammoth Melting' **A** **SE**
 Thick, succulent light green edible pods with a distinct, sweet flavour. Grows to 120-150cm/4-5ft, so some staking is required... very prolific. Excellent for stir fries, steaming, freezing and fresh in salads. 75 days.

S8530-001 Seeds: Pkt/\$1.75, 100g/\$16, 1kg/\$90, 10kg/\$675

PEA, OREGON SUGAR POD

Pisum sativum 'Oregon Sugar Pod' **A** **SE**
 Light green, smooth edible pods 10cm/4" long by 2cm/3/4" diameter with a mild flavour good for eating raw, in stir fries or steamed. Freezes well, retaining the full, sweet flavour and colour. Sets double pods, very productive vines over a long period of time. Height 60cm/24-30". 65 days.

S8530-201 Seeds: Pkt/\$1.75, 100g/\$16, 1kg/\$90

PEA, SUGAR SNAP

Pisum sativum macrocarpon 'Sugar Snap' **A** **SE**
 Sugar snap peas are also known as "mangetout" peas, meaning that both the pod and the peas can be eaten. Sugar Snap is an exceptional variety that produces sweet, succulent pods that can be allowed to mature to produce peas. Good eaten fresh out of hand, or boiled, steamed or stir-fried. Fusarium resistant. 70 days.

S8530-301 Seeds: Pkt/\$3, 100g/\$15, 1kg/\$75

Pepper (Capsicum)

For chile peppers please see the HERBS section.

Sweet Pepper

CAL WONDER PEPPER

Capsicum annuum 'Cal Wonder' **A** **SE**
 Early maturing, old fashioned variety of bright red pepper with thick walls of juicy, sweet and tender fruits. Can be harvested at green stage for use in salads, stir fries, as a crudite or stuffed! 75 days.

S8531-001 Seeds: Pkt/\$3, 10g/\$9, 100g/\$64, 1kg/\$430

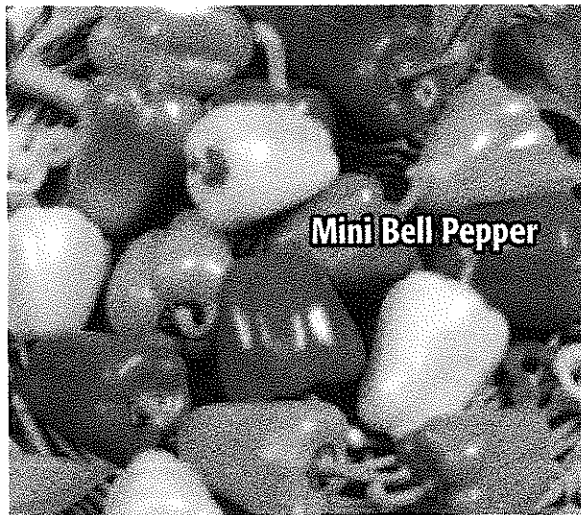
P8531 Plants: Plug pack: 12/\$12

GOLDEN CAL WONDER PEPPER

Capsicum annuum 'Golden Cal Wonder' **A** **SE**
 Old fashioned variety that matures to a golden-yellow at maturity. Sweet, thick walled fruits add splash of colour to salads, vegetable trays, and stir fries. 72 days.

S8532-001 Seeds: Pkt/\$3.75, 10g/\$14, 100g/\$95

P8532 Plants: Plug pack: 12/\$12



Mini Bell Pepper

New! MINI BELL PEPPER

Capsicum annuum 'Mini Bell' **A** **SE**
 Cute bite-sized bell peppers! Masses of miniature bell peppers, in red, yellow and brown, just one inch across. Toss them in salads just as they are! Sweet firm flesh.

S8532-601 Seeds: Pkt/\$3.00, 10g/\$25, 100g/\$180

SWEET CHOCOLATE PEPPER

Capsicum annuum 'Sweet Chocolate' **A** **SE**
 Prolific plant, tolerant of cool nights bearing medium-small, tapered fruit of dark glossy green, ripening to a rich chocolate brown. The flesh below the skin is an attractive brick red, cooked or raw. The sweet, crisp fruit is wonderful in salads, stir fries and vegetable trays. 65 days.

S8533-001 Seeds: Pkt/\$3.75, 10g/\$21, 100g/\$160

P8533 Plants: Plug pack: 12/\$12

PUMPKIN, BIG MAX

Cucurbita pepo 'Big Max' **A** **SE**
 Large pumpkin often weighing up to 45kg/100lb ripening to a pinkish orange with very thick flesh. Flesh is used for pie filling, soups, delicious grilled with onion, garlic, lovage and sweet peppers. Can be used as jack-o-lantern and is ideal for entering into fairs for competition on heaviest squash! 120 days.

S8534-001 Seeds: Pkt/\$2.25, 100g/\$27, 1kg/\$160

PUMPKIN, CASPER

Cucurbita pepo 'Casper' **A** **SE**
 White skinned pumpkin with dark orange flesh, suitable for jack-o-lanterns and pies! Great halloween novelty, as outer skin can be painted on mature fruits of 30cm/8-10", weighing about 10-16lbs/5kg. 110 days.

S8534-301 Seeds: Pkt/\$2.25, 10g/\$7, 100g/\$40, 1kg/\$260

PUMPKIN, SMALL SUGAR

Cucurbita pepo 'Small Sugar' **A** **SE**
 Heirloom variety from the 1800s. Fruit is small-22cm/9" diameter and weighing 2-3kg/5-6 lbs with deep orange, thick hard skin. Moderately thick flesh is yellow-orange, fine-grained, sweet and well flavoured. This is the standard pie pumpkin, also used for soups, grilling and mini-jack o lanterns. 100 days.

S8535-001 Seeds: Pkt/\$2.25, 100g/\$23, 1kg/\$150

PURLANE, GOLDEN LEAF FRENCH

Portulaca oleracea sativa **A** **SE**
 Succulent leaves are popular in France for salads, cooked greens or in soups. Good summer green performing best in hot weather. Much improved over its wild relative. Leaves are a light golden colour.

S8539 Seeds: Pkt/\$1.75, 10g/\$7, 100g/\$43

PURLANE, GREEN LEAF FRENCH

Portulaca oleracea sativa **A** **SE**
 Succulent leaves are popular in France for salads, cooked greens or in soups. Good summer green performing best in hot weather. Much improved over its wild relative.

S8540 Seeds: Pkt/\$1.75, 100g/\$27, 1kg/\$170

RADICCHIO

Cichorium endivia

(Red endive) Grows like Belgian endive. Rootstocks produce compact rounded heads of purplish red foliage when being forced after fall harvest of roots. The red colour, crisp, crunchy texture, and slightly bitter taste add distinction to any green salad.

☎ **S8575 Seeds:** Pkt/\$1.75, 10g/\$7, 100g/\$38, 1kg/\$240

Cherrybelle Radish



RADISH, CHERRYBELLE

Raphanus sativus 'Cherrybelle'

Mild flavour and early maturing round bright red with pure white, crisp interior is a garden favourite. Somewhat heat tolerant. 22 days

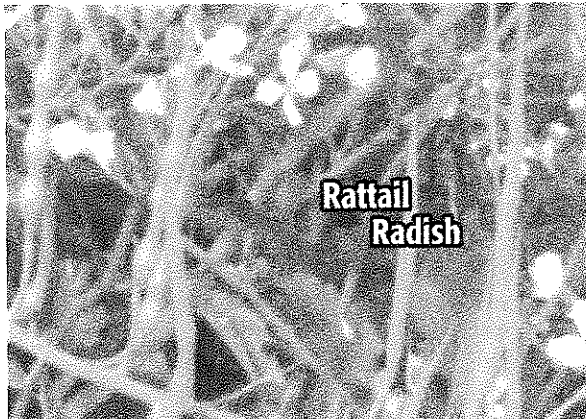
☎ **S8576-201 Seeds:** Pkt/\$1.75, 100g/\$29, 1kg/\$180

RADISH, FRENCH BREAKFAST

Raphanus sativus 'French Breakfast'

Heirloom variety, rose skin fading to white with crisp, tender mildly pungent flavour that is wonderful in salads, sliced thin on buttered bread, as a garnish or appetizer. 25 days.

☎ **S8576-001 Seeds:** Pkt/\$1.75, 100g/\$24, 1kg/\$150



Rattail Radish

New! RADISH, RATTAIL

Raphanus caudatus

What a fun revelation this was for us. Our good friend Karen O'Brien, owner of Green Woman's Garden near Boston, treated us to a summer lunch in which she served fresh seed pods gathered from plants growing in her garden. The pods were absolutely incredible! They had a sharp but pleasant radishy taste, with a very nice crunchy texture. We couldn't get enough of them, finishing them off immediately before we got to anything else! It turns out this little known veggie is from the Orient where it is not grown for roots like regular radish but for the seed pods only. How this escaped wider attention we don't know, but we are sure that it will become a staple in home gardens in the coming years. Easy to grow: sow direct in the garden in spring and harvest seed pods in 50-55 days.

☎ **S8578-001 Seeds:** Pkt/\$3.75, 10g/\$8, 100g/\$55

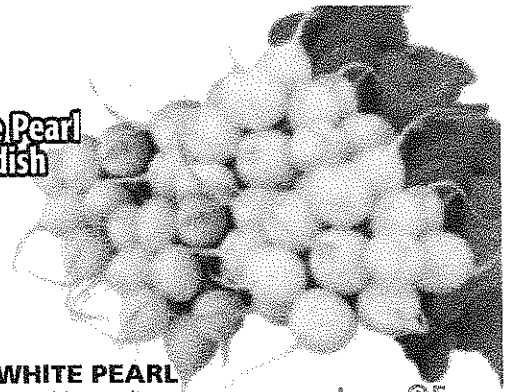
RADISH, SPARKLER

Raphanus sativus 'Sparkler'

Globe shaped root of deep scarlet and pure-white tips. Holds its crisp, mild flavour long after maturing, never becoming hollow at the heart. Delicious when steamed slightly and served drizzled with plain or herb and garlic seasoned butter. Lovely for salads, garnish and appetizers. 25 days.

☎ **S8577-001 Seeds:** Pkt/\$1.75, 100g/\$25, 1kg/\$150

White Pearl Radish



RADISH, WHITE PEARL

Raphanus sativus 'White Pearl'

A very nice white radish with strong vigour and good resistance to cracking. A nice change from ordinary red radishes!

☎ **S8576-701 Seeds:** Pkt/\$3.75, 1M/\$8, 10M/\$55

RAPINI

Brassica rapa (Ruvo)

Flowering stems and leaves have pleasant bitter flavour when cooked, steamed or sauteed. Popular Italian appetizer served with garlic and olive oil. Sown in early spring for harvest before hot weather or in mid-to-late summer for fall harvest. 60 days.

☎ **S8580-001 Seeds:** Pkt/\$2.25, 100g/\$41, 1kg/\$270

ROQUETTE

Eruca vesicaria sativa

(Arugula) Strong tasting spinach-like green common in Mediterranean markets. Popular in salads, or cooked and served like spinach.

☎ **S8630-001 Seeds:** Pkt/\$2.25, 100g/\$19, 1kg/\$110

SPINACH, BLOOMSDALE

Spinacea oleracea 'Bloomsdale'

Long standing variety with thick, textured, dark green leaves very rich in iron and perfect for salads, soup or lightly steamed. Rich flavour without the strong metallic overtone as some heat tolerant varieties have. 43 days.

☎ **S8662-001 Seeds:** Pkt/\$3, 100g/\$31, 1kg/\$200

SPINACH, CORVAIR

Spinacea oleracea 'Corvair'

A beautiful spinach with succulent oval dark green leaves that stand upright, ready for easy harvest. Adapts well to different growing situations and does well in spring or autumn. Reliable heavy yielder and highly resistant to downy mildew.

☎ **S8662-101 Seeds:** Pkt/\$3.75, 10M/\$20, 100M/\$150

Summer Squash (Cucurbita)

Summer Squash

GREEN ZUCCHINI

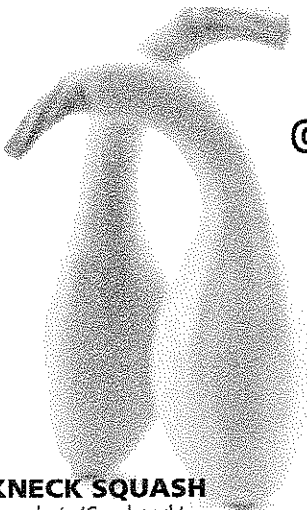
Cucurbita pepo

Very dark green skin covers flesh of greenish white, delicate tasting and tender whether picked early with their blossoms still attached or allowed to mature. Used sliced fresh at all stages in salads or as crudite, steamed or sauteed with herbs and garlic, grilled on the barbeque or in tantalizing zucchini bread. Young blossoms are edible as well! 55 days.

☎ **S8664-001 Seeds:** Pkt/\$2.25, 100g/\$23, 1kg/\$140



Green Zucchini Squash

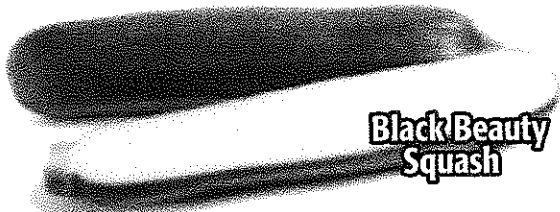


Crookneck Squash

CROOKNECK SQUASH

Cucurbita moshata 'Crookneck' A SE
Heirloom variety from the 1800s. Curved, club shaped fruit grows to 22cm/9" long with golden-yellow skin and creamy texture with a nutty sweet flavour, that can be eaten raw with dips, steamed, grilled, or poached in broth and served with herb butters and seasonings. Early summer variety. 55 days.

☎ **S8665-001 Seeds:** Pkt/\$2.25, 100g/\$23, 1kg/\$140



Black Beauty Squash

BLACK BEAUTY SQUASH

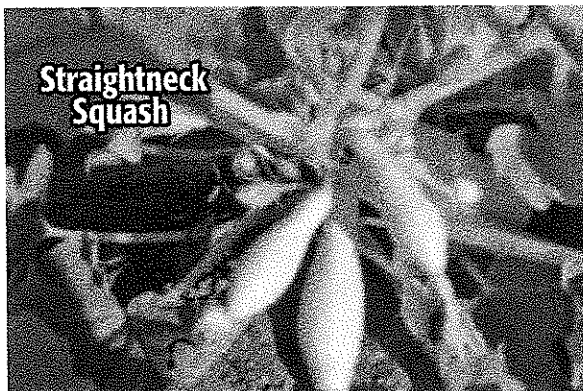
Cucurbita pepo A SE
A zucchini squash with greenish-black skin and tender creamy-white flesh. Excellent for cooking and for freezing. Fruits are ready to eat when 15-20cm/6-8" long. Bushy plants take minimum space, perfect for crowded city gardens. Matures in 50 days and keeps producing for an extended time.

☎ **S8666-001 Seeds:** Pkt/\$1.75, 100g/\$23, 1kg/\$140

EARLY PROLIFIC STRAIGHTNECK SQUASH

Cucurbita pepo 'Early Prolific Straightneck' A SE
Prolific yellow squash with excellent firm, fine-grained flesh. Club-shaped fruits are best eaten when 10-15cm/4-6" long. Delicious sliced and sautéed with zucchini, onion, garlic and herbs in olive oil and and butter. Bushy plants are heavy yielders, starting in 45-60 days.

☎ **S8667-001 Seeds:** Pkt/\$3.75, 100g/\$25, 1kg/\$160



Straightneck Squash

YELLOW PATTYPAN SQUASH

Cucurbita pepo 'Yellow Pattypan' A SE
(Sunburst squash) Distinctive small disk-like squash with scalloped edges, like a toy top or a flying saucer. The flavour is pleasantly nutty. They are most tender when just 5-8cm/2-3" across. They can be steamed whole, or hollowed out, stuffed and baked, or they can be sliced and sautéed in butter until golden brown. They also make a most decorative container at the dinner table for other foods when scooped out. Easy to grow. 49 days.

☎ **S8668-001 Seeds:** Pkt/\$3.75, 100g/\$38

GREEN PATTYPAN SQUASH

Cucurbita pepo 'Green Pattypan' A SE
Like the yellow variety, this is a distinctive small disk-like squash with scalloped edges, like a toy top or a flying saucer. The flavour is pleasantly nutty. They are most tender when just 5-8cm/2-3" across. They can be steamed whole, or hollowed out, stuffed and baked, or they can be sliced, sautéed in butter until golden brown. They also make a most decorative container at the dinner table for other foods when scooped out. Easy to grow. 49 days.

☎ **S8668-201 Seeds:** Pkt/\$3.75, 100g/\$38

Winter Squash

SWEET DUMPLING SQUASH

Cucurbita pepo 'Sweet Dumpling' A SE
(Vegetable gourd) Small 8cm/3" melons taste like a sweet winter squash. Delicious stuffed like bell peppers with meat and rice and baked.

