

Rhona's seed list for GTUF Seedy Sunday 2013



White Columbine (*Aquilegia alpina*) Hardy Perennial Blooms from mid-spring to early summer. Grows well in average soil. Full sun to part shade. They love deep, rich soil and dappled shade. Remove seed heads before they disperse their contents, otherwise the parent plant may be crowded out by its own offspring. Save the seed and sow it fresh if you want more plants elsewhere. (Rhona McAdam)



Golden Calendula Also called Mary's gold, pot marigold and poor man's saffron. Direct seed as soon as soil can be worked, or start indoors in a very cool bright spot 4 to 6 weeks before the average frost-free date. Use petals in salads, rice or dried in teas; an ingredient in soothing creams and salves (known as "organic iodine"). (Rhona McAdam)



Red Amaranth (*Amaranthus hypochondriacus*) (from Salt Spring Seeds website): Amaranth is a warm weather crop best sown around the same time as corn. The large flowerheads put on a magnificent display for several months. In early autumn, harvest seeds by either shaking seedheads into a bucket, or by collecting heads and rubbing them through screening over a large container. The tiny, protein-rich (15-16%) seeds can be popped, sprouted, toasted on a skillet, ground into flour or cooked whole. We usually do the latter, simmering the amaranth in an equal volume of water for ten minutes. Amaranth leaves are succulent and nutty when eaten raw for the first few weeks and make superb cooked greens until late summer. Amaranth will cross with Red-rooted Pigweed, a common garden weed. (Rhona McAdam)



Evergreen Candytuft (*Iberis sempervirens*) Sun to Partial Shade; blooms mid-spring to early summer when numerous flattened clusters of 4-petaled snow-white flowers nearly cover the foliage. Pretty, trouble-free groundcover. Sow seed in containers in a cold frame in autumn. Root softwood cuttings in late spring or semi-ripe cuttings in summer. (Rhona McAdam)



Black Radish (*Raphanus sativus*) *Winter radish* Aka Black Spanish, Black Spanish Round, 'Noir Gros Rond d'Hiver' Days to Maturity: 55 – 65. Plant in rows about ¼- ½ inch deep. Thin seedlings when plants are 2-3 inches tall. Allow a minimum of 2-4 inches between each seedling. Plant after midsummer (=July) so it will not bolt to flower before forming a root, and harvest in November. Use row cover as cabbage maggot loves it. Remove roots and greens before storing . Needs to be stored to reach its full potential: store after November harvest and eat in the spring. (Rhona McAdam)



Bulb Fennel (*Foeniculum dulce*) Days to germination: 7 to 14; days to harvest: 80 to 90. Needs full sun, **regular** watering, loose and well-drained soil. Not ideal for container gardening, but possible. Direct seed in spring after first frost; seeds only need to be lightly covered by soil (perhaps and 1/8 of an inch), and should be kept frequently watered until they sprout their first few leaves. Space your seeds out around 10 inches apart and thin as needed. Can perennialize if you leave roots in place. **NOTE:** Will cross pollinate with dill and coriander (cilantro) and will bolt in chilly weather. Best time to sow is in mid June for an autumn crop. (Rhona McAdam)



Oca (*Oxalis tuberosa*) Grows from tubers, similar to potatoes. Prefers sandy soil, partial shade and cool, damp weather. Grows abundant foliage. Plant whole tubers in pots in late winter (mid-March), and once they form healthy vines, transfer them to tubs or into the ground after the threat of frost has passed. Make sure they are fully planted out



during August to ensure a decent harvest. They don't tolerate hot sun and a hard drought will kill them. They set tubers in September. Harvest when they die back, before hard frost (November or so) can damage the tubers. Size up to 8cm/2 inches or so; most will be smaller. Save the smallest for seed stock. Store in a cool, dry place out of direct sunlight. Cook as you would small potatoes. (Rhona McAdam)

