



Illus.
Hawthorn



Fall/Winter
2017/2018

Organic Seeds & Plants
Highest Quality
Farm-Direct

Family Owned
Vegetable Seeds

Medicinal Herb Seeds
Trees, Shrubs & Vines

Live Roots
Seed Packets SHIP FREE
FALL PLANT SALE

Strictly Medicinal® LLC Fall/Winter Catalog 2017/18

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customer service: inservice@strictlymedicinalseeds.com

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phone: (541) 846-6704
fax: (541) 846-0872
www.strictlymedicinalseeds.com



Dear Seeders

Welcome to the Fall/Winter 2017/2018 Strictly Medicinal Seeds catalog, your source for medicinal herb seeds common and rare! Here's the report from down on the farm. Last winter was wet, which means we're now enjoying abundant water. Summertime activities include swimming in wild water and hoeing in the garden. We stay aware of prime times to harvest seeds and herbs, and always keep dinner in mind! In the spring bitter greens, beets, peas, onions and lettuce abound, while a little later in the year cucumbers, squash, tomatoes and corn make it all worthwhile. We love that garden!

Back in January we experienced a significant series of winter storms that brought high winds and deep snow to the mountain. Snow and ice in the valley blocked roads, caused power outages and (yikes!!) loss of internet. Sadly, many trees lost limbs, and some of the older oaks in the valley simply could not hold the weight of all that snow and collapsed, revealing in several cases the hollowness of their vulnerable core. From the small acorn the mighty oak doth grow, and should the mighty oak be felled by snow, then around the cycle again we go!

In this catalog you'll find what we have designed to be a delightful, unusual and useful array of cover crop and vegetable seeds, medicinal herb seeds and potted plants, forest roots, succulents and potted permaculture trees, shrubs and vines. We hope you find much herein that you can enjoy, utilize and share in a good way. This fall catalog suggests botanicals that are best planted during the late summer, fall and early winter. After the beginning of the new year, we send out the catalog with seeds and plants recommended for spring and summer. The entire spectrum may be viewed by visiting www.strictlymedicinalseeds.com.

The other day I was prodding in the grass for a valve, gazing upward like a raccoon feeling for crawdads. I marveled at the thick trunks of a pair of western red cedar trees that curved up elegantly into the blue sky. They were bigger around than my hug could encompass. Then, after twisting my valve, I stood in the shade of those trees. I remembered not planting them. It was decades ago. Someone gave them to me, and I tried to fit them into my garden plan. Instead, I set the pots down outside a tube greenhouse. (The valve stayed, the greenhouse eventually blew away in a small tornado.) I never got around to doing anything with those trees. They rooted down through the drainage holes, burst the pots and grew until they were large and handsome, making the place phenomenal!

May you all plant diversity onto the landscape and sow seeds of food and medicine to feed body and soul of self, family and community. Whether you do it purposely or by chance, may you all plant trees that kiss the sky. Richo

Terms of Business

Our seeds and plants are GMO-free, untreated, open-pollinated, and packed with love!
All seeds and plants provided by Strictly Medicinal®, LLC are meant for the public good and shall remain in the public domain. No patents or genetic engineering allowed.

Seed Packets Guarantee: Each packet provides specific directions on good ways to germinate the seeds. Your success is important to us. Sow entire packet in appropriate conditions. If the seeds are planted in a reasonable environment and don't germinate, then we will replace the packet (one-time replacement only, offer valid for one year after purchase).

Bulk Seed Purchases, Plants, Rootstock: Because of our lack of control over cultivation practices and weather conditions, we are not able to give any guarantee on bulk seed sales (ie. grams and pounds), plants, or rootstock. Therefore, we will not replace bulk seeds, plants, or rootstock or give cash refunds. We are not responsible for losses incurred through the failure of any crop derived from our seeds, plants, or rootstock.

Seeds Backorder Policy: Many seeds are viable for a short period only and are best delivered in season. If these are ordered out of season, they will be backordered and delivered from the new crop. (No additional shipping will be charged.) For best results, sow seeds immediately upon receipt.

Substitutions: Occasionally, we may have changed out the variety or species of a particular genus, because of our preferences or the unpredictability of nature. In that case, we will make a substitution in your order with the good intention that you will be happy with what you receive.

"Noxious Weeds:" We will not knowingly supply any seeds or plants to areas where they are prohibited as "noxious weeds" by local, state, or federal law. For instance, the designation "Sage, Clary [WA no]" means Clary Sage seeds or plants will not be delivered to the state of Washington, where the plant is listed as a "noxious weed."

Toxic Seeds and Plants: Some of the seeds, plants, and rootstock offered in this catalog are toxic if taken internally at sufficient dosage or if applied externally to the skin or mucous membranes. We have endeavored to label such seeds accordingly. Therefore, keep seeds in their labeled packaging until planting. Take appropriate precautions to plant toxic plants in a place away from children and animals. We are offering these seeds, plants, and rootstock for propagation purposes and are not liable for any adverse effects resulting from contact with seeds, plants, or rootstock obtained from us.

Self-Medication: Although all cultures on earth use plant-derived medicaments, we cannot recommend self-medication with plant products. Rather, we offer medicinal information in the context of historical usage and from personal experience, augmented by our studies of current research. Please seek the help of a health professional for medical problems.

Pricing: Our intent is for the printing of our most recent catalog to establish prices, as well as changes in the number of seeds per packet. In order to allow for unforeseen circumstances, prices and packet seed counts are subject to change without notice. We are not responsible for typos.

Shipping: You may figure your shipping charges according to the basic shipping charts. If you are having difficulty figuring out your shipping, please contact us. Please leave us your e-mail and phone number so we can contact you if there's any shipping adjustment needed. Shipping charges are subject to change without notice. If you anticipate a problem with receiving your packages via US Mail with normal delivery and need a more secure method (i.e. signature required), let us know and we will upgrade your delivery with a minimal fee.

Shipping Errors: Please look your order over carefully and let us know if there are any problems. We will be happy to rectify within 30 days of receipt.

Seed Packet Style: To conserve resources and keep your costs down, retail seed orders from the catalog are in plain packets (not full color). Full color store line seed packets are considered to be a different product.

We will lean over backwards to help out our fellow gardeners, but if for some reason this causes us to fall over backwards (ie. we are no longer helping, we cannot meet unreasonable expectations), then we do reserve the right to refuse service to anyone.

Strictly Medicinal® LLC dba Horizon Herbs is a certified organic farm and organic processor. All organic seeds are certified by Oregon Tilth & comply with organic production and handling standards established by the USDA National Organic Program, CFR Part 205.

Cert.# OR-OTCO-CO-94-00318

Oregon Seeds Dealer License # 73180

Oregon Nursery License # 73179

Catalog written by Richard A. "Richo" Cech, © 2017 Richard A. Cech,
 Catalog illustrations Sena Cech., ©Copyright 2017 Sena Cech. All Rights Reserved.

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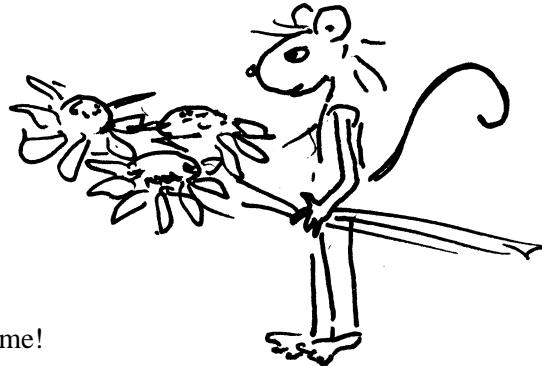
customer service:

inservice@strictlymedicinalseeds.com

What's New?

Check out the **FREE** **herbal materia medica** course on our **YouTube channel**—growing tips, medicine making and herbalism. www.youtube.com/strictlymedicinallc

- 1) Self-heal
- 2) Saint John's Wort
- 3) Tulsi
- 4) Linden
- 5) Yarrow
- 6) Hyssop
- 7) Calendula
- 8) Basil
- 9) All Hail the Mighty Kale
- 10) Goldenseal—and more to come!



Also on www.youtube.com/strictlymedicinallc:

4-part lecture “Laying on Leaves” that covers the science and art of poulticing—comfrey poultice demonstration, Richo in action, herbal entertainment!

FREE Tree!

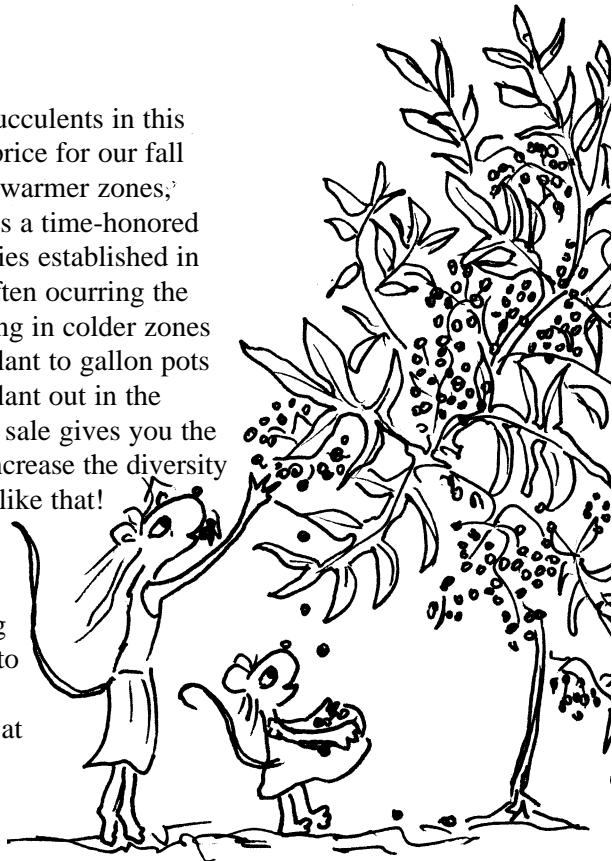
When we pack plant orders that total over \$50.00, we'll add a free tree from our nursery. We hope to be giving away mainly blue elderberry plants, but may be giving other trees if those run out. We love the idea of more trees in the world! Offer ends Nov 22, 2017.

Plant Sale!

Most of the plants, trees and succulents in this catalog have been reduced in price for our fall plant sale. For those living in warmer zones, planting perennials in the fall is a time-honored method for getting these beauties established in your garden, with flowering often occurring the following summer. Those living in colder zones may find it most effective to plant to gallon pots or larger containers and transplant out in the spring. In either case, this fall sale gives you the opportunity to inexpensively increase the diversity of your gardens and we really like that!

FREE Shipping!

We're excited to offer quick turnaround and **FREE Shipping** on Seed Packets! If you want to take advantage of this offer, order seed packets only online at strictlymedicinalseeds.com or use the order form on page 68. Offer ends Jan 31, 2018.



Richo's books will be shipped via Media Mail **FREE-OF-CHARGE** within the United States. This shipping special ends Jan 31, 2018. Another free shipping option is to order your book online at www.herbalreads.com.

Tincture Press

The tincture press we have in stock is our “Kitchen Press.” This is a sturdy countertop model powered by a 2-ton screw-type jack. The press is designed to produce clear tincture from the macerating extract or clean oil from the herbal oil infusion. This press also does a great job pressing juice from carrots, berries, and grapes. All ingredients must be thoroughly ground up before pressing. Medicine makers and juice drinkers love this press!

- Comes fully assembled, along with pressing bags. Get started immediately!
- Heavy steel construction, wide base for kitchen counter.
- All stainless herb contact surfaces, including custom piston and pressing pans.
- Processes smallest batches up to 1/2 gallon per pressing.
- Powered by a screw-type 2-ton jack. Turn the crank and gradually press out your herbal goods. Spring-loaded return.
- Measures 10” wide x 24” high.
- Weighs 45 pounds



“Kitchen Press” \$995.00

Call (541) 846-6704 to order and for shipping quote.

Press Accessories:

Pressing Bag (1/2 gallon): \$8.00

Replacement Hose: \$12.00/each

Recipe for Black Elderberry Glycerite

We find the Elderberry glycerite to be an excellent preventative and treatment for colds and flu. Universally accepted good taste and effectiveness. School children thrive.

Combine:

100 g dried Black Elderberries (see page 11 of this catalog)

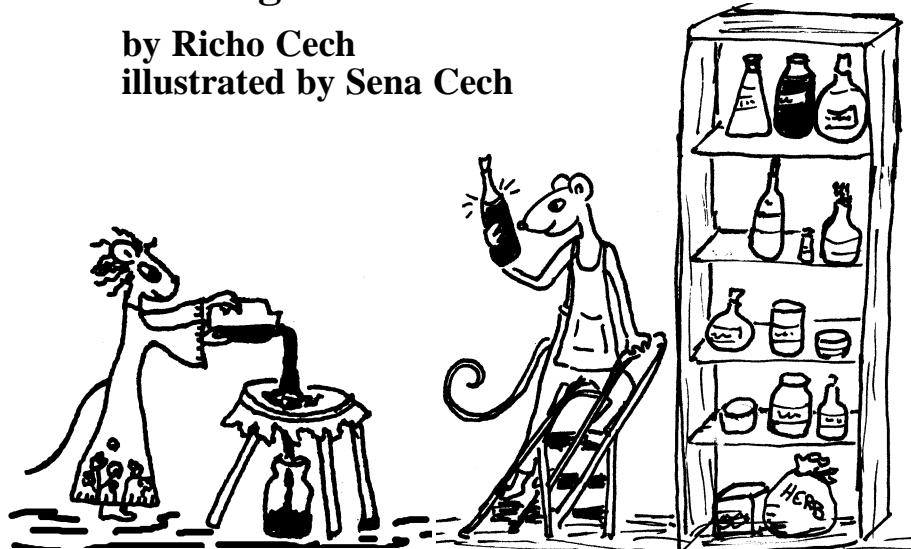
300 ml vegetable glycerin

200 ml clean water

Whip this up in a blender until smooth, macerate and shake for 2 weeks, then pour the mass into a pressing bag and press with the above tincture press. Yield 16 ounces of high potency Elderberry glycerite.

"Making Plant Medicine" 4th edition

by Richo Cech
illustrated by Sena Cech



"Making Plant Medicine" is your best resource for safe and effective herbal use. This hefty 4th edition introduces 28 new herbs to the formulary, including Aloe vera, Andrographis, Ashitaba, Brahmi, Chameleon Plant, Osha, and Rhodiola. The book guides you to make standard herbal tinctures, herbal formulating, teas, syrups, oils, salves, and poultices. May your personalized copy soon be anointed with the happy splatter of homemade herbal remedies!

"Making Plant Medicine will satisfy both beginners and advanced do-it-yourselfers in herbal medicine."

—Prevention Magazine

"A deep understanding of herbal craft . . ."

—Rosemary Gladstar

"Interesting stories of his own experiences give the book immediacy and bring the processes 'off the page' and into practical focus." —J. L. Hudson, Seedsman

"Making Plant Medicine has been to bed with me, what more can I say?"

—English Herbalist Mike Brook

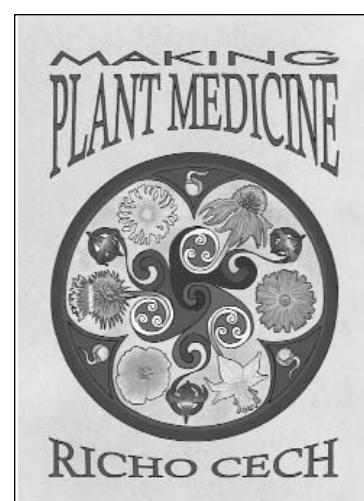
Part 1: Medicine Making

Includes: Drying & processing herbs; Tinctures made the easy way; Math of tincturing; Standard compounds, Vinegar extracts, Glycerites, Teas, Herbal oils, Salves, Poultices, and more.

Part 2: A Gardener's Formulary

Includes: 143 herbs that can be cultivated in North America—parts used, formulas, practical uses, dosages, and an overview of alternate species.

"Making Plant Medicine" \$24.95
(344 pages, soft cover)



WHOLESALE/BULK DISCOUNTS AVAILABLE

Order at www.herbalreads.com

“The Medicinal Herb Grower” vol. 1
A Guide for Cultivating Plants that Heal
 by Richo Cech illustrated by Sena Cech



“Richo and I are fortunate in having a diversity of medicinal plants growing in our backyards. The world is fortunate in that Richo has distilled his years of growing experience in this excellent new book. A very different book—no bibliographic echoes, all good personal gardening and nature first hand. This book is a pleasure to read, and a treasure of valuable cultural information.

—Jim Duke, PhD

“The most definitive herb grower’s guide on the planet, a book that breathes with aliveness, humor, and how to really do it!”

— Christopher Hobbs, L.Ac.

Part 1: Principles of Natural Gardening Techniques includes:

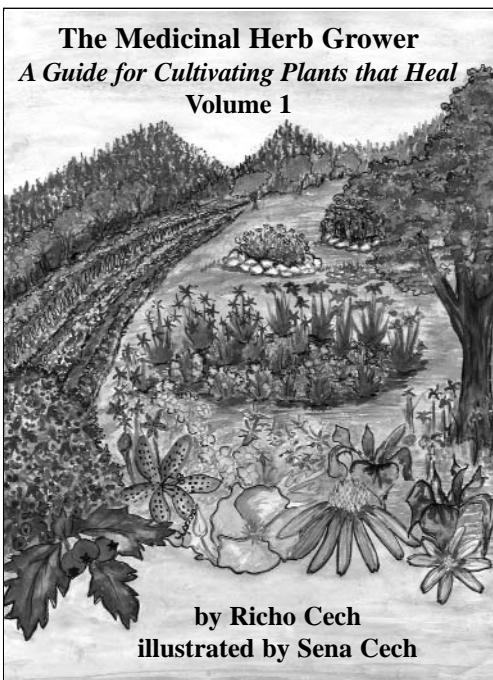
Observation in Nature; Creating Plant Habitat; Benefits of Diversity; Rules of Green Thumb

Part 2: Practices of Natural Gardening Techniques:

Growth Cycles of Plants; Preparing the Ground; Potting Soil; Planting Seeds; Greenhouse & Shadehouse; Making Cuttings; Caring for Plants; Seed Production; Processing & Harvesting.

“The Medicinal Herb Grower”

\$19.95 (176 pp, soft cover)

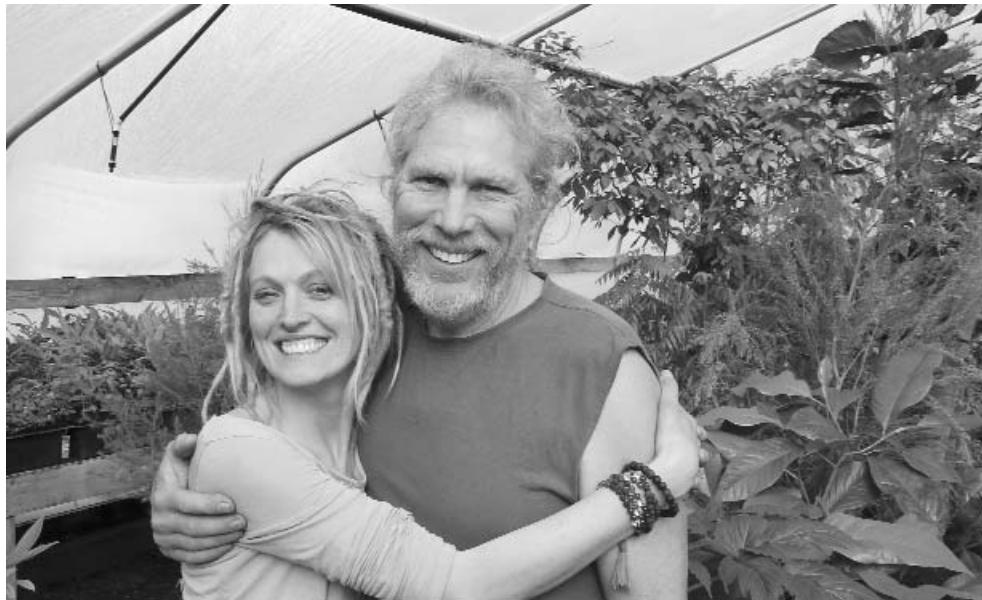


WHOLESALE/BULK DISCOUNTS AVAILABLE

Order at www.herbalreads.com

“Growing At-Risk Medicinal Herbs” 2nd edition **Cultivation, Conservation and Ecology**

by Richo Cech illustrated by Sena Cech



**The benefit of species diversity is wholeness—
conservation of medicinal plants, holistic medicine, nurturing nature,
creating a healthy place to live and work
and propagating a message of hope for our children.
We are all in this together.**

“This book is far more than it seems. Don’t underestimate what Richo has accomplished. He has taken some of the most difficult plants imaginable, plants that sometimes find even the breath of humans to be anathema, and figured out what they need in order to grow near us and by our leave. He has a good brain and dirty fingernails.”—from the foreword by the late Michael Moore

A compendium of information about 20 native herbs of North America and Hawaii, with an emphasis on conservation through cultivation. Includes: Black Cohosh, Bloodroot, Blue Cohosh, Echinacea, Goldenseal, Lomatium, Osha, False and True Unicorn, Virginia Snakeroot, Wild Yam, and more..

“Growing At-Risk Medicinal Herbs”
\$24.95 (336 pages, soft cover)

**WHOLESALE/BULK
DISCOUNTS AVAILABLE**
Order at
www.herbalreads.com

Growing At-Risk Medicinal Herbs

Cultivation, Conservation, and Ecology



**By Richo Cech
Illustrated by Sena Cech**

Sweetgrass Braids. Made by First Nations People from Saskatchewan, these are hand-braided from wild Sweetgrass (*Heirachloe odorata*). The Sweetgrass that grows up north is of highest quality, emitting an aroma like new-mown hay in Elysian fields. The braids are pleasantly green-colored, measure 32 inches long, and weigh about 1 oz. each.

\$5.00 \$4.00/braid, \$25.00/7 braids

ON SALE (while supplies last)



Amazon Incense Palo Santo (*Bursera graveolens*)

Split pieces of windfall holy wood from the Peruvian Amazon are delightfully aromatic. Simply light the stick, blow out, and it smolders for some time—imparting its excellent aroma to everything in the vicinity and helping calm and soothe the spirit. The pieces in this earth-friendly cellophane bag are about 4 inches long and may be split again and again to stretch the medicine.

\$7.90/50 g bag; \$34.90/lb



Neem Oil Soap. What we imagined was going to be a potent medicinal soap also turned out to be a premier all-purpose bath and hand soap. Formulated by Richo and handmade by Bunny's Bath, this gentle yet potent bar has proven its excellence.

The soap is made of organic Olive oil, contains fragrantly circulation-stimulating oil of Rosemary, and is preserved with a water extract of Rosemary. The active ingredient is the fixed oil of the Neem seed, introduced in a special process whereby the oil remains potent in the end product. Neem oil has been shown to be antifungal to athlete's foot; helps clear acne; antiparasitic to fleas and lice.

**4 oz bar: \$4.80 \$4.00 each,
\$37.50/10 bars**

ON SALE (while supplies last)

Impress-O-Tags. Just write on the 1-inch x 3.5 inch metal tag with any ballpoint pencil, pen, or stylus on either or both sides. The wire fasteners are enclosed. Will not rust or deteriorate with age, remaining readable indefinitely. With all this diversity around, it is nice to not loose track of it!

\$13.60/box (100 tags)



Stainless Steel & Cedar Screens ⁹

Herb Rubbing Screens ON SALE (Sale ends Jan 31, 2018): Made of Port Orford cedar and the heaviest grade of stainless steel screen. Big 18 inch square and 3 inch deep box allows for a vigorous and unimpeded sweep of the arm when rubbing culinary or medicinal herbs. Suitable for small samples up to a pound at a time. These screens: remove sticks from culinary herbs; produce a tea cut; grind dried medicinal herbs to the right size for tincturing.

Medium Herb Rubbing Screen: \$69.50 \$59.50 (12 strands per inch mesh)

Coarse Herb Rubbing Screen: \$69.50 \$59.50 (6 strands per inch mesh)

Set of 2 Herb Rubbing Screens (One medium, one coarse): \$124.95 \$99.50



Seed Cleaning Screens:

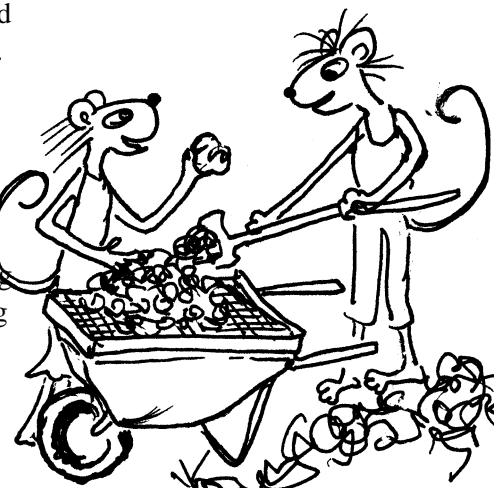
Set of 8 precision stainless steel screens mounted in frames of Port Orford cedar. Each screen is 1 foot square and 3 inches deep. Handmade, these are extremely tough and they smell excellently of cedar. Specifically designed for sorting and cleaning a diverse array of types and sizes of seeds,

they graduate from 4 strands per inch (i.e. 1/4 inch opening) down to 40 strands per inch (extremely fine). The graduated sizes assist in separating viable seed from inferior seed and cleaning seeds of chaff and dust. They will work equally well on medicinal herb seeds, flower seeds, and vegetable seeds.

Set of 8 graduated screens: \$199.50

Soil Sifting Screen: Made of Port Orford cedar and 1/2 inch galvanized steel mesh. Sized to fit over the lips of a standard wheelbarrow, thereby holding it in place, the soil sifting screen is a useful tool for making fluffy potting soil. Use it for breaking up clods, removing stones, and assisting in the even sifting and mixing of potting soil ingredients. Size: 44" long by 26" wide and 3" deep; weight: 10 lbs

Soil Sifting Screen: \$69.50



Herbal Extracts

Herb Pharm makes brilliant herbal extracts. They start with Strictly Medicinal® seeds, grow the plants on their own organically certified farm, and finish the tinctures at their state-of-the-art facility. We offer these extracts at a discount.

Liquid Herbal Extract	1 oz	4 oz	Liquid Herbal Extract	1 oz	4 oz
Extract of Anise	\$12.83	\$42.75	Extract of Marshmallow	\$12.35	\$41.04
Extract of Arnica	\$13.78	\$45.60	Extract of Motherwort	\$12.35	\$41.04
Extract of Artemisia annua	\$12.83	\$42.75	Extract of Mullein Blend	\$13.78	\$45.60
Extract of Ashwagandha	\$13.30	\$43.70	Extract of Myrrh	\$13.78	\$45.60
Extract of Astragalus	\$13.78	\$45.60	Extract of Oat Seed	\$13.78	\$45.60
Extract of Black Cohosh	\$13.78	\$45.60	Extract of Olive	\$13.78	\$45.60
Extract of Black Walnut	\$13.78	\$45.60	Extract of Oregon Grape	\$12.35	\$41.04
Extract of Bloodroot	\$13.78	\$45.60	Extract of Passionflower	\$13.30	\$43.70
Extract of Blue Cohosh	\$13.78	\$45.60	Peppermint Spirits	\$13.30	\$43.70
Extract of Blue Vervain	\$12.83	\$42.75	Extract of Prickly Ash	\$12.35	\$41.04
Extract of Buchu	\$13.78	\$45.60	Extract of Red Root	\$12.35	\$41.04
Extract of Bugleweed	\$13.78	\$45.60	Extract of Rosemary	\$13.78	\$45.60
Extract of Burdock Blend	\$12.35	\$41.04	Extr. of Saint John's Wort	\$13.30	\$43.70
Extr. Cactus Grandiflorus	\$13.78	\$45.60	Extr. of Shepherd's Purse	\$12.35	\$41.04
Extract of Calendula	\$12.35	\$41.04	Extract of Skullcap	\$13.78	\$45.60
Calendula Succus	\$12.35	\$41.04	Extract of Spilanthes	\$12.83	\$42.75
Extr. of California Poppy	\$13.30	\$43.70	Extract of Valerian	\$13.30	\$43.70
Extract of Cascara Sagrada	\$12.83	\$42.75	Extract of Wild Yam	\$13.78	\$45.60
Extract of Catnip	\$12.83	\$42.75	Extract of Willow Bark	\$12.35	\$41.04
Extract of Cat's Claw	\$12.35	\$41.04			
Extract of Cayenne	\$12.35	\$41.04	Compounds	1 oz	4 oz
Extract of Celandine	\$12.35	\$41.04	Adrenal Support Tonic	\$13.30	\$43.70
Extract of Chaparral	\$13.78	\$45.60	Brain & Memory Tonic	\$13.30	\$43.70
Extract of Chickweed	\$13.78	\$45.60	Golden Echinacea	\$13.78	\$45.60
Extract of Comfrey	\$13.78	\$45.60	Heart Health	\$13.78	\$45.60
Extract of Damiana	\$13.78	\$45.60	Vein Health Tonic	\$13.78	\$45.60
Extract of Dandelion	\$13.78	\$45.60	Soothing Throat Spray	\$13.30	
Extract of Echinacea	\$13.30	\$43.70	Relaxing Sleep	\$13.30	\$43.70
Super Echinacea (extract)	\$14.25	\$46.55	Soothing Oak & Ivy	\$13.78	\$45.60
Extr. of Black Elderberry	\$13.30	\$43.70			
Extract of Elecampane	\$13.78	\$45.60	Herbal Oils	1 oz	4 oz
Extract of Eleuthero	\$13.78	\$45.60	Oil of Arnica	\$13.78	\$45.60
Extract of Feverfew	\$12.35	\$41.04	Oil of Calendula	\$12.35	\$41.04
Extract of Gentian	\$12.35	\$41.04	Oil of Saint John's Wort	\$13.78	\$45.60
Extract of Ginger	\$13.78	\$45.60	Oil of Tea Tree	\$15.68	\$52.06
Extract of Goldenrod	\$12.83	\$42.75	Trauma Oil Compound	\$13.78	\$45.60
Extract of Goldenseal	\$15.20	\$50.35			
Extract of Gotu Kola	\$13.78	\$45.60	Herb Pharm Original Salve®		
Extract of Hawthorn Blend	\$13.78	\$45.60	24 g tin \$9.41		
Extract of Hops	\$13.78	\$45.60	<i>Contains a potent blend of herbal oils: Comfrey, Saint John's Wort, Calendula, Mullein, Chickweed, Plantain—powerful!</i>		
Extract of Horse Chestnut	\$13.78	\$45.60			
Extract of Horseradish	\$12.83	\$42.75			
Extract of Juniper	\$12.83	\$42.75			
Extract of Kava	\$16.15	\$53.96			
Extract of Lavender	\$13.30	\$43.70			
Extract of Lemon Balm	\$13.30	\$43.70			
Extract of Licorice	\$13.30	\$43.70			
Extract of Lobelia	\$12.35	\$41.04			
Extract of Lomatium	\$13.78	\$45.60			

We at Strictly Medicinal LLC are plant people—not licensed doctors. We do not give health advice. Please seek help from a qualified health practitioner for any health problems.

DRIED HERBS & Spices

11



Dried Bilberries, Organic	100 g bag/\$19.90
Dried Black Elderberries, Organic	100 g bag/\$19.90
Dried Calendula Flowers, whole, Organic	50 g bag/\$7.90, \$35.90/lb
Dried Comfrey, Russian Leaf, crushed, Organic	50 g bag/\$7.90
Dried Rosemary Leaf, whole, Organic	50 g bag/\$7.90

❖ DRIED ORGANIC INDIA HERBS ❖

These good herbs are all ground up and ready to use (according to the practice of Ayurveda and the rules of prudence, of course!), mixing in drinks, tea making, encapsulation, pill making, oil infusion, or tincturing. In my experience, these are wonderful medicine for body and soul.

Tulsi Tea (<i>Ocimum tenuiflorum</i>) leaves, tea cut, Organic	\$24.90/lb
Amalaki (<i>Phyllanthus emblica</i>) fruit, powdered, Organic	\$19.90/lb
Ashwagandha (<i>Withania somnifera</i>) root, powdered, Organic	\$22.90/lb
Gotu Kola (<i>Hydrocotyl asiatica</i>) leaf, powdered, Organic	\$22.90/lb
Neem (<i>Azadirachta indica</i>) leaf, powdered, Organic	\$24.90/lb
Shatavari (<i>Asparagus racemosus</i>) root, powdered, Organic	\$22.90/lb
Triphala (<i>Amla, Bibhitaki and Haritaki</i>) powdered, Organic	\$19.90/lb
Turmeric (<i>Curcuma longa</i>) root, powdered, Organic	\$29.90/lb

❖ SPICES ❖

These spices are grown by hand on a small, mixed crop, spice plantation in the midst of the jungles of Pemba (the greenest island of the Spice Islands of Zanzibar), hand picked and cured in the sun. The spices are not certified organically grown, but are of highest quality, and we've personally verified that no chemicals or fertilizers were used in their planting, growing, processing, or storage. Recent spices of highest quality offered plantation—direct at a very reasonable price.

Black Pepper (<i>Piper nigrum</i>) whole peppercorns, dried	50 g bag/\$5.90
Cinnamon (<i>Cinnamomum zeylanicum</i>) bark, whole, dried ..	50 g bag/\$5.90
Cardamom (<i>Elettaria cardamomum</i>) pods, green, dried	50 g bag/\$5.90
Cloves (<i>Eugenia aromatic</i>) whole, dried	50 g bag/\$5.90
Ginger (<i>Zingiber officinalis</i>) tea cut	50 g bag/\$5.90

SNOWDOWN SEED COLLECTION

**Certified Organically Grown
Fall-sown Vegetable Seeds
Vacuum packed to last and last!**

Our desire is to get the highest nutrient value plants into your bodies. SNOWDOWN supplies you with the seeds you need to keep fresh vegetables on the table from late summer into the winter. Economically prudent and in terms of health—priceless! (More vegetable seeds starting on page 18.)

SNOWDOWN consists of 1 full-size packet each of:

Beet, Detroit Dark Red; Broccoli, Green Sprouting; Carrots, Scarlet Nantes; Collards, Champion; Greens, Creasy; Kale, Lacinato; Leeks, Musselburg Giant; Lettuce, Crisp Mint Romaine; Peas, Oregon Sugar Pod II; Radicchio, Palla Rossa; Radish, Daikon White; Spinach, Bloomsdale

Snowdown Collection: \$24.95, Organic (Price shown is a discount.)

Lifeline Medicinal Herbs Garden, Organic

The motivation behind this Lifeline Garden is to offer home gardeners the seminal foundation for a diverse medicinal herb garden that will contribute to every aspect of health and well-being.

Inside—18 Strictly Medicinal® full size seed packets, 1 each of:

Astragalus; Gobo Burdock, Mixed Calendula, German Chamomile, Elecampane, *Echinacea purpurea*, Evening Primrose, Brown Flax, Lemon Balm, Marshmallow, Official Motherwort, Nettles, Cayenne Pepper, Garden Sage, Official Valerian, Temperate Tulsi (Holy Basil), Wood Betony, and Yarrow.