☎ **S8400 Seeds:** Pkt/\$1.75, 10g/\$7, 100g/\$49, 1kg/\$325



Sweet Dumpling Squash

BURGESS BUTTERCUP SQUASH

Cucurbita maxima 'Burgess Buttercup' A SE
Unique, turban shaped fruit, deep dark green skin flecked and striped with grey. Flesh is deep orange with moist and very fine texture and sweet flavour that is high in fibre and beta carotene. These store well for winter use and are delicious baked, steamed or grilled using your favourite herb blend. 105 days.

☎ **S8663-001 Seeds:** Pkt/\$2.25, 100g/\$31, 1kg/\$200

WALTHAM BUTTERNUT SQUASH

Cucurbita moshata 'Waltham Butternut' A SE
Butternut type with smooth light-tan skin, orange flesh and nutty taste. Fruits are 20-30cm/8-10" long, 10cm/4" across, and weigh 1.5kg/3lbs. Delicious steamed, roasted and toasted, stuffed, or even raw in salads. Can be puréed or mashed for soups, casseroles, breads, and muffins. Grows as a vine but can bear big crops in small spaces. Stores well. 95 days.

☎ **S8663-501 Seeds:** Pkt/\$1.75, 100g/\$24, 1kg/\$150

SPAGHETTI SQUASH

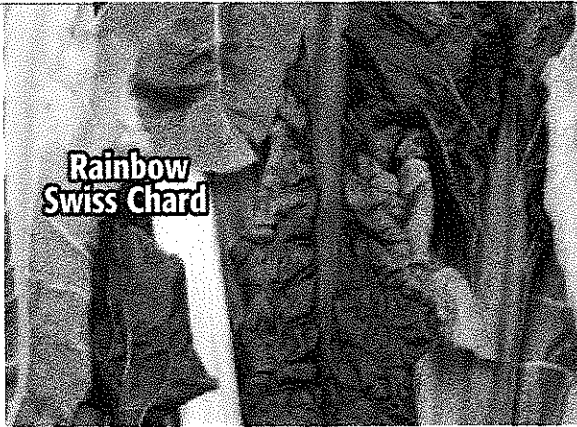
Cucurbita pepo A SE
Egg-shaped squash with flesh that really does look like spaghetti. Delicious served hot with spaghetti sauce, cheese or butter, or chilled in salads. Melons keep for 1-2 months.

☎ **S8670 Seeds:** Pkt/\$1.75, 100g/\$11, 1kg/\$60

SWISS CHARD, FORDHOOK GIANT

Beta vulgaris cicla 'Fordhook Giant' A SE
Since 1934 this has been the standard green variety for home gardens. It is vigorous, tolerates heat and cold, and even tolerates partial shade. It is slow to bolt so the harvest period can last months. Young leaves can be added raw to salads and larger leaves are steamed, stir-fried or sautéed with olive oil and garlic or onion. Leaves 20cm/10" or shorter are best. Does well in large containers. 50-60 days.

☎ **S8671-801 Seeds:** Pkt/\$1.75, 100g/\$27, 1kg/\$140



**Rainbow
Swiss Chard**

SWISS CHARD, RAINBOW

Beta vulgaris cicla 'Rainbow' **A SE**
Beautiful technicolour ornamental edible Swiss chard with big bright green leaves and stems in shades of either red, orange, purple, yellow or white. Very tender, delicious flavour and crunch. Real show stoppers in the garden and for flower arrangements. Succulent leaves used in salads, stir fries, sauteed or in casseroles. 60 days.

☎ **58672-001** Seeds: Pkt/\$2.25, 100g/\$30, 1kg/\$190



**Ruby Red
Swiss Chard**

SWISS CHARD, RUBY RED

Beta vulgaris cicla 'Ruby Red' **A SE**
With a prominent display of bright crimson stalks and dark green crinkly leaves veined in red, this swiss chard is highly ornamental. Impressive in borders, cottage gardens, containers, and in vegetable gardens. Leaves are delicious when young in salads, and larger leaves can be steamed, stir fried, or sauted. Easy to grow. 55-60 days.

☎ **58672-101** Seeds: Pkt/\$1.75, 100g/\$33, 1kg/\$200

SYLVETTA

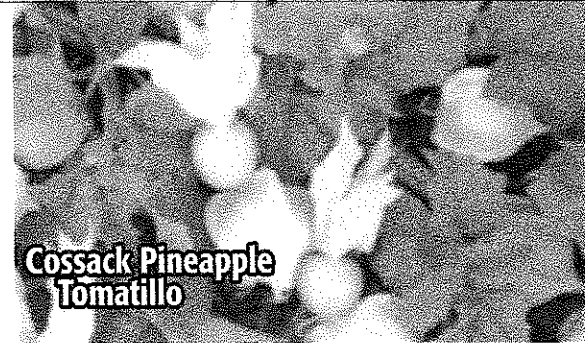
Diplotaxis erucoides **A SE**
(Wild arugula; White wall rocket) Wild relative of the ever popular roquette or arugula salad green. Described as spicy and pungent, this has become very popular in Europe, particularly in Germany and northern Italy. Extremely cold hardy and a very quick and easy crop. Leaves can be used fresh or added to pasta dishes. Grows to 30-38cm/12-15" in any good well-drained soil in full sun. Slower to bolt than roquette.

☎ **58675-001** Seeds: Pkt/\$3.75, 10g/\$9, 100g/\$60

TEFF

Eragrostis tef **A SE**
Teff is an important food grain in Ethiopia where it is used to make injera. While it contains gluten, the gluten is not of the type that causes celiac disease. It is high in calcium and other minerals, high in protein, high in carbohydrates and in fibre. The protein is exceptionally well balanced among all the essential amino acids required by humans. The grain is cooked and eaten like millet or quinoa but the cooking time is shorter (thus requiring less energy). Teff is a very versatile. Uncooked teff can be added to baked goods or substituted for other seeds, nuts, or small grains. One half cup of teff can be used in place of 1 cup of sesame seeds. Try teff in your favourite breads, cookies, cakes, stir fry dishes, casseroles, soups, and stews. Can be planted direct in the garden in late May in same manner as alfalfa.

58680 Seeds: Pkt/\$3.75, 100g/\$11, 1kg/\$60



**Cossack Pineapple
Tomatillo**

New! TOMATILLO, COSSACK PINEAPPLE

Physalis pubescens 'Cossack Pineapple' **A SE**
(*P. pruinosa*) Not a true tomatillo as one would find in Mexico but a close relative grown in the Ukraine, the land of the tough Cossacks. Because its fruits ripen even in cool weather it was a popular commercial crop in Eastern Europe. The yellow marble-sized fruits have a sweet pineapple-like flavour. Delicious eaten fresh and excellent for jams and pies. 65-75 days.

☎ **58685-301** Seeds: Pkt/\$3.00, 10g/\$19

TOMATILLO, PURPLE DE MILPA

Physalis philadelphica 'Purple de Milpa' **A SE**
(*Physalis ixocarpa*) A traditional variety that produces deep, wine-stained fruit, sweeter than other varieties. Considered by many to be the best flavoured tomatillo. Delicious raw or stewed, and in salsa verde. Fruits are large, up to 5cm/2" across. 70-90 days.

☎ **58685-201** Seeds: Pkt/\$3

TOMATILLO, VERDE

Physalis philadelphica 'Verde' **A SE**
(*Physalis ixocarpa*) Tomatillo is the main ingredient of salsa verde. For salsas, tomatillos are often used to tone down the hotness of chillies. This traditional variety is a mixture of two distinct forms: an upright branching form and a lower, more compact form. 60-80 days.

☎ **58685-101** Seeds: Pkt/\$3

Tomato

(*Solanum*)

AMISH PASTE TOMATO

Solanum lycopersicum 'Amish Paste' **A SE**
(*Lycopersicon lycopersicum*) Heirloom paste tomato with very large, heart shaped fruit, meaty interior with very little juice or seeds. Excellent flavour for sauces, catsup, purees, bruschetta and soups. 85 days.

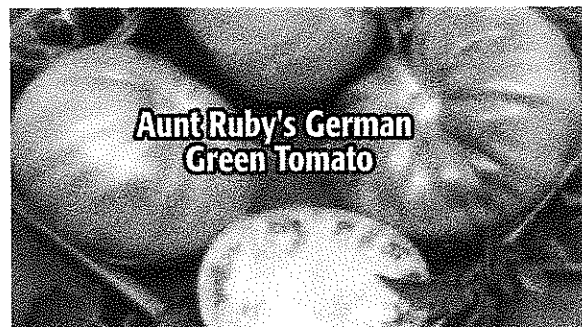
☎ **58686-001** Seeds: Pkt/\$3.75, 10g/\$25, 100g/\$170, 1kg/\$1200

P8686 Plants: Plug pack: 12/\$12

New! AUNT RUBY'S GERMAN GREEN TOMATO

Solanum lycopersicum 'Aunt Ruby's German Green' **A SE**
(*Lycopersicon lycopersicum*) "Aunt Ruby" is Ruby Arnold of Greeneville, Tennessee, who grew this family heirloom for years. She got it from her immigrant grandfather. Eventually seeds were shared with other gardeners, and it has become a favourite of many. Slow Food USA has nominated it for the Ark of Taste program to help ensure its survival in a time of inexorable food industrialization. It is a beefsteak tomato of irregular shape that stays green when ripe. The green-yellow flesh, with occasional pink streaks, is very meaty and even buttery in texture. The flavour is rich, sweet, with a spicy edge. One bite of this outstanding tomato will demolish the idea that tomatoes must be red when ripe! Indeterminate vines must be staked or caged. 80-95 days.

☎ **58686-701** Seeds: Pkt/\$3.75, 10g/\$40



**Aunt Ruby's German
Green Tomato**

BEEFSTEAK TOMATO

Solanum lycopersicum 'Beefsteak' A SE
(*Lycopersicon lycopersicum*) Prolific producer of very large, brilliant crimson scarlet fruit that has solid, meaty, deep red flesh, and nearly seedless. Good old fashioned "real" tomato flavour is excellent for slicing, soups, sauces, baked and more. 85 days.
☉ S8688-001 Seeds: Pkt/\$3, 10g/\$8, 100g/\$53, 1kg/\$350
P8688 Plants: Plug pack: 12/\$12

BLACK CHERRY TOMATO

Solanum lycopersicum 'Black Cherry' A SE
(*Lycopersicon lycopersicum*) Hugely prolific, the plant produces clusters of purple-black mini tomatoes that are so sweet and delicious, they may not make it from the garden into the house! Plants are very tall, early producers. The tiny black tomatoes make a beautiful addition to salads. 70 days to maturity.
☉ S8688-301 Seeds: Pkt/\$3



Black Krim
Tomato

New! BLACK KRIM TOMATO

Solanum lycopersicum 'Black Krim' A SE
(*Lycopersicon lycopersicum*) Twenty years ago who would want a tomato that turns dark? Today 'Black Krim' is one of the most popular heirlooms, and is emblematic of a remarkable swing back to the varieties of the past. Coming from the Isle of Krim, off the Crimean coast in the Black Sea, it has become a favourite of gardeners and cooks, and there are even recipes that call for it specifically. Its fruits are large and very juicy. How dark they get depends on where it is grown: the hotter the climate the darker the fruit. In cooler areas the colour is a dark purple with green shoulders. And the taste — ah, the taste — is intense, full-bodied, with a satisfying hint of saltiness. The vines are indeterminate and must be staked or caged. 69-90 days.
☉ S8688-331 Seeds: Pkt/\$3.75, 10g/\$40

BLACK PRINCE TOMATO

Solanum lycopersicum 'Black Prince' A SE
(*Lycopersicon lycopersicum*) A must-have for the heirloom aficionado. Black Prince is native to Irkutsk in Siberia, making it well suited to cooler, shorter seasons. A prolific and early producer, it bears masses of stunning dark red tomatoes with brown shoulders. The sweet taste makes it perfect for eating fresh sprinkled with chopped basil. Excellent for sauces and canning. 70-80 days to maturity.
☉ S8688-351 Seeds: Pkt/\$3

BRANDYWINE TOMATO

Solanum lycopersicum 'Brandywine' A SE
(*Lycopersicon lycopersicum*) Heirloom variety from the 1800s producing medium-large fruits of dark reddish pink with an extremely fine distinctive flavour, of gourmet quality. Good for slicing, in salads and sandwiches. 74 days.
☉ S8689-001 Seeds: Pkt/\$3.75, 10g/\$25, 100g/\$180
P8689 Plants: Plug pack: 12/\$12

CURRENT TOMATO

Solanum pimpinellifolium A SE
(*Lycopersicon pimpinellifolium*) Indeterminate, vigorous vines with heavy foliage, red or yellow currant-sized fruits grow in clusters, intensely sweet flavour, perfect for relish trays, salads and snacking. Some staking required.

—RED 65 days.

☉ S8689-801 Seeds: Pkt/\$3.75, 10g/\$39, 100g/\$270

—YELLOW 75 days. Less acidic than red.

☉ S8689-901 Seeds: Pkt/\$3.75, 10g/\$30, 100g/\$240

P8689-900 Plants: Plug pack: 12/\$12

GREAT WHITE TOMATO

Solanum lycopersicum 'Great White' A SE
(*Lycopersicon lycopersicum*) Large juicy fruit with tender skin. Low acid, fairly sweet. Grows a greenish-white but may blush if it stays on the plant long enough. Excellent for eating fresh sliced on a sandwich, and not too wet to add to a salad. 75 days to maturity.
☉ S8689-841 Seeds: Pkt/\$3

GREEN ZEBRA TOMATO

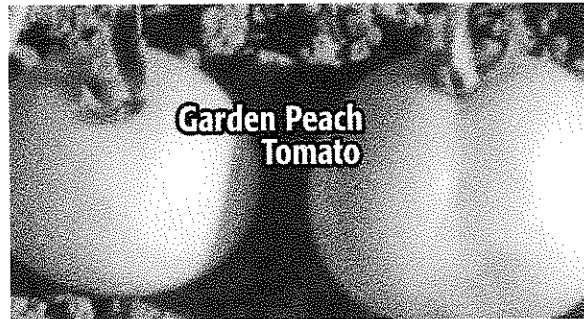
Solanum lycopersicum 'Green Zebra' A SE
(*Lycopersicon lycopersicum*) A delicious addition to the summer salad bowl, green striped fruits with golden blush are full of tart, luscious flavour. Not an heirloom, but deserving a place with them, it produces 3-4 oz fruits over a long season. 72 days to maturity.
☉ S8689-851 Seeds: Pkt/\$3

New! EVERGREEN TOMATO

Solanum lycopersicum 'Evergreen' A SE
(*Lycopersicon lycopersicum*) Old variety introduced by Gleckler Seedsmen in 1956. The Gleckler catalogue described it as a "strange tomato that refuses to change colour" and only turns a pale yellowish green when ripe. But the green ripe tomatoes are delicious, fleshy, and "very fine for slicing and frying and especially for making delicious preserves." Fruits are medium-large, 10-16 ounces. Indeterminate vines. 72-80 days.
☉ S8689-871 Seeds: Pkt/\$3.75, 10g/\$40

MARVEL STRIPED TOMATO

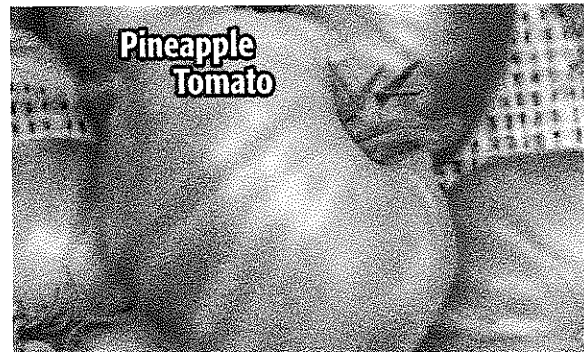
Solanum lycopersicum A SE
(*Lycopersicon lycopersicum*) From the Zapotec people, a traditional and rare tomato that sets beautiful reddish orange fruit set with stripes of gold. Sweet, juicy and flavourful, with a thin skin, perfect for salads. Indeterminate. 90-110 days.
☉ S8689-911 Seeds: Pkt/\$3



Garden Peach
Tomato

New! GARDEN PEACH TOMATO

Solanum lycopersicum 'Garden Peach' A SE
(*Lycopersicon lycopersicum*) Small round heirloom tomato, yellow with a blush of pink, and a slight peach-like fuzz. Tomatoes are sweet and meaty when picked ripe off the vine. But when picked green just before frost, the fruits keep for up to 4 months, and the flavour improves with storage. Indeterminate vines. 75-85 days.
☉ S8689-941 Seeds: Pkt/\$3.75, 10g/\$40



Pineapple
Tomato

New! PINEAPPLE TOMATO

Solanum lycopersicum 'Pineapple' A SE
(*Lycopersicon lycopersicum*) Beefsteak heirloom variety with massive ribbed fruits painted in yellow, orange and red. The juicy sweet yellow flesh has streaks of pink and red radiating throughout, making each slice a new canvas. Tomatoes can get up to a whopping 2 pounds. Indeterminate vines. 75-95 days.
☉ S8689-961 Seeds: Pkt/\$3.75, 10g/\$40

New! RIESENSTRAUBE TOMATO

Solanum lycopersicum 'Riesenstraube' A SE
(*Lycopersicon lycopersicum*) The name of this German heirloom translates as "giant bunch of grapes." It produces clusters of grape-sized tomatoes, up to 20-40 per cluster. The flavour is surprisingly rich, something like the more weighty flavour of a beefsteak tomato. Compact, indeterminate vines. 76-85 days.