Celery Start indoors 10 - 12 weeks before last frost. Place several seeds per cell. Light is required for the seeds to



germinate, so don't plant too deeply. 50 percent germination is average rate for this crop. Usual seed life: 3 years. Keep soil moist and warm until seeds germinate (2 - 3 weeks). After germination, grow indoors in a cool area (about 60° F to 70° F). Thin plants to one per cell. Keep transplants very moist and plant into plenty of compost and rotted manure (heavy feeder). Celery requires a long growing season with cool temperatures; can withstand light frosts. Optimum growth occurs at air temperatures of 60° to 70° F (16° to 21° C). Celery needs lots of water during the growing season to stay tender and flavorful. Mulch and plant seedlings fairly close together as dense growth will help

shade out weeds and keep soil moist and cool. Plants are ready to harvest 90 to 120 days after transplanting. Cut individual stalks as needed, starting with the outer, or cut the root of the plant just below the crown. Blanching is not necessary but it does improve flavour. (Rhona McAdam)



Tequila Sunrise Peppers Ornamental pepper that is sweet and delicious. Carrot shaped 5" long peppers are borne on sturdy plants. Fruits ripen from deep green to golden-orange. Firm crunchy flesh is mildly peppery and sweet. Delicious as a frying pepper or eaten fresh. 60-78 days from transplant. START INDOORS 8 weeks before last frost GERMINATION 14 Days PLANT OUTDOORS 12-24" Apart LIGHT Full Sun. (Rhona McAdam)



Lemon Tomato 85 days, **indeterminate**. Vigorous, regular leaf plants produce small to medium fruits that are yellow, globe-shaped, juicy, sweet. Fruits weigh two to four ounces and grow in clusters of three to six fruits. (Rhona McAdam)



Speckled Roman Tomato. Days to Maturity: 75-80. Indeterminate. Very unusual and beautiful paste or salad tomato with an excellent sweet and savory flavour. Crack resistant, heavy producer. COLOUR: red streaked with orange. SHAPE: oblong. SIZE: medium (under one pound). (Rhona McAdam)



Bull's Heart Tomato. Days to Maturity: 85-90. Indeterminate Russian variety. Stake well as it yields 1 to 2-pound, oxheart-shaped, pink fruit with few seeds and great taste. (Rhona McAdam)

Indigo Rose Tomato. Moderately vigorous. Compact indeterminate. 75 days to maturity. Small-medium fruits.



Developed by Oregon State University to be high in anthocyanins (antioxidants) which produce in the fruit only where exposed to sunlight. If shaded by a leaf or on the base, the purple pigment does not develop but can be produced after picking by exposing to sun. Must be allowed to ripen fully for complete development of sugars and acids. Ripe when color changes from a shiny blue-purple to a dull purple-brown; when fruit softens like regular tomatoes, and when the bottom of the tomatoes turn from green to red. (Rhona McAdam)



Greek Asimina Tomato. Days to Maturity: 80. Indeterminate Very high yield of red medium sized round fruits that grow in clusters of 5-6. Very tasty. (Rhona McAdam)



Persimmon Tomato. Days to Maturity: 69-80. Indeterminate This heirloom was first grown by Thomas Jefferson in 1781 and still is the most flavourful & reliable yellow tomato available. Fruits are large, juicy, and with few blemishes. Be sure to stake as plants produce fruit as large as 16 ounces or 454 grams (Rhona McAdam)



Auriga Tomato. Days to Maturity: 80+. Indeterminate High carotene content, reportedly the highest of any other known tomato variety. Produces 1-2" orange large cherry-type fruit weighing about 2oz each. Heavy yielding and fair split resistance. (Rhona McAdam)



Japanese Black Trifele Tomato. Days to Maturity: 81. Indeterminate From Estonia: one of the darkest black tomato varieties available. Mahogany with dark green shoulders. Wonderful flavour; suitable for salads and cooking. Plant is potato-leafed and resistant to cracking. (Rhona McAdam)



Broccoli For a summer harvest, start indoors six weeks before last spring frost, and set out hardened-off seedlings at about 4 weeks. Or direct seed into a nursery bed and transplant seedlings to your garden. For a fall harvest, start indoors 12 to 14 weeks before first fall frost, and set the out seedlings at about 4-6 weeks. Broccoli is a heavy feeder, and takes up nutrients best with soil pH between 6.0 and 7.0. Loosen soil and mix in up to 1 inch of mature compost. Choose a sunny, well-drained site. Allow 18 to 20 inches between plants. (Rhona McAdam)