Lifeline Medicinal Garden: \$29.95—Organic (Price shown is a discount.)



Kidzerbs: A Kid's Guide to Growing Medicinal Plants

Garden kit includes: “Kidzerbs” book by Sena Cech, giving a tour of her garden, plant by plant with stories, fun projects, and recipes.

12 Organic Seed packets: Anise, Basil, Borage, Calendula, California Poppy, Catnip, Chamomile, Feverfew, Flax, Johnny-Jump-Up, Lemon Balm, Love-in-the-Mist, and 12 wooden row markers.

Kidzerbs: \$24.95, a great gift for a kid in your life!

SEED GIFT COLLECTIONS

Full-size packets, beautiful color covers, eco-friendly cellophane—a great gift!

Survival Medicine Garden

<<NEW FOR 2018!>>

The best herbs for first-aid and emergencies.

Easy to grow and use.

Be prepared simply by being in your garden!

1 seed packet each of:

Burdock, Gobo

Calendula, Orange

Comfrey, True

Dandelion

Lettuce, Wild

Self-Heal

Valerian

Yarrow.

Survival Medicine Garden: \$19.95/8 pkts,

Organic (Price shown is a discount.)



Butterfly Lover Seed Collection

Not only butterflies, but hummingbirds, honeybees, and native pollinators are attracted, fed, and housed by these bright flowers.

1 packet each of: Aster, Aromatic; Cardinal Flower;

***Echinacea purpurea*; Gayfeather; Milkweed, Common; Milkweed, Showy;**

Sunflower, Mexican; Wallflower.

Butterfly Seed Collection: \$19.95/8 pkts (Price shown is a discount.)

Honeybee Lover Seed Collection

These flowers feed bees with their profuse nectaries and are also cleansing to the bees and the hive, protecting the colony from harm.

1 packet each of: Bergamot, Lemon—Bee Balm; Comfrey, True; Mullein, Greek; Hyssop; Pleurisy Root, Sage, Scarlet; Tulsi, Temperate (Holy Basil); Viper's Bugloss

Honeybee Seed Collection: \$19.95/8 pkts (Price shown is a discount.)

If delivered to WA state, Mint, Yellow Dotted will be substituted for Viper's Bugloss.

My Mother's Kitchen Garden Seed Collection

Herbs used to spice simple foods and make them savory and attractive.

1 packet each of: Basil, Sweet Lettuce Leaf;

Coriander; Dill; Marjoram, Sweet; Oregano, Greek;

Parsley, Italian; Sage, Garden; Savory, Summer;

Tarragon, Russian; Thyme, English Broadleaf.

10 pkts/\$21.95, Organic (Price shown is a discount.)

Edible Flowers Seed Collection

An array of flowers for dressing up your salad.

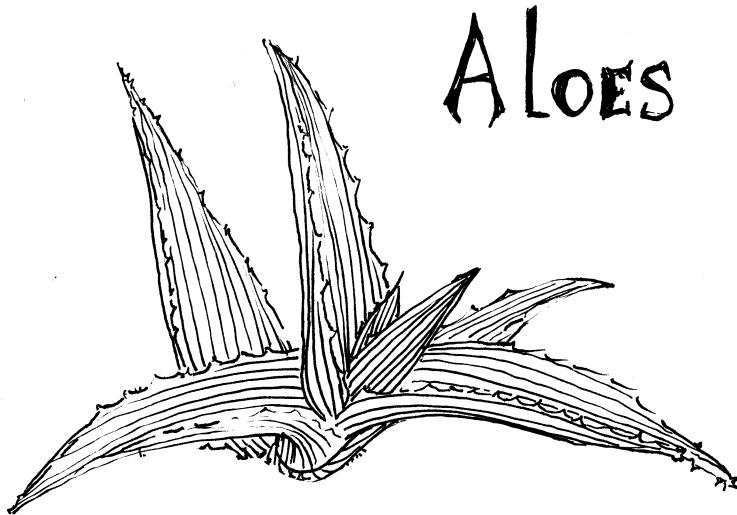
1 packet each of Bean, Scarlet Runner; Borage;

Calendula, Mixed; Nasturtium, Jewels;

Love in the Mist; Shungiku; Violet, Heartsease.

7 pkts/\$16.95, Organic (Price shown is a discount.)





Aloes

Family: Asphodel (Asphodelaceae)

Perennial succulents with showy flowers, easy to grow indoors in low light areas, where they help purify the air. Handy source of healing gel for spontaneous use in treatment of burns and stomach ailments. *Aloe*, the very word feels cool, smooth and healing! Note: All Aloes are shipped bare-rooted to avoid damage in transit. Pot up upon receipt. Our stock has grown significantly in size and vigor. All plants are 3-plus years old with the exception of the *Aloe arborescens*, which are 1-year-old seedlings.

***Aloe africana* (African Aloe)**
Native to the eastern cape of S. Africa. Classic, deeply-toothed rosette, giving forth oversized flowers of yellow. Spectacular.
\$20.00 \$17.00/plant, Organic

***Aloe arborescens* (Krantz Aloe)**
Upright, firm-leaved Aloe native to South Africa, growing to 8 feet tall, and hardy to 22° F. Often used for making living fences in frost-free zones. Flowers coral-red in the fall and winter. We have found that this species tolerates much wetter feet than most Aloes, and frequent watering can spur fast growth in potted culture or outdoors. Like *Aloe vera*, this is a preferred species for production of *Aloe* gel, but more importantly perhaps, the soft leaves with rubbery spines are traditionally taken internally in treating advanced stages of cancer, being antiproliferative, immuno-stimulatory and antioxidant.
20 seeds/pkt \$3.95

\$10.00 \$9.00/plant, Organic
Note: These *Aloe arborescens* are 1-year-old from seed—small starter plants.

***Aloe castanea* (Cat's Tail Aloe)**
Small tree Aloe to 12 feet tall, native to S. Africa and hardy to 20° F. These often sport one upright leaf off to the side that looks like a raised cat's tail. The rosette gives rise to multiple, fuzzy, orange racemes that curve like the tail of a cat. Winter blooming, very nice.
30 seeds/pkt \$3.95

\$10.00 \$9.00/plant, Organic

***Aloe cryptopoda* (Twerkleur Aloe)**
Showy succulent native to the Western Cape of S. Africa. Protect from frost. Robust rosettes of tapered, sword-like leaves give rise to multiple upright racemes crowned by large, red inflorescences.
30 seeds/pkt \$3.95

***Aloe ferox* (Cape Aloe, Bitteraalwyn, Umhlabi)**
Trunk-forming Aloe native to S. Africa. Protect from frost. Does very well indoors in pots, with fat leaves that curve gracefully upward, eventually pushing itself up on a squat trunk. One of the top 3 healing Aloes worldwide, the leaves are the primary source of the bright yellow, laxative drug known as “aloes” or “aloe-emodin.” Flowers bright orange-red.
50 seeds/pkt \$3.95

\$10.00 \$9.00/plant, Organic

***Aloe globuligemma* (Globular Bud Aloe)**
Blueish-green leaved Aloe native to the African savannah. Protect from frost. Recurved leaves formed in a solitary rosette give rise to a short, red raceme that branches horizontally, flowers orange-red clubs.
20 seeds/pkt \$3.95

\$20.00 \$17.00/plant, Organic

***Aloe littoralis* (Windhoek Aloe)**
Large, trunk-forming succulent native to northern S. Africa, hardy to 26° F. The weighty leaves are gray-green with toothed, reddish margins. Flowers coral.
10 seeds/pkt \$3.95

\$20.00 \$17.00/plant, Organic

Aloe macrocarpa(Zebra Aloe)
A wonderful houseplant to 18 inches, with fat, deep-green leaves conspicuously banded in white. Native to Ethiopia and Nigeria, hardy to 29° F. Edible flowers colored red to orange. Large plantings used to stabilize soil. The leaf exudate is employed as a stomachic in Africa.

\$20.00 \$17.00/plant, Organic

Aloe maculata ..(Soap Aloe, Zebra Aloe)
Fat succulent widely distributed throughout S. Africa. Highly variable. Protect from frost. Stubby-leaved plant makes a stout stump, giving rise to branched stalks topped by outsize pom-poms of orange or red. Locals use the sap as soap.

20 seeds/pkt \$3.95

\$10.00 \$9.00/plant, Organic

Aloe marlothii(Mountain Aloe)
Large, single-stemmed succulent to 15 feet tall, native to S. Africa, Swaziland, Botswana and Mozambique, hardy to 20° F. The rosette produces a candelabra of up to 30 racemes of orange, tubular inflorescences. Native remedy against tapeworm.

20 seeds/pkt \$3.95

\$10.00 \$9.00/plant, Organic

Aloe petricola(Fond of Stones Aloe)
Solitary, stemless Aloe native to the East Transvaal in S. Africa and hardy to 22° F. Firmly rooted between large stones, the plant nonetheless makes smooth and succulent leaves, rimmed by dark brown teeth. Bicolored racemes of white and orange.

20 seeds/pkt \$3.95

\$20.00 \$17.00/plant, Organic

Aloe pluridens(French Aloe)
Perennial Aloe to 15 feet tall, native to coastal S. Africa and hardy to 28° F. These are popular as show plants in public places, where they may be potted up to large pots, a fountain of thin, recurved leaves with sawtooth edges.

\$10.00 \$9.00/plant, Organic

Aloe sinkatana(Sinkat Aloe)
Endemic to a small natural population that occurs near Sinkat in Sudan, this is an IUCN red listed endangered plant. Our nursery-grown plants are offered up to support the conservation of this pretty and pretty useful aloe. Plant prefers part sun and should be protected from frost. Easy in potted culture, they spread their leaves out horizontally, thick and shiny, with a peculiar array of linear variegations, their sawtoothed red margins being very, very showy. Winter flowering bright yellow. Even young plants tend to flower prolifically.

\$30.00 \$17.00/plant, Organic

Aloe spicata(Bottle Brush Aloe)
Perennial Aloe native to Limpopo, Mpumalanga, and Kwa-Zulu-Natal. Protect from frost. Elegant, flattened, slender-leaved rosettes give rise to cattail-like inflorescences of red and yellow. Very easy to cultivate. Completely unique.

\$20.00 \$17.00/plant, Organic

Aloe striata(Coral Aloe)
Succulent perennial native to East and West Cape Provinces in S. Africa and hardy to 20° F. Leaves broad, with candy-like pin-stripes of white and green that give rise to 2 foot tall flowering spikes of coral red. Very cold hardy and moisture resistant Aloe.

20 seeds/pkt \$4.95

\$10.00 \$9.00/plant, Organic

Aloe thraskii(Coast Aloe)
Rare perennial succulent native to the east coast of South Africa. Protect from frost. Tree-like to 10 feet tall, leaves fringed with softly touchable spines. Cylindrical, branched inflorescences colored yellow and orange. Spectacular.

10 seeds/pkt \$3.95

\$10.00 \$9.00/plant, Organic

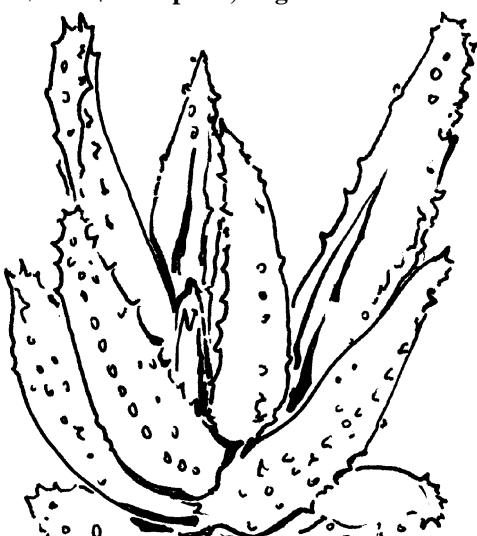
Aloe variegata(Tiger Aloe)
Succulent perennial native to rocky landscapes throughout South Africa and Namibia. Leaves dark green with horizontal bands of white, arranged in a fan shape, giving rise to club-like flowers to 12 inches tall, colored orange. This is one of the most popular house plants in all of Europe, and performs very well in a sunny window.

10 seeds/pkt \$4.95

Aloe vera x vera

Beautiful, edible *Aloe vera* with the classic white markings and harmless spines. These particular plants are unusual in that most *Aloe vera* on the market consists of sterile clones. We crossed orange flowered *Aloe vera* with yellow flowered *Aloe vera* to bring forth this fertile offspring. This plant belongs to the public domain. No patents allowed. Enjoy!

\$20.00 \$17.00/plant, Organic



House plants



BULBINE

Family: Asphodel (Asphodelaceae)
Soft-leaved succulents native to South Africa and hardy to Zones 10 to 12, commonly grown as lovely potted plants. Good on the windowsill, delicate and fleshy, they will go for weeks without water and let you know when they want a drink.

Bulbine, Natal *Bulbine natalensis*
(Rooiwertel)

Traditional muti for male enhancement, the fleshy leaves make a showy rosette that gives rise to bright yellow flowers like candles in the night.

\$10.00 \$9.00/plant, Organic

Burn Jelly Plant *Bulbine frutescens*
The name says it all. Leaves filled with glorious gel. Very free-flowering yellow, making sweeping racemes, rounded pods.

10 seeds/pkt \$3.95

\$10.00 \$9.00/plant, Organic

Huernia *Huernia kenesiensis*
Family: Milkweed (Asclepiadaceae)
Perennial succulent native to highland Kenya. Protect from frost. Highly contorted and complex, they are wrinkled and whorled like fronds of seaweed. Flowers wine colored. Rare. Keep warm and dry.

\$7.50 \$6.50/plant, \$17.55/3, Organic

Jade Plant, Gumbo *Crassula portulacea*
(Horseshoe, Spoon Jade)
A fun plant that becomes exquisite with age. Protect from frost and water sparingly in winter. Dark green, spoon shaped, rubbery leaves on a tree-like, spongy stalk.

\$10.00 \$9.00/plant, \$24.30/3, Organic

LIFE PLANT

Family: *Crassulaceae*
(Mother-of-Thousands, Siempre viva, Air Plant)

Life Plant—Abundant Goddess
..... *Bryophyllum daigremontianum*
Succulent and comely, an excellent houseplant that prospers in a light window. Will propagate itself from plantlets borne on the margins of its pointed, serrate, darkly variegated succulent leaves. Winter flowering.

\$7.50 \$6.50/plant, \$17.55/3, Organic

Life Plant—Chandelier
..... *Bryophyllum delagoense*
(*Kalanchoe tubiflora*)

Native to Madagascar. Radiating stems with fishbone markings sprout plantlets at the tip like candles on a chandelier. Studies show antimitotic effects giving promise in anticancer regimes.

\$7.50 \$6.50/plant, \$17.55/3, Organic

Life Plant—Good Luck Plant
..... *Kalanchoe houthonii*

Leaves thick, handsomely mottled and toothed.

\$7.50 \$6.50/plant, \$17.55/3, Organic

Life Plant—Mpovupovu Ziwa
..... *Bryophyllum pinnatum*

African wild form. An unique upright succulent that will thrive on any windowsill. Outrageous dangling flowers of wine red. Use leaves as a cooling poultice against bee sting, sunburn, swellings.

\$7.50 \$6.50/plant, \$17.55/3, Organic

Pencil Tree *Euphorbia tirucalli*
(Walking Stick, Mkalamu)

Perennial succulent shrub to small tree, native to Africa. Protect from frost. Protect skin and eyes from latex. A fascinating, nearly leafless plant with upright stick-like stems and small leaves like the ears of a mouse.

\$10.00 \$9.00/tree, Organic

Pregnant Onion
..... *Ornithogalum longibracteatum*

Bulbous perennial succulent to 18 inches, native to South Africa and hardy to 25° F. Creating an aerial bulb with dark green onion-like leaves arising and drooping from it, the plant produces bulbils below the skin of its belly, therefore the “pregnant” adage. Easily grown indoors, these are always showy and require little care. **Toxic.**

\$7.50 \$6.50/plant, \$17.55/3 plants

Sedum, Jelly Bean *Sedum rubrotinctum*
Perennial succulent native to Mexico, withstands light frost. Inflated leaves, neon-green with tints of rose. Excellent outdoors on the coast or as a potted plant on the patio. So cute!

\$7.50 \$6.50/plant, \$17.55/3, Organic

String-of-Bananas
..... *Senecio radicans glauca*

(String of Beans, Blue Pickle Vine)
Native to South Africa. An engaging, trailing houseplant that requires little care.

\$7.50 \$6.50/plant, \$17.55/3, Organic

String-of-Hearts *Ceropogia woodii*
(Rosary Vine)

Vining perennial, showy and easy in hanging baskets or rock garden. Thick leaves variegated, flowers exquisite, like upturned vases.

\$7.50 \$6.50/plant, \$17.55/3, Organic

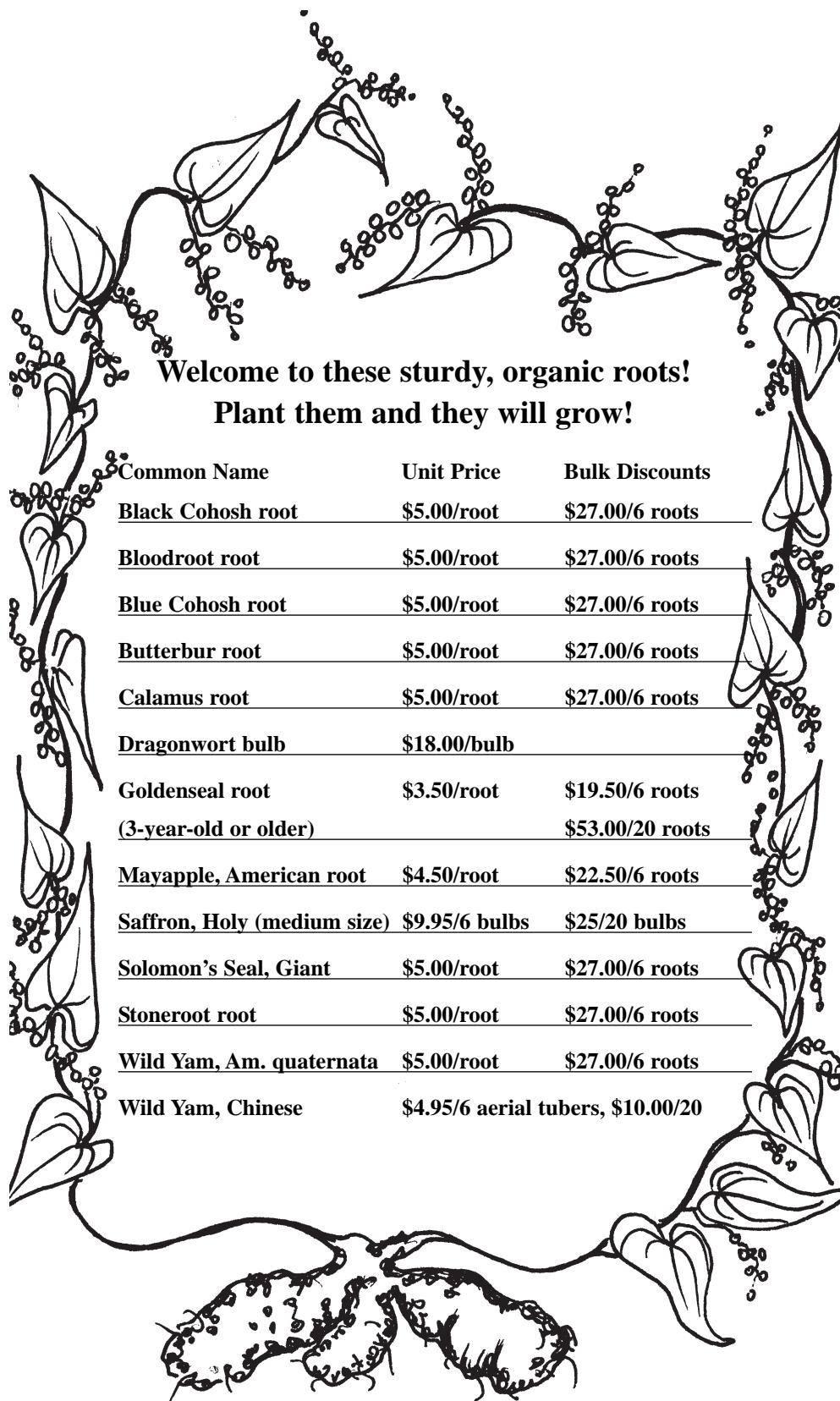
LIVE ROOTS, BULBS & TUBERS

Nursery Propagated, Certified Organically Grown

Welcome to these sturdy, organic roots!

Plant them and they will grow!

Common Name	Unit Price	Bulk Discounts
<u>Black Cohosh root</u>	<u>\$5.00/root</u>	<u>\$27.00/6 roots</u>
<u>Bloodroot root</u>	<u>\$5.00/root</u>	<u>\$27.00/6 roots</u>
<u>Blue Cohosh root</u>	<u>\$5.00/root</u>	<u>\$27.00/6 roots</u>
<u>Butterbur root</u>	<u>\$5.00/root</u>	<u>\$27.00/6 roots</u>
<u>Calamus root</u>	<u>\$5.00/root</u>	<u>\$27.00/6 roots</u>
<u>Dragonwort bulb</u>	<u>\$18.00/bulb</u>	
<u>Goldenseal root</u>	<u>\$3.50/root</u>	<u>\$19.50/6 roots</u>
<u>(3-year-old or older)</u>		<u>\$53.00/20 roots</u>
<u>Mayapple, American root</u>	<u>\$4.50/root</u>	<u>\$22.50/6 roots</u>
<u>Saffron, Holy (medium size)</u>	<u>\$9.95/6 bulbs</u>	<u>\$25/20 bulbs</u>
<u>Solomon's Seal, Giant</u>	<u>\$5.00/root</u>	<u>\$27.00/6 roots</u>
<u>Stoneroot root</u>	<u>\$5.00/root</u>	<u>\$27.00/6 roots</u>
<u>Wild Yam, Am. quaternata</u>	<u>\$5.00/root</u>	<u>\$27.00/6 roots</u>
<u>Wild Yam, Chinese</u>		<u>\$4.95/6 aerial tubers, \$10.00/20</u>



... & Cover Crops ...

Alfalfa *Medicago sativa*
 Perennial cover crop, best for fertile soils, home garden. All zones. Sprouts provide a rich source of dietary chlorophyll. Excellent for shelterbelts. Fixes 200 lbs nitrogen per acre, yields up to 10 tons of organic matter per acre, and effectively sequesters subsurface minerals by way of its deeply delving root system. Sow early fall or spring. Broadcast, rake in, and keep moist. Use 1 lb per 1,000 sq. feet.

500 seeds/pkt \$2.95,
\$6.00/100 g (~170,000 seeds),
\$12.00/lb (~2,040,000 seeds), Organic
For planting, inoculated with rhizobium.

Bean, Fava *Vicia faba*
 (Broad Windsor)
 Annual. 70 days when spring sown, 240 days when fall sown, hardy to 12° F. Growing Favas provides much biomass and fixes atmospheric nitrogen, thereby conditioning the soil and providing nutrients. This cultivar (Broad Windsor) is not only a great cover crop, it is also good to eat. Can be shelled green and steamed, or can be dried, stored, then soaked and made into soup or ground up to make falafels.

\$5.00/lb, Organic

Buckwheat (for spring, summer or fall)
 Excellent biomass and nectar-producing cover crop for warm soils. Fast germination and quick growth make this an ideal choice for protecting bare soil from the sun, working well on both fertile and depleted soils. Buckwheat sequesters soil phosphorus and solubilizes for use by other plants, an excellent all around companion plant that can readily be sown between rows of other crops. Sow 2 lbs per 1,000 square feet; 30 lbs per acre. Grows to 2 feet tall.

500 seeds/pkt \$2.95

\$5.00/lb, Organic

CLOVER:

Lush, nitrogen-fixing cover crops. Broadcast on newly-tilled ground in spring, summer, or fall. Clovers are the best choice for forcing out unwanted weed species. Their activity is three-fold: they loosen subsoil with their roots, fix nitrogen in the soil, and dispel disease from the human body.

Clover, Crimson *Trifolium incarnatum*
 Annual. Those living in warmer climates do well to sow in fall, while in areas with winter temperatures below 5° F, then spring or summer planting is preferred. Excellent choice for undersowing to corn or other annual crops, forcing out weeds and nourishing the soil. Bears myriads of truly luxurious, upright blossoms; quickly producing monotypic stand that fixes 150 lbs of pure nitrogen per acre.

500 seeds/pkt \$2.95
\$13.00/100 g (~26,500 seeds),
\$24.00/lb (~120,300 seeds), Organic

Clover, Medium Red *Trifolium pratense*
 Native to temperate Europe and Asia. Hardy to -40° F. The tea thins the blood and helps dispel toxins from the system. Used as a cover crop, Red Clover fixes 140 lbs of nitrogen per acre, while the roots break up hardpan and oxygenate the soil. Flowers yield a yellow dye. Average germ 3 days. Sow 1 lb/2,000 sq. feet; 10 lbs/acre.

500 seeds/pkt \$2.95,
\$6.00/100 g (~140,000 seeds),
\$11.00/lb (~636,000 seeds), Organic
For planting, inoculated with rhizobium.

Clover and Poppies Mix (for all seasons)
 A beautiful mix of: Clover, Red; Clover, Crimson; Poppy, California; and Poppy, Flanders. Inoculated. Sow anytime for an ongoing display. Sow 100 g per 500 square feet; 1 lb per 2,000 square feet; 10 lbs per acre. Grows 1 to 2 feet tall.

\$13.00/100 g
\$24.00/lb

Fenugreek *Trigonella foenum-graecum*
 Annual. Native to the Mediterranean and winter hardy to -10° F. Aromatic foliage bearing white flowers with distinctive blue markings. Breaks up heavy clay soils—contributes nitrogen and organic matter. Direct-seed late summer, fall, or early spring. Germinates in cold soils. Sow 1 lb per 1000 square feet; 35 lbs per acre.

200 seeds/pkt \$2.95,
\$10.00/100 g,
\$22.00/lb, Organic
Planting, sprouting or extraction quality.

Oats, Cayuse (for winter)

Sow 3 lbs per 1,000 square feet; 45 lbs per acre. Grows to 5 feet tall.

5 g/pkt \$2.95,
\$5.00/lb
\$75.00/25 lb sack, Organic

Oats and Peas Mix (for fall, winter, spring)
 The standard for a symbiotic cover crop that may be sown fall or spring. The Cayuse Oats grow tall to support the Field Peas and the Peas fix nitrogen for the Oats. Sow 3 lbs per 1,000 square feet; 45 lbs per acre. Grows to 5 feet tall.

\$5.00/lb,
\$75.00/25 lb sack, Organic

Rye, Winter *Secale cereal*
 This is the oldest domesticated crop, with archaeological evidence dating back to the Paleolithic. As a modern cover crop, it is an effective plant for covering the garden beds after harvest and protecting the soil through the winter, seeded in before the ground freezes. Scatter seed on prepared ground, rake in, tamp, and keep moist until germination. Rye does well in any soil. It prospers in clay, and improves the soil by increasing carbon content. In the spring, mow the grass, then turn the soil again, incorporating the carbon. Sow 2 lbs per 1,000 sq ft.

500 seeds/pkt \$2.95
\$5.00/lb, Organic

Vegetable Seeds of Sustenance



Standard fall vegetable culture: Because vegetables have been tamed by long human association, most of them respond favorably to the same general cultivation scenario: sun, soil, and rain. First, amend your garden soil by incorporating cover crops and organic compost or worm castings. Then, prepare a fine seedbed by raking out the clumps, making the beds about 4 feet wide with 2-foot paths in between. To plant seeds, make a furrow across the surface of the bed, sprinkle in the seeds, cover them with soil, and tamp down securely. Summer-sown seeds are best planted about twice as deep as spring-sown seeds. Try to keep the bed evenly moist until germ. Once the seeds germinate and the seedlings have sized-up a bit, thin them to the desired spacing. Cultivate often around the vegetables, using a hoe or better yet, your fingers. Water only in the morning, evening, or night. Water deeply twice a week, more if the sun is particularly fierce, less if there is rain. The following vegetables have been chosen because they are fast maturing, cold-resistant, and store well. Many of them taste sweeter after frost. Once temperatures begin to dip, you can extend the season by mulching heavily, providing a floating row cover or by enclosing the plants in a cloche. Happy winter salads!

ANDEAN TUBERS

Mashua *Tropaeolum tuberosum*
 Family: Nasturtium (*Tropaeolaceae*)
 Vining herbaceous perennial with flattish, blue-green palmate leaves and large, multi-colored, spurred flowers. A delicate and pretty climber for cool shade to part sun. The thin-skinned, tuberous roots are best dug late in the season, and are used in soups or mash, being kind to the liver and kidney. Antiaphrodisiac that gets served up when the lady of the house is feeling exhausted. Plant benefits from growing in soils of relatively low fertility but good structure. Hill up. Give plenty of water late in the growing season to encourage formation of large tubers.
~~\$15.00~~ \$13.50/plant, \$36.00/3 plants
~~\$100.00~~ \$10/ plants, Organic

Oca, Mixed Colors *Oxalis* *tuberosa*
 Family: Oxalis (*Oxalidaceae*)
 At first, vines grow upright and Clover-like, but soon sprawl and may even dig in along the way. In late season, forms tuberous, highly colored, thin-skinned, and white-fleshed roots. Similar to Potatoes in protein content and of higher caloric value than the Yam, they are truly delicious as a cooked tuber. Bake, make soup, or stir-fry. The tubers take on the taste of whatever they are cooked with, and lend a deliciously gummy texture. Plant like a Potato. Hill up and water well in the late season.
~~\$7.50~~ \$6.50/plant, \$17.55/3, Organic



BEET

Family: Goosefoot (*Chenopodiaceae*)

Biennial. 55 to 60 days to maturity. Sow Jul–Sep, 1/2 to 1 inch deep. Germ in 7 to 14 days. Thin to 3 to 4 inches apart. The roots are delicious, and the dark green leaves are equally edible. Beets are high in phosphorous, magnesium, and iron—good blood builders. Source of betaine, which helps improve digestibility of fats and proteins.

Beet, Detroit Dark Red . . . *Beta vulgaris*
Roots very round, medium to large-sized, deep red. Leaves reddish and delicious, steamed or cut into stir fry. The epitome of beetiness.

50 seeds/pkt \$2.45

\$9.55/5 g (~350 seeds)

\$17.10/10 g (~700 seeds), Organic

Beet, Sugar *Beta vulgaris*
(Nesvizhskaya (nez-VEET-skaya))
Biennial. 80 days to maturity. This cultivar originally from Belarus. Leaves excellent for eating and nice white roots that weigh up heavy and are loaded with sugar, testing 17 to 18% brix.

100 seeds/pkt \$2.95, Organic

Broccoli, Green Sprouting
..... *Brassica oleracea italica*
(De Cicco)

Family: Mustard (*Brassicaceae*)

Annual. 50 to 60 days to maturity. Sow Jul–Sep, 1/2 to 1 inch deep. Germ in 3 to 10 days. Thin to 18 inches apart. A nutrient-dense food high in Vitamins A, C, K, B6, and E. Source of anticancer glucosinolates that help dissolve precancerous cells. We love this plant because of the long harvest window—after the main head is cut, many more meals may be had by way of multiple “broccolini.”

300 seeds/pkt \$2.45,

\$11.55/5 g (~1,500 seeds)

\$20.10/10 g (~3,000 seeds), Organic

CARROT

All are *Daucus carota*

Family: Carrot (*Apiaceae*)

Biennial. The bright color indicates high concentrations of the health-giving carotenoids—rich in vitamin A and antioxidants. Prepare a fine seedbed and sow just under surface, tamp in securely and keep evenly moist until germ. Thin to 2 inches

Carrot, Black Spanish

Heirloom violet-colored carrot, stronger tasting than orange carrots, nutrient-dense.

200 seeds/pkt \$2.45,

\$18.55/5 g (~3,150 seeds)

\$34.10/10 g (~6,300 seeds), Organic

Carrot, Cosmic Purple

Rated excellent for attractiveness and taste, these are purple skinned and orange fleshed, sweet, spicy and crunchy. Tapered roots average 7 inches long. A favorite of children, these are also usually the first to sell out at the farmer’s market.

200 seeds/pkt \$2.45, Organic

Carrot, Scarlet Nantes

65 to 75 days. This is a high amino acid type with good, old-time caroty taste.

500 seeds/pkt \$2.45, Organic

Queen Anne’s Lace

Native to temperate zones worldwide. Ancient contraceptive. Scatter seed on open or disturbed ground. Volunteers freely thereafter. Flowers and seeds to 4 feet in the second year.

100 seeds/pkt \$2.95, Organic

Not for sale to WA state.

CELERY

All are *Apium graveolens*

Family: Carrot (*Apiaceae*)

Biennial, normally grown as an annual for the tender stalks. First domesticated in Eurasia. Crisp stalks excellent for eating raw or stir-fry—a necessary ingredient in dressing! Celery seed is one of the most efficient of all diuretics. 90 days to edibility, with seeds in the summer of the second year. Plant prefers sun, richly manured soil, and frequent watering. Hill up to make for crisp stalks. Sow in spring. Plant 6 inches apart.

Celery, Giant Red

Giant Red is disease resistant and cold hardy, a pretty, crunchy and tasty wine-colored food. This seed is slow to germinate but reliable. The celery is very strong tasting and is a premier ingredient in soups and dressings. Truly a medicinal food!

200 seeds/pkt \$2.45, Organic

Celery, Utah Tall . . . *Apium graveolens*

Makes vigorous, stocky plants with thick, solid, tender yet crisp stalks. An old standby variety.

100 seeds/pkt \$2.45,

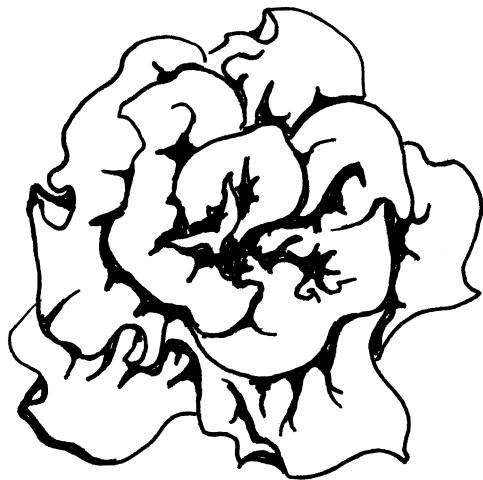
\$6.00/g (~2,000 seeds),

\$18.55/5 g (~10,000 seeds)

\$34.10/10 g (~20,000 seeds), Organic

GREENS

EDIBLE LEAF MEDICINE



Escarole, Golden Giant *Cichorium endiva*

Large, 15-inch heads with broadleaves and golden hearts. Seeds germinated in 3 days in warm soils and even the seedlings glow with golden stems. Escarole is very tasty in salad, braised or roasted.