☉ S8689-991 Seeds: Pkt/\$3.75, 10g/\$40

ROMA TOMATO

Solanum lycopersicum 'Roma' A SE
(*Lycopersicon lycopersicum*) Small, plum shaped bright red fruit that is thick walled with meaty interior and few seeds. Fine tomato flavour that is excellent for paste, sauce, canning or freezing whole. Very prolific. 75 days.

☉ S8690-001 Seeds: Pkt/\$3, 10g/\$8, 100g/\$52, 1kg/\$420

P8690 Plants: Plug pack: 12/\$12

New! STUPICE TOMATO

Solanum lycopersicum 'Stupice' A SE
(*Lycopersicon lycopersicum*) It may have a funny name but it is a seriously good heirloom tomato, from the old Czechoslovakia. The name is pronounced "stoo-peeetz-eh". Produces bright red tomatoes the size of golf balls, in nice clusters, even in cool weather. Excellent for salads and sandwiches. Indeterminate vines, potato-leaf type. 52-85 days.

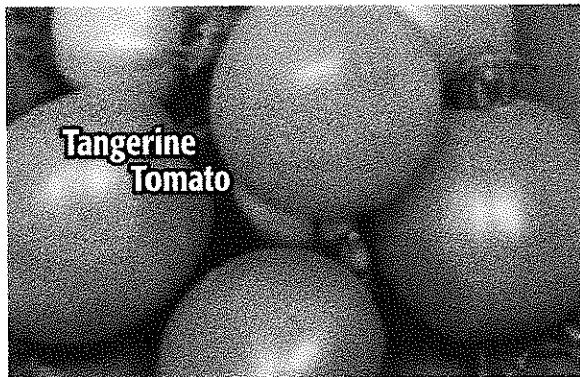
☉ S8690-901 Seeds: Pkt/\$3.75, 10g/\$40

SWEETIE TOMATO

Solanum lycopersicum 'Sweetie' A SE
(*Lycopersicon lycopersicum*) Bright red fruit of over 2.5cm/1" in diameter are unusually sweet and flavourful with a high vitamin C content. Plants grow tall, so staking is recommended as the vine bears fruit in long clusters of 12 to 20 fruits. Great for snacking, salads and low sugar preserves. One of our favourite cherry tomatoes! 65 days.

☉ S8691-001 Seeds: Pkt/\$3.75, 10g/\$25, 100g/\$180

P8691 Plants: Plug pack: 12/\$12



New! TANGERINE TOMATO

Solanum lycopersicum 'Tangerine' A SE
(*Lycopersicon lycopersicum*) Beautiful yellow-orange beefsteak tomato with a tangerine shape, meaty flesh and a sweet tart flavour. Introduced to the American market by Burpee in the 1930s. Excellent slicer, up to 10cm/4" across. Heavy yielder. Indeterminate vines. 80-85 days.

☉ S8691-501 Seeds: Pkt/\$3.75, 10g/\$40

New! THESSALONIKI TOMATO

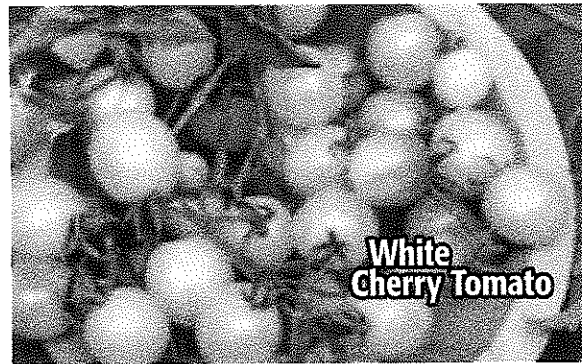
Solanum lycopersicum 'Thessaloniki' A SE
(*Lycopersicon lycopersicum*) Variety developed by the Greek government in the 1950s. Red tomatoes are uniform, the size of baseballs, smooth and solid. Protected by dense foliage from the harsh sun, the fruits don't suffer sunburn or cracks and spots as much as other varieties. Mild flavour. Indeterminate vines. 66-80 days.

☉ S8691-601 Seeds: Pkt/\$3.75, 10g/\$40

New! WATERMELON BEEFSTEAK TOMATO

Solanum lycopersicum 'Watermelon Beefsteak' A SE
(*Lycopersicon lycopersicum*) Developed more than 100 years ago by American seedsman George Gleckler, this is one whopping big tomato! A single tomato can weigh up to 2 pounds or more, and a single vine can produce 50 pounds of fruit. Tomatoes are meaty and absolutely delicious, with deep pink skins and purple-red flesh. Vines are indeterminate, so be sure to stake them. 75-95 days.

☉ S8691-801 Seeds: Pkt/\$3.75, 10g/\$40



New! WHITE CHERRY TOMATO

Solanum lycopersicum 'White Cherry' A SE
(*Lycopersicon lycopersicum*) Huge yields of pale-yellow cherry tomatoes with a pleasant, mild taste. Vines are indeterminate with an overall compact growth habit that makes it easy on the back to pick from. 60 days.

☉ S8691-901 Seeds: Pkt/\$3.75, 10g/\$40

TURNIP, GOLD BALL

Brassica napus 'Gold Ball' A SE
An heirloom variety from the 1850s with yellow skin and golden-yellow flesh. The roots can reach 10cm/4" in diameter but for best flavour and sweetness dig them when they are 8cm/3". The flavour is mild and nutty and the texture is incredible. Turnip-haters often find that they actually like this variety. Good keeper for winter storage. 45 days.

☉ S8693-001 Seeds: Pkt/\$2.25



WATERMELON, CRIMSON SWEET

Citrullus lanatus 'Crimson Sweet' A SE
Produces 10kg/25lb fruits with juicy flesh that is bright red with old fashioned sweet flavour and fine texture. Great for slicing, in fruit salads and juicing...the rind is quite thick and lends itself to being its own tureen or punch bowl for soups and summer libation. 85 days.

☉ S8695-001 Seeds: Pkt/\$2.25, 100g/\$36, 1kg/\$240

WATERMELON, YELLOW MOON & STARS

Citrullus lanatus 'Yellow Moon & Stars' A SE
A rare family heirloom from Georgia with white seeds and yellow flesh of excellent flavour. Some think this is the melon that used to be shipped years ago from Bermuda to some Southern states around Christmas time. The fruits are 45-60cm/18-24" long, and can get up to over 10kg. Some disease and drought tolerance. 90-95 days.

☉ S8696-101 Seeds: Pkt/\$2.25, 100g/\$60, 1kg/\$410

WATERMELON, RED MOON & STARS

Citrullus lanatus 'Red Moon & Stars' A SE
An heirloom variety with large 40-pound dark green oval fruits speckled with bright-yellow star and moon-shaped splashes. The bright red flesh is very sweet. The leaves are also speckled. 95-100 days.

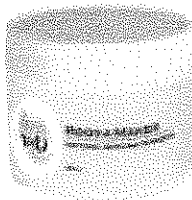
☉ S8696-110 Seeds: Pkt/\$2.25, 100g/\$60, 1kg/\$410

Home and Garden

Root-A-Maker™ Natural Rooting Powder

If you start your own cuttings, this is the best rooting aid we have ever seen - and it's 100% natural! Compared to synthetic chemical rooting hormones, our tests show that Root-A-Maker makes cuttings root faster, and they grow on to be healthier and stronger plants. Made with Canadian organic humic acids and a special naturally-fungicidal clay, Root-A-Maker not only stimulates root formation, it protects the cut tissue from infection as the callus and roots form. Use it exactly like conventional artificial rooting hormones: just dip the cutting in the powder and plant.

HW200 Rooting powder (40g): \$12



MAXICROP SEAWEED

Contains powerful growth hormones, vitamins and all trace elements needed by plants. Used in conjunction with your regular fertilizer it will increase yields, extend the storage life of fruits and vegetables, improve frost and disease resistance, retard senescence, and increase chlorophyll content. Seeds soaked in seaweed germinate better and develop thicker roots. Applied when growing conditions are extreme it relieves stress and encourages new growth.

T1110 Liquid (Can, US only): 910ml (makes 100L)/\$19

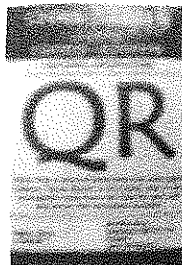
T1120 Powder: 15g (makes 15L)/\$4, 100g/\$12



QR-HERBAL COMPOST MAKER

An amazing compost maker from England, made from 7 herbal ingredients which break down vegetable waste, manure and even garbage into rich organic compost. Satisfied customers tell us they use QR in the barn to control odour and flies.

T1300 Compost maker: \$5

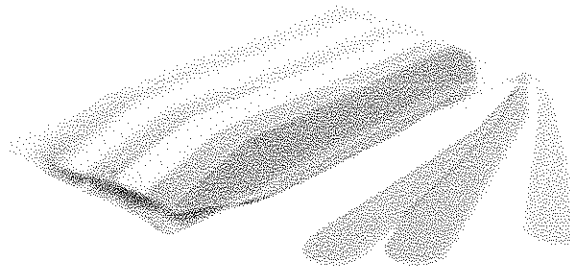


SCANMASK

(Can, US only)

Predatory nematodes attack over 230 species of soil and boring insects including cutworms, gypsy moth larvae, grubs and weevils. Excellent against fungus gnats. Harmless to humans, pets, plants, earthworms, bees and ladybugs; can be used indoors. Apply 1 tub or 10 million nematodes per 20-38m² or 200-380 sq.ft.

T2600 Live nematodes (Apr-Nov shipment): 10 million/\$32



VINYL LABELS

Long lasting, weatherproof labels made of sunproof vinyl. Will outlast any styrene, plastic or wood labels. Mixed colours — not available in separate colours. Comes with waterproof, sunproof, permanent black marker.

T3500 Labels: Pkg of 50/\$10, Pkg of 1000/\$69

POTMAKER®

Makes biodegradable plant pots from newspaper! PotMaker makes plant pots from strips of old newspaper, ideal for starting young plants, seedlings or cuttings. PotMaker is easy to use - with just a twist of the wrist anyone can make pots, even a child. Helps recycle newspaper and lessens the need for plastics used to make plastic garden pots.

PotMakers make great gifts for your gardening friends. And if you need something new for your next fundraiser, order a case of PotMakers wholesale and sell them at a profit! See below for wholesale pricing.

PotMaker design and trademark registered Otto Richter and Sons Limited.

T3900 PotMaker: \$12.95

Wholesale prices:

N3900-012 Display: 12/\$99

N3900-020 Case: 20/\$149



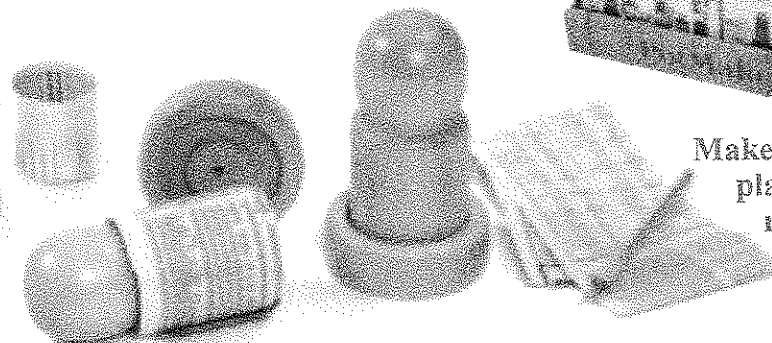
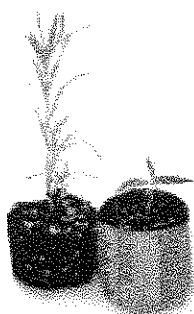
PotMaker®

PotMaker is ideal for starting young plants, seedlings or cuttings. Easy to use, and easy to sell in this age of concern for the environment. Helps recycle newspaper and lessens the need for plastics used to make most garden pots available today. *PotMaker design and trademark registered Otto Richter and Sons Limited. All rights reserved.*

PotMaker by the case!

N3900-012 Display of 12: 12/\$99

N3900-020 Case of 20: 20/\$149



Makes biodegradable plant pots from newspaper!

Sell PotMaker at your next fundraiser!



Plug Packs and Trays

Richters plugs make it easy and economical to plant a beautiful landscape. If you are a commercial grower they make it easy to plant a field or grow potted plants to sell.

Plug packs come 12 plugs per pack and are shipped April-June. Minimum pack order is 2 packs. Order early to avoid disappointment!

Plug trays are planted to order in 128 cell trays (counted as 120 plugs). Please allow at least 8 weeks for delivery. Shipped from March to November. No cancellations after 4 weeks of order. Check our Ordering Information page for our plug tray cancellation policy.

