

# Favourite Seeds

## Tomatoes

- ▶ Old brook (canning tomato early)
- ▶ Druzba ( A fantastic all round slicing tomato, no cracking, comes off the vine easy, beautiful market tomato) – Hawthorne farms
- ▶ Kellog (yellow canning)
- ▶ Ardwen (paste tomato large and kinda funny shaped for a paste tomato, but it resists blossom end rot, paste tomatoes are known for blossom end rot, but not this one, I have never had an issue with this one)
- ▶ Italian paste (huge large eating and paste tomato, I got lots of comments on this one but does crack sometimes)
- ▶ Indigo apple (blue and red antioxidants)
- ▶ Mortgage lifter (I must mention this one for taste, lots of people loved the taste, it made excellent sauce, but I found it did crack. We haven't grown it lately, but I am tempted to start again)
- ▶ Principe Borghese – best prices I found were Hawthorne farms; and west coast seeds – these are the size of a large cherry tomato, I forgot what they were for and fresh there was nothing special about it, so I thought what am I going to do with this tomato it's not very good...then I dried it...WOW! A must for drying, I got huge compliments when I threw the dried tomatoes into sauces. Dry these little guys and they will not disappoint you.
- ▶ Mystery tomato –Heritage harvest - a great storage tomato, pick these under ripe, just before the first frost and sit it on the counter out of the sun, and it will ripen slowly over months.

## **Peppers & Eggplants, cucumber, melons**

- ▶ King of the North – red pepper
- ▶ Ping tung – eggplant
- ▶ Soyolong – cucumber
- ▶ Navajo winter storage watermelon – good drought tolerance

## **Lettuce & Greens**

- ▶ Blade (red oak leaf summer)
- ▶ Red salad bowl (red cut and come again lettuce summer)
- ▶ Salad bowl (green cut and come again summer)
- ▶ Dixter (red romaine style leaf but not in a head)
- ▶ Outredgeous (red spring fall)
- ▶ Amish deer tongue (green upright unique and yummy spring and fall lettuce)
- ▶ Pommegranite cruch (red head lettuce spring fall)
- ▶ Larrisa lettuce (butterhead winter low light cold frame lettuce)
- ▶ Winter density (one of my favourites winter spring cold frame lettuce)
- ▶ Westland kale – William dam seeds
- ▶ Blue curled scotch kale – Rare seeds
- ▶ Dwarf blue curly scotch kale- cottage gardener; heritage harvest seeds
- ▶ Scarlet kale – rare seeds – this is the cheapest place I have seen to buy this deep red/purple kale

## **Onions, Celery, Garlic**

I have long ago given up planting onions and celery every year from seeds, celery and onions from seed need an extremely early start, celery needs blanching, and the seeds you save from them doesn't last long, there is a better way!

- ▶ Potato onions, multiplier onions, Egyptian walking onions, bunching onions
- ▶ Lavage is a wonderful substitute for celery and it's perennial.
- ▶ Garlic is something we all need to grow but storage can be iffy with certain varieties – the answer I found was silver skin soft neck garlic. It lasts an incredibly long time.

## **Favourite peas & beans**

- ▶ Cascadia sugar snap pea – William dam – sweet and withstand hot weather.
- ▶ Dwarf grey sugar pea – cottage gardener
- ▶ White rice bean – rare seeds - (tiny white dried bean, quick cooking)
- ▶ Roc d'or French wax bean (my favourite, out produces other beans in my garden)
- ▶ Royal burgundy (purple best fresh, will freeze)
- ▶ Maxi (extra early green bean, holds beans above green strong healthy plants)
- ▶ Oceanis (green european filet bean)
- ▶ Record (green dutch princess bean great taste and freezing)
- ▶ Isabel (pole bean great taste stringless, freezing canning)

## Beets & Carrots

- ▶ Bull's blood beet – William dam seeds
- ▶ Lutz green leaf beet – good storage beet – heritage harvest seeds
- ▶ Cylindra beet – William dam seeds -
- ▶ Sprint – William Dam Seeds – a very fast carrot nice carrot for fresh eating
- ▶ Berlicummer II – William dam seeds - storage and juicing carrot, blunt straight carrot.  
If you have heavy soils,
- ▶ Danvers & Chantenay – both are available at William dam seeds - are stocky pointed carrot.  
Some I want to try this year:
- ▶ Purple sun – william dam – it is a hybrid, but it's nice because it stays purple even when cooked.
- ▶ Yellow stone organic – William dam seeds

Flowers a must in my garden and my salads

**NEVER EAT A FLOWER UNLESS YOU ARE ABSOLUTELY CERTAIN YOU  
HAVE IDENTIFIED IT CORRECTLY AS EDIBLE!**

- ▶ Anise Hyssop – Hawthorne seeds and William dam seeds – absolutely our favourite edible flower and herb. Sweet licorice flavour it is fantastic.
- ▶ Tall mixture Nasturtium – William dam seeds – I've grown many different varieties but found these two grew best.
- ▶ Dwarf jewel Nasturtium – William dam seeds – they all have a wonderful peppery taste to sandwiches and salads, and the beauty the leaves and flowers add to a salad is incredible.
- ▶ I might try Alaska Nasturtium from - Hawthorne seeds as well this year, I'll let you know what I think
- ▶ Calendula mix – Hawthorne seeds -

- ▶ Bergamot – they come in various shades of pink, red and purple, I get lots of comments on how eye catching the red is – I have not tried to grow these from seeds, but once you get a root it will spread and spread and you will have lots to share with others.
- ▶ Violets – NOT THE AFRICAN VIOLETS - **WHICH ARE NOT TRUE VIOLETS AND ARE POISONOUS!!!** – but the true violets that are perennial here in Canada
- ▶ Jonny jump ups – west coast seeds - they just keep going and going and going, cold or heat you just can't stop them.
- ▶ Yes! Dandelions
- ▶ Not only does west coast seeds have a wonderful selection , but they also have photos for each edible flower check it out at:  
<https://www.westcoastseeds.com/articles-and-instructions/flower-talk/list-of-edible-flowers/>