200 seeds/pkt \$2.45, Organic

Escarole, Great Batavian

Cichorium endiva

Broad, smooth leaves with a creamy heart. Tasty with lettuces and cucumbers in a salad.

200 seeds/pkt \$2.45, Organic

Radicchio, Palla Rossa *Cichorium intybus*

Bright red, thick leaves with broad, white veination, excellent color and texture for salads. Best flavor after frost. Radicchio makes heads like a mini-cabbage, being the cold hardiest of all.

200 seeds/pkt \$2.45, Organic

Collards, Champion . . . *Brassica oleracea*

Biennial. 60 to 80 days to maturity. Long-standing, waxy, dark green leaves with white veination. Non-heading. Mild eating, sweeter after frost. Sow spring or fall.

200 seeds/pkt \$2.45,

\$11.55/5 g (~1,350 seeds)

\$21.10/10 g (~2,700 seeds), Organic

Dock, Red-Veined . . . *Rumex sanguineus*

(Bloody Dock, Bloody Sorrel, Wood Dock) Herbaceous perennial native to Europe, hardy to -25 degrees F. Quick-growing salad greens and unusual ornamental.

100 seeds/pkt \$2.45, Organic

Good King Henry

Chenopodium bonus-henricus
Low-clumping perennial native to Central Europe and hardy to -10 degrees F. A traditional vegetable of the cottage garden, leaves and young shoots are a pot herb.

50 seeds/pkt \$2.45, Organic

Greens, Creasy *Barbarea verna* (Winter Cress)

Family: Mustard (*Brassicaceae*) Native to southern and eastern US, England, and Germany. Deeply divided, glossy, dark green leaves. Rich in Vitamin A, C, calcium, and iron. High in anticancer isothiocyanates. You can put a mess in a pot with a little water and cook over slow heat, then eat with cornbread and beans.

100 seeds/pkt \$2.45, Organic

Greens, MIXED—Cooking

Mixed cooking greens consist of Beets, Spinach, Kale and Collards. Direct seed in the garden, use containers, or extend the season with the cloche. Scatter seed, water in, and get ready for greens, pronto, planto.

Big 3 g packet \$3.95, Organic

Greens, MIXED—Salad

Mixed salad greens consist of Mixed Lettuces, Arugula (Roquette), and Mizuna. Direct- seed in the garden, use containers, or extend the season with the cloche. Scatter seed, water in, and get ready for salad, sumptuous and delicious!

Big 3 g packet \$3.95, Organic

Arugula, Domestic *Eruca sativa* (Roquette)

Family: Mustard (*Brassicaceae*) Biennial. 30 days to salad. Deeply cut leaves are a spicy, gourmet treat, excellent in salads or stir-fried with olive oil. Standard vegetable culture. Sow in successions, spring or fall. Thin to 3 inches apart.

200 seeds/pkt \$2.45

\$11.55/5 g (~3,800 seeds)

\$21.10/10 g (~7,600 seeds), Organic

Chervil, Fijne Krul *Anthriscus cerefolium* (Fine-curled Chervil)

Family: Carrot (*Apiaceae*)
<<NEW FOR 2018>>

Hardy annual native to Europe, growing to only about 12 inches, with a mounding habit. Fast-growing, curled leaves with an anise-flavor. Chervil has the reputation of repelling slugs, but at the same time attracts almost every kind of beneficial pollinator there is. The flowers give winter nectar. Direct seed spring or fall.

100 seeds/pkt \$2.45

\$18.55/5 g (~3,000 seeds)

\$34.10/10 g (~6,000 seeds), Organic

CHICORY

Family: Aster (*Asteraceae*)

Taprooted perennials native to Europe and one of the oldest cultivated crops, growing in sun to part shade. Crisp and delicious when grown in rich, well-drained, ever-moist soil, these are all highly appreciated salad making ingredients. Sow Mar-May and Jul-Sep. Thin to 6 inches apart.

Endive, Nina *Cichorium endiva*
Finely curled salad green, with dark green leaves that create a fluffy effect in salads.

200 seeds/pkt \$2.45, Organic



KALE

Family: Mustard (*Brassicaceae*)

Biennial or overwintering annual. 40 to 50 days to maturity. Sow Aug–Sep, $1/2$ to 1 inch deep. Germ in 5 to 10 days. Thin to 6 inches apart. Rich in Vitamin A, C, K, B6, calcium, and magnesium. Vitamin and nutrient absorption is enhanced by steaming lightly or stir-frying with olive oil as opposed to eating raw. High fiber content helps move toxins out of the body. Probably the best vegetable to eat for prevention of postmenopausal osteoporosis.

Kale, Lacinato *Brassica oleracea* (Dinosaur Kale) The demand for quality “Lacinato” seed this past season exceeded supply. This year, we made sure to grow a large crop! This is the darling of the “dark green leafy” revolution, and for good reason. Braised with a little olive oil and tamari, one experiences a taste of heaven while enjoying the benefits of living on earth.

**200 seeds/pkt \$2.45,
\$7.55/5 g (~1,500 seeds)
\$13.10/10 g (~3,000 seeds), Organic**

Kale, White Russian *Brassica oleracea* Leaves deeply dissected, dark green with white stems and veining. Extremely vigorous, highly tolerant of cold, wet soils, very tasty, best after frost.

200 seeds/pkt \$2.45, Organic

Kale, Winter Red *Brassica oleracea* This Russo-Siberian Red Kale is very cold hardy and uniform. It is more tender than most Kales, and especially well-suited for winter gardening, cloche or greenhouse.

200 seeds/pkt \$2.45, Organic

Maché *Valerianella locusta* Gently demulcent and tasty salad green. sow fall to spring in successions and eat when very young and tender.

**100 seeds/pkt \$2.45,
\$7.55/5 g (~2,250 seeds)
\$13.10/10 g (~4,500 seeds), Organic**

Mizuna *Brassica rapa nipposinica* Fast-growing multi-stemmed rosette for salad or stir-fry. Baby stage attained in 21 days, mature at 40! Cut and come again.

300 seeds/pkt \$2.45, Organic

Mustard, Great Wave Miike *Brassica juncea* Large and tender leaves with a flavor that is both sweet and hot. Plant anytime for baby salad greens, but plant in fall for attaining a full head. Very frost hardy.

200 seeds/pkt \$2.45, Organic

Spinach, Bloomsdale . . . *Spinacea oleracea* Family: Goosefoot (*Chenopodiaceae*)

Annual. 50 to 60 days to maturity. Sow Aug.–Sept, $1/2$ to 1 inch deep. Germ in 6 to 12 days. Soil temp must be below 85° F for efficient germ. Thin to 3 inches apart. One of the most nutrient-dense foods; rich in Vitamins K, C, A, E, B6, thiamine, riboflavin, folate, magnesium, potassium and a wide array of other micronutrients. Consumption of Spinach is tantamount to taking a vitamin pill, and is a heck of a lot more bioavailable to our digestion.

**200 seeds/pkt \$2.45,
\$7.10/10 g (~800 seeds), Organic**

Shungiku *Chrysanthemum coronarium* (Chop Suey Greens)

Family: Aster (*Asteraceae*) Annual. 40 days to maturity. Native to Eurasia. This is a cultivated strain originally from China. Young, green plant is delicious in salad mixes. Standard vegetable culture. Sow in successions—fall or spring. Germ is fast, even in cold soils. Prefers cool weather for best taste. Thin to 4 inches apart, and eat while succulent and young.

100 seeds/pkt \$2.45, Organic



LETTUCE

Family: Aster (Asteraceae)

Annual or overwintering annual. Sow Aug to Oct, $\frac{1}{4}$ to $\frac{1}{2}$ inch deep. Germ in 5 to 10 days. Thin to 1 foot apart. Lettuce seed will not germinate at temperatures exceeding 85° F, and truly, the plant grows best in the cool months, surviving to as low as 20° F. Besides making the finest, crunchy salads, Lettuce is rich in life-giving chlorophyll and Vitamins K, A, B1, B2, C, and folic acid. The ultimate weight loss food. All of these lettuces have been chosen for fall or early spring culture.

Lettuce, Butterhead "Kweik" . . . *L. sativa*
Lime green Buttercrunch Lettuce, which forms a head—so soft, so crunchy, so filling! Butterhead embodies all of the positive attributes of Lettuce, and it is our favorite.
200 seeds/pkt \$2.45, Organic

Lettuce, Crisp Mint Romaine . . . *Lactuca sativa*
Mint green leaves wrap around the white heart of this superior selection of Romaine. Excellent choice for late summer and winter gardening, as it remains sweet and solid through the colder days of autumn and into the winter. Our trials showed rampant germ in 3 days in warm garden soil. Romaine is the most nutrient dense of the standard lettuces, and it is very slow to bolt. If you are participating in the "smoothie revolution," use this!
200 seeds/pkt \$2.45, Organic

Lettuce, Fine Cut Oak Leaf . . . *L. sativa*
55 days. Light green, sometimes laced with pink, these very deeply cut leaves are extremely cold hardy and provide salad well into the winter months.
200 seeds/pkt \$2.45, Organic

Lettuce, Miner's . . . *Claytonia perfoliata*
40 days. Diminutive forest dweller native to the Pacific Northwest. An early spring riser, it works best to scatter seeds in cool moist shade in the fall for an early spring show of the crunchily edible rosettes of moonlike, centrally perforated leaves.
50 seeds/pkt \$2.45, Organic

Lettuce, Wild . . . *Lactuca virosa*
(Lettuce Opium)
Native to Europe. Hardy to 10° F. Black-seeded with high yield of luctucarium—mildly sedative, antitussive and analgesic. As a salad green, excellent in the winter and very early spring. Beyond then, inedible in salads, but loaded with harvestable latex. Flowers yellow to 8 feet.
50 seeds/pkt \$3.95, Organic

ONION, LEEK & GARLIC

Family: Onion (Alliaceae)

Biennial, harvestable at any stage up to flowering. Sow in rows 2 feet apart in furrows $\frac{1}{2}$ to 1 inch deep. Tamp well and keep evenly moist until germ in about a week, which takes about a week. Thin to 6 inches apart. Yields tasty, tender Onions for the winter soup.

Chives, English . . . *Allium schoenoprasum*
Bulbous, clumping monocot native to Europe, Asia, and North America and hardy to 0° F. This is the smallest of the edible onions, valued for its green leaves (scapes) and flower buds—choppable, colorful, and flavorful. Starting Chives from seed is easy and rewarding, and once you have them, they are easily propagated by division.

50 seeds/pkt \$2.45, Organic
\$7.50 \$6.50/plant, \$17.55/3 plants

Chives, Garlic . . . *Allium tuberosum*
(Chinese Chives)
Herbaceous perennial with flavorful leaves—grows like a Chive, tastes like a Garlic. Leaves flatter and broader than English Chives. The white flowers are fragrant. Easy to grow in garden or indoors.

30 seeds/pkt \$2.45

Garlic, Bear's . . . *Allium ursinum*
Bulb-forming perennial native to Europe and hardy to -30° F. Very similar to our US favorite, Ramps, these thrive in moist, rich soil of woodlands or shade garden. Long-term and ongoing germ, so mark your spot!
50 seeds/pkt \$4.95, Organic

Leek, Musselburg Giant A. ampeloprasum
(Scotch Flag)
Biennial. 105 days to maturity. Weighty, thick-stemmed, cold-tolerant Scottish heirloom with blue-colored leaves that was introduced in the early 1800's. Leeks are an excellent source of dietary fiber, folic acid, Vitamins C, B6, manganese and iron.
100 seeds/pkt \$2.45, Organic

Onion, China Green . . . *Allium fistulosum*
Biennial, harvestable at any growing stage. An open-pollinated Chinese bunching onion of great repute, food supply at times of year when other onions fall short. A vigorous buncher with long, thin stalks, mild-flavored.
50 seeds/pkt \$2.45, Organic

Onion, Walla Walla Sweet . . . *Allium cepa*
White Onion with a sweet and mild flesh. Excellent choice for those steamy soups that bolster us through the cold months.
100 seeds/pkt \$2.45, Organic

Onion, Welsh . . . *Allium fistulosum*
(Welsh Green Onion, Bunching Onion)
Biennial, harvestable at any growing stage. This is one of the most popular open-pollinated green onions. This non-bulbing onion is delicate in flavor and may be harvested early in the spring for green onions. Always seems to be around when the onion drawer is empty and one must foray outdoors to make tasty stir-fry or scrams.
50 seeds/pkt \$2.45, Organic



Peas, Snow, Oregon Sugar Pod II

Pisum sativum

Family: Legume (*Fabaceae*)

Annual. 65 days to maturity. Sow Sep-Oct, 1/2 to 1 inch deep. Germ in 3 to 8 days. Thin to 2 inches apart. Disease resistant and very sweet, these are a great choice for late summer to fall plantings. Stringless pods to 4 inches long, on self-supportive plants to 2 feet tall. Does not require a trellis.

50 seeds/pkt \$2.45, Organic

Radish, Daikon—Miyashege White

Raphanus sativus

Family: Mustard (*Brassicaceae*)

Biennial or overwintering annual selected for organic culture that does best as a fall crop. 60 to 65 days to maturity. Sow Aug-Oct, 1/2 to 1 inch deep. Germ in 3 to 6 days. Grow in a row and thin to 4 inches apart, then watch out, these can weigh up to 6 lbs each! Sliceable, crunchy, perfect for dipping.

200 seeds/pkt \$2.45, Organic

Rampion Campanula rapunculus (Rapunzel) <<NEW FOR 2018>>

Family: Bellflower (*Campanulaceae*)

Herbaceous biennial, native to Europe and hardy to Z 4-8. Soft-leaved and sweetly edible in the first year, making a crunchily delicious taproot, as well. In the second year, the plant flowers to 3 feet, with showy light-lavender bell-shaped blossoms. This self-fertile lovely goes readily to seed and will self-seed in the right conditions. The plant prefers rich, moist sandy loam of open garden or meadow and does best when partially shaded. In the fairytale, Rapunzel's mother hankered for the leaves of this plant, and you will, too. Hopefully, you will not get caught by a wicked witch! Space plants 6 inches apart.

\$7.50 \$6.50/plant, Organic

Wasabi *Wasabia japonica*

Family: Mustard (*Brassicaceae*)

Herbaceous perennial native to the mountain streams of Japan and hardy to Zones 7 to 12. Our variety is MAZUMA which is one of the main types—beautiful, vigorous, and hot to the taste. This is true wasabi, grown for the deliciously edible leaves and the root which is finely ground to make the preferred condiment for sushi. Unending demand and market potential. The plant requires cool, moist shade for growing, and may be grown hydroponically, rooted in cold springs or streams, or in organic culture in a good, rich bed of soil with shade and daily misting with water. Sow the seeds immediately on receipt and keep the flat in cool, moist shade. I usually plant in the shadehouse and bring the flats into a cold greenhouse in February for germination. If flats are kept very cold through the winter, germination may be deferred until April or May. High rates of germination are typical. Watch out for slugs, and do not allow flats to dry out or get too hot. After the seedlings develop their second set of true leaves, they may be pricked to larger pots and grown on that way, with transplant usually in April or May. Space plants 1 foot apart. Grows to about a foot tall, with flowering unusually early spring of second year to 2 or 3 feet. Cage, coddle—everything short of a baby bottle.

10 seeds/pkt \$7.95, Organic

Seed of confirmed germination.

No replacements. International sales OK!

Watercress *Nasturtium officinale*

Perennial water plant hardy to -10° F. Grows fast in cold soils or in cold water. The leaves are a gourmet salad ingredient, crunchy and pungent. Spring tonic. Plant at edge of a waterway, or in an ever-moist, shaded garden bed.

200 seeds/pkt \$2.95

\$7.00/g (~2,000 seeds)

\$16.55/5 g (~10,000 seeds)

\$30.10/10 g (~20,000 seeds)



Why plant medicinal herb seeds in the fall? We estimate that 50% of temperate species germinate most reliably when planted using standard technique in a warm greenhouse or spring garden. However, the remaining 50% do best sown OUT-DOORS or in the COLD GREENHOUSE in the fall or very early spring (and this catalog focuses largely on seeds of this sort). Of these, some germinate relatively quickly in the fall (e.g. Poppies and Shepherd's Purse) and overwinter as a small rosette, flowering usually in the following spring. Others simply must be sown in the fall in order to achieve germination in the spring (e.g. Alkanet, Burning Bush, Elderberry, Ginseng, Spikenard, and Yellow Gentian).

ACONITE

Family: Crowfoot (*Ranunculaceae*)

Herbaceous perennials with deeply divided leaves and radiantly blue flowers. One of the major "drugs of antiquity." Plants prefer semi-shade, rich soil, and regular watering. Short-lived, cold-stored seed. Sow seeds in summer, fall, midwinter, or early spring to germ as the soil warms up in the spring. All parts of these plants are **TOXIC** unless properly prepared.

Aconite, Chinese . . . *Aconitum carmichaeli* (Fu-zi)

Native to China. Bears extraordinary light blue flowers shaped like schools of heavy-jawed fish of the coral reef. The processed root is used for warming the internal fire, improving circulation, and tonifying the kidneys.

50 seeds/pkt \$2.95

Aconite, Monkshood . . . *Aconitum napellus* (Wolfsbane)

Native to central Europe. Dark blue to purple, hood-shaped flowers protect profusely productive nectaries, giving way to graceful, upright follicles. Absolutely stunning!

50 seeds/pkt \$3.95

Agrimony *Agrimonia eupatoria*

Family: Rose (*Rosaceae*)

Herbaceous perennial. Native to temperate northern hemisphere. All zones. Handsome, classic herb has a marked hemostatic effect, kills tapeworm, and is used as a douche to treat *Trichomoniasis*. Plant prefers full sun, average soil. Sow in fall or early spring. Slow to germ. Flowers yellow to 3 feet.

25 seeds/pkt \$2.95, Organic

Alehoof *Glechoma hederacea*

(Ground Ivy, Creeping Charlie)

Low-growing stoloniferous perennial, native to Eurasia and hardy to -40° F. Plant prefers part shade and thrives even in clay or acidic soils. Alehoof is a well-known antiinflammatory herb, also used by the Saxons for brewing and preserving beer. The tea is high in Vit C. A nutritious food.

50 seeds/pkt \$2.95, Organic

Alfalfa see COVER CROPS page 16



ALKANET

Family: Borage (*Boraginaceae*)

Herbaceous perennials hardy to all zones, characterized by neon-bright flowers and medicinal activity specific to the species.

Alkanet, Oriental.....*Alkanna orientalis*
Soft, forgiving, citrus-scented leaves give rise to dense, yellow-flowered aerials. In a phytochemical survey of a large assortment of Strictly Medicinal seeds, *Alkanna orientalis* showed strongest inhibition of the pathogenic bacteria *Staphylococcus*. Subsequent investigations (published in *Planta Med* 2013; 79:327-329) showed the presence of the antibacterial and efflux pump inhibiting compound sarothrin. Plants prefer full sun and dry soils. Sow in fall or spring.

30 seeds/pkt \$2.95, Organic

Alkanet, True *Alkanna tinctoria*
(Dyer's Bugloss)
Gently mounding ground cover does best in dry to mesic soils in the full sun. The plant becomes studded with myriads of sky-blue flowers. Taproot is deep red and will impart a bright red color to alcoholic or oily solvents—used as an antiinflammatory, preservative and coloring agent in lip gloss, salves, and tinctures. This plant has been nearly extirpated in the wild, due to the value of its roots. True alkanet tends to seed very sparingly, which also contributes to its rarity. Seeds must be fall planted with germ in the spring.

5 seeds/pkt \$3.95, Organic

Alum Root *Heuchera richardsonii*

Family: Saxifrage (*Saxifragaceae*)

Herbaceous perennial native to the Pacific Northwest and hardy to all temperate zones. Pretty mounding plant with white, bell-shaped flowers. Astringent roots for treating cuts and scrapes or making a mouthwash.

100 seeds/pkt \$2.95

Andrographis . . . *Andrographis paniculata*

(Kalmegh, Chuan-xin-lian, King of Bitters)

Family: Acanthus (*Acanthaceae*)

Annual, but long season. Increasingly popular plant native to China and India. A non-toxic, liver-stimulant and digestive medicine used in treating sluggish digestion, gastroenteritis, Lyme and other systemic infections. Plant prefers full sun and regular garden soil. Culture much as per Basil. Scarify lightly and sow in spring.

100 seeds/pkt \$3.95

ANGELICA

Family: Carrot (*Apiaceae*)

All temperate zones. Plant prefers part shade to full sun; rich, moist, poorly drained soil. Sow in fall or very early spring. Cold-stored, short-lived seed. Press these light-dependent germinators into surface of moist soil.

Angelica, Official . . . *Angelica archangelica*

Biennial. Native to temperate Europe, Siberia, and the Himalayan Mountains. Cultivated worldwide. Bitter aromatic, antimicrobial, and carminative. Flowers yellow-green in the second year to a height of 3 feet.

100 seeds/pkt \$2.95

\$11.55/5 g (~1,000 seeds)

\$20.10/10 g (~2,000 seeds), Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,

\$50.00/10 plants, Organic

Angelica, Oregon Coast . . . *A. hendersonii*

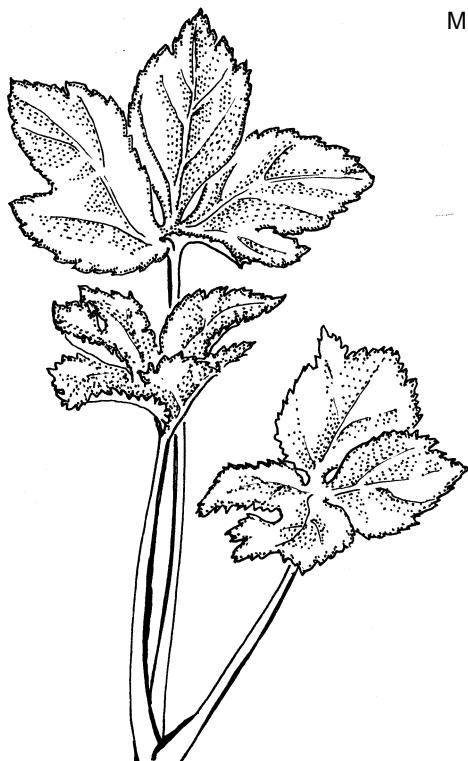
Biennial, sometimes perennial, native to the Pacific coast. Root used by native peoples to treat infections and colds.

50 seeds/pkt \$2.95

Angelica, Shining *Angelica arguta*

Herbaceous perennial mountain dweller, native to Western US and Canada. Sharply toothed foliage gives rise to spreading umbels with ball-like, creamy rosettes.

50 seeds/pkt \$2.95



Ashitaba *Angelica keiskei koidzumi*
(Tomorrow's Leaf, Hachijo-sou)
Native to Hachijo-jima in Japan and hardy to 20° F. Ashitaba is unique among Angelicas due to its edibility and the presence of both B12 and the flavonoids known as "chalcones." Plant prefers moist, fertile soil in sun or part shade. Give 30 days cold, moist conditioning followed by 15 day germ in warm soil. Seedlings are slow growing at first, but grow faster once established. Adolescent plants do well in gallon pots, while mature plants need 3 to 5 gallon pots. The more compost you use, the more Ashitaba you get!

20 seeds/pkt \$9.95, Organic
\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

Anise, Official *Pimpinella anisum*
Family: Carrot (Apiaceae)
Annual. Native to the Mediterranean, Asia Minor, and Egypt—introduced into Europe during ancient times. The sweet and spicy seed is a universal flavoring agent, emmenagogue, and galactagogue. Sow fall to very early spring. Flowers to about 2 feet tall.

100 seeds/pkt \$2.95, Organic

Archangel *Lamium atropurpureum*
(Dead Nettle, Purple Henbit)
Self-seeding annual, cosmopolitan, a bravely floriferous display. Does well in borders as a low-lying bedding plant for early spring application. Flowers are a valued astringent medicine used for treating any and all infections of the mucous membranes and is a specific for treating leukorrhea. Sow outdoors fall to early spring, pressing into disturbed soil or seedbed.

100 seeds/pkt \$2.95, Organic

ARNICA

Family: Aster (Asteraceae)

Creeping alpine herbaceous perennials with yellow flowers. All temperate zones, especially at elevation. Fresh or dried flowers used in classic herbal pharmacy as the most effective of topical anti-inflammatories. Homeopathic rescue remedy. **Low-dose botanical.** Plant prefers moist, loamy, acidic soils or rock garden. Give full sun if you live at altitude, otherwise give shade. Sow indoors or in the greenhouse. Short-lived seed. Light-dependent germinator.

Arnica chamissonis

(Meadow Arnica)

Easiest-to-grow of all Arnica species, with medicinal attributes equal to *Arnica montana*. One of the more important herbs for any apothecary garden—overwinters nicely under deep mulch.

50 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

Arnica montana

(Mountain Arnica)

Native to the mountains of Europe and Asia. The official species. Source of the homeopathic arnica. This one makes the largest flowers of all Arnicas, which can be a significant advantage. Plant prefers altitude.

50 seeds/pkt \$3.95, Organic

\$7.50/plant, Organic

ASAFETIDA

Family: Carrot (Apiaceae)

Giants, bearing tiered umbels on upright stems with ferny leaves. Hardy to 0° F. Plants prefer full sun. Large seed. Sow in fall or early spring for germ in spring. Direct-seed, outdoor nursery bed technique, or unheated greenhouse. Space 3 feet apart.

Asafetida *Ferula assa-foetida*
(Hing, A-wei, Food-of-the-Gods)

Herbaceous perennial, native to the high plains of Iran and Afghanistan. Rare and redolent; a giant steeped in tradition. Roots yield an oleo-gum-resin used as spice and medicine. Flowers yellow to 7 feet.

10 seeds/pkt \$5.95, Organic

Giant Anise Fennel *Ferula communis*
Biennial or triennial. Native to northern Africa. The circumference at the base of the dark red, flowering stalk of 1 plant measured 9 inches! Attracts beneficial insects. Source plant for an aromatic gum—ammoniac of Morocco. **Don't eat the leaves.**

20 seeds/pkt \$2.95, Organic



Ashwagandha, Vedic *Withania somnifera*
Family: Nightshade (*Solanaceae*)

Herbaceous perennial in the tropics, annual in temperate zones. Native to India, where it is used extensively in Ayurvedic medicine. Dried root is a Ginseng-like and very potent-smelling tonic. Plants started in spring may be cultivated much like tomatoes and their roots dug after first frost. Wash and dehydrate roots before use. Plant prefers full sun and fast-draining, dryish soils. Light-dependent germ. Sow in spring.

**100 seeds/pkt \$3.95,
\$8.00/g (~700 seeds),
\$29.55/5 g (~3,500 seeds),
\$53.10/10 g (~7,000 seeds), Organic**
**\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic**

**ASHWAGANDHA ROOT, powdered,
\$22.90/lb, Organic**

Asphodel *Asphodelus purpureus*
Ancient, Aloe-like plant forms a large, dense rosette. Sends up a flowering stalk in early spring, much like a red hot poker, but colored white, with striped buds that spring open, starlike. The acrid tuber is a low-dose botanical, an anti-inflammatory and alternative. Sun to part shade. Sow seeds in fall for dependable germ in the spring.

**10 seeds/pkt \$2.95, Organic
\$7.50 \$6.50/plant, \$17.55/3, Organic**

Astragalus . . . *Astragalus membranaceus*
(Huang-qi)

Family: Legume (*Fabaceae*)
Herbaceous perennial native to China and hardy to -15° F. King of tonic herbs. Astragalus is an anabolic immunostimulant. Prefers full sun, average soil, good drainage. Scarify lightly and use rhizobium inoculant.

**50 seeds/pkt \$2.95,
\$8.00/g (~250 seeds),
\$29.55/5 g (~1,250 seeds),
\$53.10/10 g (~2,500 seeds), Organic**
**\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic**

Balloonflower . . *Platycodon grandiflorum*
(Jie-geng)

Family: Bellflower (*Campanulaceae*)
Herbaceous perennial. Native to China and Japan. Hardy to -35° F. The unopened flower is a striking, blue-purple balloon. The bittersweet, Ginseng-like root helps thin and eliminate phlegm. Prefers full sun and well-drained soil. Sow in fall, midwinter, or early spring in outdoor nursery bed or cold-condition 6 weeks. Plant 1 foot apart.

30 seeds/pkt \$2.95, Organic

BALM

Family: Mint (*Lamiaceae*)

Plants pleasant to the touch with citrus-scented leaves. Excellent tea herbs and bee feeders that help confer long life. Plants prefer sun to part shade and mesic garden soils. In the spring, scarify seed by rubbing lightly on fine grit sandpaper, then barely cover with soil, press in securely, and keep evenly moist and in the light until germ in 10 to 40 days.

Balm of Gilead . . . *Cedronella canariensis*

Herbaceous perennial native to N. Africa and the Canary Islands, hardy to 20° F. Rare. The leaves are compound and shiny, on sweeping stems. The plants can be quite large and densely branched. Multiple flowering racemes of light lavender emit a camphoraceous odor—refreshing and healing.

50 seeds/pkt \$3.95, Organic

Lemon Balm *Melissa officinalis*
(Lemon Balm)

Herbaceous perennial. Native to the Mediterranean, Russia, Syria, Iran, and Turkestan. Hardy to -30° F. This is a classic medicinal tea herb that assists in controlling high blood pressure, migraines, and hysteria.

100 seeds/pkt \$2.95, Organic

**\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic**

Lime Balm *Melissa officinalis* ssp *altissima*
 (Crete Balm) Herbaceous perennial to 2 feet. Native to the Mediterranean, hardy to 20° F. Light-green lime-flavored foliage is softly pubescent, with outsize flowers of light lavender. A rare and unusual subspecies.
30 seeds/pkt \$2.95, Organic
\$7.50 \$6.50/plant, \$17.55/3, Organic

Bear Grass see LILY

Beplant, Rocky Mountain *Cleome serrulata*
 (Spider Plant, Beeweed, Navajo Spinach, Guaco)
 Annual, bushy plant to 4 feet with multiple upright stalks crowned by showy, ball-like flowering tufts of pink to purple. Native to the western and central states, the plant is drought-tolerant, preferring full sun and fast-draining soils. Attracts pollinators that will improve yield of flowers and seed among associated vegetable and medicinal crops. Used extensively by the Native Americans for food, medicine and dye. Sow the seed in the fall to early spring, on the surface. Germination slow and irregular, but once started gets going fast, and requires very little upkeep or care.
50 seeds/pkt \$2.95



BELLADONNA

Family: Nightshade (*Solanaceae*) **TOXIC**
 Herbaceous perennials hardy to ~ -10° F. A grouping of insidiously charming show-plants with nodding, bell-shaped flowers. All parts of the plant contain the very serious alkaloids atropine and scopolamine that are mydriatic (dilates the pupil of the eye), narcotic, antispasmodic and (if taken in high dosage) **POTENTIALLY TOXIC**. Medicinally, the plant is used as a sedative and muscle relaxant, also to prevent motion sickness, being antispasmodic to smooth muscle tissue. Plant prefers partial to full shade, average fertility, moist soil. Sow in fall or early spring. Slow and ongoing germ for up to 6 weeks.

Belladonna, Caucasus *Atropa caucasica*
 Native to the northern Caucasus, this is in my experience the most sun- and drought-tolerant of the *Atropa* genus. Purple-stemmed.
30 seeds/pkt \$3.95, Organic

Belladonna, Official *Atropa belladonna*
 Native to Central and Southern Europe. Used in homeopathy and also in traditional herbalism, usually in the form of the infused oil of dried leaf and root, applied externally.
30 seeds/pkt \$3.95, Organic

Belladonna, Turkmenistan *Atropa komarovii*
 (Turkmenistan Nightshade)
 Native to the Kopet-dag mountains of Turkmenistan. Flowers yellow, veined with violet. Plant thrives in rich, moist soil in dappled shade. A very comely specimen.
30 seeds/pkt \$3.95, Organic

Scopolia *Scopolia carniolica*
 (Russian Belladonna, Japanese Belladonna)
 Native to Northern Europe and Asia. Highly decorative mounding plant (to 18 inches tall) with hanging flowers of dark maroon, giving way to Henbane-like capsules. **Low-dose botanical** treats spasm and seasickness.
20 seeds/pkt \$3.95

Bergamot, Sweet Leaf *Monarda fistulosa* var. *menthaefolia*
 (Oregano de la Sierra, Mintleaf Bergamot, Mountain Monarda, Bee Balm)

Family: Mint (*Lamiaceae*)
 Herbaceous perennial native to western North America, with showy flowers of lavender to rose and leaves both pungent and minty. Commonly used as a tea herb and for rubbing the face and hands to purify energy, the plant brings long-lasting joy. Light-dependent germinator. Sow in early spring.
30 seeds/pkt \$2.95

\$7.50 \$6.50/plant, \$17.55/3 plants, \$50.00/10 plants, Organic

Betel, Wild *Piper sarmentosum*
 Family: Pepper (*Piperaceae*)

(Lolot Pepper, Wild Pepper, Kadok)
 Evergreen vining perennial hardy to Zones 10 to 12, commonly grown as a summer annual or a potted plant brought in for the winter. Shiny, heart-shaped leaves lend a tropical touch. Aromatic and tasty, used in salads, soups, stir-fried. Warm shade.
\$10.00 \$9.00/plant, Organic

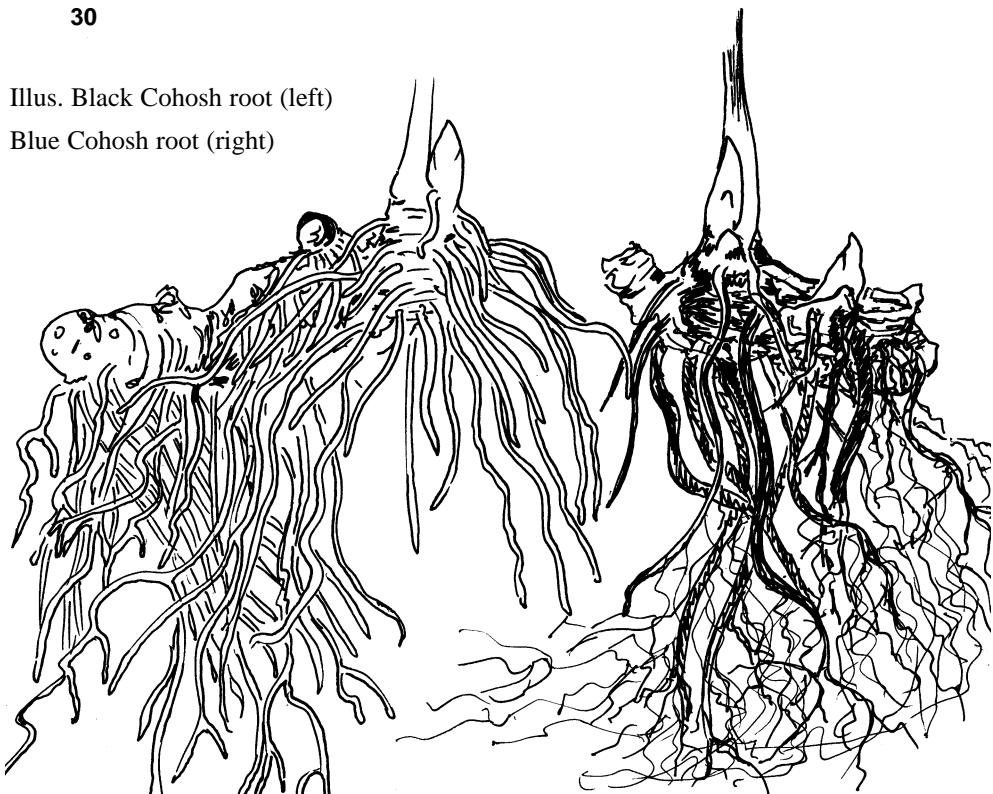
Bistort *Polygonum bistorta*
 Family: Buckwheat (*Polygonaceae*)

Perennial. Native to Europe, Asia, and eastern US. Classic medicinal herb, a gentle and effective astringent. Prefers full sun, regular garden soil. Multicycle germinator. Sow in fall or early spring. Space 1 foot apart. Flowers cream-colored to 18 inches.
30 seeds/\$3.95

\$7.50 \$6.50/plant, \$17.55/3, Organic

Illus. Black Cohosh root (left)

Blue Cohosh root (right)



Black Cohosh *Cimicifuga racemosa*
 syn. *Actaea racemosa*
 Family: Crowfoot (*Ranunculaceae*)
 Herbaceous perennial. Native to the eastern US hardwood forest. Striking foliage and tall, white racemes to 5 feet. The tincture of fresh root is proestrogenic, antidepressant, pain-relieving, sedative, peripheral vasodilating, antispasmodic, and anti-inflammatory, customarily used to control the infamous "hot flashes" of menopause. Prefers the partial shade and rich soil of the forest or shade garden. Space plants 2 feet apart. Sow seed in fall to germ in spring, or condition at least 2 weeks warm, then 2 weeks cold, then expect germ as the ground warms again.