Herb Plugs

P1145	Anise-Hyssop	Pack/\$12, Tray/\$55	P3636-400	Lavender, Fred Boutin	Pack/\$15, Tray/\$85
P1232	Aztec Sweet Herb	Pack/\$12, Tray/\$65	P3637	Lavender, Provence	Pack/\$15, Tray/\$85
P1240	Balm, Lemon	Pack/\$12, Tray/\$55	P3637-450	Lavender, Seal	Tray/\$85
P1255-100	Basil, Greek Bush	Pack/\$12	P3638	Lavender, Spanish	Tray/\$65
P1256	Basil, Spicy Globe	Tray/\$50	P3638-500	Lavender, Goodwin Creek	Pack/\$15, Tray/\$85
P1273	Basil, Genovese	Pack/\$12, Tray/\$55	P3680	Lemongrass	Tray/\$120
P1280	Basil, African Blue	Pack/\$12, Tray/\$65	P3702	Silver Licorice	Pack/\$12
P1290	Basil, Thai	Pack/\$12, Tray/\$55	P3780	Lovage	Pack/\$12, Tray/\$55
P1300	Bay Laurel	Tray/\$120	P3889-500	Marigold, Tarragold	Pack/\$15, Tray/\$65
P1380	Bergamot	Pack/\$12, Tray/\$45	P3910	Marjoram, Sweet	Tray/\$55
P1380-050	Bergamot, Blue Stocking	Pack/\$15, Tray/\$65	P3920	Marshmallow	Tray/\$55
P1380-500	Bergamot, Marshalls Delight	Pack/\$15, Tray/\$80	P4000	Mint, Apple	Pack/\$12, Tray/\$65
P1380-800	Bergamot, Rose-Scented	Pack/\$15, Tray/\$80	P4005-500	Mint, Banana	Pack/\$12, Tray/\$65
P1381	Bergamot, Red	Pack/\$15, Tray/\$80	P4006-300	Mint, Chocolate	Pack/\$12, Tray/\$65
P1670	Catnip	Pack/\$12, Tray/\$55	P4010	Mint, English	Pack/\$12, Tray/\$65
P1679	Chamomile, English	Pack/\$15, Tray/\$70	P4015	Mint, Ginger	Pack/\$12, Tray/\$65
P1682	Chamomile, Roman	Pack/\$12, Tray/\$55	P4018	Mint, Grapefruit	Tray/\$65
P1790	Chives	Pack/\$12, Tray/\$40	P4019	Mint, Hillary's Lemon	Pack/\$15, Tray/\$75
P1790-300	Chives, Grolau	Pack/\$12, Tray/\$55	P4019-100	Mint, Berries and Cream	Pack/\$15, Tray/\$75
P1793	Chives, Garlic	Pack/\$12, Tray/\$55	P4019-340	Mint, Candied Fruit	Tray/\$75
P1798	Cicely, Sweet	Pack/\$15, Tray/\$75	P4019-350	Mint, Candy Lime	Pack/\$15, Tray/\$75
P1825	Clove-Pink	Pack/\$12, Tray/\$45	P4019-360	Mint, Candy Pops	Pack/\$15, Tray/\$75
P1829	Clover, Dragon's Blood	Pack/\$15	P4019-368	Mint, Citrus Kitchen	Pack/\$15, Tray/\$75
P1891	Coriander, Vietnamese	Pack/\$12, Tray/\$65	P4019-370	Mint, Cotton Candy	Tray/\$75
P1892	Coriander, Mexican	Pack/\$12, Tray/\$65	P4019-380	Mint, Jim's Fruit	Tray/\$75
P2061	Curry Plant, Miniature	Pack/\$12, Tray/\$65	P4019-382	Mint, Fruit Sensations	Pack/\$15, Tray/\$75
P2170	Dittany of Crete	Pack/\$15	P4019-385	Mint, Fruitasia	Pack/\$15, Tray/\$75
P2280	Echinacea	Pack/\$12, Tray/\$55	P4019-390	Mint, Italian Spice	Pack/\$15, Tray/\$75
P2280-500	Echinacea, White Swan	Pack/\$12, Tray/\$55	P4019-400	Mint, Julia's Sweet Citrus	Pack/\$15, Tray/\$75
P2281	Echinacea, Narrowleaf	Pack/\$15, Tray/\$65	P4019-450	Mint, Margarita	Pack/\$15, Tray/\$75
P2480	Feverfew	Pack/\$12, Tray/\$45	P4019-470	Mint, Marilyn's Salad	Pack/\$15, Tray/\$75
P2725	Fo-Ti	Pack/\$15, Tray/\$65	P4019-600	Mint, Oregano Thyme	Tray/\$75
P2840-050	Geranium, Apple	Tray/\$120	P4019-800	Mint, Sweet Pear	Pack/\$15, Tray/\$75
P2840-080	Geranium, Attar of Roses	Tray/\$120	P4019-900	Mint, Wintergreen	Pack/\$15, Tray/\$75
P2840-190	Geranium, Chocolate Mint	Tray/\$120	P4025	Mint, Mojito	Pack/\$15, Tray/\$80
P2840-200	Geranium, Cinnamon	Tray/\$120	P4028	Mint, Orange	Pack/\$12, Tray/\$65
P2840-205	Geranium, Citrosa	Tray/\$120	P4030	Mint, Peppermint	Pack/\$12, Tray/\$60
P2840-290	Geranium, Fingerbowl	Tray/\$120	P4030-800	Mint, Var Peppermint	Pack/\$12, Tray/\$65
P2840-300	Geranium, Frensham Lemon	Tray/\$120	P4032	Mint, Pineapple	Pack/\$12, Tray/\$65
P2840-450	Geranium, Lime	Tray/\$120	P4040	Mint, Spearmint	Pack/\$12, Tray/\$60
P2840-520	Geranium, Nutmeg	Tray/\$120	P4042	Mint, Improved Spearmint	Pack/\$12, Tray/\$65
P2840-570	Geranium, Peacock	Tray/\$120	P4044	Mint, Scotch Spearmint	Tray/\$65
P2840-700	Geranium, Rose	Tray/\$120	P4052	Mint, Swiss	Tray/\$65
P2840-850	Geranium, Strawberry	Tray/\$120	P4053	Mint, Vietnamese	Pack/\$12, Tray/\$65
P2850-100	Geranium, Austrian Coral	Pack/\$12, Tray/\$55	P4270	Nettle, Stinging	Tray/\$45
P2850-200	Geranium, Austrian, Pink	Pack/\$12, Tray/\$55	P4313	Oregano, Gold Crisp	Tray/\$65
P2850-300	Geranium, Austrian, Red	Pack/\$12, Tray/\$55	P4314	Oregano, Golden	Pack/\$12, Tray/\$65
P2858	Germander	Pack/\$12, Tray/\$55	P4315	Oregano, Greek	Pack/\$12, Tray/\$60
P3000	Gotu Kola	Pack/\$15, Tray/\$55	P4315-150	Oregano, Kaliteri Greek	Pack/\$15, Tray/\$75
P3340	Horehound	Pack/\$12, Tray/\$45	P4315-200	Oregano, Herrenhausen	Pack/\$12, Tray/\$75
P3470	Hyssop	Pack/\$12, Tray/\$45	P4315-300	Oregano, Italian	Pack/\$12, Tray/\$75
P3508	Jessamine, Night Blooming	Pack/\$15, Tray/\$70	P4316-800	Oregano, Zorba Red	Pack/\$12, Tray/\$75
P3605	Lamb's Ear, Woolly	Pack/\$12, Tray/\$45	P4350	Parsley, Mosscurled	Pack/\$12, Tray/\$55
P3625	Lavender, English	Tray/\$75	P4367	Parsley, Italian	Pack/\$12, Tray/\$55
P3627	Lavender, Hidcote	Pack/\$15, Tray/\$65	P4450	Patchouli	Pack/\$12, Tray/\$75
P3627-750	Lavender, Lady	Pack/\$15, Tray/\$65	P4460	Pennyroyal	Tray/\$45
P3628	Lavender, Munstead	Pack/\$15, Tray/\$65	P4463-500	Pennyroyal, Snowcones Purple	Tray/\$55
P3629	Lavender, Rosea	Tray/\$65	P4463-700	Pennyroyal, Spice Ball	Tray/\$55
P3632	Lavender, Twickle Purple	Pack/\$15, Tray/\$85	P4470-320	Pepper, Cayenne Chili	Pack/\$12
P3635	Lavender, French	Pack/\$15, Tray/\$65	P4470-450	Pepper, Habanero	Pack/\$12
P3635-500	Lavender, Kew Red	Pack/\$15, Tray/\$85	P4470-500	Pepper, Jalapeno	Pack/\$12
			P4470-900	Pepper, Thai Chili	Pack/\$12
			P4474-950	Periwinkle, Variegated	Tray/\$80

Plug Packs and Trays

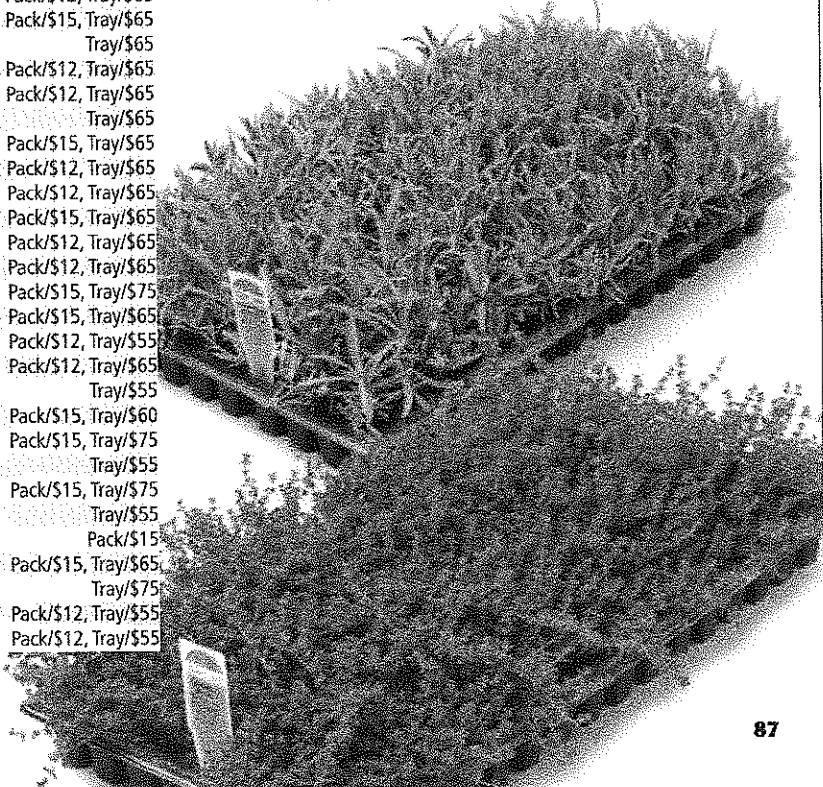
P4761	Pyrethrum, Painted Daisy	Tray/\$45
P4840	Rau Om	Tray/\$65
P5030	Rosemary	Pack/\$15, Tray/\$75
P5031	Rosemary, Arp	Pack/\$15, Tray/\$80
P5031-700	Rosemary, Barbecue	Pack/\$15, Tray/\$80
P5033	Rosemary, Blue Boy	Tray/\$80
P5033-800	Rosemary, Foxtail	Pack/\$15, Tray/\$80
P5034	Rosemary, Golden Rain	Tray/\$65
P5034-500	Rosemary, Gorizia	Pack/\$15, Tray/\$75
P5034-700	Rosemary, Huntington Carpet	Pack/\$15, Tray/\$75
P5037	Rosemary, Majorca	Tray/\$75
P5037-420	Rosemary, Pink Majorca	Pack/\$15, Tray/\$75
P5037-500	Rosemary, Rex	Pack/\$15, Tray/\$80
P5037-900	Rosemary, Santa Barbara	Pack/\$15, Tray/\$75
P5039	Rosemary, Tuscan Blue	Pack/\$15, Tray/\$80
P5164-060	Sage, Cherry Chief	Pack/\$15, Tray/\$75
P5164-070	Sage, Lowry's Peach	Pack/\$15, Tray/\$75
P5170	Sage, Garden	Pack/\$12, Tray/\$55
P5170-300	Sage, Berggarten	Tray/\$65
P5170-500	Sage, Dwarf Garden	Tray/\$55
P5171	Sage, Golden	Pack/\$15, Tray/\$65
P5171-500	Sage, Holt's Mammoth	Pack/\$12, Tray/\$65
P5172	Sage, Purple	Pack/\$15, Tray/\$65
P5173	Sage, Tricolor	Pack/\$15, Tray/\$65
P5180	Sage, Pineapple	Pack/\$12, Tray/\$65
P5190	Sage, White	Tray/\$95
P5191	Sage, Russian	Pack/\$12, Tray/\$65
P5195	St. John's Wort	Tray/\$55
P5280-200	Santolina	Pack/\$12, Tray/\$65
P5280-300	Santolina, Green	Tray/\$80
P5289	Savory, Creeping	Tray/\$65
P5300	Savory, Winter	Tray/\$55
P5360	Scullcap	Tray/\$55
P5680	Sorrel, Garden	Tray/\$55
P5696	Sorrel, True French	Tray/\$80
P5710	Southernwood	Tray/\$65
P6030	Stevia	Pack/\$15, Tray/\$75
P6080	Strawberry, Alpine	Pack/\$12, Tray/\$55
P6200	Tarragon, French	Pack/\$15, Tray/\$80
P6440	Thyme, Caraway	Tray/\$55
P6450	Thyme, English	Pack/\$12, Tray/\$55
P6452	Thyme, Compact	Pack/\$12, Tray/\$65
P6455	Thyme, French	Tray/\$55
P6456	Thyme, Silver	Pack/\$12, Tray/\$65
P6458	Thyme, Lemon Carpet	Pack/\$15, Tray/\$65
P6459	Thyme, Creeping Lemon	Tray/\$65
P6460	Thyme, Lemon	Pack/\$12, Tray/\$65
P6462	Thyme, Golden Lemon	Pack/\$12, Tray/\$65
P6462-500	Thyme, Highland Cream Lemon	Tray/\$65
P6462-700	Thyme, Purple Carpet	Pack/\$15, Tray/\$65
P6463	Thyme, Creeping	Pack/\$12, Tray/\$65
P6464	Thyme, Lavender	Pack/\$12, Tray/\$65
P6464-500	Thyme, Minus	Pack/\$15, Tray/\$65
P6465	Thyme, Nutmeg	Pack/\$12, Tray/\$65
P6465-700	Thyme, Orange Balsam	Pack/\$12, Tray/\$65
P6465-800	Thyme, Orange Spice	Pack/\$15, Tray/\$75
P6467-500	Thyme, Rose-Petal	Pack/\$15, Tray/\$65
P6470	Thyme, Wild	Pack/\$12, Tray/\$55
P6472	Thyme, Woolly	Pack/\$12, Tray/\$65
P6580	Valerian	Tray/\$55
P6605-100	Fish Mint, Chameleon	Pack/\$15, Tray/\$60
P6620	Verbena, Lemon	Pack/\$15, Tray/\$75
P6631	Vervain, Blue	Tray/\$55
P6940	Woodruff, Sweet	Pack/\$15, Tray/\$75
P6960	Wormwood	Tray/\$55
P6981	Wormwood, Silver King	Pack/\$15
P6982	Wormwood, Silver Mound	Pack/\$15, Tray/\$65
P6982-500	Wormwood, Silver Queen	Tray/\$75
P7000	Yarrow	Pack/\$12, Tray/\$55
P7005	Yarrow, Red	Pack/\$12, Tray/\$55



Veggie Plugs

P8052	Broccoli, Calabrese	Pack/\$12
P8320	Eggplant, Japanese	Pack/\$12
P8340	Fennel, Florence	Pack/\$12
P8421	Kale, Lacinato	Pack/\$12
P8460	Leek	Pack/\$12
P8524	Onion, Walla Walla	Pack/\$12
P8531	Pepper, Cal Wonder	Pack/\$12
P8532	Pepper, Golden Cal Wonder	Pack/\$12
P8533	Pepper, Sweet Chocolate	Pack/\$12
P8686	Tomato, Amish Paste	Pack/\$12
P8688	Tomato, Beefsteak	Pack/\$12
P8689	Tomato, Brandywine	Pack/\$12
P8689-900	Tomato, Yellow Currant	Pack/\$12
P8690	Tomato, Roma	Pack/\$12
P8691	Tomato, Sweetie	Pack/\$12

For more Veggie Plugs see richters.com/VeggiePlugs



Dried Herbs

Organic and Wildcrafted Dried Herbs!

Richters dried herbs are sourced from the best sources. They are either certified organic, organically grown, or wildcrafted. They are never fumigated or irradiated and never grown from genetically modified stock.

