

Seeds Available

Vegetables:

Salads		
		Lettuce 'Great Lakes' Heart forming variety with a firm, crisp head. Resistant to bolting and tip burn, tolerates heat and mild frosts. Open Pollinated variety (good for organic f=growing and saving your own seeds)
		Rocket Good for successional sowing for a continuous supply of peppery salad leaves. Sow through spring, summer and autumn for year-round outdoor or polytunnel production. Can be grown in pots
		Mizuna Easy to grow mildly peppery leaves for successional sowing. Sow through spring, summer and autumn for year-round outdoor or polytunnel production. Can be grown in pots
		Spicy Greens Mix – A blend of oriental salad leaves with peppery flavour. Sow successionally into pots or direct into the ground for a supply of baby leaves.
		Red Perilla Known as 'Shiso' in Japan, the red leaves have a mild anise flavour. Shiso leaves can be used whole or cut into strips and used in salads.

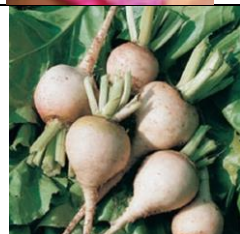
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Root Vegetables



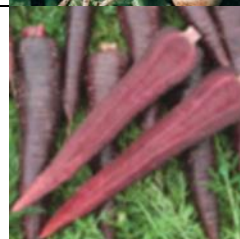
Beetroot 'Chioggia'

Heirloom variety fast to mature, can be eaten raw, boiled or roasted. Attractive striped beet – sow from march to June, the beets last well in the ground through summer and winter.



Beetroot 'Albina Ice'

Heirloom variety producing ivory white beets with a mild flavour and does not bleed when cut. Can be eaten raw or cooked.



Purple Carrot

Heirloom maincrop variety producing a good crop of long straight roots that retain their colour on cooking. Makes an attractive vegetable and also used as a natural dye.



Carrot 'Saint Valery' (main crop carrot)

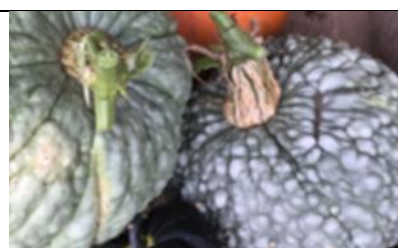
Medium sized carrot with tapered roots and excellent flavour. Can be harvested young through the summer but will stand all winter in the ground. We found this carrot to have the best flavour on our acid soil here.



Onion 'Eiffel'



White spring onion that can be successionally sown from spring onwards, for cropping through spring, summer and autumn.

Cucumbers, Courgettes & Squash










Squash 'Buen Gusto el Horno'

An heirloom Spanish variety producing large pumpkins with tasty orange flesh similar to butternut.


	<p>Cucumber ‘Lemon’ An heirloom cucumber producing rounded fruits with a mild citrus flavour pick young when the skin is soft and thin for eating whole/sliced in salads, mature fruits can be skinned and seeded for slicing.</p>
	<p>Courgette ‘Green Bush’ A compact bush variety producing a good crop of deep green courgettes with a good flavour.</p>





Peas and Beans

	<p>Broad Bean ‘Imperial Green Longpod’ Early variety producing long pods of small tender green broad beans. Pick young for shelling and steaming the small beans. When mature the large beans can be cooked, peeled and made into broad bean hummus – super tasty!</p>
	<p>Mangetout: ‘Carouby de Maussane’ is a tall variety with attractive purple flowers, which produces large pods of up to 11cm long. Sow in individual pots in feb/March under cover or directly outdoors in April & May 10cm apart and 3cm deep. This tall variety will need support. Harvest the young flat pods when 8-10cm long and eat whole, raw, steamed or in a stir fry.</p>
	<p>Sugarsnap pea: a medium tall variety where the pods are eaten with small peas inside. Sow in individual pots in feb/March under cover or directly outdoors in April & May 10cm apart and 3cm deep. This variety will need support. Harvest the young part developed pods when 1-10cm long and eat whole, raw, steamed or in a stir fry. You can also leave the peas to mature and shell them.</p>



	<p>Climbing French Bean 'Fasold': a pencil pod variety of 'haricot vert' with attractive purple flowers and a good yield of long, slim pods. Sow in individual pots in feb/March under cover or directly outdoors in April & May 25cm apart and 3cm deep. This climbing variety will need support.</p> <p>Harvest the young pods when 10cm –15 cm long and eat whole, steamed or in a stir fry.</p>
	<p>Runner bean 'Firestorm'</p> <p>A self-fertile variety, the flowers set well in hot summers, producing heavy crops of 25cm long string-less beans which are tender and sweet.</p>
	<p>Dwarf French Bean 'Purple Queen'</p> <p>One of the best flavoured Dwarf French Beans there is producing heavy yields of glossy purple, smooth and straight string-less beans. Pick regularly to keep the plant producing.</p>
	<p>Climbing French Bean 'Borlotto'</p> <p>Italian variety known as 'Fire Tongue' beans, The decorative beans have excellent flavour and can be picked and used fresh or left to grow on for shelling or drying.</p>


Brassicas/Cabbages

	<p>Rhubarb Chard / leaf beet</p> <p>A type of beet grown for its leaves, easy to grow and produces a good crop of 'spinach type' leaves throughout summer, autumn and winter</p>
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	<p>Borecole 'Black Tuscany'</p> <p>A Cavolo Nero type of Kale producing attractive leaves through summer, autumn and winter and well suited to the climate</p>
	<p>Cabbage 'Kalibos'</p> <p>Red heart forming cabbage producing conical hearts from late summer to autumn.</p>
	<p>Cabbage 'Golden Acre' 'Earliest of all'</p> <p>Crispy head forming summer cabbage – one of the earliest to crop. Good for shredding raw and steaming</p>
	<p>Tatsoi</p> <p>A type of Pac Choi, fast growing Chinese greens, can be grown in pots or in the ground.</p>

Herbs

	<p>Flat Leaf Parsley</p> <p>Biennial plant – producing the classic flat leaf parsley. Grow in pots or in the ground.</p>
	<p>Basil 'Sweet Genovese'</p> <p>Annual herb with tasty aromatic foliage - Make your own pesto!</p>

		<p>Coriander</p> <p>Sow in pots or direct in the ground – throughout the year, very hardy – produces a good crop of tasty foliage and you can save the seeds!</p>
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Dye Plants

Isatis tinctora (Woad)

Reseda luteola (Weld)

Flowering plants



Cerinthe major purpurascens

Anthriscus sylvestris 'Ravenswing' (Purple Cow Parsley)