50 seeds/pkt \$3.95

\$11.55/5 g (~1,750 seeds)

\$20.10/10 g (~3,500 seeds), Organic

\$5.00/dormant root,

\$27.00/6 roots, Organic

Love-in-the-Mist *Nigella damascena*
 A cultivar selected here at Strictly Medicinal®. The plants are miniature, with bright purple, highly frilled flowers that give way to bicolored pods. The seeds are delightfully perfumed and good on cookies.

50 seeds/pkt \$2.95, Organic

Bloodroot *Sanguinaria canadensis*
 (Red Puccoon, Indian Paint, Tetterwort)

Family: Poppy (*Papaveraceae*)

Herbaceous perennial. Native to the moist woodlands of Eastern US and Canada. Hardy to -30° F. The sap of the plant, especially abundant in the rhizome (the root), is bright red and loaded with the alkaloid sanguinarine; an expectorant and anticancer agent. Low-dose botanical. Plant prefers moist, humusy soil and shade. Seed sown in the fall germinates in first or second spring. Plants grown from seed planted in the woods naturalize easily. Scrape away forest duff, plant seeds shallowly in the underlying soil, cover again with the forest mulch. Such a planting requires no further care and may remain invisible to the casual observer until the flowers occur. Unexpected brilliance.

50 seeds/pkt \$9.95, Organic

\$5.00/dormant root,

\$27.00/6 roots, Organic

Black Seed *Caulophyllum thalictroides*
 Family: Barberry (*Berberidaceae*)

Herbaceous perennial. Native to the eastern US hardwood forest. Hardy to -30° F. Exquisite, 3-lobed, light green leaves and purple berries. Used to facilitate difficult births. Plant likes rich, composty soil in forest or shade garden. Grows 2 to 3 feet.

\$5.00/dormant root,

\$27.00/6 roots, Organic

BLACK SEED

Family: Crowfoot (*Ranunculaceae*)

Self-seeding annuals. 90 days to flowers. Brightly colored and complex, crowned flowers and decorative seedpods please always. Strew seeds on prepared seedbed in early spring, cover with soil, and tamp. Keep moist until germ. Petite plants prefer sun to part shade and dryish soils.

Black Seed *Nigella sativa*

Native to the Middle East. Compact plants yield strongest medicinality of all the *Nigella* species—seeds are used for treating indigestion, appetite loss, parasites, inflammation.

100 seeds/pkt \$2.95,

\$8.00/g (~400 seeds),

\$18.55/5 g (~2,000 seeds),

\$34.10/10 g (~4,000 seeds), Organic

Blue Flag Iris, Western *Iris missouriensis*
(Western Blue Flag, Rocky Mountain Iris)

Family: Iris (*Iridaceae*)

Herbaceous perennial native to western North America and hardy to -40 degrees F. The handsome blue flowers augment the medicinal garden, and will naturalize pleasantly in moist soils streamside, in pasture, or at forest edge. Dried root is a detoxifying liver stimulant and **low dose botanical**.

50 seeds/pkt \$2.95

Borage *Borago officinalis*
Family: *Boraginaceae*

Self-seeding annual native to the Mediterranean. Children love to eat the nodding, blue and purple flowers that gladden the heart. Sow fall or spring. Easy.

50 seeds/pkt \$2.95 Organic

Bowman's Root *Gillenia trifoliata*
(Indian Physic, Wild Ipecac)

Family: Rose (*Rosaceae*)

Herbaceous perennial. Native to the deciduous forests of southeast Canada through southern US. Hardy to -20° F. Plant prefers moist, fertile soils and shade.

10 seeds/pkt \$3.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic

Brahmi *Bacopa monnieri*

Creeping, succulent herb native to India. Protect from frost. In Ayurveda, used to sharpen the mind and stimulate the memory. The plant prefers warm shade and moist, fertile soil. May even be grown in an aquarium.

**\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic**

Bugle *Ajuga reptans*

Excellent deep blue-flowered medicinal ground cover for shade to part sun, used as a lawn substitute or under trees. An herb of great repute, a gentle and reliable astringent on par with Self-Heal. Sow seed in spring.

20 seeds/pkt \$2.95

\$7.50 \$6.50/plant, \$17.55/3, Organic

Bundle Flower *Desmanthus illinoensis*

Herbaceous perennial nitrogen fixer native to the American Midwest. A pretty plant with feathery leaves and ball-like seedpods formed of curved follicles. Good choice as a nutritious forage crop, also for prairie restoration/dryland erosion control. Scarify seed on sandpaper before sowing. Scatter in fall for germ in early spring, or start in pots and transplant.

100 seeds/pkt \$2.95

Burning Bush *Dictamnus purpureus*

Family: Rue (*Rutaceae*)

Herbaceous perennial native to Europe, prefers dappled sunlight and rich, moist soil. Flowers in showy, pyramidal spikes to 3 to 4 feet tall that emit combustible essence into the humid air of summer evenings. Plant produces shining, compound, orange-scented leaves. Sow in fall or early spring, or give 90 days cold, moist refrigeration.

20 seeds/pkt \$2.95, Organic

\$10.00 \$9.00/plant, \$24.30/3, Organic

Butterbur *Petasites palmatus*

Family: Aster (*Asteraceae*)

Herbaceous perennial. Native to the western US. Hardy to -20° F. The plant bears luxurious, umbrella-shaped leaves. Medicinally, small amounts of the leaf or root are used to treat spasmodic cough or deep-seated pain. Contains **PAs**. Plant prefers partial shade and moist garden soils or streamside habitat.

\$5.00/live root, \$27.00/6, Organic

CACTUS

Family: Cactus (*Cactaceae*)

Zerophytic, spiny plants prefer full sun, perfectly draining soils. Protect from frost. Standard potting soils for Cacti contain 50% pumice, 25% coarse, sharp sand, and 25% organic matter. Inoculate with a handful of soil taken from around other established Cacti. Sow seed on surface of cactus mix, cover planting with plastic wrap and keep warm and humid until germ.

Cactus, Bolivian Torch *Trichocereus bridgesii*

Perennial "Achuma" native to Bolivia. This blue-green skinned columnar Cactus sports star-shaped clusters of medium length spines. It is a traditional sacrament that can easily be grown in a bright window.

30 seeds/pkt \$4.95

Cactus, Giant Saguaro *Carnegiea gigantea*

Long-lived, upright, branching, tree-like. Native to the SW, hardy to 25° F. Waxy, white 4-inch flowers crown this most classic of Cacti, a source of diverse medicines, edibles, and an inebriating beverage. Spines for tattoo. Scenery for cowboy movies.

100 seeds/pkt \$2.95

\$11.55/5 g (~3,500 seeds)

\$20.10/10 g (~7,000 seeds)

Cactus Grandiflorus *Selenecereus grandiflorus*

(Night Blooming Cereus)

We supply beautifully live and vibrant plants of this rare and significant epiphytic Cactus. These make fast-growing house plants, requiring minimal sun, soil, and water. Flowers intoxicatingly fragrant—huge, white, frilled—usually expressing during the full moon in summer. Tincture used to tonify the heart muscle.

\$10.00 \$9.00/plant, Organic

Cactus, Peruvian Torch *Trichocereus peruvianus*

Native to the Andes. Blue-green columnar Cactus with long spines. Rare and powerful ally similar to San Pedro.

30 seeds/pkt \$4.95

Cactus, San Pedro *Trichocereus pachanoi*

Dark blue-green, nearly spineless, ribbed, psychoactive, columnar Cactus native to Ecuador and Peru bears 10-inch, night-blooming, white flowers. We strive to give fat Cacti. May be grown indoors in a bright window or outside—hardy to 15° F. Keep dry in winter!

30 seeds/pkt \$4.95

\$60.00/potted tip, gallon size, Organic



Dragon Fruit *Hylocereus undatus*
 Perennial vining, sometimes epiphytic. Cactus native to Central America. Protect from frost. Night-blooming and exotically scented, the flowers can reach more than a foot long and wide. The fruits are red, edible, and delicious, reaching up to 5 inches long. May be trellised up a pole and then allowed to droop down, treelike. This cultivar makes fruits with pink flesh.
30 seeds/pkt \$3.95

Calamint, Showy *Clinopodium grandiflorum*
 Native to the Mediterranean and hardy to -30° F. Related to Yerba Buena, this pretty miniature perennial with flowers large to the plant is easy to grow in standard garden culture, and is highly valued in herbal landscaping for its long-lived flowers, mounding form, and easy of culture and care. The gentle aromatics and thyme-mint-savory flavors make congenial tea.
30 seeds/pkt \$2.95,
\$9.95/g (~2,000 seeds), Organic
\$7.50 \$6.50/plant, \$17.55/3, Organic

Calamus *Acorus calamus*
 (Sweet Flag, Rights What's Wrong Herb)
 Family: Arum (Araceae)
 Perennial monocot—a water plant. Hardy to -30° F. Bitter and aromatic rhizome is a premier digestive herb, also used to clarify mind. Plant prefers partial shade and ever-moist garden soils and may be planted in pots, along waterways or in shallow water. Seed requires a warm/cold/warm stratification cycle to germinate.
100 seeds/pkt \$2.95
\$5.00/live root, \$27.00/6, Organic

CALENDULA

Family: Aster (Asteraceae)

Annual or short-lived perennial. Native to southern Europe. Only 40 to 50 days to maturity. Calendula flowers are a premier antiseptic and healing agent when made into salve, succus, tincture, or simply masticated and applied to the injury. Inhibits inflammation and speeds healing. Yellow-orange dye-plant. Plant prefers full sun. Direct-seed in spring or summer in garden, or grow as a container plant. Known as "Pot Marigold," these are a great choice for fall planting outdoors or in a pot to produce flowers late in the season.

Calendula, Mixed *Calendula officinalis*
 This heirloom produces a lovely combination of single and double, yellow and orange flowers. Fall flowers feed hungry bees!

50 seeds/pkt \$2.95, Organic

Calendula, Orange *Calendula officinalis*
 This strain produces orange flowers measuring up to 3 inches in diameter. They are pretty, yield well, and make excellent medicine.

50 seeds/pkt \$2.95,

\$14.55/5 g (~600 seeds),

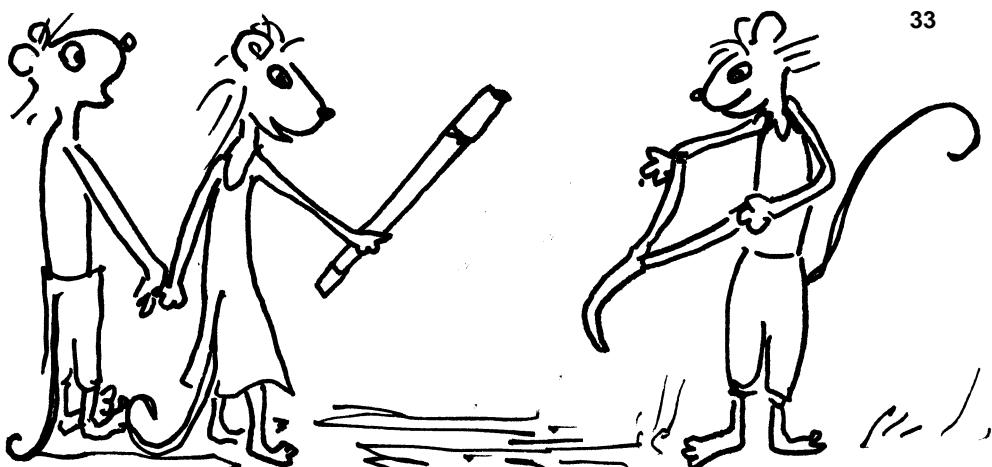
\$27.10/10 g (~1,200 seeds), Organic

CALENDULA FLOWERS, Dried, Whole 50 g bag \$7.90, Organic

Camas, Blue *Camassia quamash*
 Herbaceous perennial; bulbous. Native to the NW. Major foodstuff of the Native Americans. Prefers full sun and moist garden soil or meadowland that is moist in the spring and dries out in the summer. Plant bulbs in fall for flowers in spring. Flowers on long racemes, deep blue-violet.
\$7.95/6 bulbs, \$20.00/20 bulbs

Celandine *Chelidonium majus*
 Family: Poppy (Papaveraceae)
 Herbaceous perennial, self-seeding. Native to Europe and temperate Asia. Hardy to -15° F. Acrid, yellow-orange latex, most concentrated in root, used topically against warts. A penetrating alterative ingredient in hand and foot baths for treating debilitating disease. **Low dose botanical.** Plant prefers fast-draining soil, but plenty of water, shade to part sun. Scatter seed fall to spring.
50 seeds/pkt \$2.95
\$9.95/g (~500 seeds), Organic

Chameleon Plant *Houttuynia cordata*
 (Yuxing-cao, Fishwort)
 Creeping perennial groundcover native to China. Bears dark green, leathery, flexible leaves and pure white, upright coneflowers. Member of the Lizard Tail Family (the *Saururaceae*), a very old genera of plants representing some of the first angiosperms, dating back to the middle Eocene. Yuxing-cao is used to treat Lyme disease and Bartonella, infections of lung and urinary tract, and is also an anticancer herb. Plant prefers moist soil in the shade to sun, and will spread vigorously once established.
\$7.50 \$6.50/plant, \$17.55/3, Organic



CHAMOMILE

Family: Aster (*Asteraceae*)

The gently sedative and decidedly delicious tea is calming to the stomach and improves digestion. Plants prefer full sun and regular garden soil. Short-lived seed. Sow in fall, midwinter, or very early spring.

CHAMOMILE SET (1 seed packet each of the 4 species following.)

\$9.90/4 pkts

Price shown is a discount.

Chamomile, Dyer's . . . *Anthemis tinctoria*
(Golden Marguerite)

Hardy perennial to 16 inches, native to Europe. Large, lemon-yellow daisies used to dye wool and as a salutary tea.

100 seeds/pkt \$2.95

\$9.95/g (~7,500 seeds), Organic

Chamomile, German *Matricaria recutita*

Annual, self-seeding. Native to Europe, Iran, and Afghanistan. 80 days to maturity. Cultivated everywhere. This is the delightfully aromatic Chamomile of tea fame. Flowers yellow, with white rays, to 2 feet.

500 seeds/pkt \$2.95,

\$10.00/g (~7,500 seeds),

\$37.55/5 g (~37,500 seeds),

\$67.10/10 g (~75,000 seeds), Organic

Chamomile, Roman *Chamaemelum nobile*

Perennial ground cover. Native to southern and western Europe, and the Mediterranean. Hardy to -10° F. Mix fine seed with sand and broadcast on prepared ground early spring, or (more reliably) start in flats and transplant seedlings out on 6-inch centers. Plants grow and interlock to form a tough mat, which can be mown occasionally. Sweet dreams.

300 seeds/pkt \$2.95, Organic

Chamomile, Saint John's

..... *Anthemis sancti-johannis*
Evergreen, short-lived perennial to 18 inches, native to the mountains of Bulgaria. Pretty mounding plant with deeply cut, aromatic, fernlike leaves giving rise to multiple stalks crowned by flattened, yellow-orange flowers. Fragrant cut flower with edible petals, and oft used in pot-pourri.

100 seeds/pkt \$2.95, Organic

CHIA

Family: Mint (*Lamiaceae*)

Annual. 140 days to maturity. Native to SW deserts, Mexico. Plant prefers limey soil, sun. Germ in 4 to 8 days. Transplant to 1 foot apart. Makes succulent, bright-green, bushy plants up to 4 feet tall. Flowering is stimulated by shortening days. The seed is made into a stimulating beverage, high in soluble fiber and Omega-3s. One of the original names of chia translates to "Endurance." Daily intake of chia beverage made by soaking 10 teaspoons of seed in a quart of water and leaving overnight then taking in morning will improve nutrition, slow digestion, promote satiation, make you lose weight while increasing energy. We offer pounds of organic chia seed at a reasonable price as a toast to your good health. Take advantage!

Chia, Mexican—Black *Salvia hispanica*

This is the standard type of chia, an excellent choice for beverages and cookery.

300 seeds/pkt \$2.95,

\$12.00/lb, Organic

Chia, Mexican—White *Salvia hispanica*

This white-seeded cultivar is considered to be a superior type.

300 seeds/pkt \$2.95,

\$14.00/lb, Organic

CHICKWEED

Family: Pink (*Caryophyllaceae*)

Spreading cold-tolerant ground covers with succulent green leaves dotted with tiny white flowers. Classic spring tonic.

Chickweed, Common *Stellaria media*

Annual. 60 days to maturity. Native to all temperate regions, as far north as the Arctic. Harvest fresh and eat for a spring tonic. Dried, it lends its healing qualities to any salve. Flowers white to 1 foot.

100 seeds/pkt \$2.95,

\$9.95/g (~1,100 seeds), Organic

Chickweed, Yunnan *Stellaria yunnanensis*
(Qian-zheng-wang-xian-cao)

Tuberous perennial native to Southwestern China, flowering to 2 feet, hardy to 20° F. Rare. Tubers used to make a rejuvenating and delicious soup. Woodland or shade garden. Good orchard understory.

30 seeds/pkt \$3.95, Organic

Chicory, Forage *Cichorium intybus*
Family: Aster (*Asteraceae*)

Taprooted perennial with edible greens and roots dried and used as a coffee substitute. Native to Europe and one of the oldest cultivated crops. All zones. Superior forage for cattle, horses, goats, containing up to 30% protein. Sow in fall or spring, at 100 g per 1,000 square feet.

500 seeds/pkt \$2.95
\$14.00/100 g

Chrysanthemum, Chinese—Bo-ju-hua *Chrysanthemum morifolium*
Family: Aster (*Asteraceae*)

Herbaceous perennial native to China, hardy to -20° F—ancient cultigen that cannot be propagated by seed. Plant prefers full sun and well-drained garden soil, frequent watering, and flowers fall to early winter. Space plants 2 feet apart. Ju-hua is used in TCM to release the exterior to tonify the liver, dispel toxins, brighten the eyes. Flowers once on the plant, then once again in the teacup! This is a standard cultivar with medium sized, single-petaled flowers of cream. They are a preferred type for making a beverage tea due to their sweetness of taste.

\$10.00\$9.00/plant, \$27.00\$24.30/3, Organic

Cilantro *Coriandrum sativum*
(Coriander)

Family: Aster (*Asteraceae*)
Annual. Native to the Mediterranean shores. 60 days to maturity. The herb and seeds are stimulant, aromatic, and carminative. The herb chelates heavy metals and helps remove them harmlessly from the body. Therefore we recommend eating daily in season. Plant does great in the spring garden and then again in the fall. This is one of the most significant attractors of native pollinators on the planet—sprinkle some cilantro seeds and watch the magic happen!

100 seeds/pkt \$2.95,
\$7.55/5 g (~500 seeds)
\$13.10/10 g (~1,000 seeds), Organic

**CLEAVERS**

Family: Madder (*Rubiaceae*)
Creeping plants with clinging leaves that do well in shade or sun.

Cleavers *Galium aparine*
Annual. Native to fields, woods, and waste places of Europe and the US. 90 days to maturity. The juice of the fresh herb is a premier lymphatic tonic and spring cleanser. Prefers regular garden or forest soil. Sow in fall or early spring. Space 1 foot apart. Flowers tiny, white, and star-like.

30 seeds/pkt \$2.95, Organic

Madder *Rubia tinctorum*
Climbing evergreen perennial native to the Mediterranean and southern Europe. Hardy to -5° F. The plant is a classic element of the Medieval garden. Madder root contains the anthraquinone pigment alizarin, a fine red dye. Treats urinary gravel. Plant prefers very well-drained soil, full sun, and is quite drought tolerant.

20 seeds/pkt \$3.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic

Our Lady's Bedstraw *Galium verum*
Herbaceous perennial. Native to the British Isles, Europe, Asia, and Mesopotamia. Hardy to -25° F. Red dye-plant. Prefers dry and sun. Space 6 inches apart. Flowers creamy yellow, growing 1 to 3 feet tall.

100 seeds/pkt \$2.95

Sweet Woodruff *Galium odoratum*
(Woodderowffe)

Herbaceous perennial. Native to Europe, Siberia, and North Africa. Hardy to -20° F. This is a classic strewing herb, used during the Middle Ages to purify the church, the dining hall, or the bedroom with its coumarin-rich fragrance.

30 seeds/pkt \$2.95

Colchicum *Colchicum autumnale*
(Meadow Saffron, Autumn Crocus)

Family: Lily (*Liliaceae*)
Bulbous perennial. Native to Europe. Hardy to -30° F. Blooming in September or October, the flowers are large and impressive chalices, light-colored, and mottled with purple. Source of the active alkaloid colchicine. Sow in spring or summer.

50 seeds/pkt \$3.95

Columbine, Wild Form *Aquilegia canadensis*
Family: Crowfoot (*Ranunculaceae*)

Herbaceous perennial forest dweller. **Low-dose botanical.** Plant prefers shade, loamy soils. Scatter seed in prepared beds in woods or shade garden in fall or early spring. Seeds are toxic to head lice. Transplant or thin to 1 foot apart. Grows from 1 to 2 feet tall.

50 seeds/pkt \$2.95, Organic



COMFREY

Family: Borage (*Boraginaceae*)

Herbaceous perennial native to Europe and hardy to -15° F. Multipurpose healing, permaculture, and animal food plant. We offer 2 types: 1) the true, fertile, original, and exquisite *Symphytum officinale* and 2) the extremely useful, robust, and fast-growing Russian bocking 14 cultivar (*Symphytum x uplandicum*). The roots and leaves of both types contain the cell-proliferant allantoin. Dried, ground up Comfrey leaves or root infused in oil may be further processed into an herbal salve that speeds healing quite noticeably. Both types contain PAs. Both types are good ingredients for compost piles, compost tea, food and/or medicine for livestock, and medicine for humans. Used medicinally in the form of poultice, salve, tincture, and tea. Comfrey prefers moist, but well-drained, fertile soils; full sun to part shade. *This plant gives every gardener a green thumb.*

Comfrey, Russian Bocking 14 Cultivar

.....*Symphytum x uplandicum*
This is the Comfrey our family (including our animals) has relied upon for over 35 years. (Also the only hybrid plant listed in catalog.)

\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

COMFREY, RUSSIAN LEAF, Dried, Crushed, ready for oil infusion and salve-making!

50 g bag (~1.7 oz) \$7.90, Organic

Comfrey, True*Symphytum officinale*
True Comfrey is the original medicinal herb as detailed in all the ancient literature. Flowers vivid purple, dangling. In cool soils of fall or early spring, sow the large, shiny seeds just under the surface and tamp in securely. Germ within 30 days. If the soil is very warm, or if planting in a greenhouse, give the seed 30 days cold, moist conditioning by putting in moist medium in a plastic bag in the fridge (not the freezer) and then sow in warm conditions.

20 seeds/pkt \$3.95, Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

Compass Plant*Silphium laciniatum*

Family: Aster (*Asteraceae*)

Herbaceous perennial prairie plant native to the US. Hardy to -40° F. Rare. The stems are heavy, thick, hairy, and green—glistening with antitussive gum. Flowers large, sun-like, on a large and showy, multi-stemmed plant. Likes full sun and regular garden soil. Sow in cool soils of fall or early spring, in a flat or pots, and transplant. Space 2 feet apart. Grows to 10 feet.

20 seeds/pkt \$2.95, Organic

Cowslip*Primula veris*

Family: Primrose (*Primulaceae*)

Herbaceous perennial. Native to Britain. The flowers are sedative and pain-relieving, used in homeopathy, tinctures, teas, face washes, and in wine-making. Sow seed in fall, midwinter, or very early spring.

100 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, Organic

Curry Plantsee Helichrysum

Dandelion*Taraxacum officinale*

Family: Aster (*Asteraceae*)

Herbaceous perennial. Native to and distributed throughout all temperate zones. Dandelion is a gentle liver tonic and diuretic. Sow in spring, or make use of the “second spring” and sow as soils cool in the fall. Space plants 1 foot apart and keep well-watered. Harvest the following spring. Flowers sunny yellow to 1 foot.

200 seeds/pkt \$2.95,

\$6.00 g (~ 2,000 seeds),

\$14.55/5 g (~ 10,000 seeds),

\$26.10/10 g (~ 20,000 seeds),

\$214.00/100 g (~200,000 seeds), Organic

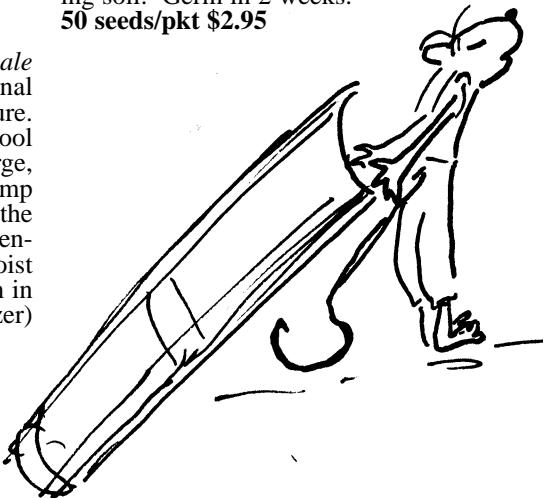
Dianthus, Fringed Pink *Dianthus superbus*

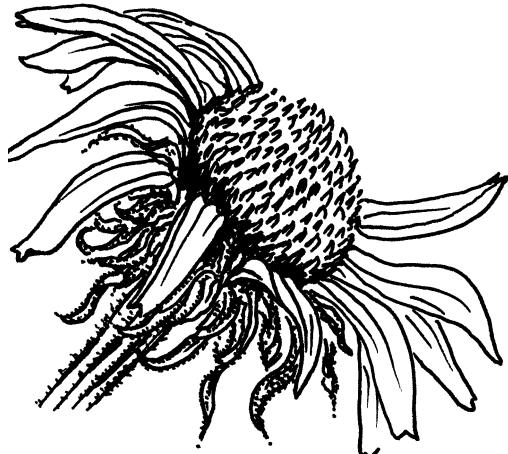
Family: Pink (*Caryophyllaceae*)

(Qu-mai, Jove's Flower)

Herbaceous perennial native to China, hardy to -5° F, flowering to 20 inches.. Pretty basal rosette bears radiating hot pink flowers. The fragrance is unforgettable, a cross between baby powder and strawberry milkshake. Qu-mai is used in TCM for treating urinary complaints and suppressed menses. Plant prefers sun to part shade and fast draining soil. Germ in 2 weeks.

50 seeds/pkt \$2.95



Illus. *Echinacea purpurea***DOCK**Family: Buckwheat (*Polygonaceae*)

Easy perennials that may be sown fall or spring, with ongoing germination.

Dock, Red-Veined *Rumex sanguineus*
(Bloody Dock, Bloody Sorrel, Wood Dock)
Herbaceous perennial native to Europe, hardy to -25 degrees F. Quick-growing salad greens and unusual ornamental.

100 seeds/pkt \$2.45, Organic

Dock, Yellow *Rumex crispus*
Root is a gentle laxative and a good source of iron. Leaves are a spring tonic. Grows well in rich, moist soil or seasonally flooded soils. Harvest root prior to seed formation.

100 seeds/pkt \$2.95, Organic
\$7.55/5 g (~1,700 seeds),
\$14.10/10 g (~3,400 seeds), Organic

Dong-ling-cao *Isodon rubescens*

Family: Mint (*Lamiaceae*)

Herbaceous perennial native to China and hardy to about 10° F. Short Basil-like plants used to fight cancer. One of the prettiest little things you'll ever see.

\$7.50 \$6.50/plant, Organic

Dragonwort *Dracunculus vulgaris*

Family: Arum (*Araceae*)

Bulbous perennial endemic to the Balkans and hardy to Z 5 to 10. The bulbs are about the size of a large onion and are very reliable to come back year after year. The dark purple spadix and spathe arise unexpectedly and exert a dragonlike presence that never ceases to amaze and entertain.

\$20.00/ \$18.00/bulb, Organic

Dream Root, Xhosa *Silene capensis*

Family: Pink (*Caryophyllaceae*)

Low-growing herbaceous perennial 1 to 2 feet tall, native to the Cape of South Africa and hardy to 20° F. Softly spreading leafy rosette, multiple upright stalks crowned by pure white flowers. Chewing the root stimulates vivid dreams (an oneirogen).

30 seeds/pkt \$2.95, Organic**\$7.50 \$6.50/plant, \$17.55/3, Organic****ECHINACEA**Family: Aster (*Asteraceae*)

We are actively growing in isolation as many of the native land races as we can. Hardiness: check the native ranges to make the best choice of which specie(s) to grow. Echinacea prefers full sun, well-drained soil, and regular watering. All species will give some germination in 2 to 3 weeks if planted in a warm (not too hot!) greenhouse and watered gently. A period of cold, moist conditioning (stratification) will often improve germination rate. Thin or transplant to between 6 inches and 2 feet apart. Alternatively, sow seed directly in the garden or field in the fall or early spring. Barely cover the seed and tamp in. Keep weeded and thin to desired spacing.

***Echinacea angustifolia*, Sasakatchewan**
(Narrow-leaved Coneflower)

Herbaceous perennial. Ecotype from southeastern Saskatchewan in Canada. Give 30 days cold-conditioning. Space plants 6 inches apart. Flowers to 2 feet tall.

50 seeds/pkt \$2.95,
\$9.00/g (~ 250 seeds),
\$16.55/5 g (~ 1,250 seeds),
\$30.10/10 g (~ 2,500 seeds), Organic

Echinacea pallida

(Pale-purple Coneflower)

Herbaceous perennial. Native to the central plains states, from Arkansas and Oklahoma north to Nebraska and Minnesota. This is a tall, taprooted plant bearing beautiful composite flowers with drooping ray flowers and white pollen. They dance gracefully in the wind. Cold-condition 30 days. Space 1 to 2 feet apart. Flowers to 3 to 4 feet.

100 seeds/pkt \$2.95, Organic

Echinacea paradoxa

(Yellow Coneflower)

Herbaceous perennial. Native to the Ozarks. The paradox is, that this "Purple Coneflower" is yellow! The plant is rare, but sturdy. Cold-condition seeds for 2 months. Space 1 to 2 feet apart. Flowers yellow to 3 feet tall.

100 seeds/pkt \$3.95, Organic
\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

Echinacea purpurea

(Purple Coneflower)

Herbaceous perennial. Originally native to the midwest. Easily cultivated. Our strain was derived from a rare, wild collection and we have strived to keep it in its original form. This species adapts to a wide array of growing conditions. No cold-conditioning needed. Plant 1 to 2 feet apart. Flowers purple, to 3 to 4 feet.

100 seeds/pkt \$2.95
\$9.55/5 g (~ 2,100 seeds),
\$17.10/10 g (~4,200 seeds),
\$117.00/100 g (~42,000 seeds),
\$293.00/lb (~95,000 seeds), Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

Echinacea sanguinea

(Sanguin Purple Coneflower)

Herbaceous perennial. Rare. The most southerly ranging of all *Echinacea* species, *Echinacea sanguinea* grows in acidic, sandy soils in the open fields and pine woods of the West Gulf Coastal Plain. This species is like a miniature *Echinacea pallida*, with long, thin ray flowers that occur on slender, swaying stems. Blood red disk and corolla.

20 seeds/pkt \$3.95, Organic***Echinacea simulata***

(Glade Purple Coneflower)

Herbaceous perennial, native to south central MO, east through TN and northern GA. Drooping ray flowers range from pink to magenta and emit a fragrant perfume. These make incredible cut flowers and the taproots of *Echinacea simulata* are strong medicine.

\$7.50 \$6.50/plant, \$17.55/3, Organic***Echinacea tennesseensis***

(Tennessee Purple Coneflower)

Herbaceous perennial. Rare, endemic species native to Tennessee, nonetheless widely adapted to northern gardens. Deep purple, upwardly reflexed ray flowers are exceptional. Excellently medicinal in all parts of the plant. Cold-condition 2 months. Space 1 foot apart. Flowers dark purple, to 2 feet.

100 seeds/pkt \$3.95, Organic**\$7.50 \$6.50/plant, Organic*****Elecampane, Official Inula helenium***

According to ancient herbalist's tradition and still relevant to this time, herb of choice when it comes to treating deep-seated upper respiratory infections. Brilliant yellow flowers on a multiple branched, boldly upright plant. Root dug fall of second year. Sow seeds in spring.

100 seeds/pkt \$2.95, Organic**\$7.50 \$6.50/plant, \$17.55/3, Organic*****Erigeron Conyza canadensis***

Family: Aster (Asteraceae)

(Canada fleabane)

Annual or overwintering annual native to North America, being a tough roadside weed that is inobtrusive in appearance yet aromatic in essence. Considered one of the strongest of astringents, it is used primarily to stem capillary bleeding. Very small seed is best pressed into medium and kept moist.

100 seeds/pkt \$2.95, Organic***Evening Primrose Oenothera biennis***

Family: Evening Primrose (Primulaceae)

Biennial. Native to Europe and North America. All zones. Very good woman's herb. High in essential fatty acids. Plant prefers full sun and withstands poor and dry soils. Light-dependent germinator. Sow in fall or spring. Space 1 to 2 feet apart. Flowers to 3 to 6 feet.