H1012	Agrimony herb cut	100g/\$8, 1kg/\$45
H1020-100	Alfalfa leaf powder	100g/\$8, 1kg/\$45
H1020	Alfalfa leaf cut	100g/\$7, 1kg/\$40
H1100	Allheal herb cut	100g/\$10, 1kg/\$65
H1110	Allspice berries whole	100g/\$8, 1kg/\$45
H1128	Annatto seeds whole	100g/\$7, 1kg/\$40
H1130	Angelica root cut	100g/\$9, 1kg/\$55
H1140	Anise seeds whole	100g/\$7, 1kg/\$40
H1150	Amica flower whole	10g/\$5, 100g/\$43, 1kg/\$330
H1200	Prickly Ash bark cut	100g/\$11, 1kg/\$75
H1210	Ashwagandha root powder	100g/\$9, 1kg/\$55
H1240	Balm, Lemon leaves cut	100g/\$8, 1kg/\$50
H1270	Basil, Sweet leaves cut	100g/\$10, 1kg/\$65
H1282	Basil, Indian (Vana Tulsi) leaves whole	100g/\$10, 1kg/\$65
H1285-100	Basil, Sacred (Rama Tulsi) leaves whole	100g/\$9, 1kg/\$55
H1285-500	Basil, Sacred (Kishna Tulsi) leaves whole	100g/\$9, 1kg/\$55
H1298	Bayberry rootbark cut	100g/\$8, 1kg/\$50
H1300-100	Bay Laurel leaves powder	100g/\$11, 1kg/\$75
H1300	Bay Laurel leaves whole	100g/\$14, 1kg/\$95
H1360	Benzoin gum powder	100g/\$9, 1kg/\$55
H1390	Betony herb cut	100g/\$9, 1kg/\$55
H1410-050	Bilberry berries whole	100g/\$16, 1kg/\$110
H1410	Bilberry leaves cut	100g/\$8, 1kg/\$45
H1438	Blackberry root cut	100g/\$10, 1kg/\$60
H1450	Bloodroot root cut	100g/\$18, 1kg/\$125
H1466	Boldo leaves cut	100g/\$7, 1kg/\$40
H1467	Boneset herb cut	100g/\$9, 1kg/\$55
H1470	Borage herb cut	100g/\$10, 1kg/\$60
H1540	Buchu leaves cut	100g/\$18, 1kg/\$125
H1550	Buckthorn bark cut	100g/\$8, 1kg/\$45
H1563	Bupleurum root powder	100g/\$11, 1kg/\$75
H1567-100	Burdock roots cut	100g/\$8, 1kg/\$50
H1567-200	Burdock root powder	100g/\$9, 1kg/\$55
H1630	Calendula flowers whole	100g/\$13, 1kg/\$90
H1650	Caraway seeds whole	100g/\$5, 1kg/\$25
H1658-100	Cardamom fruits (green) powder	100g/\$18, 1kg/\$125
H1658	Cardamom fruits (green) whole	100g/\$15, 1kg/\$100
H1664	Cascara Sagrada bark cut	100g/\$8, 1kg/\$45
H1670	Catnip herb cut	100g/\$9, 1kg/\$55
H1672-100	Cat's Claw root bark powder	100g/\$8, 1kg/\$45
H1672-500	Cedar branches cut	100g/\$7, 1kg/\$45
H1673	Celandine leaves cut	100g/\$6, 1kg/\$45
H1676-100	Celery seeds whole	100g/\$6, 1kg/\$35
H1676	Celery flakes cut	100g/\$7, 1kg/\$45
H1678	Centaury herb cut	100g/\$8, 1kg/\$50
H1680	Chamomile, German flowers whole	100g/\$11, 1kg/\$70
H1710	Chaparral herb cut	100g/\$6, 1kg/\$35
H1712	Chastetree berries whole	100g/\$7, 1kg/\$40
H1715	Cherry, Wild bark cut	100g/\$7, 1kg/\$40
H1730	Chickweed herb cut	100g/\$7, 1kg/\$40
H1740	Chicory, Wild root cut	100g/\$10, 1kg/\$60
H1790	Chives leaves cut	100g/\$22, 1kg/\$160
H1798-500	Cinnamon bark whole	100g/\$12, 1kg/\$75
H1798-510	Cinnamon bark cut	100g/\$8, 1kg/\$50
H1798-520	Cinnamon bark powder	100g/\$10, 1kg/\$65
H1798-600	Cassia bark whole	100g/\$6, 1kg/\$30
H1798-610	Cassia bark cut	100g/\$6, 1kg/\$30
H1798-620	Cassia bark powder	100g/\$6, 1kg/\$30
H1830-100	Clover, Red flowers whole	100g/\$18, 1kg/\$130
H1830	Clover, Red tops cut	100g/\$8, 1kg/\$45
H1831-050	Cloves buds powder	100g/\$13, 1kg/\$85
H1831	Cloves buds whole	100g/\$12, 1kg/\$80
H1839	Cohosh, Black root cut	100g/\$12, 1kg/\$80
H1840	Cohosh, Blue roots cut	100g/\$8, 1kg/\$50
H1848	Coltsfoot leaves cut	100g/\$8, 1kg/\$50
H1870-100	Comfrey, Common leaves cut	100g/\$8, 1kg/\$50
H1870-200	Comfrey, Common roots cut	100g/\$8, 1kg/\$50
H1890	Coriander, Spice seed whole	100g/\$5, 1kg/\$25
H1896	Cornflower petals whole	100g/\$19, 1kg/\$135
H1980	Crampbark bark cut	100g/\$18, 1kg/\$130
H2020	Watercress herb cut	100g/\$11, 1kg/\$70
H2050	Cumin seeds whole	100g/\$8, 1kg/\$45
H2059	Curryleaf leaves cut (Not to US)	100g/\$8, 1kg/\$50
H2098	Damiana leaves cut	100g/\$9, 1kg/\$55
H2100-050	Dandelion leaf cut	100g/\$9, 1kg/\$55
H2100	Dandelion root cut	100g/\$10, 1kg/\$65
H2130	Devil's Claw roots cut	100g/\$8, 1kg/\$50
H2135	Devil's Club root bark cut	100g/\$21, 1kg/\$150
H2140-100	Dill seeds whole	100g/\$7, 1kg/\$40
H2140	Dill herb cut	100g/\$7, 1kg/\$40
H2185	Dock, Curled roots cut	100g/\$8, 1kg/\$50
H2190	Dong Quai root powder	100g/\$10, 1kg/\$65
H2280-100	Echinacea pur. roots cut	100g/\$12, 1kg/\$80
H2280-150	Echinacea pur. roots powder	100g/\$11, 1kg/\$75
H2281-050	Echinacea ang. roots cut	100g/\$15, 1kg/\$100
H2281-100	Echinacea ang. roots powder	100g/\$15, 1kg/\$105
H2300-050	Elder berries whole	100g/\$8, 1kg/\$50
H2300	Elder flowers whole	100g/\$10, 1kg/\$65
H2320	Elecampane roots cut	100g/\$9, 1kg/\$55
H2330-050	Elm, Slippery bark cut	100g/\$12, 1kg/\$80
H2330-100	Elm, Slippery bark powder	100g/\$13, 1kg/\$85
H2360	Eucalyptus leaves cut	100g/\$8, 1kg/\$45
H2390	Eyebright herb cut	100g/\$10, 1kg/\$65
H2460	Fenugreek seeds whole	100g/\$6, 1kg/\$30
H2480	Feverfew leaves cut	100g/\$8, 1kg/\$50
H2700	Flax seeds whole	100g/\$5, 1kg/\$25
H2725	Fo-Ti root cut	100g/\$9, 1kg/\$55
H2727	Forsythia fruit whole	100g/\$8, 1kg/\$50
H2740	Frankincense gum cut	100g/\$8, 1kg/\$45
H2760	Garcinia fruit whole	100g/\$8, 1kg/\$50
H2780	Garlic powder	100g/\$8, 1kg/\$45
H2862-100	Ginger root powder	100g/\$8, 1kg/\$50
H2862-500	Ginkgo leaves cut	100g/\$7, 1kg/\$40
H2862	Ginger root cut	100g/\$8, 1kg/\$50
H2863	Ginseng roots whole	10g/\$6, 100g/\$35, 1kg/\$265
H2864	Ginseng, Siberian root powder	100g/\$8, 1kg/\$45
H2908	Goldenrod, European herb cut	100g/\$7, 1kg/\$40
H2920-050	Goldenseal roots cut	10g/\$6, 100g/\$41, 1kg/\$315
H2920-100	Goldenseal roots powder	10g/\$6, 100g/\$41, 1kg/\$315
H3000	Gotu Kola herb cut	100g/\$9, 1kg/\$55
H3120-200	Hawthorn leaf & flower cut	100g/\$8, 1kg/\$45
H3120	Hawthorn haw whole	100g/\$7, 1kg/\$40
H3300	Hops flowers whole	100g/\$15, 1kg/\$105
H3340	Horehound leaves cut	100g/\$8, 1kg/\$50
H3360	Horseradish root cut	100g/\$11, 1kg/\$65
H3365	Horsetail herb cut	100g/\$7, 1kg/\$40
H3400	Hydrangea, American root cut	100g/\$8, 1kg/\$50
H3470	Hyssop herb cut	100g/\$8, 1kg/\$45
H3491	Indigo, Wild root cut	10g/\$5, 100g/\$29, 1kg/\$215
H3505	Jasmine flowers whole	100g/\$11, 1kg/\$70
H3510	Joe-Pye Weed root cut	100g/\$11, 1kg/\$70
H3520	Juniper berries whole	100g/\$8, 1kg/\$45
H3531	Kava Kava root cut (Not to Can)	100g/\$13, 1kg/\$90
H3532	Kelp powder	100g/\$5, 1kg/\$30
H3560	Kudzu root cut	100g/\$8, 1kg/\$45
H3600	Lady's Mantle herb cut	100g/\$9, 1kg/\$55
H3625-050	Lavender, flowers whole	100g/\$11, 1kg/\$75
H3670	Lemon peel cut (Not to US)	100g/\$8, 1kg/\$50
H3680	Lemongrass herb cut	100g/\$7, 1kg/\$40
H3701-100	Licorice root cut	100g/\$8, 1kg/\$45
H3701-110	Licorice root sliced	100g/\$8, 1kg/\$45
H3715	Linden leaves & flowers cut	100g/\$11, 1kg/\$75
H3744	Lobelia herb cut	100g/\$18, 1kg/\$125
H3750	Lomatium root cut	100g/\$20, 1kg/\$145
H3780-100	Lovage roots cut	100g/\$8, 1kg/\$50
H3780	Lovage leaves cut	100g/\$11, 1kg/\$75
H3800	Lungwort herb cut	100g/\$9, 1kg/\$55
H3910	Marjoram, Sweet leaf cut	100g/\$6, 1kg/\$35
H3920	Marshmallow root cut	100g/\$10, 1kg/\$65
H3960	Mayapple root cut	100g/\$8, 1kg/\$50

Dried Herbs

H3965	Meadowsweet herb cut	100g/\$8, 1kg/\$50	H6025-100	Star Anise fruit powder	100g/\$10, 1kg/\$60
H3991	Milkvetch, Chinese root cut	100g/\$8, 1kg/\$50	H6025	Star Anise fruit whole	100g/\$9, 1kg/\$55
H4030	Mint, Peppermint leaves cut	100g/\$8, 1kg/\$45	H6030-050	Stevia herb powder	100g/\$8, 1kg/\$33
H4040	Mint, Spearmint leaves cut	100g/\$8, 1kg/\$45	H6030-100	Stevia extract powder	100g/\$45, 1kg/\$350
H4069	Mistletoe leaves cut	100g/\$9, 1kg/\$55	H6030	Stevia herb cut	100g/\$9, 1kg/\$55
H4100	Motherwort herb cut	100g/\$8, 1kg/\$50	H6050	Stoneroot roots whole	100g/\$10, 1kg/\$65
H4120	Mugwort leaves cut	100g/\$7, 1kg/\$40	H6075	Strawberry, Wild leaves cut	100g/\$8, 1kg/\$50
H4125-050	Mullein flowers whole	100g/\$22, 1kg/\$160	H6140	Sunflower petals whole	100g/\$13, 1kg/\$90
H4125	Mullein leaves cut	100g/\$8, 1kg/\$50	H6180	Tansy herb cut	100g/\$8, 1kg/\$45
H4150	Mustard, White seeds whole	100g/\$5, 1kg/\$25	H6200	Tarragon, French leaves whole	100g/\$15, 1kg/\$100
H4180	Myrrh gum cut	100g/\$8, 1kg/\$50	H6290	Thistle, Blessed herb cut	100g/\$8, 1kg/\$45
H4270	Nettle, Stinging leaves cut	100g/\$8, 1kg/\$45	H6310	Thistle, Milk seeds whole	100g/\$8, 1kg/\$45
H4273	New Jersey Tea root cut	100g/\$9, 1kg/\$55	H6450	Thyme herb cut	100g/\$8, 1kg/\$45
H4278-100	Nutmeg nuts powder	100g/\$18, 1kg/\$125	H6460	Thyme, Lemon leaves whole	100g/\$7, 1kg/\$40
H4278	Nutmeg nuts whole	100g/\$18, 1kg/\$125	H6560	Turmeric root powder	100g/\$7, 1kg/\$40
H4280	Oak, White bark cut	100g/\$8, 1kg/\$45	H6563	Unicorn, False root cut	10g/\$10, 100g/\$81, 1kg/\$635
H4285-100	Oat tops whole	100g/\$10, 1kg/\$65	H6565	Uva Ursi leaves cut	100g/\$9, 1kg/\$55
H4285	Oat straw whole	100g/\$8, 1kg/\$45	H6580	Valerian roots cut	100g/\$15, 1kg/\$100
H4299	Onion bulbs powder	100g/\$7, 1kg/\$40	H6620	Verbena, Lemon leaves cut	100g/\$8, 1kg/\$50
H4311	Orange peel cut (<i>Not to US</i>)	100g/\$7, 1kg/\$40	H6631	Vervain, Blue herb cut	100g/\$8, 1kg/\$50
H4315	Oregano, Greek leaves cut	100g/\$12, 1kg/\$80	H6810	Wheatgrass herb powder	100g/\$10, 1kg/\$65
H4318-500	Oregon Grape root cut	100g/\$8, 1kg/\$50	H6820	Willow, White bark cut	100g/\$8, 1kg/\$45
H4319	Orris roots powder	100g/\$13, 1kg/\$95	H6850	Wintergreen herb cut	100g/\$12, 1kg/\$80
H4322-100	Osha root whole	100g/\$20, 1kg/\$140	H6870-100	Witch-Hazel bark cut	100g/\$8, 1kg/\$50
H4342	Paprika fruit powder	100g/\$8, 1kg/\$45	H6870-200	Witch-Hazel leaves cut	100g/\$8, 1kg/\$50
H4360	Parsley roots cut	100g/\$12, 1kg/\$80	H6925	Wolfberry / Gojiberry berries whole	100g/\$13, 1kg/\$85
H4370	Parsley leaves cut	100g/\$9, 1kg/\$55	H6960	Wormwood herb cut	100g/\$8, 1kg/\$45
H4440-100	Passion Flower, American herb cut	100g/\$10, 1kg/\$60	H6995	Yam, Wild roots cut	100g/\$8, 1kg/\$50
H4450	Patchouli leaves cut	100g/\$8, 1kg/\$50	H7000	Yarrow, White tops cut	100g/\$8, 1kg/\$50
H4455	Pau D'Arco bark cut	100g/\$6, 1kg/\$30	H7030	Yerba Santa herb cut	100g/\$10, 1kg/\$60
H4460	Pennyroyal herb cut	100g/\$8, 1kg/\$50	H7100	Yucca root/bark cut	100g/\$8, 1kg/\$50
H4469-100	Pepper, Black corns powder	100g/\$8, 1kg/\$50			
H4469-800	Pepper, Szechuan seeds and husks whole	100g/\$8, 1kg/\$45			
H4469	Pepper, Black corns whole	100g/\$8, 1kg/\$50			
H4470-320	Pepper, Cayenne Chile chile powder	100g/\$7, 1kg/\$40			
H4474-900	Periwinkle herb cut	100g/\$8, 1kg/\$45			
H4489	Pipsissewa herb cut	100g/\$8, 1kg/\$45			
H4495	Plantain, Ribgrass herb cut	100g/\$8, 1kg/\$45			
H4510	Pleurisy Root root cut	100g/\$11, 1kg/\$75			
H4600	Pokeroot root cut	100g/\$8, 1kg/\$50			
H4720	Poppy, California herb cut	100g/\$13, 1kg/\$90			
H4733-200	Poppy, Blue Seed Opium seeds whole	100g/\$7, 1kg/\$20			
H4733-300	Poppy, White Seed Opium seeds whole	100g/\$7, 1kg/\$31			
H4733-500	Poppy, Red Opium seeds whole	100g/\$7, 1kg/\$40			
H4790	Quassia wood chips cut	100g/\$7, 1kg/\$40			
H4830	Raspberry leaves cut	100g/\$8, 1kg/\$45			
H4845	Reishi Mushroom herb whole	100g/\$12, 1kg/\$80			
H4900-100	Rhubarb, Chinese root powder	100g/\$9, 1kg/\$55			
H4900	Rhubarb, Chinese root cut	100g/\$9, 1kg/\$60			
H5014-100	Rose flowers/buds whole	100g/\$18, 1kg/\$130			
H5014	Rose petals whole	100g/\$8, 1kg/\$50			
H5020	Rose, Dog hips cut	100g/\$8, 1kg/\$45			
H5028	Roselle calyces cut	100g/\$7, 1kg/\$40			
H5030	Rosemary leaves cut	100g/\$6, 1kg/\$35			
H5050	Rue herb cut	100g/\$10, 1kg/\$65			
H5160	Safflower threads whole	100g/\$13, 1kg/\$90			
H5170	Sage, Garden leaves cut	100g/\$9, 1kg/\$55			
H5190	Sage, White leaves whole	100g/\$11, 1kg/\$70			
H5195-050	St John's Wort tops cut	100g/\$8, 1kg/\$45			
H5284	Sarsaparilla, Wild roots cut	100g/\$11, 1kg/\$70			
H5285	Sassafras bark cut	100g/\$13, 1kg/\$85			
H5290-100	Savory, Summer leaves whole	100g/\$7, 1kg/\$40			
H5290	Savory, Summer leaves powder	100g/\$12, 1kg/\$80			
H5345	Schisandra berries whole	100g/\$10, 1kg/\$65			
H5360	Scullcap herb cut	100g/\$12, 1kg/\$80			
H5390	Sesame seeds whole	100g/\$5, 1kg/\$25			
H5420	Shepherd's Purse herb cut	100g/\$8, 1kg/\$45			
H5450	Skunk Cabbage root cut	100g/\$15, 1kg/\$100			
H5490	Soapwort roots cut	100g/\$8, 1kg/\$50			
H5580	Solomons Seal roots cut	100g/\$14, 1kg/\$95			
H5688-100	Sorrel, Sheep herb powder	100g/\$10, 1kg/\$65			
H5688	Sorrel, Sheep herb cut	100g/\$10, 1kg/\$60			
H5850	Spikenard root cut	100g/\$15, 1kg/\$100			
H6020	Partridgeberry herb cut	100g/\$20, 1kg/\$140			

SAVE!
ON DRIED HERBS
Order 500g at the 1kg price. E.g. if the kilogram price is 1kg/\$80 you pay \$40 for 500g. *Save 50% or more!*

COUPON
Come visit our greenhouses
and gift shop and receive

\$5

off any purchase of \$50
or more!