200 seeds/pkt \$2.95, Organic***Fame Flower Talinum paniculatum***

Family: Purslane (Portulaccaceae)

(Tu-ren-shen)

Perennial succulent native to the central and southern US and used in TCM to tonify the digestion, promote breast milk. Hot pink flowers give way to a long-lived display of sprays of bright cinnabar-red seedpods. Full sun, poor soil. Spring sown.

100 seeds/pkt \$2.95, Organic**\$7.50 \$6.50/plant, \$17.55/3 plants,****\$50.00/10 plants, Organic*****Fenugreek Trigonella foenum-graecum***

Annual. Native to the Mediterranean and winter hardy to -10° F. Aromatic foliage bearing white flowers with blue markings. Breaks up heavy clay soils—contributes nitrogen and organic matter. Direct-seed late summer, fall, or early spring. Germinates in cold soils. Sow 1 lb per 1000 square feet; 35 lbs per acre.

200 seeds/pkt \$2.95,**\$10.25/100 g,****\$22.00/lb, Organic***Planting, sprouting or extraction quality.****Feverfew Tanacetum parthenium***

Native to temperate zones of the world and hardy to -20° F. The single, white and yellow, daisy-like flowers grow densely on upright bushes, as pretty as Chamomile. Valuable migraine tonic.

200 seeds/pkt \$2.95,**\$7.00 g (~7,000 seeds),****\$18.55/5 g (~35,000 seeds),****\$34.10/10 g (~70,000 seeds), Organic****\$7.50 \$6.50/plant, \$17.55/3 plants,****\$50.00/10 plants, Organic****FOXGLOVE**

Family: Figwort (Scrophulariaceae)

Showy biennials with breathtaking flowers do best in forest or shade garden.

TOXIC. Sow in the fall or early spring.***Foxglove, Grecian Digitalis lanata***

(Wooly Foxglove)

Biennial. Native to south-eastern Europe. Hardy to -40° F. This is the Foxglove species most widely used for production of cardiac glycosides (digitoxin). Flowers cup-shaped with a prominent lip, light purple with dark purple veins. Plant prefers full sun and dry soils. Space plants 1 to 2 feet apart. Flowers to 2 to 3 feet tall.

100 seeds/pkt \$2.95, Organic***Foxglove, Purple Digitalis purpurea***

(Wild Oregon Foxglove)

Biennial. Hardy to -30° F. This is the classic Foxglove found in discriminating gardens and in the wild on sparsely wooded slopes in sun or part shade. Requires very few nutrients to grow well. Flowers trumpet-shaped, lipped, deep pink to purple, interior spotted with darker purple and white. Space plants 1 to 2 feet apart. Grows up to 5 feet tall.

300 seeds/pkt \$2.95, Organic***Fringed Pink see DIANTHUS******Galangal see GINGER***

GENTIANFamily: Gentian (*Gentianaceae*)

Impressive flowering perennials at home in moist soils at elevation, in rock garden or shade garden. Containing a pure bitter principle, leaf and root have been used since antiquity for treating stomach ailments, improving appetite and digestion.

Gentian, Tibetan *Gentiana tibetica*

Herbaceous perennial native to Tibet, figuring prominently in traditional Tibetan tonic. Probably the easiest true Gentian to start from seed, with germ in 6 weeks.

50 seeds/pkt \$3.95, Organic**\$7.50** \$6.50/plant, **\$17.55/3 plants,**
\$50.00/10 plants, Organic**Gentian, Yellow** *Gentiana lutea*

Herbaceous perennial. Native to the mountain meadows of central and southern Europe and Asia Minor. Rare. Yellow Gentian is the purest of bitter agents. The flowers are rich yellow, the herbage is succulent, and the root is the premier official bitter tonic. Prefers rich, shallow, moist soil in partial shade. Sow in fall, winter, or very early spring. Space 6 inches apart. Flowers 3 to 4 feet.

50 seeds/pkt \$3.95**\$9.95/g** (~900 seeds), Organic**GERANIUM**Family: Geranium (*Geraniaceae*)

Low-lying, mounding perennials with soft leaves, very giving of their long-lasting, showy plumes of bright flowers. Scented Geraniums are native to South Africa and are best protected from frost. They make a really fine indoor plant. Fertilize with your good compost and since it's a heavy Magnesium feeder, give a teaspoon of Epsom Salts, diluted in water, every 3 months or so.

Geranium, Scented *Pelargonium capitatum*

Protect from frost. Seed grown individuals each exude a unique aroma, usually terpenes, attractive. Plant seeds point down into surface of fast draining medium in a pot or flat, and keep barely moist, warm and in the light. Germ within 3 weeks. You can now create your own special type!

20 seeds/pkt \$3.95, Organic**Geranium, Scented—Attar of Roses** *Pelargonium capitatum*

(Rose Scented Geranium, Rose Otto) This plant exudes sensual and calming fragrance. *Attar of Roses opens the heart chakra and calms the spirit.* Balances cardiac, immune, and nervous systems. Easily grown in potted culture, it blooms all summer long. Sun to part shade.

\$10.00 \$9.00/plant, \$24.30/3,**\$70.00/10 plants, Organic****Geranium, Scented—Fair Ellen** *Pelargonium quercifolium*

Among collectors, one of the most desired. Leaves small, fragrance elegant, flowers out-sized to the plant (illustration above)

\$15.00 \$13.50/plant, Organic**Geranium, Scented—Isadora** *Pelargonium capitatum*

(Isadora Scented Geranium)

From The Perfume Pharmer: *Isadora's opening fragrance is that of a youthful floral with sweeping subtle hues of celadon green and pink. Isadora allows the sniffer a fresh start within her luminous silken embrace.* A strictly medicinal selection offered up to the public domain.

\$10.00 \$9.00/plant, \$24.30/3, Organic**Geranium, Scented—Lemon** *Pelargonium crispum*

Miniature plants, leaves curly, bright lemon color and scent.

\$10.00 \$9.00/plant, \$24.30/3, Organic**Geranium, Scented—Lemon Balm** *Pelargonium melissimum*

Mounding form to 2 feet, powerful lemon/citronella fragrance drives away insect pests from greenhouse or living room.

\$10.00 \$9.00/plant, \$24.30/3, Organic**Geranium, Scented—Nutmeg** *Pelargonium fragrans*

Miniature, flattened leaves with small flowers of white and pink. the aroma is unmistakably nutmeg. Unique and desirable.

\$10.00 \$9.00/plant, \$24.30/3, Organic**Geranium, Scented—Peacock** *Pelargonium capitatum*

Rose scented, leaves unabashedly variegated with white. Absolutely lovely.

\$10.00 \$9.00/plant, \$24.30/3, Organic**Geranium, Scented—Peppermint** *Pelargonium tomentosum*

Dark green, velvety leaves smelling more like peppermint than peppermint itself.

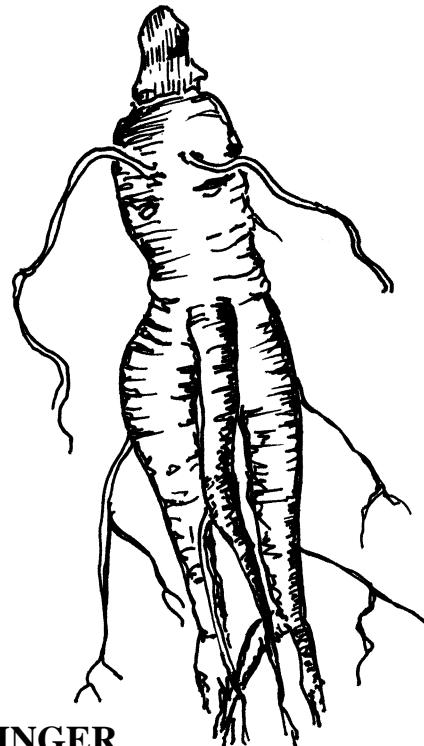
\$15.00 \$13.50/plant, Organic**Geranium, Umcka** *Pelargonium sidoides*

Evergreen perennial smells great and is forgiving to the touch, a soft mound of leaves giving rise to the red-purple (almost black) flowers spring through midsummer. Fine in rock garden or pots. The fleshy root is a traditional Zulu remedy for treating the common cold. Rare on this continent, choice!

\$15.00 \$13.50/plant, Organic**Geranium, Wild** *Geranium maculatum*

Clump-forming woodland perennial native to Eastern and Central US. Bearing showy, lilac flowers in the spring, framed by the characteristically palmate foliage, this is a delight when encountered along the forest path. The dried root makes for one of our premiere astringent herbs.

\$7.50 \$6.50/plant, \$17.55/3, Organic



GINGER

Family: Ginger (*Zingiberaceae*)

Broadleaved perennials with showy flowers and creeping rhizomes. The roots are spicily aromatic, famously used in medicine, perfumery, and the culinary arts. Give warm, moist but well-drained soil, part shade to sun. Protect from frost.

Galangal, Greater *Alpinia galanga*
Main species used as a cooking spice, mainly for curries and Thai soups. Sweetly aromatic gingery hotness.

\$10.00 \$9.00/plant, \$24.30/3, Organic

Galangal, Lesser *Alpinia officinarum*
(Gao-lang-jiang)

The roots are warming, cinnamony, and aphrodisiac. An herb that rids the body of toxic wastes, very prevalent in TCM.

\$10.00 \$9.00/plant, \$24.30/3,
\$70.00/10 plants, Organic

Ginger, Butterfly *Hedychium coronarium*
(Butterfly Ginger, White Ginger Lily)
The exotic-scented essential oil from flowers and roots is used in high-end perfumes. Lavish garden flower, hardy to 20°F.

\$10.00 \$9.00/plant, \$24.30/3,
\$70.00/10 plants, Organic

Ginger, Myoga *Zingiber mioga*
Perennial native to Japan and China, hardy to Z 6 to 12, otherwise gainfully grown as a potted plant and brought indoors for winter. Edible flower buds occur regularly at base of stem. Shoots and flower buds are a flavorful delicacy used in sushi. Plant prefers rich soil and looks handsomely tropical.

\$15.00 \$13.50/plant, Organic

GINGER ROOT, dried, tea cut
50 g/bag \$5.90

TURMERIC ROOT, powdered
\$29.90/lb, Organic

Ginseng, American . . . *Panax quinquefolius*

Family: Ginseng (*Araliaceae*)

Woodland herbaceous perennial. Native to the central and eastern hardwood forests of America. Sexual and digestive tonic and adaptogen. Sow in fall in well-drained, deep, loamy beds under the dappled shade of hardwoods or in artificially shaded beds (70% shade). Soil pH 6 to 7 preferred. Rake away leaf mulch, sow about 1/2 inch deep in the mineral soil and then rake the leaves back over the planting spot once again. Avoid straw mulch. Provide at least 1 foot spacing so there is good air movement. This is stratified seed (buried for a year). Best planted in the fall to early winter to germ in spring.

10 g pkt/\$14.95 (~120 seeds)

100 g/\$96.25 (~1,200 seeds)

Ginseng seed available fresh Sep-Dec.

Goldenseal *Hydrastis canadensis*

Premier astringent and tonic agent for treating any and all afflictions of the mucous membranes, including colds, sore throat, sinusitis, and conjunctivitis. Very big in the herb trade. Planting goldenseal roots is pretty much the same as for blue cohosh, black cohosh, wild yam and other forest roots. Choose a cushy spot in shade garden or forest and remove the mulch, then nestle the root down in, bud up, and cover with soil. Finish by replacing mulch over the planting. Re-emergence is in the spring.

\$3.50/dormant root (3-year or older),

\$19.50/6 dormant roots,

\$53.00/20 dormant roots, Organic

Gopher Spurge *Euphorbia lathyris*

Family: Spurge (*Euphorbiaceae*)

Evergreen perennial. Curiously formed plant has proven to repel gophers better than anything else. Keep sap out of eyes.

10 seeds/pkt \$2.95, Organic

GRASS

Family: Grass (*Poaceae*)

Sturdy contenders for sun and moisture, grasses spread when given the opportunity.

Lemongrass *Cymbopogon flexuosus*

Tropical perennial; temperate annual. Native to Southern India and New Guinea. Contains an inviting essential oil that has a scent of Violets and Lemon. Light-dependent germ. Sow in spring. Good germinator!

50 seeds/pkt \$3.95

\$7.50 \$6.50/plant, Organic

Grass, Phalaris *Phalaris aquatica*

(Harding Grass)

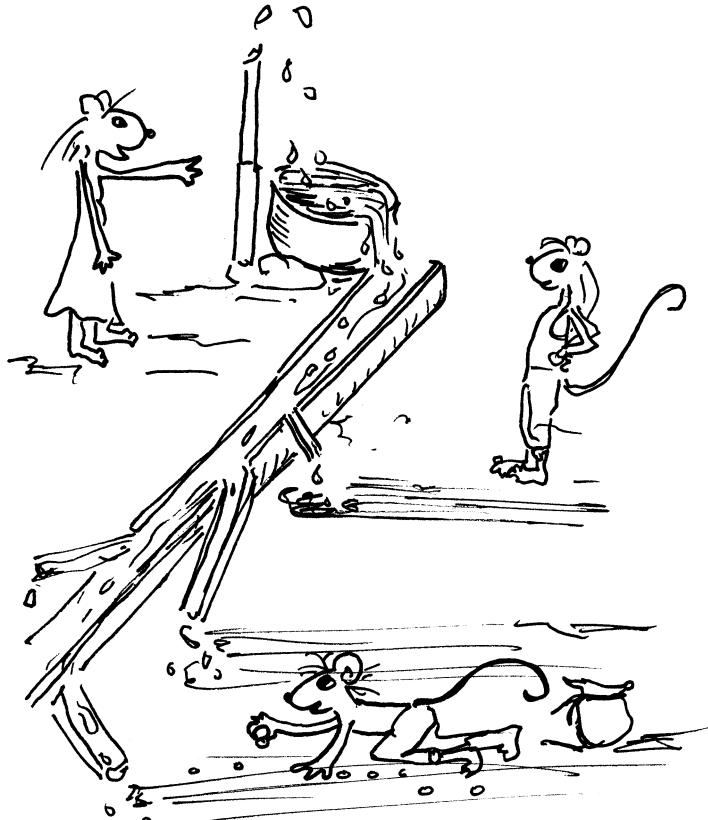
Perennial bunchgrass native to the Mediterranean and hardy to about 25° F. Source of dimethyltryptamine. Great for erosion control—drought resistant, fire retardant and ornamental. Sow in spring.

50 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic

SWEETGRASS BRAIDS (30 inches long)
Native American made.

\$5.00 \$4.00/braid, \$25.00/7 braids



Gravel Root *Eupatorium purpureum*
(Queen-of-the-Meadow, Joe Pye Weed)

Herbaceous perennial. Native to the central, eastern, and southern US. Makes towering, purple-spotted stems with wide, umbrella-shaped flowers. The root helps alleviate infection and toxicity in the urinary tract.

50 seeds/pkt \$2.95

Greek Mountain Tea *Sideritis syriaca*
Family: Mint (*Lamiaceae*)

Woody perennial growing to 18 inches, hardy to 10° F. Native to the Peloponnese Mountains. A comely plant, producing a low clump of elongated, downy leaves giving rise to compact, whorled, flowering spikes. The leaves, fresh or dried, produce a salubrious drink when covered in hot water and let steep. Plant prefers full sun.

20 seeds/pkt \$3.95

**\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic**

Gromwell, Common *Lithospermum officinale*
(Stoneseed, Pearl Stoneseed, Bohemian Tea, Croatian Tea)

Taprooted herbaceous perennial native to Europe and hardy to all zones. Multistemmed forb with unique, pointed leaves sets myriads of seeds, glistening orbs, all along the stem. An old-world favorite for the wild garden. Roots contain red pigment alkannin, also contains PA's.

30 seeds/pkt \$2.95, Organic

Gumweed *Grindelia squarrosa*
(Grindelia)

Family: Aster (*Asteraceae*)
Herbaceous perennial to 3 feet. Native to the mountains and deserts of western America. Dark blue-green plants bear multiple swaying yellow flowers that cup a central pool of balsamic oleo-gum-resin. The tincture is of high repute as an asthma remedy. Plant prefers full sun and dryish soils. Sow in spring.

50 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, Organic

Helichrysum *Helichrysum italicum*
(Curry Plant)

Family: Aster (*Asteraceae*)
Perennial, drought-tolerant plant native to the Mediterranean. Hardy to 15° F. Flowers yellow to 2 feet tall on downy, light green foliage. Source of a rather famous, expensive, and uplifting essential oil widely used in perfumery and aromatherapy. Plant prefers full sun and dryish, fast-draining soils. Sow seed on surface and press in.

100 seeds/pkt \$3.95, Organic

\$10.00 \$9.00/plant, \$24.30/3,

\$70.00/10 plants, Organic

Henbane, Black *Hyoscyamus niger*

Family: Nightshade (*Solanaceae*) **TOXIC**
Annual. Native to Europe, Asia, and North Africa. All zones. An eerie plant with grayish-green leaves covered in sticky hairs, the flowers off-white and veined with black-purple. Sow in cold soil or refrigerate 30 days.

50 seeds/pkt \$2.95, Organic

Not for sale to CA, WA state

Holy Basil *see TULSI*

Hyssop, Giant Yellow*Agastache nepetoides*

Herbaceous perennial to 7 feet or so, flowering in the first year. Native to Eastern North America and hardy to -20° F. Excellent tea herb and one of the nicest flowers among the Agastache, unusual that it is yellow. Excellent wildlife attractor and tends to create a dense monotypic stand that stays put for years. Easy from seed with standard indoor propagation. Space plants 2 feet apart.

50 seeds/pkt \$2.95, Organic**Hyssop, Official***Hyssopus officinalis*

Family: Mint (Lamiaceae)

Woody perennial. Native to the Mediterranean. Hardy to 0° F. Deep blue-purple, excellently aromatic, thickly-blossoming bushes. This mildly antiviral and expectorant herb makes a good-tasting tea to treat the common cold. Prefers full sun, regular garden soil, little water. Sow in early spring.

100 seeds/pkt \$2.95,**\$8.00/g (~1,100 seeds),****\$22.55/5 g (~5,500 seeds),****\$40.10/10 g (~11,000 seeds), Organic****\$7.50 \$6.50/plant, \$17.55/3, Organic****Jiao-gu-lan, Japanese***Gynostemma pentaphyllum*

(Immortality, Amachazuru)

Family: Cucumber (Cucurbitaceae) Perennial vine native to Japan, hardy to about 10° F. Used locally as longevity tonic. Tasty and powerful source of ginsenosides. The blue-green leaves may be taken fresh or dried and made into an excellent tea. Plant prefers shade and fast-draining yet fertile soil. Allow to drape or trellis.

\$7.50 \$6.50/plant, \$17.55/3, Organic**Job's Tears, Tropical***Coix lacryma-jobi*

(Yi-yi-ren)

Tropical perennial tufting grass, annual in cold zones. Overwinters well indoors in pots. Native to Southeast Asia. Protect from frost. Bears many large, teardrop-shaped seeds, used for making bread, porridge, soup—even beer. Plant prefer sun, frequent watering, and a well-drained soil (even gravel will do).

10 seeds/pkt \$2.95**\$10.00 \$9.00/plant, \$24.30/3, Organic****Ju-hua**

see CHRYSANTHEMUM

Lady's Mantle*Alchemilla vulgaris*

Family: Rose (Rosaceae) Perennial ground cover. Native to Europe, temperate Asia, and North America. Hardy to -30° F. Good choice for alpine gardens. Richly-scalloped, deep-green leaves funnel and collect dewdrops that magnify and gladden in the morning light. Tea for PMS, and in every way this plant has an affinity for women. Sow fall or spring. Germ in 15 to 22 days. Space plants 1 foot apart. Flowers yellow to 1 foot.

50 seeds/pkt \$3.95, Organic**LAVENDER**

Family: Mint (Lamiaceae)

Lavenders are among the most delightful of the woody perennials. They spark memory and nourish the higher spirit. Lavender prefers sun and a moderate supply of nutrients, calcium, and a well-drained soil. Mulch with sand. Seeds require a 2-week period of moist cold prior to sowing.

LAVENDER SET

(1 seed packet each of the Czech, English, French & Munstead Lavender)

\$9.90/4 pkts Price shown is a discount**Lavender, Broadleaf***L. latifolia*
Native to the mountains of Lithuania, hardy to -10° F. Striking landscape and medicinal plant, flowering later in year than other Lavenders. Flowers violet-blue to 3 feet.**50 seeds/pkt \$2.95, Organic****\$7.50 \$6.50/plant, \$17.55/3, Organic****Lavender, Czech***L. angustifolia krajova*

(Country Lavender)

Shapely cultivar from Northern Europe, with flowers representing many shades of blue. High essential oil content, long-lived, hardy to -10° F. Excellent aroma. Deeply satisfying. Flowers 2 to 3 feet high.

50 seeds/pkt \$2.95, Organic**\$7.50 \$6.50/plant, Organic****Lavender, English***L. angustifolia vera*
Native to Southern Europe. Exceptionally graceful heirloom variety with lavender blue flowers, hardy to -10° F. This is the original type of lavender. Space plants 3 to 4 feet apart. Flowers to 2 feet.**50 seeds/pkt \$2.95, Organic****Lavender, French***Lavandula stoechas*
The densely-packed, short spikes are tufted with purple, petal-like bracts. They look to me like tiny sails set to the wind. Expect high germ rates. Space 1 to 2 feet apart. Flowers dark purple to 2 feet.**50 seeds/pkt \$3.95, Organic****Lavender, Hidcote***L. angustifolia*
Dwarf variety of English Lavender, with gray-green foliage and deep blue flowers. Hardy to -10° F, good for small gardens, delightful. Flowers to 1 to 2 feet.**50 seeds/pkt \$3.95****Lavender, Munstead***L. angustifolia*
Compact plants bear thick racemes of blue flowers. Hardy to -10° F. This is the preferred choice for landscaping due to its rounded form. Flowers to 2 feet.**50 seeds/pkt \$2.95, Organic****Lavender, Yellow***Lavandula. viridis*
Rare herbaceous perennial native to the mountains of Morocco and hardy to 10° F. Foliage thick, soft, fragrant and light green. Early spring flowers pleasantly aromatic, yellow. Flowers to 2 feet.**30 seeds/pkt \$2.95, Organic****Lemon Balm**

see BALM

Lemongrass

see GRASS



Leopard Flower . . . *Belamcanda chinensis*
(She-gan)

Family: Iris (*Iridaceae*)

Herbaceous perennial hardy to -15° F. Native to China and Japan. Produces masses of exotic, waxy, golden-orange flowers. The dried root is used in TCM for treating respiratory infection. Sow seeds in fall to early spring.

20 seeds/pkt \$2.95, Organic

~~\$7.50~~ \$6.50/plant, ~~\$17.55/3 plants~~,
~~\$50.00/10 plants, Organic~~

LICORICE

Family: Legume (*Fabaceae*)

Source of sweet roots used in herbal medicines to harmonize the formula. Flavoring agent and confection. Scarify seed on medium grit sandpaper and sow in the spring. Germ in 7 days. Work up in pots and transplant to 2 feet apart.

Licorice, Chinese . . . *Glycyrrhiza uralensis*
(Gan-cao, Chinese Licorice)

Native to China and siberia, hardy to -10° F. Produces large roots that are processed in TCM by slicing and hanging to dry. Plant does fine in standard garden soils, full sun.

30 seeds/pkt \$2.95

~~\$6.00~~ g (~ 130 seeds),
~~\$14.55/5 g~~ (~ 650 seeds),
~~\$26.10/10 g~~ (~ 1,300 seeds)

~~\$7.50~~ \$6.50/plant, ~~\$17.55/3 plants~~,
~~\$50.00/10 plants, Organic~~

Licorice, Official . . . *Glycyrrhiza glabra*
Native to the Mediterranean, hardy to 5° F.

Herb of Western commerce produces the pencil-thick Licorice roots. I made tea of our homegrown roots and gave it to my wife. She took a sip and said "What is this?" I told her "Licorice root tea from our own plants." She said "It's delicious!" Plant prefers full sun and alkaline, dryish soil.

30 seeds/pkt \$3.95

~~\$7.00/g~~ (~150) seeds

~~\$16.55/5 g~~ (~750) seeds

~~\$30.10/10 g~~ (~1,500) seeds

LILY

Family: Lily (*Liliaceae*)

Perennial, sweetly aromatic flowers. Seeds generally require warm/cold/warm conditioning and long germination periods. Sow in fall or early spring in rich potting soil and keep moist and in the shade. Do not discard prematurely, they arise in time!

Bear Grass *Xerophyllum tenax*

Perennial, fire-resistant plant hardy to -20° F. Native to Western US and Canada, where it grows from just above sea level to alpine. Resembles a bunchgrass, flowering in a creamy white raceme up to 5 feet tall. Native basket- and hat-making material, also used in Native American medicine to stop bleeding and heal wounds.

50 seeds/pkt \$2.95

~~\$6.00~~ g (~ 500 seeds),

~~\$14.55/5 g~~ (~ 2,500 seeds),

~~\$26.10/10 g~~ (~ 5,000 seeds)

Lily, Panther *Lilium pardalinum*

Native to Coastal CA, OR. Very showy orange Lilies look like a Turk's cap, enchanting in the moist shade and conifer-derived soils.

50 seeds/pkt \$2.95

Lily, Soap *Chlorogalum pomeridianum*
(Soap Plant, Soaproot)

Native to Southern Oregon down through California. Hardy to 15° F. Drought-tolerant monocot unfurls its lovely blossoms on tall, branched stalks, and exudes its intoxicating fragrance in the evening and at night. The fresh roots can be grated and put in a linen bag, lathered up into a shampoo. Imparts shine and removes dandruff and lice. This soap also used in restoration of old fabrics and paintings. Plant prefers full sun and dry to mesic soils. Sow in fall for germ in spring.

20 seeds/pkt \$2.95

Lime Balm see BALM

LOBELIA

Family: Lobelia (*Lobeliaceae*)

All bear exquisite flowers and have medicinal applications as described in the individual entries. **Excessive internal dosage may prove nauseating or emetic.** Lobelias prefer part to full sun, rich, moist soil, much water. Short-lived seed. Light-dependent germinators. Sow seed in spring or fall. Average germ time in warm soils is 1 to 3 weeks.

LOBELIA SET (1 seed packet each of the *Lobelia* species following.)

\$4.90/3 pkts

Price shown is a discount.

Cardinal Flower *Lobelia cardinalis*

Herbaceous perennial. Native to eastern, southern, and central US. Used by the Cherokee, Iroquois, and Pawnee as a medicinal plant. The bright scarlet flowers attract many hummingbirds. Space plants 1 foot apart. Flowers long-lived, 3 to 4 feet.

100 seeds/pkt \$2.95, Organic



Lobelia, Great Blue . . . *Lobelia siphilitica*
Herbaceous perennial. Rivals in its beauty the most pampered of hybrids, yet it is a long-lived, native American perennial. Among the Fox, the finely-chopped roots were shared and eaten by a couple to avert divorce and renew love. Space plants 2 feet apart. Flowers vibrant light blue to 2 feet.
100 seeds/pkt \$2.95, Organic

Lobelia, Official *Lobelia inflata*
(Indian Tobacco)
Overwintering annual or annual. Native to the central, southern, and eastern US. Diminutive plant with white flowers spotted with light-blue that give way to the characteristic "inflated" seedpods. Lobelia is an indispensable internal antispasmodic, a **low dose botanical**. A liquid extract of the seed is commonly used and can cause the expulsion of mucus from sinuses and bronchi. If you don't specify which Lobelia you want, we'll send you this one.
1,000 seeds/pkt \$2.95,
\$6.00/g (~18,000 seeds),
\$14.55/5 g (~90,000 seeds),
\$27.10/10 g (~180,000 seeds), Organic
Planting or extraction quality.

Lomatium dissectum
Family: Carrot (*Apiaceae*)
Wild, celery-like herbaceous perennial native to the Great Basin and other drylands of the West. This is our most important regional, antiviral herb. The root is the part used. In nature, Lomatium grows on sunny slopes in rocky soil. Sow in outdoor nursery bed in the fall or midwinter. Expect germ in cold soil in spring. Space 1 foot.
30 seeds/pkt \$3.95

Lovage *Levisticum officinalis*
Family: Carrot (*Apiaceae*)
Herbaceous perennial hardy to -40° F. An agreeable seasoning and easily grown substitute for Dang-gui. The plant is aromatic, stimulating, and proestrogenic. Prefers sun to part shade and moist garden soil. Sow seed in fall or spring.
100 seeds/pkt \$2.95, Organic

Love-in-the-Mist see BLACK SEED
Madder see CLEAVERS

MANDRAKE

Family: Nightshade (*Solanaceae*) **TOXIC**
Herbaceous perennials. The ancients used Mandrake root as a fertility herb, an aphrodisiac, a magical totem, an anaesthetic, analgesic and sleep inducer. Misused, it was known to cause strange delirium and madness. The root is a **low-dose botanical** that should be approached with caution. The leaves are harmless and cooling when used as a poultice.

Mandrake, Autumn *Mandragora autumnalis*

Native to Southern Europe. Hardy to 5° F. Flowers purple to 12 inches tall, giving way to fruits of yellow and orange. Use standard greenhouse technique—warm and moist. Germ usually occurs within 3 months.

13 seeds/pkt \$9.95

Mandrake, Official *Mandragora officinalis*
Herbaceous perennial native to southeastern Europe and the Mediterranean. Hardy to 5° F. Rare. The plant begins its vegetative cycle in the midwinter, flowers in the early spring, fruits and goes quickly dormant in the summer. Sow seeds as soon as possible after receipt. Sow in fast-draining, alkaline mix, about 1/2 inch deep, tamp securely, keep warm and water regularly. Germ 8 months to 1 year. Grow seedlings out in pots for 2 years, then transplant. Always transplant during vegetative phase—the dormant roots are cranky, and like to be left to their slumber! Flowers lavender to 6 inches.

13 seeds/pkt \$14.95, Organic

Marshmallow *Althaea officinalis*
From the forgiving fuzziness of its cooling foliage, to the gooey mucilage of its demulcent roots, this plant is designed to assuage the digestive ills of man, woman, and child. Give moist soil and a partly sunny exposure.

100 seeds/pkt \$2.95, Organic
\$7.00/g (~510 seeds)
\$16.55/5 g (~2,550 seeds)
\$30.10/10 g (~5,100 seeds), Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

Mayapple, American *Podophyllum peltatum*

Family: Barberry (*Berberidaceae*)
Colony-forming plant with umbrella-like, palmate leaves bearing waxy flowers of delightful fragrance. Plants prefer poorly drained, sodden soil. **Low-dose botanical**. Anticarcinogenic and liver stimulant. This plant is quite interesting, easy to grow, and will thrive in part sun or shade.

\$4.50/dormant root,
\$22.50/6 roots, Organic



Meadowsweet *Spiraea ulmaria*
Family: Rose (Rosaceae)

Herbaceous perennial. Native to temperate Europe and Asia. All temperate zones. Waist-high bushes bear sweet-smelling, golden inflorescences. Pain-relieving source of salicylic acid. Plants prefer partial shade, moist soils. Light-dependent germinators. Surface sow, very moist, in spring. 3 week germ is typical.

100 seeds/pkt \$2.95, Organic
\$7.50 \$6.50/plant, \$17.55/3, Organic

Mexican Hat *Ratibida columnifera*
(Red-spike Mexican Hat, Upright Prairie Coneflower, Long-headed Coneflower, Thimbleflower)

Family: Aster (Asteraceae)
Herbaceous perennial 1 to 2 feet tall, a wild-flower native to the western US. This is not Echinacea, but another pretty coneflower that is good for naturalization, prairie restoration, or as a bedding plant in the sunny garden. Ray flowers of crimson and yellow skirt the upright conehead, long-lasting especially when given adequate moisture. Infusion used for treating wounds and poison oak/ivy. Sow in fall for germination in the early spring, or give 60 days cold, moist refrigeration and then sow warm. Space plants 6 inches apart.

100 seeds/pkt \$2.95

MILKWEED

Family: Milkweed (Asclepiadaceae)

Perennial Butterfly Weeds with long-lasting, showy flowers and decorative pods. Plants prefer full sun, regular garden soil or poor soils. Sow the seeds in early spring or give 2 weeks cold-conditioning.

Bloodflower *Asclepias curassavica*
(Wild ipecac, Tropical Milkweed)
Ornate flowers of orange and yellow on an easy-to-grow butterfly attractor.

50 seeds/pkt \$2.95,
\$7.00/g (~300 seeds)
\$14.55/5 g (~1,500 seeds)
\$27.10/10 g (~3,000 seeds)

Milkweed, Common *Asclepias syriaca*
Warty pods, and pink-purple flowers that emit a most delightful aroma.

50 seeds/pkt \$2.95, Organic
Milkweed, Showy *Asclepias speciosa*
Excellent choice for medicinal gardens in the western states, to which this full-sun milkweed is native. Deeply perfumed flowers are a bigtime butterfly attractor and well worth a garden pathside sniff.

30 seeds/pkt \$2.95

Pleurisy Root *Asclepias tuberosa*
(Butterfly Flower, Butterfly Weed)
Strikingly beautiful herb, with tresses of deep yellow and orange-red flowers. Magnetizes monarchs! Treats pleurisy. Drought-tolerant.

50 seeds/pkt \$2.95,
\$8.00/g (~300 seeds)
\$16.55/5 g (~1,500 seeds)
\$30.10/10 g (~3,000 seeds)

Swan Plant *Asclepias physocarpa*
(Balloon Plant, Family Jewels, Monkeyballs)
Tropical perennial grown as an annual in temperate gardens. Growing to about 6 feet, the white flowers give way to large, inflated balls—hairy, dangling, green.

10 seeds/pkt \$2.95

MINT

Family: Mint (Lamiaceae)

Creeping perennials that are universally appreciated for their bright aroma and taste. Plants prefer moist ground and sun to part shade. Harvest in full flower. Once cut back, the plants will regrow joyfully.

Mint, Chinese *Mentha haplocalyx*
(Bo-he)

Herbaceous perennial native to China. Excellent deep flavor reminiscent of Spearmint. One of the best mints we've ever tasted. Used in TCM to release the exterior, cooling cough, fever, red eyes.

\$7.50 \$6.50/plant, Organic

Mint, Chocolate *Mentha piperita*
(Peppermint)

The very best Mint. This is a choice cultivar and cannot be propagated by seed. Our chocolatey plants are well-established in deep pots, prefer ever-moist soils, and will quickly spread and make much fine herb for tea or garnish. Prefers sun to shade.

\$7.50 \$6.50/plant, \$17.55/3, Organic

Mint, Licorice ... *Agastache foeniculum*
(Anise Hyssop)

Herbaceous perennial that can be grown as an annual. Native to Ontario and the central and western US. Hardy to 5° F. Beautiful, purple racemes are delicately aromatic. Carminative and flavoring agent.