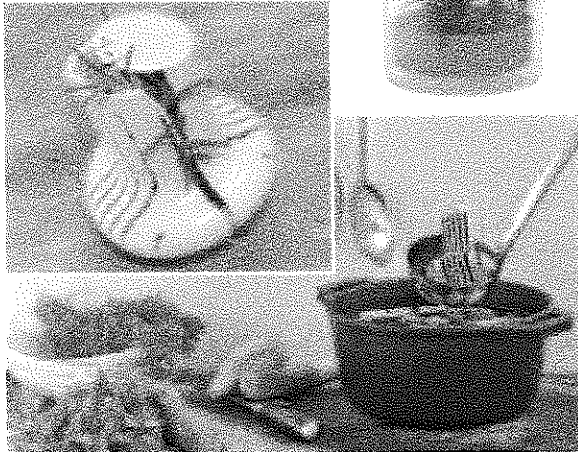
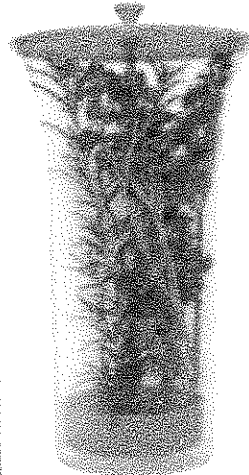
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One coupon per visit.
Offer valid to Dec 31, 2014

Of The Kitchen

New! FRESH HERB KEEPER

Keeps herbs fresh for up to 3 weeks! A simple but ingenious design! It is a vase-like clear container with a lid and a suspended base that fits inside. The base holds fresh herbs and veggies suspended above a layer of water at the bottom and helps keep them hydrated so they stay firm and fresh longer. Fits in most refrigerator doors.

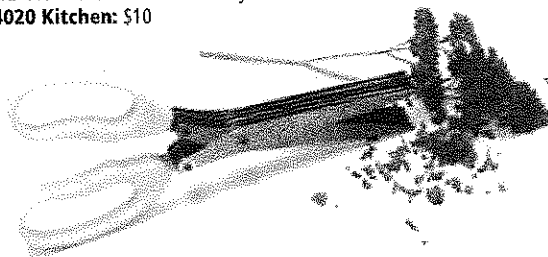
T4010 Kitchen: \$15



New! HERB INFUSER

You created a delicious soup or stew and now you need to fish out the stems of the stewing herbs that you threw in the pot. This clever gadget eliminates the hassle: just insert the herbs, snap it shut, and toss it into the pot. When the cooking is done it's easy to fish it out. No more stems stuck in your teeth!

T4020 Kitchen: \$10



New! HERB SCISSORS

Five stainless steel blades make short work of cutting fresh herbs. It is so simple: with just a few snips you have fresh herbs for salads, soups, omelettes, etc. Comes with a blade cleaner. Made in Germany.

T4030 Kitchen: \$22

MRS. RICHTER'S SPECIAL HERBAL TEA BLEND

Exquisite blend of five herbs, painstakingly harvested and dried in Mrs. Richter's special way. Its unique flavour and aroma will please all who try it. Both refreshing and relaxing — a special delight for anytime.

N7000 Tea blend: 20g/\$6, 100g/\$19



RENESSANCE™

Rene Caisse's famous tonic tea prepared according to Dr. Gary Glum's recipe. Our blend contains high quality organically grown or wildcrafted herbs mixed exactly to Dr. Glum's directions. Contains burdock, slippery elm, sheep sorrel and Chinese rhubarb (also known as 'Turkey rhubarb').

N5000 Herb mix: 50g (20 day supply)/\$19, 1kg/\$105



SWEDENBITTERS

Healing Gift from Sweden! The recipe given by the famous herbalist, Maria Treben, in her book, Health From God's Garden. "There is hardly any illness where Swedish Bitters is not of benefit" (excerpt from Maria Treben's book).

N4120 Powder: 35g (makes 700 mL)/\$19

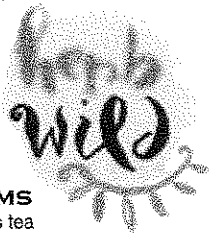


Herbal Oils

Pure essential oils and fragrance oils from natural sources only.

Fragrance oils, denoted by an (F), are intended for scent purposes only and not for internal use.—CAUTION: Most essential oils can cause severe irritation if applied to the skin or ingested in their pure form. Essential oils should always be diluted in a carrier oil such as almond oil or olive oil before use.

T5040	Basil	4mL/\$6, 25mL/\$25
T5050	Bergamot	4mL/\$5, 25mL/\$20
T5052	Camphor	4mL/\$5, 25mL/\$15
T5055	Caraway	4mL/\$5, 25mL/\$15
T5062	Cedarwood	4mL/\$5, 25mL/\$15
T5065	Cinnamon, Leaf	4mL/\$5, 25mL/\$15
T5070	Citronella	4mL/\$5, 25mL/\$15
T5080	Clove	4mL/\$5, 25mL/\$15
T5100	Eucalyptus	4mL/\$5, 25mL/\$15
T5157	Hibiscus(F)	4mL/\$5, 25mL/\$15
T5160	Honeysuckle(F)	4mL/\$5, 25mL/\$15
T5170	Jasmine(F)	4mL/\$5, 25mL/\$15
T5175	Juniper Berry	4mL/\$8, 25mL/\$40
T5180	Lavender	4mL/\$5, 25mL/\$15
T5200	Lemongrass	4mL/\$5, 25mL/\$15
T5210	Lilac(F)	4mL/\$5, 25mL/\$15
T5220	Lily of the Valley(F)	4mL/\$5, 25mL/\$15
T5230	Magnolia(F)	4mL/\$5, 25mL/\$15
T5240	Musk, Dark(F)	4mL/\$5, 25mL/\$15
T5250	Nutmeg	4mL/\$6, 25mL/\$20
T5290	Sweet Orange	4mL/\$5, 25mL/\$15
T5295	Oregano	4mL/\$7, 25mL/\$35
T5300	Patchouli	4mL/\$6, 25mL/\$20
T5310	Peppermint, Natural	4mL/\$5, 25mL/\$15
T5315	Petitgrain	4mL/\$5, 25mL/\$15
T5321	Pine, White	4mL/\$5, 25mL/\$15
T5330	Rosemary	4mL/\$5, 25mL/\$15
T5340	Rose(F)	4mL/\$5, 25mL/\$15
T5342	Rose Geranium	4mL/\$11, 25mL/\$60
T5350	Sage	4mL/\$6, 25mL/\$25
T5360	Sandalwood	1mL/\$25, 4mL/\$75
T5370	Spearmint, Natural	4mL/\$5, 25mL/\$15
T5380	Tangerine	4mL/\$5, 25mL/\$15
T5382	Tea Tree	4mL/\$5, 25mL/\$15
T5385	Thyme	4mL/\$6, 25mL/\$25
T5390	Wintergreen	4mL/\$5, 25mL/\$15
T5395	Ylang-Ylang	4mL/\$5, 25mL/\$20
T5398	Zaatar	4mL/\$6, 25mL/\$20



HERB WILD

TEA BLENDS

CHAMOMILE SMOOTH DREAMS

Whether or not you have trouble sleeping, this tea will help you relax. Lemon balm added to soften the chamomile.

HW011 Tea Blend (55g): \$9

MEGA VOLTAGE TEA

A morning jolt without the caffeine! Our own blend of 8 organic herbs and spices. Helps to fight colds and flus too!

HW012 Tea Blend (100g): \$9



CUPID'S TONIC

Get in the mood with our invigorating "love potion" made with ginseng, damiana and 6 other, shall we say, stimulating herbs.

HW013 Tea Blend (100g): \$9

New! MY FEEL GOOD TEA™

When the children are feeling a little off, maybe with the chills or a cold, this simple blend of four garden herbs is just what is needed to brighten up their day. The taste is minty and yummy, with a nice orangey colour. Grown ups like it too!

HW014 Tea Blend (100g): \$9

New! FIRESIDE CHAI™

Cozy up and relax by the fireplace or campfire with Fireside Chai. It's a warm, harmonious spicy blend that helps set the mood to rest and reflect, or dream the future.

HW015 Tea Blend (100g): \$9

New! TEA FOR TWO™

This is a special tea to share with your partner for a quiet moment of togetherness to recharge and reconnect. Its spicy licorice taste and aroma do seem to invigorate the body and mind in surprising ways - who knows what might happen next!

HW016 Tea Blend (100g): \$9

New! GOT MY BACK™ TEA

This tea protects you when you need it - like having your own personal bodyguard! It's a very nice tasting blend of five herbs known for their protective qualities. Not bitter or medicinal at all. Just a clean, well-balanced taste.

HW017 Tea Blend (100g): \$9

BODY CARE

POISON IVY RESCUE KIT JEWELWEED SPRAY, SALVE & SOAP

Ow!... the painful itchy rashes of poison ivy! The First Nations people long ago discovered a highly effective natural herbal antidote to the rash of poison ivy and poison oak. They learned to apply the native herb jewelweed to affected areas and - like magic - the pain and itching goes away. And clinical studies have confirmed jewelweed's amazing ability to combat the effects of poison ivy and poison oak. Kit comes with soap, ointment and spray, all made with fresh jewelweed. Soap is used to wash the affected areas; ointment and spray are used to soothe and heal the inflamed skin. Kit includes: 4oz (113g) bar of soap, 2oz (57g) tin of ointment, 4oz (113mL) bottle of spray.

HW130 Poison ivy rescue kit: \$53

ORGANIC SPICE BLENDS

MULL IT OVER™ MULLING SPICE

When the air turns crisp and snow soon follows, you need a cup of hot beverage mulled with spices to warm you up. Adding the warming flavours and aromas of spices to hot cider or wine is a centuries-old European tradition. In medieval times mulled wines were thought to help keep people healthy through the cold winters, and were called *Ypocras* or *Hippocris* after the great Greek physician Hippocrates. In Victorian England, hot mulled wine was even given to children. Whatever the health effects may be, there is no denying that a hot cup of mulled beverage is just what is needed to bring warm cheer on a cold night. Try it with fruit juice, cider, wine or even brandy.

HW009 Mulling Spice (100g): \$8



ETHIOPIAN BERBERE

Berberere is the "signature" spice of Ethiopia. It is used in traditional stews, called wats, and in sauces and coatings for fried food. Add to stews, or mix with water or oil for a paste.

HW022 Spice Blend (20g): \$12

CHINESE 5-SPICE

"5-spice" symbolizes nature's five elements in five basic flavours: sour, bitter, sweet, pungent and salty. 5-Spice adds wonderful character to stir fry dishes and marinades and mixes well with soy sauce, garlic and ginger.

HW024 Spice Blend (100g): \$8

HERBES DE PROVENCE

From the south of France we have the classic herbes de provence. Indispensable in salads, soups, quiches, casseroles, sauces, and in grilling, sautéing, steaming or baking.

HW025 Herb Blend (100g): \$8

SAVORY MASALA

Masalas from India are typically fiery hot, but this one is smooth and more mild. Masala may be added to any dish while cooking, or a paste may be made for coating and marinating.

HW026 Spice Blend (100g): \$8

ZAHTAR

Zahtar is a Middle Eastern blend of herbs and spices, ground sumac leaves and sesame seeds. The sumac adds a wonderful lemony note. Used in hummus, dips, soups, and is traditionally mixed with oil to make a paste for grilling flatbread.

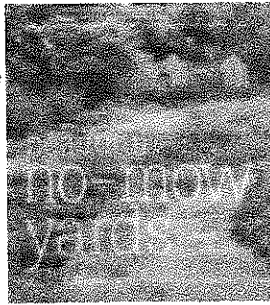
HW027 Spice Blend (100g): \$8



Books

BEAUTIFUL NO-MOW YARDS: 50 Amazing Lawn Alternatives, Evelyn J. Hadden.

There is a real trend afoot to replace grass lawns with low growing alternatives. Really, why are we spending so much time and energy mowing and maintaining lawns when there are so many beautiful, low maintenance options? Of little surprise to us is that many of these alternatives are herbs. And why not turf the grass for thymes, chamomiles, savory, yarrow and others? This book shows how well these alternatives can work. 251 pp. **Softcover B1441: \$30**



GROW FIGS WHERE YOU THINK YOU CAN'T, Steven Biggs.

In this book, Steven Biggs, who unabashedly calls himself a "Fig Pig," shares his passion for figs so that others in fig-unfriendly, coldish places can see that growing this fabulous fruit isn't rocket science. The book is full of tips, techniques, and anecdotes — along with insights from fig experts in North America and the UK — make fig growing easy for people who live in places where they think they can't grow figs. 60 pp. **Softcover B3970: \$32**



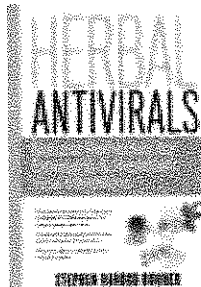
New! HEIRLOOM FLAVOR: Yesterday's Best-Tasting Vegetables, Fruits, and Herbs for Today's Cook, Doreen G. Howard.

Like porn for gardeners, here are the weird and wonderful food plants of the past in full titillating colour. It is hard to look at tomatoes like Brandywine, Evergreen and Garden Peach or watermelons like Sugar Baby and lettuce like Lollo Rosa without feeling the urge to remake your garden beds. Half the fun is just thinking about the possibilities, the other half is just doing it! 256 pp. **Softcover B4522: \$25**



New! HERBAL ANTIVIRALS: Natural Remedies for Emerging & Resistant Viral Infections, Stephen Harrod Buhner.

Modern pharmaceuticals struggle to control diseases caused by viruses. Few work for long because viruses are constantly changing. This companion to Herbal Antibiotics by the same author is a powerful argument for a new look at herbs because they work in multidimensional ways that hamper the ability of viruses to adjust. Take elderberry, one of seven antiviral herbs covered in depth: not only does it slow the replication of cold and flu viruses, it also acts on the bacteria that follow the viruses and weaken the system further and help viruses to spread. 408 pp. **Softcover B5012: \$25**

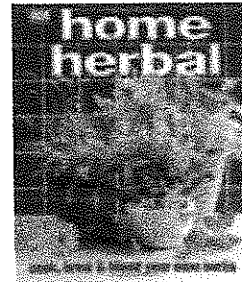


MORE Books Online!
www.Richters.com



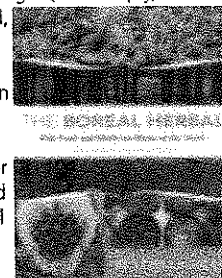
HOME HERBAL: Cook, Brew & Blend Your Own Herbs, Susannah Steel, Ed..

This is a beautiful book that is designed for everyday home use. This book starts with the premise that good health is not just taking a bitter pill when you are feeling "off" but seeing everything you ingest as both food and medicine. We love the recipes that improve digestion, detoxify, rejuvenate, and combat negative emotions. For example, Ginger and Fennel Juice, made with celery, cucumber and zucchini, is cooling, anti-inflammatory, soothes the skin, and improves the digestion. From drinks, teas, salads, to tinctures, syrups, and homemade cosmetics, there is something for just about every irritation and minor health problems that one encounters every day. 352 pp. **Softcover B5662: \$25**



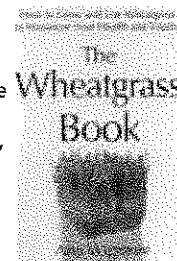
THE BOREAL HERBAL: Wild Food and Medicine Plants of the North, Beverley Gray.

When we first learned about this book we wondered how much people really knew about the boreal forest and whether a book as pricy as this is (for a paperback) would sell. But when we got our hands on a copy we saw why this book has won six awards and is on its third printing. Quite simply, the book is incredible! It is well researched, beautiful to look at, well organized and easy to use, and is surprisingly relevant to herb enthusiasts in southern locales. The author has a successful herb business in the Yukon and uses herbs from boreal forest in many of her products. Whether you have a crowded bookshelf or you are just starting to fill one, this book is a 'must have'. 440 pp. **Softcover B1610: \$45**



New! THE WHEATGRASS BOOK: How to Grow and Use Wheatgrass to Maximize Your Health and Vitality, Ann Wigmore.

This book is not new, and the wheatgrass idea has been around since the 1950s, but we notice that interest in wheatgrass is growing steadily. We are hearing from cancer survivors who swear that wheatgrass juice helped jolt their bodies back to good health. As baby boomers enter their senior years they are grappling with degenerative diseases and are looking for answers. Fresh wheatgrass juice packs quite a punch — of vitamins, minerals, enzymes, amino acids, antioxidants — just what is needed but missing from modern treatment of cancer and other diseases. 126 pp. **Softcover B7885: \$15**



New! THE WILD MEDICINE SOLUTION: Healing with Aromatic, Bitter, and Tonic Plants, Guido Masé.

This book does a nice job putting the many herbs used for health into a simple framework. American herbalist Guido Masé divides herbs into three broad groups — aromatics, bitters and tonics and shows how it is possible to begin "using plants mindfully in daily life, based both on thousands of years of safe use and... on modern understanding." Aromatics, tonics, yes, but bitter herbs you say? Yes! Bitter herbs like dandelion, burdock, wormwood, gentian and others, are important for good health, and living life without them is like a good diet without exercise. 309 pp. **Softcover B7887: \$19**



Ordering Information

What is the minimum order?