50 seeds/pkt \$2.95
\$7.00 g (~900 seeds),
\$18.55/5 g (~4,500 seeds),
\$34.10/10 g (~9,000 seeds), Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic

Pennyroyal *Mentha pulegium*
Family: Mint (Lamiaceae)

Herbaceous perennial. Native to Europe. Hardy to -15° F. One of the smallest of the Mints, Pennyroyal nonetheless has the strongest aromatics. **Do not use if pregnant.** Plant prefers moist garden soil, the edge of a stream or ditch. Sow in spring. Space 6 inches apart. Flowers to 1 foot tall.

100 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

Peppermint *Mentha piperita*
 Cultivated worldwide. All zones. "Classic Peppermint taste." Plants carefully selected to produce the stimulating and digestive tea.
100 seeds/pkt \$2.95

Spearmint *Mentha spicata*
 Native to temperate Europe and the Mediterranean. All zones. Carminative and mind-stimulating. Makes bright green, finely toothed leaves, flowering lilac to 2 feet. You may chew on a leaf to freshen breath.
100 seeds/pkt \$2.95, Organic
\$7.50 \$6.50/plant, Organic

Money Plant *Lunaria biennis*
 (Moonwort)
 Family: Mustard (Brassicaceae)
 Biennial or overwintering annual. Native to Europe. The seedpods are perfect, satiny "moons" that sandwich the weighty seeds. Cold-condition 30 days or sow in fall or very early spring. Cold-soil germinator.
10 seeds/pkt \$2.95, Organic

MORMON TEA

(Joint Fir)

Family: Ephedra (Ephedracea)
 Perennial, primitive shrubs with jointed stems, hardy to -10° F. Native to the American Southwest. Plants prefer full sun and fast-draining soil, with a surface mulch of sand or pumice. Sow seed in fast-draining medium in a warm place and water once daily until germ. Do not overwater seedlings as they tend to damp off easily. Once sufficiently robust, individuate and grow out in pots for at least a year before transplanting to landscape.

Mormon Tea, Green *Ephedra viridis*
 Shrub to 5 feet tall. Native to the American SW. Thick, dark-green stems typify this bushy subshrub. A great choice for rock garden or other xerophytic setting.
30 seeds/pkt \$2.95

\$10.00 \$9.00/plant, \$24.30/3, Organic

Mormon Tea, Nevada *Ephedra nevadensis*
 Shrub to 5 feet tall. Makes a congenial tea, which is astringent, pleasant-tasting, and has a marked bronchial-dilating effect—ephedrine free. Mormon tea grows in the cool weather and goes dormant in summer.
30 seeds/pkt \$2.95

\$10.00 \$9.00/plant, \$24.30/3,
\$70.00/10 plants, Organic

Motherwort, Official *Leonurus cardiaca*
 Family: Mint (Lamiaceae)
 Herbaceous perennial, but short-lived. Native to Europe and Asia. Hardy to -40° F. Specific for treating tachycardia. Invigorates the blood, regulates the menses. Sow in the fall or early spring. Likes partial or full sun, regular garden soil, and lots of water. Harvest early for 2 cuttings. Space plants 2 feet apart, flowers to 6 feet tall.
100 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

MUGWORT

Family: Aster (Asteraceae)
 Loved by many for their beauty and utility, the *Artemisias* are aromatic and medicinally active. Excessive dosage potentially toxic. Plants prefer full sun and dryish soils. Sow in fall or early spring. Light-dependent germinators. Mix very tiny seed with sand before sprinkling on surface. Press in.

Mugwort, Common *Artemisia vulgaris*
 Herbaceous perennial. All temperate zones. Spreads vigorously. The herb is used to make moxa, burned over acupuncture points to quicken the blood. Dream-inducer. Plant 2 feet apart. Grows 3 to 4 feet tall.
200 seeds/pkt \$2.95
\$6.00 g (~ 2,000 seeds),
\$14.55/5 g (~ 10,000 seeds),
\$26.10/10 g (~ 20,000 seeds)

\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

Mugwort, Western *Artemisia ludoviciana*
 (White Sagebrush, White Sage)
 Herbaceous perennial native to western and central US and Canada. All temperate zones. Variable, patch-forming plant with soft, striking, aromatic foliage of silvery-white. Used by the Native Americans and much valued by local herbalists in the form of tea, spice, poultice, or snuff. Drought tolerant and allelopathic.

200 seeds/pkt \$2.95
\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

MULLEIN

Family: Figwort (Scrophulariaceae)
 Mulleins tolerate poor, gravelly soil and fierce sun, but occasional watering and fertile soils can produce monumental individuals. They are loved by bees and hardy to all zones. Sow in fall or spring. Light-dependent germinator. Strew on surface, pack down hard, and keep moist until germ.

Mullein, Common *Verbascum thapsus*
 Biennial. Native to central and southern Europe, west Asia. Superior leaf used medicinally for moistening mucous membranes—a great soothing agent for the throat, bronchi, and lungs. Plant 1 foot apart. Flowers yellow, from 3 to 7 feet.
100 seeds/pkt \$2.95, Organic
Not for sale to SD, WA state.

Mullein, Greek *Verbascum olympicum*
 Biennial, sometimes perennial. Native to Greece. Best Mullein species for flower production, as it produces many flowers at once that adhere loosely to the candelabrum. Plant 2 feet apart. Flowers yellow to 5 feet. If you do not give preference, this is the Mullein we will send you.

100 seeds/pkt \$2.95,
\$5.00/g (~88,000 seeds),
\$11.55/5 g (~88,000 seeds),
\$20.10/10 g (~88,000 seeds), Organic

Myrrh, Garden *Myrrhis odorata*
(Sweet Cicily, Sweet Chervil)

Family: Carrot (*Apiaceae*)

Herbaceous perennial. Native to Europe and Asia. The plant exudes the odor of Anise from its ferny leaves, beautiful, white terminal umbels and deeply-grooved, resinous seeds. A pleasant, nutritive, and blood-cleansing medicine. Plant prefers rich, loose garden soil, part to full shade. Sow in fall for germ in spring. Space 2 feet apart. Flowers to 2 to 4 feet tall.

10 seeds/pkt \$2.95, Organic

Nettle, Stinging *Urtica dioica*
Family: Nettle (*Urticaceae*)

Herbaceous, dioecious perennial. Native to temperate climates worldwide. All zones. Premier spring tonic and best terrestrial plant source of micronutrients and minerals. Plants will prosper in fertile soil, whether in moist shade, or full sun. Sow in fall or very early spring for germ in spring. Grows to 4 feet.

200 seeds/pkt \$2.95

\$9.00/g (~3,500 seeds),

\$26.55/5 g (~17,500 seeds),

\$47.10/10 g (~35,000 seeds), Organic

**\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic**

Oats *Avena sativa*
(Organic Cayuse Oats)

Family: Grass (*Poaceae*)

Overwintering annual. All zones. The fresh, green seed calms the nerves, anti-addiction. Sow in fall or spring.

5 g pkt/\$2.95

\$5.00/lb

\$75.00/25 lb sack, Organic

Oregano, Greek *Origanum heracleoticum*

A classic spice easy to grow, harvest, and prepare. Once you have it, you will use it! Harvest leaves in early cycle, bracts in late.

100 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic

Osha *Ligusticum porteri*
(Bear Medicine)

Family: Carrot (*Apiaceae*)

Herbaceous perennial native to the Rocky Mountains. The smoky flavor of Osha root is quite familiar to those that love and use it. One of our best indigenous herbs for treating upper respiratory infection. Plant prefers sun to part shade, likes to grow in association with Aspens or other hardwoods, and may be started fall or early spring in outdoor flats or nursery bed. Sow seed 1/4 inch deep, tamp well, and cover the planting with a thin layer of organic mulch such as rotted sawdust or coir. Germ in 79 days. The story that Osha cannot be grown except at altitude is just that—a story. We have reports of success with growing this herb from throughout the continental US and Europe.

30 seeds/pkt \$3.95

Our Lady's Bedstraw see CLEAVERS

Pansy, Heartsease see VIOLET



PASSIONFLOWER

Family: Passion Flower (*Passifloraceae*)

Fleshy vines becoming woody with age. The plant loves a dryish, full-sun exposure. The flowers are among the most outrageous in all of great nature. Trellis. Sow fall or spring. Slow, sporadic germ is typical. Soak seeds and nick, then plant in fast-draining mix.

Passionflower, Banana *Passiflora mollis*

Hardy to Zones 9 to 12. Tropical vine native to South America. Deep mulching and excellent drainage/solar exposure will improve hardiness. Source of the elongated fruits filled with black seeds that are refreshing and pleasant to eat. Plant prefers full sun and trellis. These can be trained up a sunny wall on the porch to give seasonal shade, and the flower display is a big plus. Germ. 22 days.

10 seeds/pkt \$3.95

\$15.00 \$13.50/plant, Organic

Passionflower, Official *Passiflora incarnata*

(Maypop)

Herbaceous or woody vine. Native to southern and eastern US, hardy to 5° F. Flowers wonderfully large, complex—vibrant purple and white. The leaves and tender stems are a gentle hypnotic, useful in treating insomnia and nervousness.

20 seeds/pkt \$3.95, Organic

\$15.00 \$13.50/plant, \$36.00/3, Organic

Passionflower, Purple *Passiflora edulis*

(Purple Passion Fruit, Purple Grenadilla) Subtropical perennial vine native to South America, hardy to 20° F. Produces complex flowers with deep violet markings, fruits of low acidity—best for eating.

20 seeds/pkt \$3.95

Patchouli, True *Pogostemon cablin*

Family: Mint (*Lamiaceae*)

Tropical evergreen perennial native to Asia. Protect from frost. This is the original source plant for Patchouli oil. May be grown in the temperate zone in pots, kept moist, in the warm shade, and brought indoors for the winter. Sow seeds on surface and barely cover, then tamp securely and keep warm and moist. Germ in 1 to 3 weeks, very tiny seedlings that grow quickly.

10 seeds/pkt \$4.95, Organic

Pennyroyal see MINT



PEONY

Family: Crowfoot (*Ranunculaceae*)
 Perennials hardy to -30° F. Choice plants for the shade garden, with showy flowers and processed roots much valued in TCM. Sow seeds in the fall for germ in the spring.

Peony, Chinese Garden

..... *Paeonia lactiflora*
 (Bai-shou, Common Garden Peony)
 Herbaceous perennial. Native to China, Tibet, and Japan. Growing to about 28 inches, the plant makes a bouquet of large, round, fragrant, cup-shaped flowers that occur in the late spring.

10 seeds/pkt \$3.95

Peony, Tree

Paeonia suffruticosa
 (Mu-dan-pi, Moutan Peony)
 Woody perennial from 3 to 6 feet tall. Large, handsome, dark-green, deeply-lobed leaves bearing huge, heaven-scented flowers. Popularly used for medicine, producing strong tuberous roots. Space 6 feet apart.

20 seeds/pkt \$3.95

Peppermint

see MINT

PIMPERNEL

Family: Primula (*Primulaceae*)
 (Cure-all, Poor Man's Weatherglass)

Self-seeding annuals growing to only 4 inches, native to Europe and hardy to all zones. The plants open their flowers to the sun and close them to the clouds. Best used externally, the saponin-rich herb can be employed like a pre-soaped sponge. External poulticing agent against warts. Plant prefers full sun or may be used to fill

in crevices in the rockery or between stepping stones, thriving in regular garden soil or waste places.

Pimpernel, Blue *Anagallis linifolia*
 A pretty groundcover, sky-blue flowers.

100 seeds/pkt \$2.95

Pimpernel, Scarlet *Anagallis arvensis*
 Another pretty groundcover, flowers shockingly scarlet!

100 seeds/pkt \$2.95

Pleurisy Root see MILKWEED

POKE

Family: Pokeweed (*Phytolaccaceae*)

Low-dose botanicals. Slow germ typical. Sow in very early spring or give 60° days cold/moist conditioning, then sow warm.

Poke, Domestic

Phytolacca americana
 Herbaceous perennial with thick, reddish stems; large, drooping leaves, and purple berries. Hardy to -40° F. Native to the central, eastern, and southern US. This plant is incredibly effective for resolving lymphatic blockage and is commonly used in treating mastitis and lyme disease.

100 seeds/pkt \$2.95,

\$12.10/10 g (~900 seeds),

\$59.00/100 g (~9,000 seeds), Organic

Poke, Tibetan

Phytolacca acinosa
 Herbaceous perennial native to Asia, China, Tibet and Japan, hardy to 0° F. This is an elegant plant that is showy both when in flower and when in fruit.

30 seeds/pkt \$2.95, Organic



POPPY

Family: Poppy (*Papaveraceae*)
 Swift-growing plants bear outrageous flowers and have all been used in medicine due to the presence of pain-relieving alkaloids. All temperate zones. Must be sown in cool soils. Direct-seed in fall or early spring. Press into surface. Thin to 6 inches apart. Grows rapidly in nitrogen-rich, moist soils.

POPPY SET

(1 seed pkt. each of the Poppies following.)
\$22.90/9 pkts

Price shown is a discount.

Poppy, California—Open-Pollinated . . .
 *Eschscholzia californica*
 Herbaceous perennial, self-seeding. Native to CA, OR, and the Southwest. Very resilient and tough yellow or orange flowers. Tincture of fresh herb, especially root and seed capsule, works well for calming and alleviating pain. Strew the seed early in the year (fall to early spring) and you will see good results the following spring. The plant will thrive on driveway edge or in waste places, will beautify the yard, the construction site, the pasture. If you check the roots (and this is a common practice when digging the plants for medicine making), you will find that they are a very long tap root. This is how the plant survives so well in drought, and how it anchors itself between the stones at driveway's edge. Cheery yellow-orange color and excellent medicine!

**500 seeds/pkt \$2.95,
 \$7.10/10 g (~9,000 seeds),
 \$34.00/100 g (~90,000 seeds),
 \$85.00/lb (~408,000 seeds)**

Poppy, California—Organic
 Same as above, and certified organically grown. Availability limited to packets.
100 seeds/pkt, Organic

Poppy, Danish Flag *Papaver somniferum*
 Flowers large, red and frilled, with a white cross at center. Flower gives way to a large, round pod.
100 seeds/pkt \$2.95

Poppy, Flanders *Papaver rhoeas*
 (Corn Poppy, Shirley Poppy)
 Annual. Native to Europe, and temperate Asia. Bright red. All parts of this plant contain the nonaddictive alkaloid rheadine. The general activity is soporific (inducing a deep

sleep). Flowers to 32 inches.
**300 seeds/pkt \$2.95,
 \$6.00 g (~3,000 seeds),
 \$14.55/5 g (~15,000 seeds),
 \$26.10/10 g (~30,000 seeds)**

Poppy, Giant Pod . . . *Papaver somniferum*
 Flowers large, light, with a purple cross at center. Flower gives way to an extra-large, urn shaped pod.
100 seeds/pkt \$2.95

Poppy, Peshawar *Papaver somniferum var. album*
 (Persian White Poppy)

Annual or overwintering annual. A very fast crop. Produces a 3 to 4 foot tall, compact plant with white flowers like summer clouds giving way to an elongated pod loaded with white seeds. We grew these again this year and they came out pure white--no rogueing necessary!

**300 seeds/pkt \$2.95,
 \$7.00/g (~2,000 seeds),
 \$18.55/5 g (~10,000 seeds),
 \$34.10/10 g (~20,000 seeds), Organic**

Poppy, Plume *Bocconia cordata*
 (Tree Celandine)

Herbaceous perennial native to China and hardy to 0 degrees F. Deeply lobed leaves filled with blood-red sanguinarine give rise to showy plumes of white flowers to 6 feet tall. Plant prefers sun to part shade, rich, moist soil. Sow seeds in fall or early spring, or give 30 days cold/moist refrigeration.

30 seeds/pkt \$2.95

Poppy, Turkish Red *Papaver somniferum*
 Annual or overwintering annual. The flower is deep red with a dark basal spot. These tend to produce multiple stalks per plant, with bright and showy flowers that last about 3 times as long as a standard "somniferum." They give way to the medium-sized, very round pods.

100 seeds/pkt \$2.95

Poppy, Zahir *Papaver somniferum*
 Annual or overwintering annual. Deep lavender flowers, dark basal spot, giant pods. We've grown almost every conceivable variety of "somniferum" and truly believe this is the best all-around choice. The flowers are breathtaking, the pods are round and tremendous, and the seed is fat, blue, and tasty.

**300 seeds/pkt \$2.95,
 \$7.00/g (~2,000 seeds),
 \$18.55/5 g (~10,000 seeds),
 \$34.10/10 g (~20,000 seeds), Organic**

Prairie Sagewort *Artemisia frigida*
 (Fringed Sage, Prairie Sagebrush)

Low-growing woody subshrub native to foothills, mountains and plains from New Mexico north across the great plains into Canada. Leaves silvery, frilled, aromatic. Our seed originally from the black hills. Herb widely used by Native Americans as a smudge for home and home environs. A good subject for dry borders and pathside, these thrive in stony soil and will take abuse.
\$7.50 \$6.50/plant, \$17.55/3, Organic

Pulsatilla <i>Anemone pulsatilla</i> (Wind Flower, Pasque Flower)	Rhubarb, Garden, Glaskins Perpetual <i>Rheum rhabarbarum</i>
Family: Crowfoot (<i>Ranunculaceae</i>)	Family: Buckwheat (<i>Polygonaceae</i>)
Herbaceous perennial. Native to Europe. Hardy to -5° F. The plant is diminutive, but brazen—sending up large, showy purple flowers that bedeck the early spring garden. Low doses of the fresh plant tincture are used to calm nervous disorders associated with menopause, PMS, or insomnia. Low-dose botanical. Plant prefers to grow in the full sun among rocks or in average garden soil. Short-lived seed. Sow in fall or spring. Germ in shade, 30 to 40 days. Plant 1 foot apart. Flowers to 18 inches.	Hardy to -10° F
30 seeds/pkt \$3.95, Organic	Herbaceous perennial. Glaskins Perpetual makes nice red stems and keeps producing throughout the season, therefore the “perpetual” adage. Giant leaves with colorful stalks, preferring part shade to full sun, fertile and well-drained soils. Sow in spring. Average germ 13 days. Direct seeding in a rich hill is good. Plant 2 to 3 feet apart.
\$10.00 \$9.00/plant, Organic	30 seeds/pkt \$2.95
Purple Coneflower . . . see ECHINACEA	\$14.55/5 g (~400 seeds)
Pyrethrum, Dalmatian <i>Chrysanthemum coccineum</i>	\$27.10/10 g (~ 800 seeds)
Family: Aster (<i>Asteraceae</i>)	\$135.00/100 g (~ 8,000 seeds), Organic
Perennial, flowering in the second year and thereafter. Hardy to -40° F. Native to western Asia and Iran. Flowers white with yellow centers. The buds are dried and ground into insect powder, often used against fleas. Sow in early spring. Press into surface of prepared seedbed or soil in pot and keep evenly moist and in the sun until germ, which occurs in 7 to 21 days. Space plants 2 feet apart.	\$7.50 \$6.50/plant, \$17.55/3 plants,
50 seeds/pkt \$2.95, Organic	\$50.00/10 plants, Organic
\$7.50 \$6.50/plant, Organic	Rose Campion <i>Lychnis coronaria</i>
Queen Anne's Lace <i>Daucus carota</i>	Short-lived herbaceous perennial native to Eurasia and hardy to -20° F. Flowers from June to August, magenta on a plant with soft and silver leaves. Old world charm. Deer proof. Pretty. In olden times, the wooly leaves were used as lamp wicks. In homeopathy, treats paralysis. Plant prefers full sun to part shade and mesic to dry soils. Strew in fall or start in flats or direct seed in spring. Germ in 10 days. Easy.
Native to temperate zones worldwide. Ancient contraceptive. Scatter seed on open or disturbed ground. Volunteers freely. Flowers and seeds to 4 feet. in the second year.	50 seeds/pkt \$2.95, Organic
100 seeds/pkt \$2.95, Organic	
<i>Not for sale to WA state.</i>	
Rattlesnake Master <i>Eryngium yuccifolium</i>	ROSEMARY
Family: Carrot (<i>Apiaceae</i>)	Family: Mint (<i>Lamiaceae</i>)
Hardy to Zones 4 to 8. Herbaceous perennial of the prairie states. The plant prefers moist soils in the full sun to part shade. Flowers green-white in curious, ball-like capitulae. Give 30 days cold, moist refrigeration or sow in very early spring. Space plants 1 to 2 feet apart.	Woody perennials native to the Mediterranean that appreciate very fast-draining soil and a full sun exposure. The upright form tends to overwinter more readily than the prostrate form. Both types will benefit from a thick sand mulch around the base of the plant to reflect light up into the foliage, discourage weeds, and encourage drainage.
50 seeds/pkt \$2.95, Organic	Rosemary, Creeping
Rhodiola, Russian <i>Rhodiola rosea</i> (Arctic Root, Golden Root, Roseroot)	<i>Rosmarinus officinalis prostratus</i> (Prostrate Rosemary)
Family: Stonecrop (<i>Crassulaceae</i>)	Creeping woody perennial hardy to 20° F. Plant in rockery or raised bed and allow to drape down over the edge.
Perennial, fleshy succulent with circumpolar distribution. The dried roots are rose-scented, loaded with immune-stimulating glycosides (e.g. rosavin, rosin). These demonstrate antidepressant, uplifting adaptogenic properties similar to Eleuthero. Seed originally from inside the Russian Arctic Circle. Yellow flowered. Results from mass spectrometry analysis of plants from this seed shows high levels of bioactive Rosavins.	\$7.50 \$6.50/plant, \$17.55/3, Organic
100 seeds/pkt \$4.95	Rosemary, Official—Upright Form
	<i>Rosmarinus officinalis</i>
	Upright Rosemary has proven to be the most cold tolerant. Seed production this year was exceptional. Seed requires cool soils (55 to 60° F) for germ. Sow in fall or early spring. Sprinkle generously, barely cover, and keep evenly moist. Germination in 2 to 3 weeks, naturally low germ rate. Grow out in gallons for a year before transplanting to landscape.
	\$10.00/plant, Organic
	ROSEMARY LEAF, Dried, Whole
	50 g bag \$/7.90, Organic

Rue *Ruta graveolens*
Family: Rue (*Rutaceae*)

Woody perennial. Native to the Mediterranean. Hardy to -30° F. This is one of the oldest medicinal plants, said to bring financial rewards while warding off contagion, malevolent spirits, and fleas. Make sure to wash skin after exposure to Rue. Plant prefers sun, regular garden soil. Sow in spring. Av. germ 15 days. Space 2 feet apart.

50 seeds/pkt \$2.95,
\$7.00/g (~700 seeds),
\$18.55/5 g (~3,500 seeds),
\$34.10/10 g (~7,000 seeds), Organic
\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic

Prophylactic against strokes. Foliage mounding, deeply lobed. Flowers large, seductive, sky blue to purple.

30 seeds/pkt \$3.95, Organic

\$7.50 \$7.20/plant, \$19.50/3, Organic

Sage, Garden *Salvia officinalis*
For such a heat-loving plant, it sure puts off a show in the early spring before things get hot. The plant is also a multipurpose culinary and medicinal—widely used, much appreciated. We use this plant often in our cookery, especially if the food seems oily. You see, the Sage is a proven antioxidant and act to disarm potential carcinogens. Tasty, too! Sow seeds in spring.

50 seeds/pkt \$2.95, Organic

\$7.50 \$7.20/plant, \$19.50/3, Organic

Sage, Kashmir *Salvia hians*
Herbaceous perennial to 3 feet and hardy to 20° F. Loose racemes of large, deep throated, blue to purple flowers in second year. Flowering continues for weeks. Very robust. Entire plant embued with a pervasive and intoxicating fruity fragrance. Bright red roots indicate medicinal activity.

10 seeds/pkt \$2.95,

\$7.50 \$6.50/plant, \$17.55/3, Organic



Rupturewort *Herniaria glabra*
Perennial evergreen carpet-forming creeper to 1/2 inch tall, hardy to -20° F. Native to S. Europe. Coumarin-scented, pillow-soft, not picky about soil, and grows even in gravel. Herbal walkways, rock gardens, living sculptures. Best results will be obtained by starting seed in pots and transplanting.

100 seeds/pkt \$3.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic

Saffron, Holy *Crocus sativus*
Perennial bulbous plant flowering to 6 inches. Native to Southern Europe, Asia Minor, and Iran. Hardy to -10° F. Blooming in Oct, the flowers are purple, cupping the long orange-red stigmas—the spice. Plant prefers rich, sandy, well-drained soil in the part shade or sun. Source of the enticingly delicious spice “Saffron.” Plant immediately on receipt for emergence in the fall. Usually flowers the following year. Plant bulbs “tip up” in well-drained soil, 3 inches deep and 6 inches apart. Plant prefers even watering and sun to part shade. Does excellently in pots. The spice consists of the dried flower stigma.

\$9.95/6 bulbs

\$25.00/20 bulbs, Organic

SAGE

Family: Mint (*Lamiaceae*)

Sages figure strongly in lore, medicine, and the culinary arts. As always, we strive to provide a useful array of these diverse plants, common and rare.

Sage, Dan-shen Gansu *S. przewalskii*
Herbaceous perennial to 2 feet tall, native to Gansu in China and hardy to -40° F. Bears bright red roots, making it an alternative source for Dan-shen. The plant is comely, producing multiple upright racemes of conspicuously rotund bi-lipped flowers of violet-blue.

20 seeds/pkt \$3.95

\$7.50 \$7.20/plant, \$19.50/3, Organic

Sage, Dan-shen miltiorrhiza *S. miltiorrhiza*
(Chinese Red Sage)

Herbaceous perennial. Native to China. Hardy to 15° F. Rare. The part used is the blood-red root. Quickens the blood.

Sage, Pitcher *Salvia spathacea*
(CA Pitcher Sage, Hummingbird Sage)

Evergreen, clumping perennial flowering to 3 feet. Native to the California Central Valley and Southern California. Hardy to 10° F. The flowers occur in thick whorls—elongated, magenta, and highly attractive to hummingbirds. Plant prefers dry shade.

10 seeds/pkt \$3.95, Organic

\$7.50 \$6.50/plant, Organic

Sage, White *Salvia apiana*

Woody perennial native to Southern California. Hardy to 10° F. Source of the most desirable Sage used worldwide for smudging, to carry prayers on high. Plant prefers full sun and sandy, fast-draining soil. Sow seed just under soil surface and keep evenly moist and very warm until germ. Space 3 feet apart.

100 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,

\$50.00/10 plants, Organic

Saint John's Wort *Hypericum perforatum*
 Family: Saint John's Wort (*Hypericaceae*)
 Herbaceous perennial with a worldwide distribution. Hardy to -30° F. Hypericum has a deep-seated effect, helps restore damaged nerve tissue, deadens pain, and strengthens the urinary organs. A comforting antidepressant that brings sun into the heart. Plant prefers full sun and poor, quickly draining soils. Light-dependent germinator. Sow in spring. Use very sandy soil mix. Average germ time 5 days. Transplant or thin to 2 feet apart. Flowers yellow to 3 to 4 feet.

500 seeds/pkt \$2.95

\$7.00/g (~ 8,000 seeds)

\$16.55/5 g (~ 40,000 seeds)

\$30.10/10 g (~80,000 seeds), Organic

\$7.50 \$6.50/plant, Organic

Not for sale to CA, CO, MT, SD, WA states.

Savory, Winter *Satureja montana*
 Evergreen perennial. Hardy to -20° F. The dark green, shining leaves are an esteemed European medicinal—rich in thymol.

100 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, Organic

Scopolia *see BELLADONNA*

Self-Heal *Prunella vulgaris*
 Creeper does best in moist soils, shade or sun. Flowers in spring to midsummer, corn-cob-like, purple, demure. Dried flowers made into tea treats canker sores: swish and hold in mouth, then spit out.

50 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic

Senega Snakeroot *Polygala senega*
 Family: Milkwort (*Polygalaceae*)

Herbaceous perennial to 1 foot. Native to the prairies of eastern N. America. Stimulating expectorant for treating pneumonia. Moist ground. Sow in summer, fall, midwinter, or very early spring for germ in the spring.

30 seeds/pkt \$3.95

Shatavari *Asparagus racemosus*
 Family: Lily (*Liliaceae*)

Perennial climber to 6 feet, native to the Himalayas at elevation 300 to 6,500 feet, hardy to 20° F. Bearing ferny foliage that holds onto the trellis with recurved hooks, the plant produces myriads of small, white flowers that give way to deep red berries. In Sanskrit, Shatavari means “one who possesses a hundred husbands.” The dried, ground roots contain proestrogenic steroid saponins and are used as a rejuvenative tonic for women. The processed root treats sexual debility, infertility, and menopausal woes. Sow the seed in good potting soil, just sub-surface, and tamp securely. Keep warm and evenly moist until germination, which occurs in 3 to 6 weeks.

30 seeds/pkt \$3.95

SHATAVARI ROOT, Powdered
\$22.90/lb, Organic

Shepherd's Purse *Capsella bursa-pastoris*
 Family: Mustard (*Brassicaceae*)

Annual or overwintering annual. Native to Europe and Asia. All zones. Hemostatic agent used to stem excess menstrual bleeding or post-partum hemorrhage. The plants grow well in heavily-manured soil, and they grow best during the cool months. Sown in the summer or fall, Shepherd's Purse germinates and starts growing as a basal rosette. The rosette then overwinters, and the plant expands mightily come spring. Thin to 6 inches apart.

100 seeds/pkt \$2.95, Organic

Shiso, Red *Perilla frutescens*

Family: Mint (*Lamiaceae*)

Fast-growing annual in the temperate north may become a woody perennial in the subtropics to tropics. Native to E. Asia. The leaves are used lightly steamed or pickled, as an accompaniment to sushi or as an ingredient in Umeboshi Plums. The herb helps alleviate seafood poisoning.

\$7.50 \$6.50/plant, \$17.55/3, Organic

SKULLCAP

Family: Mint (*Lamiaceae*)

A diverse genus of plants that find their way into barefoot medicine wherever they occur worldwide. Sow fall or early spring.

SKULLCAP SET (1 seed packet each of the *Scutellaria* species following.)

\$7.90/3 pkts

Price shown is a discount.

Skullcap, Baical . . . *Scutellaria baicalensis*
 (Huang-qin)

Herbaceous perennial to 12 inches. Native to Mongolia, Siberia, and China. Hardy to -20° F. The purple flowers are like schools of dolphins breaking through green waves in a summer sea. Dried root has antibacterial, antiviral, tranquilizing, and fever-reducing effects. A dependable treatment for contagious diseases including dysentery. Plant prefers full sun and dry soils and makes best medicine when grown in same.

30 seeds/pkt \$2.95, Organic

Skullcap, Barbat . . . *Scutellaria barbata*
 (Ban-zhi-lian)

Herbaceous perennial. Native to SE China. Hardy to -20° F. Flowers large and sky blue. The herb clears heat, dispels toxicity, invigorates the blood—used in treating cancerous tumors. Plant prefers sun to shade and moist, but well-drained, soil.

50 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,

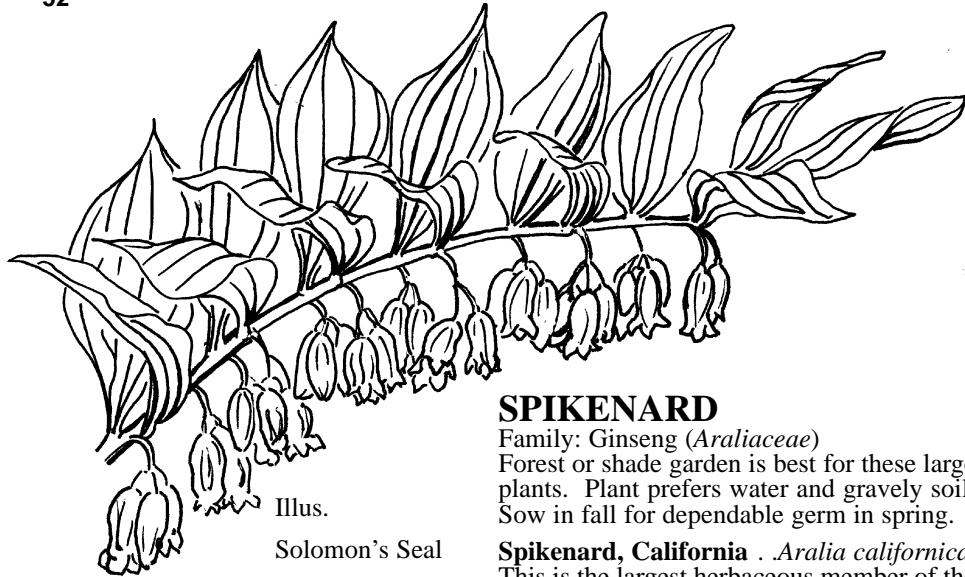
\$50.00/10 plants, Organic

Skullcap, Official . . . *Scutellaria lateriflora*
 (Mad Dog Skullcap)

Herbaceous perennial. Native to US. Hardy to -40° F. Nervine tonic. Plant prefers fertile soil, partial shade or full sun, and plenty of water. Thin to 6 inches apart. Flowers blue, 2 to 4 feet tall.

50 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic



Soapwort *Saponaria officinalis*
Family: Pink (*Caryophyllaceae*)

Herbaceous perennial. Native to southern Europe; a standby in English gardens. All zones. Upright plant with lance-shaped leaves and pink flowers. The root is loaded with saponins. Sow in cold soils of early spring. Germ in about 30 days. Thin to 1 foot apart. Grows to 4 or 5 feet.

50 seeds/pkt \$2.95, Organic

Solomon's Seal, Giant *Polygonatum grandiflorum*

Native to the eastern hardwood forest biome, these graceful creatures with swan-like necks and paired, dangling flowers are highly sought-after. These beauties will sell out—make your order pronto, planto.

\$5.00/dormant root, Organic

Sorrel, French *Rumex scutatus*
(Buckler Sorrel, Shield-leaf Sorrel)

Classic French selection of the garden sorrel, with broad, shield-shaped leaves used for making the famous green sauce. This cultivar has been extraordinarily elusive and we are delighted to have it!

30 seeds/pkt \$2.95

\$7.50 \$6.50/plant, \$17.55/3, Organic

Southernwood *Artemisia abrotanum*

Woody shrub, native to the Mediterranean. Lemon-scented moth-repellent and bitter tonic. Plant prefers full sun, well-drained soils.

\$10.00 \$9.00/shrub, \$24.30/3, Organic

Spearmint *see MINT*

Spiderwort, Western *Tradescantia occidentalis*

Disheveled monocot to 18 inches, hardy to 5° F. Native to Central US and Canada, an interesting wayside weed that is listed as a “threatened species” in Canada. Stamen hairs, normally colored purple, are mutated upon contact with ionizing radiation, therefore turning pink in the presence of nuclear fallout, making this plant a convenient bioassay for radiation exposure. Fall sown.