Except for plants, there is no minimum order. For plants the minimums are:

Potted plants - 6; Roses - 3; Plug Packs - 2; Plug Trays - 1

What shipping charges apply?

See order form for shipping charges.

What are the applicable taxes?

No taxes apply to U.S. and international orders. For customers in ON, NB, NF add 13% HST. For customers in NS add 15% HST. For customers in PE add 14% HST. For customers elsewhere in Canada add 5% GST.

What payment methods do you accept?

Cheque or money order in either Canadian or US currency, or Visa and Mastercard. No COD orders accepted.

Do you accept returns?

All perishable goods such as seeds, rootstock, bulbs and plants cannot be returned. With prior authorization, all non-perishable goods may be returned for credit. A 20% re-stocking charge will apply. Contact customer service for authorization.

How do you handle back orders?

Perishable seeds, rootstock, bulbs and plants may be back ordered and shipped when ready. All back ordered items will be charged at time of order. Out of stock items will be back ordered if expected within a few months. We won't back order if the value is less than \$5.

How will my order be shipped?

Seeds are generally shipped by mail, plants by UPS, Canpar or Xpresspost and all other items by surface mail or UPS. No matter where you live in Canada or the United States, we can deliver herb plants safely. We use our own custom designed shipping container that withstands the tough handling of today's delivery services. Plants are guaranteed to arrive safely!

When will my order be shipped?

We cannot ship perishable items, such as plants, bulbs, etc. until our weather permits. All other items are shipped as soon as we process your order. Seasonal items (e.g. short-lived seed or rootstocks) are shipped in season.

The main plant shipping season is April to June. This may not coincide with the planting season in your area. Because of sheer volume in spring, some plant orders may not be shipped until early June. If you wish to specify an earlier shipping date on your order, we will try to accommodate you, but we cannot guarantee that date. We ship plants till November, weather permitting.

What if I have problems with my order?

Occasionally shipments are delayed, damaged or lost in transit, or there may be packing, invoicing or other errors. Please contact our customer service department for assistance. Please note that claims for damaged plants must be substantiated by photos emailed to custserv@richters.com (maximum 4MB file size) within 48 hours of delivery.

How do I contact customer service?

Web: www.richters.com/CustomerCare

Email: custserv@richters.com

Phone: 1-800-668-4372 or 1-905-640-6677

Fax: 1-905-640-6641

For Commercial Growers

Check our online GrowerZone resources at

www.growerzone.com.

Prices: While we try to maintain pricing, in the face of fluctuating currency markets and uncontrollable market conditions, we reserve the right to change prices without notice.

Discounts: A 10% early booking discount applies to plug tray orders placed prior to November 30 for delivery next season.

Billing: Plug trays are invoiced at 100% at time of order booking. Freight is also charged at this time. If paying by cheque, please include full payment including the freight charge with your order. Customers with established accounts with credit terms are billed at time of shipping.

Cancellations: Orders must be cancelled in writing. Because plug trays are planted to order there is no credit or refund if cancelled after 4 weeks. Plug tray orders will be fully credited or refunded if cancelled within 2 weeks of ordering; or 50% if cancelled within 4 weeks.

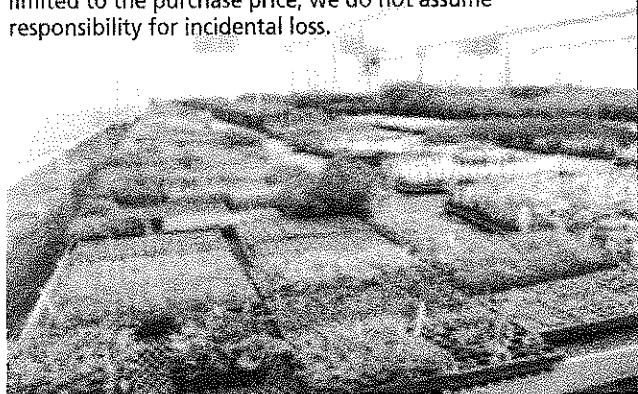
Delivery: Seeds are shipped year round, but some seeds are only available seasonally. Plug trays are shipped weather permitting and depending on availability. Please specify your preferred shipping date and we will do our best to meet your requirements, but we cannot guarantee that we will ship on that date.

Shipping: Shipping method is at the discretion of Richters based on your location, cost and the time of year. Our standard method for plug trays is either UPS or Xpresspost; for seeds and other goods, surface mail or ground courier. You may specify an alternate carrier and pay freight at cost.

Claims: Occasionally shipments are delayed, damaged or lost in transit. Claims must be made within 48 hours of delivery. Claims for damage must be substantiated by photos emailed to custserv@richters.com (maximum 4MB email size). Richters Customer Service staff will be happy to assist you.

Phytosanitary certificates: CANADA: Not required. USA: Supplied free of charge for all seed and plant orders. INTERNATIONAL: Please check with your Department of Agriculture for import requirements and restrictions for seeds. Phytosanitary certificates are provided at cost where required.

Warranty: Richters guarantees plants to be healthy when shipped. Plants may vary in appearance depending on season and stage of growth. While we endeavour to supply only the highest quality seed and plant material, no warranty concerning the identity or productiveness of seeds and plants sold, or guarantee of delivery, is expressed or implied. Any liability is strictly limited to the purchase price; we do not assume responsibility for incidental loss.



CANADA POSTES
POST CANADA



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Admail
1157817

Shanghai Express Collection

Rattail Radish



Richters

Goodwood, ON L0C 1A0
CANADA

Phone:

1.800.668.4372

1.905.640.6677

Fax:

1.905.640.6641

Email:

OrderDesk@Richters.com

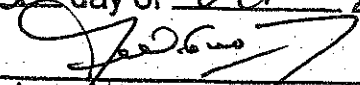
Web:

www.Richters.com

Black Wormwood

Phenomenal Lavender

Printed in Canada • Special Thanks to the entire Richters Catalogue Team • Art & Design Production by HERESCAPES

This is Exhibit " C " referred to in the affidavit of Thomas Baumann sworn before me at Abbotsford, B.C. this 30th day of Oct 2014

A commissioner for taking affidavits for British Columbia

EXPERT REPORT PROF. TOM BAUMANN

(a) a statement of the issues addressed in the report:

To inform the court with respect to the general issues, and any specific issues or concerns, involved in the production or cultivation or growing of plants for food, such as vegetables, herbs and spices as well as natural health care plant products for health purposes or flowers for entertainment or enjoyment or any other purpose, both indoors and outdoors for personal use or the use of one's family or others and any limitations thereon, compared to production for commercial sale purposes to the public generally.

(b) a description of the qualifications of the expert on the issues addressed in the report:

Tom Baumann has been involved in agriculture for his entire life, beginning in 1965 with his first tractor ride. He specialized in horticulture at Justus Liebig University, Giessen, Germany where he finished with a Master's degree. His thesis topic was the adaptation of raspberry varieties to mechanical harvesting. Emigrating to Canada with his parents in 1985, he volunteered for an entire summer for Agriculture and Agri-Food Canada's berry breeding program in Agassiz and Abbotsford, BC. Subsequently, he entered the Master's Program at the University of British Columbia, specializing in horticulture, researching Season Extension of strawberries for his thesis during which time he became a researcher for the berry industry.

In 1991, he started part-time at the University of the Fraser Valley before becoming a full-time Professor of Agriculture, which is still his position presently. His course load includes the production of vegetable, fruit, nursery and greenhouse crops. He has, on many occasions, given public lectures and garden club talks on a variety of subjects, all related to growing in the home garden. He is active in protecting agricultural land and conducting research in the berry industry as well as a variety of greenhouse crops.

He helped design a brand new greenhouse for vertical production of crops such as herbs, with Premier Christy Clark opening the facility officially in April, 2014. He helped design greenhouses and other facilities for commercial cannabis cultivation for various companies. He runs a small nursery operation from his own five acres of land and feeds his family and friends from the associated garden plots. He is the president of Expert Agriculture Team Ltd., giving advice to nursery, greenhouse, fruit and vegetable producers as well as delivering expert opinions in litigation cases and insurance cases. This includes underwriting and assessment for Canada/BC Business Risk Management's crop insurance program. In addition, he has undertaken food safety inspections

for the vegetable industry on behalf of the BC Vegetable Marketing Commission.

(c) the expert's current *curriculum vitae* attached to the report as a schedule:

Attached as Exhibit "A" to my Affidavit

(d) the facts and assumptions on which the opinions in the report are based; in that regard, a letter of instructions, if any, may be attached to the report as a schedule;

The facts and assumptions upon which the opinions in this report are based are the expert's professional experiences and qualifications as a horticulturalist and Professor of Agriculture at the University of the Fraser Valley for over 23 years, including experience in growing a broad range of plant types under various circumstances, including indoor, outdoor and greenhouses conditions or a combination thereof. He has always used best farm management practices and worked under the current rules and regulations for producing food, doing due diligence in order to assure a quality product that is nutritious, healthy and safe for the consumer, including his own family and friends. He has repeatedly worked with the Canadian Food Inspection Agency where many of the graduates from his program at the University of the Fraser Valley find employment, which acts to advance agricultural knowledge and increase the safety of the Canadian food supply.

It is this expert's opinion that a private individual can grow their own plants, such as vegetables, fruits and herbs, for their own personal consumption or that of their immediate family and can provide such to local farmer's markets for sale to the public or from their own premises. However, if the production is for a large commercial purpose then it is subject to the Federal *Food and Drugs Act* and regulations pursuant thereto, which necessitates interaction with the Canadian Food Inspection Agency (CFIA). The Richters 2014 Herb and Vegetable catalogue referred to below sets out to the wide variety of plants, herbs and flowers that can be sold to the public and propagated by individuals without licence or permit, subject only to local government by-laws and regulations, depending upon the circumstances.

It is this expert's understanding that if any plants are listed in any of the schedules to the *Controlled Drugs and Substances Act* then one is not permitted to possess or produce them unless an exemption from the *Act* is obtained. A plant that is not controlled by the *Controlled Drugs and Substances Act*, and that is held out to have medicinal properties, is subject to the *Natural Healthcare Products Regulations* pursuant to the *Food and Drugs Act* if offered for sale to the public, but not if one is producing for one's own personal use. Indeed, some of the offerings in this particular catalogue are listed as not available for shipment to the US to comply with regulatory restrictions in that country.

(e) a summary of the opinions expressed;

1. To the best of my knowledge, information and beliefs, and based upon my experience, any person can grow any plant for food, including vegetables, herbs and spices or plants for health purposes. This can be for their personal consumption, the consumption of members of their family and, in some circumstances, others, such as through farmers markets or vegetable stands. This is unless the production is intended for large commercial purposes and for sale to the general public through a commercial enterprise and unless the particular plant is a controlled substance under the *Controlled Drugs and Substances Act* and is prohibited from production when not exempted thereunder or therefrom, or is otherwise regulated and controlled under the *Food and Drugs Act*;

2. The limitations on the production, consumption and distribution of any plant product, unless prohibited under the *Controlled Drugs and Substances Act*, are generally with respect to the sale of such products to members of the public and the representations made in relation thereto, particularly if held out to be for purposes of healthcare, in which case the *Natural Healthcare Products Regulations* pursuant to the *Food and Drugs Act* come into play, and once again regulate such products for purposes of sale to members public, but not for personal production and consumption;

3. The technology and equipment exists today that would enable a person to grow any plant, or plants for personal consumption for food or for their health, either outside in soil or artificial medium, including hydroponics, in greenhouses or equivalents or inside or indoors, safely from the perspective of their health and safety, and that of others, and if inside or indoors, without damage to the building or structure or unit, that is not remedial after the cessation of such use, subject only to reasonable limits, depending upon the size of the building or structure or unit within, which the production takes place and the size of the intended crop or garden relative thereto. Use of proper electrical hookups and proper water management as well as environmental controls such as humidity and temperature, conforming with all local, provincial and federal regulations, is a given no matter what kind of production, either indoors or outdoors.

(f) in the case of a report that is provided in response to another expert's report, an indication of the points of agreement and of disagreement with the other expert's opinions;

Not applicable

(g) the reasons for each opinion expressed;

The reasons for this opinion or these opinions is based upon my professional experience in the production of plants for food for myself and my family, as a horticulturalist and Professor of Agriculture at the University of the Fraser Valley

and extensive work in research and consulting throughout the agriculture industry, locally, provincially, nationally and abroad. The expertise includes designing indoor and outdoor systems, such as environmental, irrigation and fertilization controls and physical structures, either for commercial or for home production. In particular, this experience includes his own hands-on construction of nurseries, greenhouses, raised beds, field irrigation systems (both small and extensive), allowing me to speak from first-hand, practical knowledge. I designed the research facilities at the University of the Fraser Valley and executed, in partnership with a commercial greenhouse builder, my own nursery's design and installation as well as installations for many other farms. I have partaken in the planning of at least three commercial greenhouse ranges and will be guiding these projects to completion. I have collaborated with Agriculture and Agri-Food Canada on Echinacea and Feverfew trials at the Agassiz Research Station and continue to grow herbs and spices with my students in the research greenhouse at the University of the Fraser Valley to deliver locally grown food to the university's culinary arts program, which is served in the cafeteria and the dining room. Many years ago, I consulted for a company on the out-of-season production of various herbs. Subsequently, the company was highly successful in marketing these through large grocery store chains.

(h) any literature or other materials specifically relied on in support of the opinions;

The Richters (Goodwin, Ontario) 2014 Herb & Vegetable Catalogue, attached hereto as a schedule (<https://www.richters.com/>) is an example of the wide variety of herbs and vegetables available through Richters for sale to the general public both through their stores and online through their catalogue. It includes obtaining seeds of rare and endangered food plants, gourmet vegetables and accessories to enable composting, improved rooting, the elimination of pests in the making of products. Herb and vegetable plug packs and trays are available as well as dried, organic and wild-crafted dried herbs, accessories for the kitchen and tea and organic spice blends. All of the items are available for individuals or for commercial growers. In the latter case, phytosanitary certificates are supplied free of charge for all seed and plant orders in Canada although not required as they are in the USA.

The catalogue also advertises the sale of various books on how to grow a range of vegetables, fruits and herbs as well as on the production of Herbal Antivirals as natural remedies for emerging and resistant viral infections. For example, and "The Wild Medicine Solution: healing with aromatic, bitter and tonic plants" and many other publications are available online through www.Richters.com.

As the catalogue indicates, the company puts on seminars on how to grow specific plants such as wheatgrass, hops and 'crops that wow'. As well, they offer courses on rooftop and balcony gardens, cold frame gardening and the management of organic pests and diseases (inside cover).

Also, on pages 4 and 5 of the 2014 catalogue, the company promotes the Herb Artemisias, indicating that this herb kick starts the digestive system, stimulates the liver and boosts the immune system. They also recommend wormwood, santonica and mugwort for such purposes, each being individually described in the catalogue.

On pages 48 and 49, there is an explanation for the various symbols with respect to the 'duration' of the plant (A – Annual, B – Biennial, P – Perennial) and 'uses', namely: 'the knife and fork' for culinary; the 'red cross' for medicinal; the 'cup' for beverage; the 'snowflake' for aromatic; a 'metal gear wheel' for industrial; and the 'skull and cross bones' for poisonous.

On pages 6 and 7, various herbs are listed. The first one is 'Aconite'. The description includes a 'red cross' symbol and a 'skull and cross bones' symbol, indicating that it has been recognized as poisonous since antiquity but that it also contains 'aconitine' that is said to be a useful sedative to treat many conditions meaning it should not be used without medical supervision.

Many similar examples of herbs and plants exist throughout the catalogue accompanied by many similar symbols, including the symbol of a 'knife and fork', which indicates edibility. Two more examples on page 7 are 1) 'Ashwagandha', which apparently is a highly regarded Ayurvedic (Indian) medicinal herb, sometimes called "Indian ginseng" and used for everything from general weakness, rheumatism, insomnia, infertility, impotence, and "weakness of the mind" and 2) 'Bacopa', a thyme leaved plant used for medical purposes as opposed to ornamental purposes. This whole-plant medicine is purported to be a nerve and cardiac tonic with a tranquilizing action similar to reserpine. Apparently, it is used in India for the treatment of debility, nervous breakdown, epilepsy, hysteria and insanity. It is apparently easy to grow in pots, indoors or outdoors, as a summer annual. On page 11, 'Belladonna' is advertised as a source of atropine, valuable in treating eye diseases and spasms as well as to lessen local inflammation and pain by external application. One is advised not to use it without medical supervision as it is indicated to be poisonous. On page 44, 'Morning Glory' is advertised with the 'red cross' symbol with the indication that it was used as a hallucinogen in religious ceremonies by the Aztecs.

On page 50, various types of poppies are referred to, including the "opium poppy", which is described as a source of opium and the narcotic alkaloids, morphine and codeine, which are used to control pain, coughs and diarrhea. It is said that the plant is far more important for its culinary uses. Its seeds, which do not contain high levels of the alkaloids, are widely used on breads, cakes, bagels and in Middle Eastern delicacies. The seeds also yield good quality oil used for salads, soap, ointments and paints.