50 seeds/pkt \$2.95

SPIKENARD

Family: Ginseng (*Araliaceae*)

Forest or shade garden is best for these large plants. Plant prefers water and gravelly soil. Sow in fall for dependable germ in spring.

Spikenard, California *Aralia californica*

This is the largest herbaceous member of the Ginseng family indigenous to America. Native to the Pacific Northwest. Grows to 10 feet. Spikenard root is an antitussive, *partus preparator*, adaptogen, and sexual tonic. I always wanted a Spikenard in my yard!

50 seeds/pkt \$3.95, Organic

Spikenard, Eastern *Aralia racemosa*

Herbaceous perennial native to the Eastern US. A comely plant with large, compound leaves and drooping clusters of red berries. Much used by the Native Americans, the root was considered a blood purifying tonic.

30 seeds/pkt \$2.95

SPILANTHES

(Toothache Plant, Para Cress)

Family: Aster (*Asteraceae*)

Annual. 120 days to maturity. Ancient, distinctively beautiful, and highly entertaining plants. Spilanthes is an indispensable immune-enhancing tonic and dentifrice. Sow in spring. Average germ 10 days. Plant prefers plenty of sun, good, rich soil, water. Space 2 feet apart. Grows 12 inches tall.

Spilanthes, Kenyan *Acmella calirrhiza*

Miniature creeping perennial from the highlands of Laikipia province near Mount Kenya. Typified by succulent red stems, shiny green leaves, aerial rootlets, fat, yellow coneheads with radiating yellow petals.

30 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,

\$50.00/10 plants, Organic

Spilanthes, Official *Acmella oleracea*

Native to South America, large fisheye flowers of purple and yellow. Probably the strongest and most dependable for medicine, this plant has been employed extensively in the US for herbal manufacturing.

100 seeds/pkt \$2.95,

\$8.00/g (~ 700 seeds)

\$22.55/5 g (~ 3,500 seeds)

\$40.10/10 g (~ 7,000 seeds), Organic

\$7.50 \$6.50/plant, \$17.55/3 plants,

\$50.00/10 plants, Organic

Stevia *Stevia rebaudiana*
 Family: Aster (*Asteraceae*)
 Tender herbaceous perennial in the temperate north and evergreen in warmer climates. Native to Paraguay and Brazil. Hardy to 10° F. The dried leaf is used for sweetening drinks and is said to be 250 times sweeter than sugar. Plants thrive in rich garden soil. Sow seed on surface and press in, keeping moist and very warm. Germ in 1 to 2 weeks.
25 seeds/pkt \$4.95, Organic

**\$7.50 \$6.50/plant, \$17.55/3 plants,
 \$50.00/10 plants, Organic**

Stoneroot *Collinsonia canadensis*
 Family: Mint (*Lamiaceae*)
 Herbaceous perennial. Native to rich woods in the eastern, central, and southern states. Hardy to -30° F. Features globular roots as heavy as stones, impressive ovate leaves, and eventually sets lemon-scented panicles of bright yellow flowers. Vascular tonic, shrinks varicosities. Plant prefers moist woods or shade garden.
**\$5.00/dormant root,
 \$27.00/6 roots, Organic**

Sweet Woodruff see CLEAVERS

Tansy *Tanacetum vulgare*
 Family: Aster (*Asteraceae*)
 Flowers like golden buttons. This balsamic herb is sprinkled on the floors after sweeping, lending its agreeable fragrance and prohibiting flies—which detest it. Sow in fall to early spring. Self-seeds vigorously.
100 seeds/pkt \$2.95
Not for sale to MT, SD, WA state.

Tarragon, Russian *Artemisia dracunculus*
 (Estragon)
 Herbaceous perennial to 3 feet tall, native to Europe, Asia, and Western US, hardy to -40° F. Anise-flavored, the herb is used fresh or dried as a condiment for seasoning tomato dishes, mushrooms, poultry, and other oily foods. Surface sow in spring.
100 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic

Teasel, Xu-duan . . . *Dipsacus asperoides*
 Family: Honeysuckle (*Caprifoliaceae*)
 (Japanese Teasel, Ri-ben-zu-duan)
 <<NEW FOR 2018>>

Herbaceous perennial native to China and hardy to Z 4 to 9. With spreading branches topped by myriads of strangely lovely, creamy-flowered, globular cones, the plant can be used as a central attraction for the herb garden. Fervently visited by bees, it is very tough, drought-tolerant and not particular about soil. Very different, however, from common wayside teasel. Traditional use of dried root (TCM): liver and kidney tonic, lower back pain, Lyme's disease. Plant prefers regular garden soil, even moisture, full sun. Sow seed on surface and press in, fall or spring. Germination takes 7 to 14 days. Space plants 1 foot apart.
30 seeds/pkt \$2.95

THISTLE

Family: Aster (*Asteraceae*)
 Big earth protectors and variously edible or medicinal. All zones.

Thistle, Blessed *Cnicus benedictus*
 Annual or overwintering annual. Native to the Mediterranean basin and Asia Minor. Downy and barely prickly. Tea stimulates appetite. Plant prefers full sun and regular garden soil. Direct seed any time from fall to late spring.

**30 seeds/pkt \$2.95,
 \$19.10/10 g (~360 seeds), Organic**

Thistle, Milk *Silybum marianum*
 Annual or overwintering annual. Native to the Mediterranean basin and widely naturalized, especially on the coast. Giant, shiny-leaved plant with distinct white variegations, producing hefty brown-black seeds that represent one of the best liver protective remedies on Earth. Fall planting is the best way to obtain gigantic individuals and plenty of seed.

**50 seeds/pkt \$2.95,
 \$17.10/10 g (~340 seeds), Organic**

THYME

Family: Mint (*Lamiaceae*)
 Aromatic, culinary, medicinal, and landscaping plant—long-lived, functional, friend to cook, medicine maker and honeybee alike. Plant prefers full sun and mesic soils. Sow seeds in spring.

Thyme, Mastic *Thymus mastichina*
 Woody perennial native to SW Europe and hardy to 0° F. Broad, shiny leaves and “puffball” flowers. Powerfully camphoraceous. Healing tea.
100 seeds/pkt \$2.95, Organic

**\$7.50 \$6.50/plant, \$17.55/3 plants,
 \$50.00/10 plants, Organic**

Timo Arbustivo *Thymus capitatus*
 (Headed Savory)

Hardy to Zones 6 to 9. Evergreen perennial subshrub to 12 inches, native to Italy. Dry slopes and calcareous soil create no stoppage for this tough little contender. Large, dark-pink, ball-like clusters of flowers feed bees and attract birds and other beneficial wildlife. Excellent in the stew pot.
30 seeds/pkt \$2.95

**\$7.50 \$6.50/plant, \$17.55/3 plants,
 \$50.00/10 plants, Organic**

Tower-of-Jewels *Echium wildpretii*
 Biennial native to the Canary Islands does best on the California or Oregon coast, where they flower in impressive, cone-shaped, towering columns bedecked by rows of coral flowers.
30 seeds/pkt \$2.95



TULSI (HOLY BASIL)

Family: Mint (*Lamiaceae*)

Tea herb from the Ayurvedic tradition that is uplifting to the spirit and healthy for the body. Uses include stress reduction, immune enhancement, promoting longevity, improving metabolic oxygenation, increasing endurance, fighting infections, and improving digestion. By growing different kinds, you get a chance to appreciate the subtle differences in growth habit, color, and taste, and determine which ones grow best in your area. Sow seed in the spring on soil surface and press in, then keep moist and in the light. Germination may take up to 3 weeks. Thin seedlings and pot up once they have achieved the second set of true leaves. Indoor plants need at least 6 hours of sunlight daily (or grow lights) in order to prosper. Outdoor plants prefer a warm exposure with full sun and rich, moist soil. Holy Basil attracts good luck, an auspicious plant!

OM SHANTI OM

TULSI SEED SET

(1 seed packt each of Amrita, Rama, Temperate, and Vana.)

\$9.90/4 pkts

Price shown is a discount.

Tulsi—Amrita *Ocimum tenuiflorum*

..... syn. *Ocimum sanctum*
(Nectar of Immortality)

This colorful and tasty cultivar has more purple in the leaves than our standard Rama Tulsi, and is very high in the anxiety-reducing compound Rosmarinic acid. Growing as a dense, rounded bush, the plants overwinter well indoors. Seed originally from Amma's ashram in India.

50 seeds/pkt \$2.95,

\$9.00/g (~2,200 seeds) Organic

**\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic**

Tulsi—Temperate *Ocimum* sp.

Self-seeding annual. 70 days. Best Tulsi for temperate gardens, good, easy medicine. Large amounts of dried Tulsi tea may be readily produced in any garden by sprinkling seeds of this cultivar, keeping evenly moist, nourishing the plants, and making multiple cuttings as the plants mature.

50 seeds/pkt \$2.95,

\$6.00/g (~1,580 seeds)

\$14.55/5 g (~7,900 seeds)

\$27.10/10 g (~15,800 seeds), Organic

Tulsi—Rama *Ocimum tenuiflorum*

..... syn. *Ocimum sanctum*
Tropical perennial grown as an annual in the temperate zones. 120 days to maturity. Open formed, with small leaves showing purple veination on leaves and stem. Flowers purple.

50 seeds/pkt \$2.95, Organic

Tulsi—Vana *Ocimum gratissimum* (Wild Holy Basil)

Perennial bush basil native to India and E Africa. Protect from frost. High in eugenol. This is a large-leaved plant, the easiest of all the Tulsi's to overwinter indoors in a pot.

30 seeds/pkt \$2.95

**\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic**

TULSI TEA LEAF *Ocimum tenuiflorum*

Oh most excellent tea herb, may we all be so blessed as to partake of you first thing every morning! Ready to steep.

\$24.90/lb, Tea Cut, Organic

Book: Tulasi Devi, Goddess of Devotion

..... by Sarvaga and Gunavati
This book is devoted to Tulsi, including uses in Ayurveda, botany, cultivation, insights and experiences, legends of Tulasi Devi, worship and rituals, the 108 Names of Tulasi, and Seeds of Hope.

\$7.00/book (160 pages, soft cover)

Unicorn, False *Chamaelirium luteum* (Helonias Root, Star Grub Root)

Family: Lily (*Liliaceae*)

Herbaceous dioecious perennial. Native to the central and eastern hardwood forests of North America. Hardy to -30° F. Rare. The flowers occur in gracefully curving spikes. Most famous of all uterine tonics. Sow seeds in acid soil in the fall, midwinter, or very early spring. Space 6 inches apart.

30 seeds/pkt \$4.95

Unicorn, True *Aletris farinosa*

Family: Lily (*Liliaceae*)

Perennial. Native to southeastern US. Hardy to 0° F. Rare. Important vanishing medicinal, a uterine tonic of great repute. Urn-shaped flowers, white, on tall spires. Plant prefers sun and moist, sandy, acid soils. Press small seed into surface of sandy soil in fall or spring. Space 6 inches apart.

500 seeds/pkt \$3.95

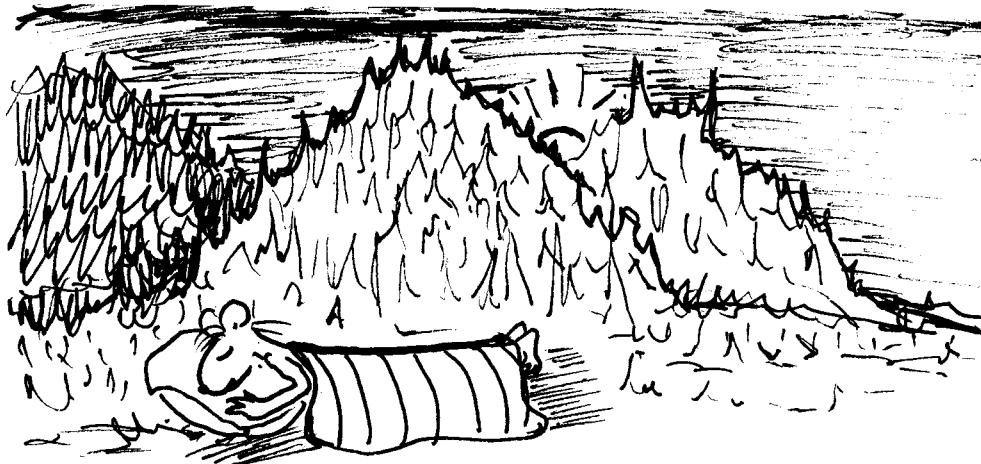
Uva Ursi *Arctostaphylos uva-ursi* (Bearberry)

Family: Heath (*Ericaceae*)

Spreading perennial evergreen ground cover. Circumpolar. All temperate zones. The herb covers entire hillsides as a drought-tolerant and glossy-leaved ground cover. Smokeable. Tea or tincture treats mild urinary infections. Plant prefers acid soils, full sun. Scarify vigorously. Fire-dependent germ or multicycle-germinator. Sow in fall, spring, or summer.

30 seeds/pkt \$2.95

\$18.10/10 g (~1,200 seeds)



VALERIAN

Family: Valerian (*Valerianaceae*)

Tender, edible leaves and narcotically scented flowers typify these demure, sedative plants. All prefer part shade and rich, moist but well-drained soils.

Valerian, Greenstem *Valeriana officinalis*
<>NEW FOR 2018>>

Original type grown at Strictly Medicinal—large and high-yielding, with green stems at maturity and a very potent root. I know, I know, the more one delves into Valerian, the more the parade of cultivars adopts a dream-like quality, shifting and surreal. Where does mother earth come up with all this diversity? We can only wonder, and drift off again into even deeper sleep.

\$7.50 \$6.50/plant, \$17.55/3, Organic

Valerian, Indian . . . *Valeriana jatamansi*
syn *Valeriana wallichii*

Diminutive dioecious evergreen perennial native to the temperate Himalayas. Hardy to at least 0° F. A rare accession. The plant makes a basal rosette of heart-shaped, succulent, and very green leaves, giving rise to the miniature, white and pink sprays of flowers in the spring. The aroma of the root evokes higher thoughts. It is a secondary source of the biblical oil of nard.

\$10.00 \$9.00 plant, Organic

Valerian, Official . . . *Valeriana officinalis* Herbaceous perennial. Native to Europe and temperate Asia. Hardy to -20° F. Widely used as an effective cerebral sedative. All parts of the plant are active. Valerian prefers full sun to part shade and moist soils. Seed is short-lived; sow within 1 year of receipt. Light-dependent germinator. Sow in spring and keep moist. Germ in 10 to 16 days. Space 1 to 2 feet apart. Flowers white in the second year to a height of 5 feet.

**100 seeds/pkt \$2.95,
\$9.95/g (~1,200 seeds), Organic**
\$7.50 \$7.20/plant, \$19.50/3, Organic

Valerian, Select . . . *Valeriana officinalis*

Selected for high concentration of valeric and valerenic constituents, this strain produces one of the strongest of all herbal cerebral sedatives.

**50 seeds/pkt \$3.95,
\$24.00/g (~1,200 seeds), Organic**

**\$7.50 \$6.50/plant, \$17.55/3 plants,
\$50.00/10 plants, Organic**

Valerian, Red . . . *Centranthus ruber*

Herbaceous perennial. Native to Europe. Hardy to -20° F. Root is rich in valeric compounds. Highly aromatic, crimson flowers are excellent for cutting.

30 seeds/pkt \$3.95, Organic

VERVAIN

Family: Vervain (*Verbenaceae*)

Blue-flowered, upright herbaceous perennials significant in medicine and ritual. Plants prefer full sun to part shade.

Vervain, Blue . . . *Verbena hastata*

Native to US. Hardy to -40° F. Flowers in multiple, long-lasting, handsome spikes. Significant attractor for butterflies, bees, and other pollinators. Bitter remedy for indigestion, colds, and fevers.

200 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic

Vervain, European . . . *Verbena officinalis*

Native to Europe and the Mediterranean. Hardy to -30° F. Astringent, antispasmodic, and fever-reducing agent. Druidic altar plant.

50 seeds/pkt \$2.95, Organic

\$7.50 \$6.50/plant, \$17.55/3, Organic



VIOLET

Family: Violet (*Violaceae*)

Plants form slow-spreading colonies in moist shade to part sun.

Violet, Heartsease *Viola tricolor*
(Johnny-Jump-Up, Heartsease Pansy)
Annual, self-seeding. 60 days to maturity.
Deep velvety blue, purple, and yellow
flowers. Traditionally used to treat allergies
of children. Germination in 16 days.

**100 seeds/pkt \$2.95,
\$6.00/g (~1,200 seeds)
\$14.55/5 g (~6,000 seeds)
\$27.10/10 g (~12,000 seeds), Organic**

Violet, Sweet *Viola odorata*
Perennial. Native to Eurasia. Hardy to 0° F.
The flowers emit a sweet, fleeting scent and
are much used in perfumery. May be made
into a pleasant cough syrup. Plant in fall.

**50 seeds/pkt \$3.95, Organic
\$7.50 \$6.50/plant, \$17.55/3, Organic**

Wallflower, English (mixed singles)
..... *Cheiranthus cheiri*
(Clove Gillyflower)

Family: Mustard (*Brassicaceae*)
Herbaceous perennial most often grown as a
biennial. Native to Europe and grown in
gardens worldwide. Hardy to -5° F. Brightly
colored orange, yellow, and red flowers
bloom in early spring and emit heady
aromas. Excellent butterfly attractor. Sow
in spring or fall. Barely cover, tamp well,
and keep moist until germination, which
takes a week or 2. Direct seed in garden bed
or sow in pots and transplant. Plants will
overwinter and flower in the early spring.
Space plants 1 to 2 feet apart.

100 seeds/pkt \$2.95

Wasabi *Wasabia japonica*
Family: Mustard (*Brassicaceae*)

Herbaceous perennial native to the mountain
streams of Japan and hardy to Zones 7 to 12.
Our variety is MAZUMA which is one of the
main types--beautiful, vigorous, and hot to the
taste. This is true wasabi, grown for the deli-
ciously edible leaves and the root which is
finely ground to make the preferred condi-
ment for sushi. Unending demand and market
potential. The plant requires cool, moist shade
for growing, and may be grown hydroponically,
rooted in cold springs or streams, or in
organic culture in a good, rich bed of soil with
shade and daily misting with water. Sow the
seeds immediately on receipt and keep the flat
in cool, moist shade. I usually plant in the
shadehouse and bring the flats into a cold
greenhouse in February for germination. If
flats are kept very cold through the winter,
germination may be deferred until April or
May. High rates of germination are typical.
Watch out for slugs, and do not allow flats to
dry out or get too hot. After the seedlings
develop their second set of true leaves, they
may be pricked to larger pots and grown on
that way, with transplant usually in April or
May. Space plants 1 foot apart. Grows to
about a foot tall, with flowering unusually early
spring of second year to 2 or 3 feet. Cage,
coddle—everything short of a baby bottle.

10 seeds/pkt \$7.95, Organic

*Seed of confirmed germination. No
replacements. International sales OK!*

Weld *Reseda luteola*
(Dyer's Rocket, Dyer's Weed, Would,
Yellow Weed) <<NEW FOR 2018>>

Family: Mignonette (*Resedaceae*)
Biennial flowering in the second year to 3 to
5 feet, native to Europe, North Africa and
Western Asia and hardy to Z 5 to 9.
Traditionally used as a dye plant to produce
a yellow color for linen, wool and silk.
Blending weld with woad produces the color
Lincoln green. Source of flavonoid luteolin.
Plant thrives in sun to part shade in poor soil
of waste places, including roadside and
sandy or gravelly spots. Does well in stan-
dard garden soil. Strew seed on surface and
press in hard. Sow fall to early spring. In
the wild, the seed germinates in the fall and
makes a rosette that overwinters, flowering
the following year. Seeds can be started
early in the greenhouse and transplanted out
after frost. Germination occurs in 1 to 2
weeks. Space plants 1 to 2 feet apart.

50 seeds/pkt \$2.95, Organic

Wild Quinine . . *Parthenium integrifolium*
Family: Aster (*Asteraceae*)

Herbaceous perennial native to the
American prairies. An excellent grass com-
petitor, the plant is medium-sized, 2 to 3 feet
tall and very tough. Long-lived white flow-
ering heads bloom throughout the summer
and fall, attracting diverse native pollinators.

50 seeds/pkt \$2.95, Organic

\$6.00/g (~340 seeds)

\$14.55/5 g (~1,700 seeds)

\$27.10/10 g (~3,400 seeds), Organic

Wild Yam, American *quaternata*
Dioscorea quaternata
(Fourleaf Yam)

Native to the Eastern American hardwood forests. Hardy to -10° F. Long used in TWM, the plant is medicinally interchangeable with *Dioscorea villosa*. Fourleaf Yam is a thick-stemmed, self-supportive squatter, sometimes climber, which makes ascending whorls of large leaves and gives high yields of the knuckled rhizome.

\$5.00/dormant root**\$27.00/6 dormant roots, Organic****Wild Yam, Chinese**
Dioscorea batatas
(Shan-yao, Cinnamon Vine)

Herbaceous perennial vine native to China and hardy to 0° F. Source of deliciously edible tubers, large and white, that may be sliced into fries, a nutrient tonic. The plant itself emits, humid mornings and evenings, a cinnamon fragrance from its flowers. Plant these small, aerial tubers in good soil and they will produce a vine, which then produces the large, underground tuber that is famous in its edibility.

\$4.95/6 aerial tubers,**\$10.00/20 aerial tubers, Organic****Wilde Dagga**
Leonotis leonurus
(Lion's Tail, Lion's Ears, Umunyane)
Family: Mint (Lamiaceae)

Herbaceous, sometimes woody, perennial hardy to 20° F. One of the showiest of all medicinal flowers, well-loved by gardeners and hummingbirds alike. Whorled inflorescences of bright orange. Smokeable euphoric and medicinal plant from Africa. Dagga prefers full sun, normal garden soil, and regular watering.

30 seeds/pkt \$3.95**\$7.50 \$6.50/plant, \$17.55/3 plants,****\$50.00/10 plants, Organic****Wood Betony**
Stachys officinalis
(Woundwort)

This ancient medicinal plant loves an open garden situation, and will reward the grower with its long-lived purple flowers that occur on upright racemes. Excellent tea against addictions, will stabilize the spirit and sedate. Sow seeds in spring.

100 seeds/pkt \$2.95, Organic**\$7.50 \$6.50/plant, \$17.55/3, Organic****Wormwood, Absinthe**
Artemisia absinthium

Woody perennial. Native to Europe, Siberia, Kashmir, and the Mediterranean. All zones. This is a strikingly large, silvery-green, soft, and mellow plant for the medicinal landscape. Classic ingredient of the (now legal) alcoholic beverage "Absinthe." Vermifugal.

200 seeds/pkt \$2.95,**\$10.00/g (~14,000 seeds), Organic****\$7.50 \$6.50/plant, \$17.55/3 plants,****\$50.00/10 plants, Organic***Not for sale to SD, WA state***Yage**
Banisteriopsis caapi
(Ayahuasca)

Hardy to Zones 10 to 12, otherwise grown as a potted plant in greenhouse or solarium. A rare accession of the most famous tropical liana of the Amazonian rainforest.

\$30.00/plant, Organic**Yarrow, Official**
Achillea millefolium

Family: Aster (Asteraceae)
(Mountain Yarrow)

All zones. Evergreen perennial giving rise to thick stalks that robustly hoist the dense, flat-topped, aromatic flowers. Spreads joyfully. This is the hardy, white-flowered type. Contains high levels of the active essential oils. Antiseptic, anti-inflammatory, and hemostatic. Plant prefers sun to part shade and fast-draining soils. Sow seed in spring.

200 seeds/pkt \$2.95,**\$7.00 g (~1,700 seeds),****\$18.55/5 g (~8,500 seeds),****\$34.10/10 g (~17,000 seeds), Organic****\$7.50 \$6.50/plant, \$17.55/3 plants,****\$50.00/10 plants, Organic****Yerba del Lobo**
Helenium hoopesii

Native to the mountains of the Pacific Northwest and hardy to all zones. Makes dense clumps in moist shade to sun, an easy, bright yellow floriferous display, and an excellent choice for naturalization at moist edge of alpine, shade, or forest garden. Arnica substitute. Sow seed fall or spring.

50 seeds/pkt \$3.95**\$7.50 \$6.50/plant, \$17.55/3 plants,****\$50.00/10 plants, Organic****Yerba Mansa**
Anemopsis californica

Family: Lizard Tail (Saururaceae)
Creeping herbaceous perennial. Native to the southwestern US and California. Hardy to 10° F. The succulent, ovate leaves give rise to beautiful, rose-tinged, white-flowered coneheads. The tincture of dry root is useful against athlete's foot, tinea, influenza, and arthritis. Creeping plants like moist or sodden soil, hot sun, and spread by runners. Heat-dependent germinator.

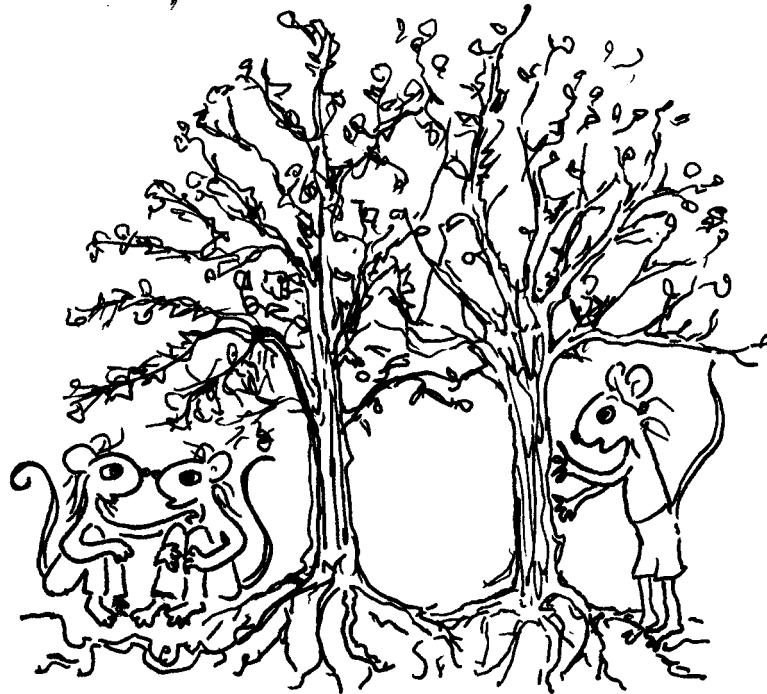
100 seeds/pkt \$3.95**\$10.00 \$9.00/plant, \$24.30/3, Organic****Zaatar**
Origanum syriacum

Family: Mint (Lamiaceae)

Perennial. Native to the Middle East. Hardy to 5° F, colder if the winter is dry. Originally mentioned in the bible, translated as "Hyssop." Strongly aromatic, pungent, and delicious ingredient of the table spice mixture of the same name (Zaatar); antiseptic, diaphoretic, and expectorant. Prefers full sun, dryish soils. Light-dependent germinator. Press firmly into surface of soil in early spring. Average germ 1 to 2 weeks. Space 1 to 2 feet apart.

50 seeds/pkt \$3.95, Organic**\$7.50 \$6.50/plant, \$17.55/3, Organic**

Trees, Shrubs



ACACIA

Family: Legume (*Fabaceae*)

Zones 10 to 12, otherwise grown as a potted tree, brought in for the winter. Drought-tolerant trees with aromatic yellow flowers prefer full sun and a fast draining soil. Scarify seed by nicking or dropping in just-boiled water and allowing to soak overnight. Germ warm in 1 to 2 weeks.

Acacia, Gum Arabic *Acacia arabica*
Source of gum arabic, which exudes from the bark when incised. One of the medicines of antiquity—tough and resilient.

10 seeds/pkt \$3.95

\$19.10/10 g (~60 seeds)

\$20.00 \$15.00/tree, Organic

Acacia, Maiden's Wattle *Acacia maidenii*
This is an attractive ornamental, becoming quite scarce in its wild habitat, but widely planted in parks and thoroughfares in tropical climes. Handsome, spatulate leaves.

10 seeds/pkt \$3.95

\$15.00 \$13.50/tree, Organic

Amla *Emblica officinalis*
(Embllic Myrobalan, Amalaki)

Family: Euphorbia (*Euphorbiaceae*)

Deciduous tree with delicately feathery-leaved branches. Native to central and southern India. Hardy to about 30° F. Vitamin C-rich fruits used for treating asthma, bronchitis, dysentery, and anemia. Scarify and soak seed overnight. Sow warm and moist—germ in 2 weeks.

20 seeds/pkt \$3.95

\$30.00/tree, Organic

AMALAKI (Amla), dried powdered fruit
\$17.90/lb, Organic

Bilberry *Vaccinium myrtillus*
(Blaeberry, Whortleberry, Fraughan)

Family: Heath (*Ericaceae*)

Short woody shrub growing in acidic and nutrient poor subarctic soils throughout the world. Among all the closely related anthocyanin containing berries, this one is considered most potent. Soak berries in water overnight, smash in a tea strainer, rinse and individuate seeds by picking out of the screen or use flotation technique. Sow seeds in fall or very early spring in acidic soil (use lots of peat moss) and keep pot or flat in outdoor conditions in the cool moist shade.

50 seeds in dried berries/\$4.95, Organic

BILBERRIES, Dried, Whole

100 g (3.5 oz) bag/\$19.90, Organic

Butcher's Broom *Ruscus aculeatus*
Evergreen subshrub native to the Mediterranean and hardy to 10° F. Bearing bright red, round berries on a glossy-leaved bush, these make an excellent low impenetrable hedge. Diuretic roots employed to treat urinary infection.

10 seeds/pkt \$5.95

\$20.00\$15.00/shrub, Organic

Cascara Sagrada *Rhamnus purshiana*
(Chitum, Chittam, "Shit-em," Sacred Bark)

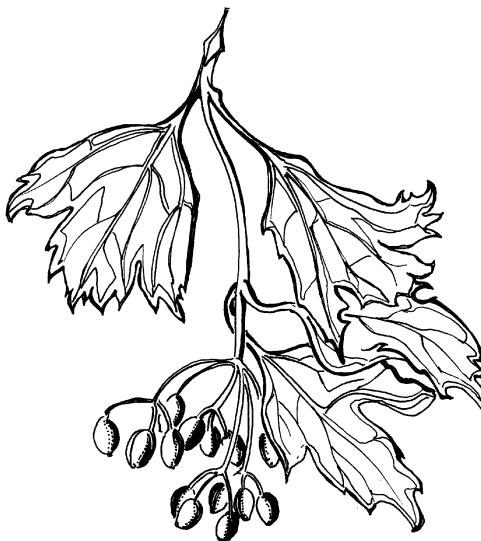
Family: Buckthorn (*Rhamnaceae*)

Deciduous tree hardy to -30° F. Native to the Pacific Northwest and the Rockies. The cured bark is one of the most efficient laxatives known. Fresh seed, sow immediately.

10 seeds/pkt \$4.95, Organic

Sorry, no international sales of this seed.

\$20.00\$15.00/shrub, Organic



Illus. Cramp Bark

Cedar, Atlantic *Cedrus atlantica*
(Atlantic Cedar)

Family: Pine (*Pinaceae*)

Evergreen tree native to the Atlas Mountains of Algeria and Morocco. This blue-needed true Cedar is considered one of the handsomest landscape conifers of all time. Space trees ~30 feet apart.

~~\$20.00~~ **\$15.00/tree, \$39.90/3 trees, Organic**

Cedar of Lebanon *Cedrus libani*
(Lebanon Cedar)

Family: Pine (*Pinaceae*)

Evergreen tree native to the Mediterranean and capable of reaching 130 feet, hardy to -10° F. Bark and wood of this stately icon, through the ages, has been extensively used in medicine and construction. Mentioned 75 times in the Bible. Space 30 feet apart.

10 seeds/pkt \$2.95

Coffee, Ethiopian *Coffea arabica var. typica*

Family: Madder (*Rubiaceae*)

Hardy to Zones 10 to 12, may be grown in a container brought in for the winter. Seeds of the original varietal from which all good coffee has been bred. Source of caffeine. Rub the seed on sandpaper to remove the parchment, then sow in warm conditions.

10 seeds/ pkt \$3.95

\$10.00/bush (seedling), Organic

Coleus forskohlii *Coleus forskohlii*
Perennial shrub native to India and E Africa. Protect from frost. Vigorous, to 10 feet tall, producing upright racemes of shockingly blue-purple flowers. Source of molecule known as forskolin, the root has profound anabolic effects on the human organism, used in weight loss and as a preventive of heart attack. Originally from Kenya. Pot to gallons on receipt. Does fine in pots, placed outdoors during the summer and brought indoors for a sweet house plant in the winter.

~~\$20.00~~ **\$18.00/shrub, \$42.90/3, Organic**

Cramp Bark *Viburnum opulus*

Making decorative, snowball-like flowers in the spring and brightly colored leaves in the fall, this gorgeous plant is used extensively in landscaping. The stem bark is one of the best herbs for easing uterine cramps. Seed is fresh, undried and cold-stored, available starting August until supplies run out. Sow 10 seeds per gallon pot, 2 inches deep. Mulch, and keep cool, moist, in the shade.

20 seeds/pkt \$7.95, Organic

Curry Leaf Tree *Murraya koenigii*

Tropical to subtropical deciduous tree to 18 feet, native to Southern India. Protect from frost. Fragrant, pinnate leaves with white flowers. Spiritual offering, Ayurvedic medicine, and essential ingredient in Southern Indian cuisine.

\$15.00 \$13.50/tree, \$36.00/3, Organic

ELDERBERRY

Family: Honeysuckle (*Caprifoliaceae*)

Perennial, deciduous, multistemmed bushes to small trees native to temperate zones worldwide and hardy to -30° F. Berries are healthily endowed with antiviral compounds and procyandins—excellent for treating the flu or common cold. Elders prefer moist, rich soil and grow best as an understory to taller trees. They can be grown in full sun if root zone is kept moist. Cultivation from seed: Soak dried berries overnight, then smash in a tea strainer, flush with water to reveal seeds, and plant. Sow seed in outdoor conditions of cool, moist, shade in fall or early spring. Use acidic mix, barely cover, tamp securely. Germ. in the spring.

ELDERBERRY SET (1 packet each of the *Sambucus* species following.)

\$9.90/3 pkts *Price shown is a discount.*

Elderberry, Black *Sambucus nigra*
Wild form native to Europe. Probably the most dependable type for making the anti-viral medicines. Germinates spring. We've planted a row of these crucial allies on our new farm.

50 sds/pkt (in dried berries) \$4.95, Organic

Elderberry, Blue *Sambucus caerulea*

Wild form native to Pacific Northwest, a tough beauty. Deliciously edible berries are a favorite of herbalist and bird alike. Germinates summer.

50 sds/pkt (in dried berries) \$4.95

\$7.50 \$6.50/plant, \$17.55/3 plants,

\$50.00/10 plants, Organic

Elderberry, Mexican *Sambucus mexicana*

Deciduous shrub to small tree native to canyons and valleys west of the Sierra Nevada from Oregon to Baja and hardy to -5° F. The tree makes pretty yellow flowers that give way to the edible, purple berries.