On pages 63 and 64, reference is made to 'Tobacco, Ontario Bold', which is flue-cured tobacco that is a leading commercial variety in Ontario that was developed by crossing Canadian and American varieties to improve quality and

disease resistance and to lower nicotine. 'Ontario Light' is referred to on page 64 as another Ontarian commercial variety with information on how it was developed to contain less nicotine. 'Tobacco, Wild' is also referred to as an important source of nicotine sulfate, which is an insecticide used for the control of aphids, trips, whiteflies and mites.

Suffice to say, there are numerous similar examples of herbs and plants advertised for sale to individuals or commercial operations for propagation for various purposes, including the production of food and health products, which can be grown either indoors or outdoors or both, depending on the purpose and circumstances. Availability of these products are as seed, plant or processed materials.

(i) a summary of the methodology used, including any examinations, tests or other investigations on which the expert has relied, including details of the qualifications of the person who carried them out, and whether a representative of any other party was present;

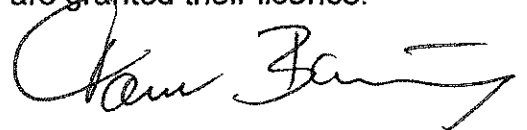
N/A

(j) any caveats or qualifications necessary to render the report complete and accurate, including those relating to any insufficiency of data or research and an indication of any matters that fall outside the expert's field of expertise; and

As for food production in general, the field of herbal remedies is undergoing rapid development and regulatory changes accompany these changes are occurring accordingly. Statements on packaging materials have to follow the rules set by the CFIA or they can be pulled from shelves. Food sold in retail stores usually requires third party inspection by independent companies in order to be in name branded outlets or be readied for export to stores in the US or other countries. These changes by regulatory agencies, or voluntary programs by other organizations, do not always have a public presence and may be difficult to find.

(k) particulars of any aspect of the expert's relationship with a party to the proceeding or the subject matter of his or her proposed evidence that might affect his or her duty to the Court.

I have no personal or professional relationship with any party in these proceedings. I have been consulted in respect to my horticultural expertise by two organizations that are seeking to become Licenced Producers under the *Marijuana for Medical Purposes, Regulations (MMPR)* and may be placed in charge of 'Quality Assurance' for one of them if they are granted their licence.



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

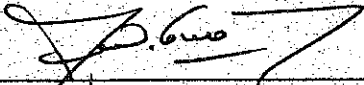
I, Thomas Baumann, Horticulturist and Professor of Agriculture at the University of the Fraser Valley, 45300 Vimy Avenue, Chilliwack, BC, MAKE OATH AND SAY AS FOLLOWS, THAT:

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.

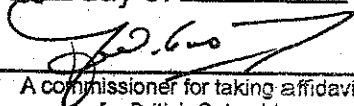
SWORN BEFORE ME at the City)
of Abbotsford, in the Province of)
British Columbia, this 30th day of)
October, 2014)



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


THOMAS BAUMANN

THIS IS EXHIBIT " / / " referred to in
the affidavit of Thomas Baumann
sworn before me at Abbotsford, BC
this 30th day of Oct 20 14


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.
- Harbour 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

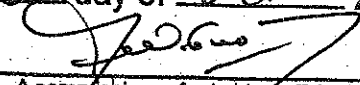
- Agriculture 323 and Plant Science 411 in full Interactive Video format for simultaneous delivery in fall 1995.
- Agriculture 321 and 323 on-going for delivery via Interactive Video and computer mediated in fall and winter 2000/1/2.
- Various continuing education courses.
- Altered Landscape Conference, 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.

This is Exhibit " C " referred to in
the affidavit of Thomas Baumann
sworn before me at Abbotsford, B.C.
this 30th day of Oct 2014

EXPERT REPORT PROF. TOM BAUMANN


A commissioner for taking affidavits
for British Columbia

(a) a statement of the issues addressed in the report:

To inform the court with respect to the general issues, and any specific issues or concerns, involved in the production or cultivation or growing of plants for food, such as vegetables, herbs and spices as well as natural health care plant products for health purposes or flowers for entertainment or enjoyment or any other purpose, both indoors and outdoors for personal use or the use of one's family or others and any limitations thereon, compared to production for commercial sale purposes to the public generally.

(b) a description of the qualifications of the expert on the issues addressed in the report:

Tom Baumann has been involved in agriculture for his entire life, beginning in 1965 with his first tractor ride. He specialized in horticulture at Justus Liebig University, Giessen, Germany where he finished with a Master's degree. His thesis topic was the adaptation of raspberry varieties to mechanical harvesting. Emigrating to Canada with his parents in 1985, he volunteered for an entire summer for Agriculture and Agri-Food Canada's berry breeding program in Agassiz and Abbotsford, BC. Subsequently, he entered the Master's Program at the University of British Columbia, specializing in horticulture, researching Season Extension of strawberries for his thesis during which time he became a researcher for the berry industry.

In 1991, he started part-time at the University of the Fraser Valley before becoming a full-time Professor of Agriculture, which is still his position presently. His course load includes the production of vegetable, fruit, nursery and greenhouse crops. He has, on many occasions, given public lectures and garden club talks on a variety of subjects, all related to growing in the home garden. He is active in protecting agricultural land and conducting research in the berry industry as well as a variety of greenhouse crops.

He helped design a brand new greenhouse for vertical production of crops such as herbs, with Premier Christy Clark opening the facility officially in April, 2014. He helped design greenhouses and other facilities for commercial cannabis cultivation for various companies. He runs a small nursery operation from his own five acres of land and feeds his family and friends from the associated garden plots. He is the president of Expert Agriculture Team Ltd., giving advice to nursery, greenhouse, fruit and vegetable producers as well as delivering expert opinions in litigation cases and insurance cases. This includes underwriting and assessment for Canada/BC Business Risk Management's crop insurance program. In addition, he has undertaken food safety inspections

for the vegetable industry on behalf of the BC Vegetable Marketing Commission.

(c) the expert's current *curriculum vitae* attached to the report as a schedule:

Attached as Exhibit "A" to my Affidavit

(d) the facts and assumptions on which the opinions in the report are based; in that regard, a letter of instructions, if any, may be attached to the report as a schedule;

The facts and assumptions upon which the opinions in this report are based are the expert's professional experiences and qualifications as a horticulturalist and Professor of Agriculture at the University of the Fraser Valley for over 23 years, including experience in growing a broad range of plant types under various circumstances, including indoor, outdoor and greenhouses conditions or a combination thereof. He has always used best farm management practices and worked under the current rules and regulations for producing food, doing due diligence in order to assure a quality product that is nutritious, healthy and safe for the consumer, including his own family and friends. He has repeatedly worked with the Canadian Food Inspection Agency where many of the graduates from his program at the University of the Fraser Valley find employment, which acts to advance agricultural knowledge and increase the safety of the Canadian food supply.

It is this expert's opinion that a private individual can grow their own plants, such as vegetables, fruits and herbs, for their own personal consumption or that of their immediate family and can provide such to local farmer's markets for sale to the public or from their own premises. However, if the production is for a large commercial purpose then it is subject to the Federal *Food and Drugs Act* and regulations pursuant thereto, which necessitates interaction with the Canadian Food Inspection Agency (CFIA). The Richters 2014 Herb and Vegetable catalogue referred to below sets out to the wide variety of plants, herbs and flowers that can be sold to the public and propagated by individuals without licence or permit, subject only to local government by-laws and regulations, depending upon the circumstances.

It is this expert's understanding that if any plants are listed in any of the schedules to the *Controlled Drugs and Substances Act* then one is not permitted to possess or produce them unless an exemption from the *Act* is obtained. A plant that is not controlled by the *Controlled Drugs and Substances Act*, and that is held out to have medicinal properties, is subject to the *Natural Healthcare Products Regulations* pursuant to the *Food and Drugs Act* if offered for sale to the public, but not if one is producing for one's own personal use. Indeed, some of the offerings in this particular catalogue are listed as not available for shipment to the US to comply with regulatory restrictions in that country.

(e) a summary of the opinions expressed;

1. To the best of my knowledge, information and beliefs, and based upon my experience, any person can grow any plant for food, including vegetables, herbs and spices or plants for health purposes. This can be for their personal consumption, the consumption of members of their family and, in some circumstances, others, such as through farmers markets or vegetable stands. This is unless the production is intended for large commercial purposes and for sale to the general public through a commercial enterprise and unless the particular plant is a controlled substance under the *Controlled Drugs and Substances Act* and is prohibited from production when not exempted thereunder or therefrom, or is otherwise regulated and controlled under the *Food and Drugs Act*;

2. The limitations on the production, consumption and distribution of any plant product, unless prohibited under the *Controlled Drugs and Substances Act*, are generally with respect to the sale of such products to members of the public and the representations made in relation thereto, particularly if held out to be for purposes of healthcare, in which case the *Natural Healthcare Products Regulations* pursuant to the *Food and Drugs Act* come into play, and once again regulate such products for purposes of sale to members public, but not for personal production and consumption;

3. The technology and equipment exists today that would enable a person to grow any plant, or plants for personal consumption for food or for their health, either outside in soil or artificial medium, including hydroponics, in greenhouses or equivalents or inside or indoors, safely from the perspective of their health and safety, and that of others, and if inside or indoors, without damage to the building or structure or unit, that is not remedial after the cessation of such use, subject only to reasonable limits, depending upon the size of the building or structure or unit within, which the production takes place and the size of the intended crop or garden relative thereto. Use of proper electrical hookups and proper water management as well as environmental controls such as humidity and temperature, conforming with all local, provincial and federal regulations, is a given no matter what kind of production, either indoors or outdoors.

(f) in the case of a report that is provided in response to another expert's report, an indication of the points of agreement and of disagreement with the other expert's opinions;

Not applicable

(g) the reasons for each opinion expressed;

The reasons for this opinion or these opinions is based upon my professional experience in the production of plants for food for myself and my family, as a horticulturalist and Professor of Agriculture at the University of the Fraser Valley

and extensive work in research and consulting throughout the agriculture industry, locally, provincially, nationally and abroad. The expertise includes designing indoor and outdoor systems, such as environmental, irrigation and fertilization controls and physical structures, either for commercial or for home production. In particular, this experience includes his own hands-on construction of nurseries, greenhouses, raised beds, field irrigation systems (both small and extensive), allowing me to speak from first-hand, practical knowledge. I designed the research facilities at the University of the Fraser Valley and executed, in partnership with a commercial greenhouse builder, my own nursery's design and installation as well as installations for many other farms. I have partaken in the planning of at least three commercial greenhouse ranges and will be guiding these projects to completion. I have collaborated with Agriculture and Agri-Food Canada on Echinacea and Feverfew trials at the Agassiz Research Station and continue to grow herbs and spices with my students in the research greenhouse at the University of the Fraser Valley to deliver locally grown food to the university's culinary arts program, which is served in the cafeteria and the dining room. Many years ago, I consulted for a company on the out-of-season production of various herbs. Subsequently, the company was highly successful in marketing these through large grocery store chains.

(h) any literature or other materials specifically relied on in support of the opinions;

The Richters (Goodwin, Ontario) 2014 Herb & Vegetable Catalogue, attached hereto as a schedule (<https://www.richters.com/>) is an example of the wide variety of herbs and vegetables available through Richters for sale to the general public both through their stores and online through their catalogue. It includes obtaining seeds of rare and endangered food plants, gourmet vegetables and accessories to enable composting, improved rooting, the elimination of pests in the making of products. Herb and vegetable plug packs and trays are available as well as dried, organic and wild-crafted dried herbs, accessories for the kitchen and tea and organic spice blends. All of the items are available for individuals or for commercial growers. In the latter case, phytosanitary certificates are supplied free of charge for all seed and plant orders in Canada although not required as they are in the USA.

The catalogue also advertises the sale of various books on how to grow a range of vegetables, fruits and herbs as well as on the production of Herbal Antivirals as natural remedies for emerging and resistant viral infections. For example, and "The Wild Medicine Solution: healing with aromatic, bitter and tonic plants" and many other publications are available online through www.Richters.com.

As the catalogue indicates, the company puts on seminars on how to grow specific plants such as wheatgrass, hops and 'crops that wow'. As well, they offer courses on rooftop and balcony gardens, cold frame gardening and the management of organic pests and diseases (inside cover).

Also, on pages 4 and 5 of the 2014 catalogue, the company promotes the Herb Artemisias, indicating that this herb kick starts the digestive system, stimulates the liver and boosts the immune system. They also recommend wormwood, santonica and mugwort for such purposes, each being individually described in the catalogue.

On pages 48 and 49, there is an explanation for the various symbols with respect to the 'duration' of the plant (A – Annual, B – Biennial, P – Perennial) and 'uses', namely: 'the knife and fork' for culinary; the 'red cross' for medicinal; the 'cup' for beverage; the 'snowflake' for aromatic; a 'metal gear wheel' for industrial; and the 'skull and cross bones' for poisonous.

On pages 6 and 7, various herbs are listed. The first one is 'Aconite'. The description includes a 'red cross' symbol and a 'skull and cross bones' symbol, indicating that it has been recognized as poisonous since antiquity but that it also contains 'aconitine' that is said to be a useful sedative to treat many conditions meaning it should not be used without medical supervision.

Many similar examples of herbs and plants exist throughout the catalogue accompanied by many similar symbols, including the symbol of a 'knife and fork', which indicates edibility. Two more examples on page 7 are 1) 'Ashwagandha', which apparently is a highly regarded Ayurvedic (Indian) medicinal herb, sometimes called "Indian ginseng" and used for everything from general weakness, rheumatism, insomnia, infertility, impotence, and "weakness of the mind" and 2) 'Bacopa', a thyme leaved plant used for medical purposes as opposed to ornamental purposes. This whole-plant medicine is purported to be a nerve and cardiac tonic with a tranquilizing action similar to reserpine. Apparently, it is used in India for the treatment of debility, nervous breakdown, epilepsy, hysteria and insanity. It is apparently easy to grow in pots, indoors or outdoors, as a summer annual. On page 11, 'Belladonna' is advertised as a source of atropine, valuable in treating eye diseases and spasms as well as to lessen local inflammation and pain by external application. One is advised not to use it without medical supervision as it is indicated to be poisonous. On page 44, 'Morning Glory' is advertised with the 'red cross' symbol with the indication that it was used as a hallucinogen in religious ceremonies by the Aztecs.

On page 50, various types of poppies are referred to, including the "opium poppy", which is described as a source of opium and the narcotic alkaloids, morphine and codeine, which are used to control pain, coughs and diarrhea. It is said that the plant is far more important for its culinary uses. Its seeds, which do not contain high levels of the alkaloids, are widely used on breads, cakes, bagels and in Middle Eastern delicacies. The seeds also yield good quality oil used for salads, soap, ointments and paints.

On pages 63 and 64, reference is made to 'Tobacco, Ontario Bold', which is flue-cured tobacco that is a leading commercial variety in Ontario that was developed by crossing Canadian and American varieties to improve quality and

disease resistance and to lower nicotine. 'Ontario Light' is referred to on page 64 as another Ontarian commercial variety with information on how it was developed to contain less nicotine. 'Tobacco, Wild' is also referred to as an important source of nicotine sulfate, which is an insecticide used for the control of aphids, trips, whiteflies and mites.

Suffice to say, there are numerous similar examples of herbs and plants advertised for sale to individuals or commercial operations for propagation for various purposes, including the production of food and health products, which can be grown either indoors or outdoors or both, depending on the purpose and circumstances. Availability of these products are as seed, plant or processed materials.

(i) a summary of the methodology used, including any examinations, tests or other investigations on which the expert has relied, including details of the qualifications of the person who carried them out, and whether a representative of any other party was present;

N/A

(j) any caveats or qualifications necessary to render the report complete and accurate, including those relating to any insufficiency of data or research and an indication of any matters that fall outside the expert's field of expertise; and

As for food production in general, the field of herbal remedies is undergoing rapid development and regulatory changes accompany these changes are occurring accordingly. Statements on packaging materials have to follow the rules set by the CFIA or they can be pulled from shelves. Food sold in retail stores usually requires third party inspection by independent companies in order to be in name branded outlets or be readied for export to stores in the US or other countries. These changes by regulatory agencies, or voluntary programs by other organizations, do not always have a public presence and may be difficult to find.

(k) particulars of any aspect of the expert's relationship with a party to the proceeding or the subject matter of his or her proposed evidence that might affect his or her duty to the Court.

I have no personal or professional relationship with any party in these proceedings. I have been consulted in respect to my horticultural expertise by two organizations that are seeking to become Licenced Producers under the *Marijuana for Medical Purposes, Regulations (MMPR)* and may be placed in charge of 'Quality Assurance' for one of them if they are granted their licence.