30 sds/pkt (in dried berries) \$2.95

ELDERBERRIES, BLACK, Dried, Whole

Just right for making syrup, tincture, or glycerite. See bottom of page 4 for recipe.

100 g (~3.5 oz) bag \$19.90, Organic



Empress Tree . . . *Paulownia tomentosa*
 Deciduous tree native to China. Hardy to -15° F, this is a full-sized tree that can reach 90 feet at maturity. One of the most impressively elephant-ear leaved trees you can grow, and wow are they easy to grow! Huge clusters of violet flowers in early spring. We coppice these trees to produce straight, lightweight poles perfect for trellising. Best to pot up to gallons and grow on for a year.

200 seeds/pkt \$2.95, Organic

\$15.00 \$13.50/tree, \$36.00/3 trees

Not for sale to the state of Connecticut.

Frankincense, Indian . . . *Boswellia serrata*
 Family: Myrrh (*Burseraceae*)
 (Indian Frankincense, Olibanum, Kundur, Salai Guggul, Salakhi) **<NEW FOR 2018>**
 Deciduous tree to 30 feet, native to the Punjab in India and Pakistan and hardy to Z 10 to 12. Protect from frost. Makes an excellent potted specimen. Source of burnable oleo-gum-resin known as frankincense, also a medicinal substance used in Ayurveda as an antiinflammatory and pain relieving agent for treatment of arthritis, bronchial asthma and Crohn's disease. Tree prefers full sun and rich but dryish soils. Soak seeds in water overnight and plant in warm, fast-draining medium, watering only once daily. Germination is in 1 to 2 weeks.

10 seeds/pkt \$4.95

Ginkgo *Ginkgo biloba*
 Perennial, deciduous, dioecious tree native to Eastern China. Hardy to -40° F. Darwin called it "a living fossil." Beautiful and resilient, adaptable to farm or city street, perfectly cold hardy. The lithe, humanoid trunks beg to be touched. The bright yellow autumn leaves of this tree are showy and melancholy in a "tea at the windowsill while raindrops stream" kind of a way. Gardeners often ask if there is a way to determine what sex (male or female) will be produced by seeds or seedlings, but we know of no way to determine the sex of our Ginkgos until they flower. In TCM it is the nuts that are most valued, but recently the leaves have also been employed, with claims that the leaf extract improves memory and treats Alzheimer's.

20 seeds/pkt \$9.95

**\$15.00 \$13.50/tree, \$36.00/3 trees,
 Organic, unsexed**

HAWTHORN

Family: Rose (Rosaceae)

Deciduous thorny bushes to small trees. Native to Europe. All temperate zones. Hawthorn berries or the leaf and flower are the most effective, broadscale, and gentle heart medicine known to herbalist. Large doses not advised during pregnancy, but otherwise well-tolerated and helpful. Sow very hard seeds in the spring, summer, or fall for germination in the following spring. May take 2 vernal cycles to germinate. Use gallon pots and label well. Plant prefers sun to part shade and moist soil.

Hawthorn, English . . . *Crataegus laevigata*
 (Syn. *Crataegus oxyacantha*)

(Midland Hawthorn, Mayflower)

Famously native to the Midlands of Britain, the tree enjoys a wide distribution throughout western and central Europe. The flower color is variable, from pink to red. Fruits are plump and meaty, each with 2 seeds. Does well as a yard tree, roadside, or lined up close in a row and kept trimmed as a hedge.

10 seeds/pkt \$3.95

\$15.00 \$13.50/tree, \$36.00/3 trees

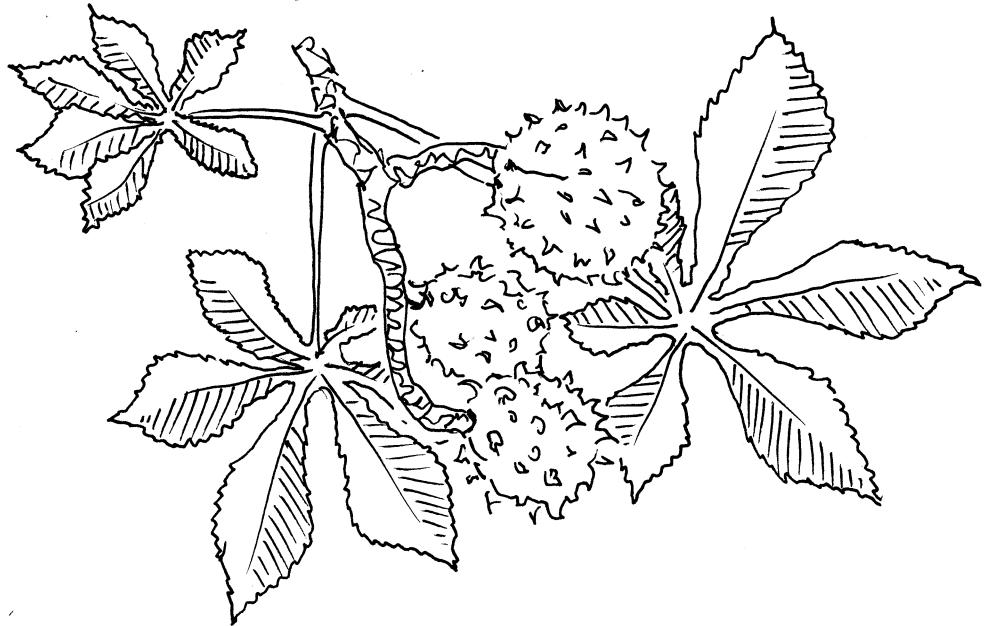
Hawthorn, Red . . . *Crataegus columbiana*
 Columbian Hawthorn)

Shrub to small tree to 16 feet native to the Pacific NW and hardy to -10° F. Thorny. Used for hedges and wildlife refuge. Deer resistant. Pure white flowers in spring give way to clusters of deep red berries that are edible and used in herbal medicine. Berries contain up to 5 seeds fused in a hard globe. Tree is very tough once established and will do fine in poor or alkaline soils.

\$15.00 \$13.50/tree, \$36.00/3 trees

Hawthorn, Wild *Crataegus monogyna*
 Tough landrace from the West Coast with white flowers and large, single-stoned fruits. This tree does well in the yard or naturalized along woodlands, pastures, roads or shoreline. The best source of medicinal fruits.

20 seeds/pkt \$3.95, Organic



Heather *Calluna vulgaris*
 Family: Heath (Ericaceae)

Woody, densely-flowered, acid-loving shrub native to the British Isles and hardy to -30° F. A very classy herbal landscape plant, easy to maintain, free-flowering in season, drought-tolerant once established. Leaves are a source of the medicinal compound arbutin, used in treating urinary tract infection. Yellow dye plant. Heather prefers full sun. Give peat moss. Surface sow seed in fall, midwinter or early spring and keep evenly moist until germination. Work up in pots, then transplant to the landscape, where the shrub is particularly handsome as a sculptured accent to pathways and gates.

100 seeds/pkt \$2.95, Organic

He-shou-wu *Polygonum multiflorum*
 Vigorous herbaceous vine needs a trellis. Over time, creates brick red, football shaped tubers underground, the stuff of legends, said to cement teeth back into the aged jaw, turn white hair back to black, and raise the mast on a drydocked ship.

\$10.00 \$9.00/vine, \$24.30/3, Organic

Horse Chestnut *Aesculus hippocastanum*
 (Conker Tree)

Family: Soapberry (Hippocastanaceae)

Native to the Balkans in southeast Europe, Horse Chestnut is a stout deciduous tree to 90 feet tall, magnificent, with handsomely swollen, resinous buds. Hardy to -40° F. While mature trees are excellent on the landscape, they also make a fine bonsai. The nuts are employed for creating Bach remedies and as a natural whitening agent used by dyers and weavers. Containing alkaloidal saponins and glucosides, the nuts are a **low dose**

botanical for tonifying blood vessels. Nothing works better against varicosities than *Aesculus*! We are supplying fresh, moist, cold stored nuts freed from pericarp, prepared for immediate planting. Bury seeds 3 inches deep in rich, moist soil in a gallon or larger pot, 1 to 3 seeds per pot. Seeds planted in the fall to early spring will germinate and grow in the spring.

3 large, fresh seeds/pkt \$7.95, Organic

Orders received prior to Nov 1st. will be back-ordered and delivered from the new harvest.

\$30.00/tree—TOP SIZE!

Juniper, Red Cedar *Juniperus virginiana*
 (Eastern Red Cedar, Pencil Cedar)
 Family: Cypress (Cupressaceae)

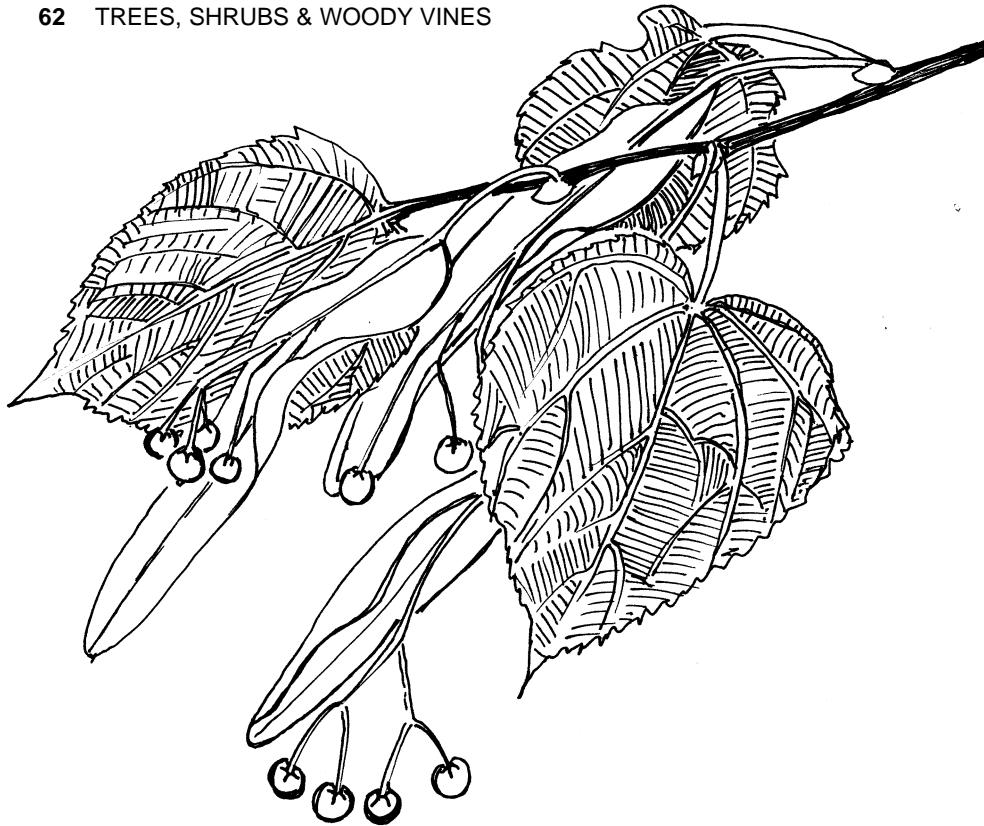
Evergreen bush to small tree. Native to the eastern states. All zones. One of the first trees to repopulate burned or abused land, this is a handsome earth healer that produces long-lasting, aromatic wood, handshake-friendly leaves that are burned for offerings, and scads of berries. Tree is both drought and cold tolerant.

20 seeds/pkt \$2.95

LINDEN

Family: Mallow (Malvaceae)

Widely adaptable to diverse soils, sun to part shade, and hardy to -10° F. I have never met a gardener that regrets having planted a Linden tree. They are among the friendliest and sweetest of companions. Much used in European herbal medicine, the flowers and bracts, with their honey-like aroma, may be dried into a sweetly fragrant and relaxing, slightly mucilaginous tea, a pleasant way to control high blood pressure.



Linden, Little Leaf *Tilia cordata*
(Lime Flower, Basswood)

Deciduous tree to 70 feet tall with a handsome, dense, rounded crown and flowers that make much nectar. Multipurpose beauty on the landscape. Shade to sun, good, moist, loamy soil of neutral pH.
\$30.00/tree—TOP SIZE!

Linden, Silver *Tilia tomentosa*
(Silver Lime, Lime Flower, Basswood)

Deciduous tree to 100 feet tall, a majestic shade tree with bright, silvery leaves and a thick trunk. Ornamental, these are widely grown throughout Europe, where they are native. This species is medicinally interchangeable with Little Leaf Linden.
\$30.00/tree—TOP SIZE!

Moringa *Moringa oleifera*
(Drumstick Tree)

Protect from frost. Fast growing deciduous tree native to India and cultivated throughout the tropics. Immature seedpods tasty and nutritious. Every part of the tree used in food and medicine, increasing sex drive, seed mash for purifying water, leaves and pods full of Vit C, Calcium, Iron, and Protein.
10 seeds/pkt \$2.95

\$10.00 \$9.00/tree, Organic

Nirgundi *Vitex negundo*
(Huang-ping, Cut-Leaf Chaste Tree)

Native to China, E. Asia and the Himalayas, hardy to -5° F. Significant herb in Ayurvedic and TCM—leaves and seeds used in treating chronic bronchitis, also as an antibacterial, antitumor, and tonic agent.
50 seeds/pkt \$2.95, Organic

\$15.00\$13.50/tree

OREGON GRAPE

Family: Barberry (*Berberidaceae*)

Evergreen woody perennials with Holly-like, shiny leaves. Native to the Pacific Northwest and hardy to -15° F. These plants are much-employed by landscapers. Bright yellow flowers in early summer give way to decorative purple berries by midsummer. The inner bark of the stoloniferous roots and woody portions are loaded with bright yellow berberine and the leaves contain unique flavonoids that enhance the antibacterial activity of the berberine—a dynamic combo.

Oregon Grape, Creeping *Mahonia repens*

Evergreen woody creeper. Plant prefers moist forest soils or garden in shade or dappled sunlight. Deep, rich soils are preferred, although marginal soils will be tolerated as long as there is sufficient moisture. Space plants 3 feet apart, and with time, they will carpet the woodlands with green.
20 seeds/pkt \$5.95

\$10.00 \$9.00/plant, \$24.30/3, Organic

Oregon Grape, Tall . . *Mahonia aquifolium*

Upright shrub to 6 feet. Plant prefers full sun to part shade and will tolerate most soils, including clay. Deer-proof. Sow outdoors in fall or early spring and work up seedlings in pots. When sufficiently sized, transplant to 4 feet apart.
20 seeds/pkt \$5.95, Organic

\$10.00 \$9.00/shrub



Osage Orange *Maclura pomifera*
(Bow-Wood, Hedgeapple)

Family: Mulberry (*Moraceae*)
Deciduous, dioecious tree to 60 feet, perfectly cold hardy. Native to south-central North America. The brainlike, bright green fruit of this dense and thorny tree is said to repel spiders and other insects. **Avoid getting white sap in eyes.** Major hedgerow component, wildlife shelter—strange and oddly beautiful. Sow in fall or early spring for germination after the ground warms up. Seedlings quickly transplant and root in.

30 seeds/pkt \$2.95

\$19.10/10 g (~ 270 seeds)

\$10.00 \$9.00/tree, Organic

Pencil Tree *Euphorbia tirucalli*
(Walking Stick, Mkalamu)

Perennial succulent shrub to small tree, native to Africa. Protect from frost. Protect skin and eyes from latex. A fascinating, nearly leafless plant with upright stick-like stems and small leaves like the ears of a mouse. I have had one of these in my north facing window all winter, and it has remained green throughout. Very low maintenance plant grows slowly in Western Himalayas and hardy to -20° F. The low light and continues to surprise with interesting shapes. Also excellent for a sunny windowsill, greenhouse, desert, or dry coastal area. Potted plants just keep getting bigger—loaded with powerful steroid saponins, I've seen these in Zanzibar, where they are used in TCM as "Qing-xiang-gui," an anti-septic and poulticing agent. tall as a person. Potential source of biofuel. **\$10.00 \$9.00/seedling, \$24.30/3, Organic**
\$10.00 \$9.00/tree, Organic

Persimmon, Wild Form *Diospyros virginiana*

Deciduous tree to 50 feet, hardy to -25° F. Smooth bark and comely form. Fruits plum-like, extremely tannic but reasonably edible after first frost. Wildlife favorite.

10 seeds/pkt \$5.95, Organic

Rose, Virginia *Rosa virginiana*
(Prairie Rose)

Family: Rose (*Rosaceae*)
Native to Eastern US, this is a pretty wild thing, a deciduous shrub to 6 feet tall. Pink flowers are borne singly or in small clusters, long-lived, blooming throughout the summer, giving way to small, round, deep red hips. One of the best plants for the shelterbelt, these provide food and protection for songbirds, require little care, and blossom freely throughout the summer.

\$15.00 \$13.50/bush, \$38.40/3 bushes

Sarcococca, Himalayan *Sarcococca hookerana* var. *humilis*
(Himalayan Sweetbox)

Family: Buxus (*Buxaceae*)
Evergreen perennial shrub native to the Himalayas and hardy to -20° F. The plant bears handsome, waxy leaves and flowers that are fragrant. Extensively used in city landscapes. The plant is loaded with powerful steroid saponins, I've seen these in Zanzibar, where they are used in TCM as "Qing-xiang-gui," an anti-cancer agent. tall as a person. Potential source of biofuel. **\$10.00 \$9.00/seedling, \$24.30/3, Organic**
\$10.00 \$9.00/tree, Organic

Schisandra, Official .*Schisandra chinensis*
(Wu-wei-zi)Family: Magnolia (*Magnoliaceae*)

Perennial dioecious woody vine. Native to Manchuria, Malaysia, Korea, northeastern China, and Japan. Hardy to -20° F. The fragrant pink or white flowers give way to bright red fruit that droops down in clusters from the vine. The many-flavored berry is aphrodisiac and immune-enhancing. Seed is already removed from fruit. Soak overnight in cold water and plant warm for three weeks or more and then switch to cool, moist shade, with germination in 3 weeks and ongoing. Sorry for the mixed signals on this, we are still experimenting ourselves, and had a big flush of seedlings this year with the above method--stay tuned for plants in the near future! Plant likes shade, is not heat-tolerant. Allow to sprawl to encourage flowering.

20 seeds/pkt \$3.95**Sea Buckthorn . . .***Hippophae rhamnoides*
Family: Oleaster (*Eleagnaceae*)

Dioecious, spiny shrub to small tree. Native to temperate Europe and Asia. All zones. Excellent in the shelterbelt. Bears handsome, silvery leaves, and yields copious quantities of bright orange fruits that remain long among the thorns. The fruit juice is loaded with vitamins, amino acids, and antioxidants. Oil of seeds is an unparalleled sun-block. Plant prefers full sun. Seed prefers overwintering or 60 days moist refrigeration for optimal germination. Scarify and sow in the fall or early spring. Space 10 or more feet apart. Grows 30 feet.

20 seeds/pkt \$3.95,**\$12.10/10 g (~900 seeds)****Senna, Wild***Cassia marilandica*
Family: Legume (*Fabaceae*)

Herbaceous perennial to 4 feet, hardy to -30° F, featuring dark green compound leaves and gobs of bright yellow flowers. Native to the Eastern and Southern US. Senna leaves are a famously effective laxative. Plant prefers moist soils in the sun to part shade, and wake up late enough in the year to always surprise me when they flower. Nick seed and soak in water overnight, then sow warm, with germ in 1 to 6 weeks. Work up seedlings in successively larger pots until sufficiently sized to withstand the rigors of the landscape.

20 seeds/pkt \$2.95**Slippery Elm.....***Ulmus rubra*
Family: Elm (*Ulmaceae*)

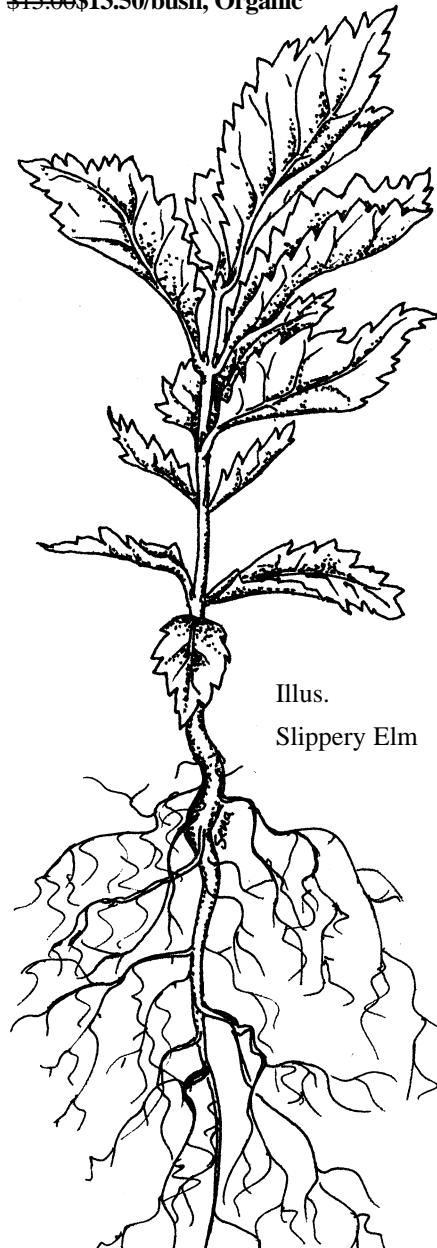
Deciduous tree native to Eastern and Southern United States and Canada, hardy to -40° F. Excellent shade tree and a producer of the perfect antitussive and throat-soothing mucilage, the gift of the inner bark, the chaw that keeps giving. The tree thrives in part shade to sun and likes a limey, well-drained soil and frequent watering. Sow seed in cool moist shade and expect first germ at day 20, with ongoing germ thereafter, and another flush the following spring.

100 seeds/pkt \$4.95*Sorry, no Canada sales of this seed.***\$15.00\$13.50/tree, Organic****Southernwood***Artemisia abrotanum*Family: Aster (*Asteraceae*)

Woody shrub, native to the Mediterranean. Lemon-scented moth-repellent and bitter tonic. Plant prefers full sun, well-drained soils.

\$10.00 \$9.00/shrub, Organic**Spice Bush***Lindera benzoin*Family: Laurel (*Lauraceae*)

Perennial deciduous bush to 12 feet. Native to Appalachia. Hardy to -30° F. Shrub bears glossy green leaves and waxy, spicy-smelling berries. The bark and small twigs make an aromatic tea used for colds. Plant prefers part shade and moist, rich, loamy soils. Sow in the fall or spring. Fresh, cold-stored seed is an easy germinator. Sow 1 inch deep in loamy soil in a gallon pot and watch the magic happen!

10 seeds/pkt \$7.95**\$15.00\$13.50/bush, Organic**

Tobacco, Tree *Nicotiana glauca*
Family: Nightshade (*Solanaceae*)

Woody perennial to 9 feet tall, native to Argentina and Bolivia, hardy to 15° F. The bright-yellow, long-tubed flowers are like blaring trumpets. The cured leaf is smokeable, but strong, very rich in anabasine and low in nicotine. Leaves poulticed to heal wounds, skin infections, and to kill subcutaneous larva of the botfly. Light dependent germinator may be sown any time in warm soils—press into surface and keep evenly moist until germination, which occurs in 1 to 3 weeks.

100 seeds/pkt \$3.95**\$15.00 \$13.50/tree, Organic****Willow, Purple** *Salix purpurea*
Family: Willow (*Salicaceae*)

<<NEW FOR 2018>>

(Purple Willow, Purple Osier) Deciduous tree to 16 feet, native to Europe, Asia and Japan and hardy to Z 3 to 10. Dwarf weeping willow has purple-hued leaves and among all the willow species does contain the highest content of pain-relieving salicylic acid in its bark. Plant prefers sun and moist roots and is not particular about soil—will grow in clay. These can be trained to hanging baskets or planted in the permaculture landscape. They make a nice streamside willow that stays relatively short and bushy. Space at least 5 feet apart.

\$15.00 \$13.50/tree, Organic**Wintersweet** *Chimonanthus praecox*
Family: Calycanthus (*Calycanthaceae*)

Winter flowering shrub to 15 feet, native to China and hardy to 5° F. Waxy flowers emit a spicy perfume in January, and may be dried for tea use. Plant prefers loamy soil and dappled sunlight, often planted in beds near the house where its intoxicating aroma may best be appreciated. Nick seed, plant 1/2 inch deep in a pot of good soil, and keep in cool, moist shade until germination, which occurs in 4 to 12 weeks.

5 seeds/pkt \$3.95**WISTERIA**Family: Pea (*Fabaceae*)

Long-lived, deciduous, woody, nitrogen-fixing, clockwise climbing vines to 60 feet, native to E. Asia and hardy to -30° F. Valued for their shade and aromatic flowers. Scarify and soak seed overnight and sow warm. **Do not eat** the seeds. Plants relish root constriction and do well in sun to part shade with minimal water. Provide trellis, or allow to climb up the side of the house.

Wisteria, Chinese Blue *Wisteria sinensis*
Densely flowering species that can be trained to be self-supportive, with a gnarled trunk, fountaining foliage, and fragrant blue flowers. Spectacular!

5 seeds/pkt \$2.95

Wisteria, Japanese *Wisteria floribunda*
Spectacular purple flowers grow in long racemes, showy and fragrant.

5 seeds/pkt \$2.95**WITCH HAZEL**Family: Witch Hazel (*Hamamelidaceae*)

Hardy to Zones 4 to 8. Multistemmed, woody shrubs to small trees, winter-flowering. These are tough on the landscape, wood flexible and useful for tool handles, basketry, crafting. Astringent leaves and bark are classic in herbalism—anodyne, wound healing, astringent.

Witch Hazel, Ozark *Hamamelis vernalis*

Perennial shrub or small tree to 15 feet. Native to the Ozarks. Prefers sandy or rocky soil, some shade to full sun.

\$30.00/tree—TOP SIZE!

Witch Hazel, Virginian *H. virginiana*

Seed is quite hard and germinates best after some cold-conditioning. Fall-planted seed may germinate in a few months in a cold greenhouse or cold frame, or give 30 days cold, moist refrigeration and then sow in pots. Germ. usually takes 30 to 90 days.

20 seeds/pkt \$3.95**\$15.00 \$13.50/tree, \$38.40/3, Organic**

Yerba Santa..... *Eriodictyon californicum*

Family: Waterleaf (*Hydrophyllaceae*)

<<NEW FOR 2018!>>

Erect, branching, evergreen shrub flowering to 6 feet tall, native to California and Southern Oregon. The long, lance-shaped leaves of this drought-tolerant sun-lover are coated with sticky, shiny, aromatic resin. The seed is small and light, and is best mixed with sand to stretch it, strewn on mildly acidic, moderately rich, disturbed soil of garden bed, flats, or pots in the fall to early spring and pressed in hard, then kept evenly moist and in the light. Fire-treating improves germ, which is in the spring.

100 seeds/pkt \$2.95**\$30.00/shrub, Organic**

Yucca, Red *Hesperaloe parviflora*

Family: Agave (*Agavaceae*)

Evergreen bunching succulent hardy to -20° F. The plant produces a fountain of narrow leaves, gray-green, to 4 feet long, with fibrous margins. Bright red, tubular flower on multiple flowering stalks to 6 feet. Widely used as a landscape plant, this is also a good nectar producer—loved by butterflies and bees. Source of fiber that can be used in paper production.

20 seeds/pkt \$2.95**\$10.00 \$9.00/plant, \$24.30/3, Organic**

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- If these seeds are ordered out of season, they will be backordered and delivered from the new crop. No additional shipping will be charged.
- For best results, sow these seeds immediately upon receipt.

Shipping Information for Live Roots & Plants

- Fall plants are shipped from September through November 22nd.
- Fall roots are shipped from September till the we get snow and/or our ground freezes—usually mid to late December.
- Orders for plants/roots received after the above, will be delivered the next season.
- Ordering early helps assure availability. We aim to please.
- Prepayment is necessary to reserve your plants/roots. Send check, money order, or credit card number.

Order Form "Books by Richo" delivered within the US, see opposite page.

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Shipping Charts, "Bulk Seeds & Things and International" page 70.

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Shipping Int'l Seed Packets

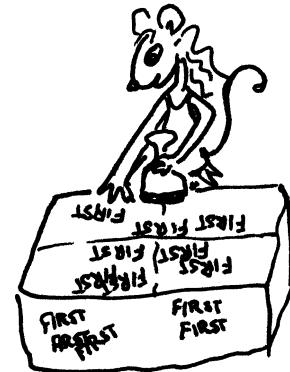
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\$60.01 to \$90:+ \$14.10	300 gadd \$11.85	\$60.01 to \$90: ...+ \$26.85
\$90.01 to \$120:+ \$18.00	1 lbadd \$14.85	\$90.01 to \$120:+ \$31.35
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\$15.01 to \$35:+ \$8.40	50 gadd \$8.40	\$9.00 to \$15:+ \$19.80
\$30.01 to \$45:+ \$11.00	100 gadd \$11.00	\$15.01 to \$30:+ \$23.80
\$45.01 to \$55:+ \$13.60	200 gadd \$13.60	\$30.01 to \$55:+ \$29.80
\$60.01 to \$90:+ \$18.80	300 gadd \$15.80	\$60.01 to \$90:+ \$35.40
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 \$90.01 - \$105: . . + \$47.90
 \$105.01 - \$120: . . + \$53.90
 \$120.01 - \$135: . . + \$59.90
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Via Priority Mail

\$15.00 & under: +\$14.90
 \$15.01 - \$25: . . + \$14.90
 \$25.01 - \$35: . . + \$14.90
 \$35.01 - \$45: . . + \$14.90
 \$45.01 - \$55: . . + \$19.90
 \$55.01 - \$65: . . + \$24.90
 \$65.01 - \$75: . . + \$29.90
 \$75.01 - \$90: . . + \$35.90
 \$90.01 - \$105: . . + \$41.90
 \$105.01 - \$120: . . + \$47.90
 \$120.01 - \$135: . . + \$53.90
 \$135.01 - \$150: . . + \$59.90
 \$150.01 - \$165: . . + \$65.90
 \$165.01 - \$180: . . + \$71.90
 \$180.01 - \$195: . . + \$77.90
 \$195.01 - \$210: . . + \$83.90
 \$210.01 - \$225: . . + \$89.90
 \$225.01 - \$240: . . + \$95.90
 \$240.01 - \$255: . . + \$101.90
 \$255.01 - \$270: . . + \$107.90
 \$270.01 - \$285: . . + \$113.90
 \$285.01 - \$300: . . + \$119.90
 (Larger orders, contact us.)

Western States
 AZ, CA, CO, ID, MT,
 NM, NV, OR, UT, WA,
 WY

Via Priority Mail

\$15.00 & under: +\$14.90
 \$15.01 - \$25: . . + \$14.90
 \$25.01 - \$35: . . + \$14.90
 \$35.01 - \$45: . . + \$14.90
 \$45.01 - \$55: . . + \$14.90
 \$55.01 - \$65: . . + \$19.90
 \$65.01 - \$75: . . + \$22.90
 \$75.01 - \$90: . . + \$25.90
 \$90.01 - \$105: . . + \$28.90
 \$105.01 - \$120: . . + \$31.90
 \$120.01 - \$135: . . + \$34.90
 \$135.01 - \$150: . . + \$37.90
 \$150.01 - \$165: . . + \$40.90
 \$165.01 - \$180: . . + \$43.90
 \$180.01 - \$195: . . + \$46.90
 \$195.01 - \$210: . . + \$49.90
 \$210.01 - \$225: . . + \$52.90
 \$225.01 - \$240: . . + \$55.90
 \$240.01 - \$255: . . + \$58.90
 \$255.01 - \$270: . . + \$61.90
 \$270.01 - \$285: . . + \$64.90
 \$285.01 - \$300: . . + \$67.90
 (Larger orders, contact us.)

Eastern States, AK, HI
 via UPS 3-Day

\$15.00 & under: . . + \$39.90
 \$15.01 - \$25: . . + \$52.40
 \$25.01 - \$35: . . + \$61.85
 \$35.01 - \$45: . . + \$70.25
 \$45.01 - \$55: . . + \$79.70
 \$55.01 - \$65: . . + \$88.10
 \$65.01 - \$75: . . + \$96.50
 \$75.01 - \$90: . . + \$104.90
 \$90.01 - \$105: . . + \$114.35
 \$105.01 - \$120: . . + \$123.80
 \$120.01 - \$135: . . + \$132.20
 \$135.01 - \$150: . . + \$141.65
 \$150.01 - \$165: . . + \$149.90
 \$165.01 - \$180: . . + \$159.50
 \$180.01 - \$195: . . + \$167.90
 \$195.01 - \$210: . . + \$176.30
 \$210.01 - \$225: . . + \$184.70
 \$225.01 - \$240: . . + \$193.10
 \$240.01 - \$255: . . + \$201.50
 \$255.01 - \$270: . . + \$209.90
 \$270.01 - \$285: . . + \$220.40
 \$285.01 - \$300: . . + \$229.85
 (Larger orders, contact us.)

Central States
 via UPS Ground

\$15.00 & under: . . + \$19.90
 \$15.01 - \$25: . . + \$29.85
 \$25.01 - \$35: . . + \$33.00
 \$35.01 - \$45: . . + \$36.15
 \$45.01 - \$55: . . + \$40.35
 \$55.01 - \$65: . . + \$44.55
 \$65.01 - \$75: . . + \$52.70
 \$75.01 - \$90: . . + \$59.00
 \$90.01 - \$105: . . + \$65.30
 \$105.01 - \$120: . . + \$69.50
 \$120.01 - \$135: . . + \$72.65
 \$135.01 - \$150: . . + \$82.90
 \$150.01 - \$165: . . + \$87.10
 \$165.01 - \$180: . . + \$91.30
 \$180.01 - \$195: . . + \$94.90
 \$195.01 - \$210: . . + \$99.90
 \$210.01 - \$225: . . + \$103.90
 \$225.01 - \$240: . . + \$108.10
 \$240.01 - \$255: . . + \$112.30
 \$255.01 - \$270: . . + \$116.50
 \$270.01 - \$285: . . + \$120.10
 \$285.01 - \$300: . . + \$124.90
 (Larger orders, contact us.)

Western States
 via UPS Ground

\$15.00 & under: . . + \$14.90
 \$15.01 - \$25: . . + \$19.85
 \$25.01 - \$35: . . + \$23.00
 \$35.01 - \$45: . . + \$26.15
 \$45.01 - \$55: . . + \$30.35
 \$55.01 - \$65: . . + \$34.55
 \$65.01 - \$75: . . + \$37.70
 \$75.01 - \$90: . . + \$44.00
 \$90.01 - \$105: . . + \$50.30
 \$105.01 - \$120: . . + \$54.50
 \$120.01 - \$135: . . + \$57.65
 \$135.01 - \$150: . . + \$62.90
 \$150.01 - \$165: . . + \$67.10
 \$165.01 - \$180: . . + \$71.30
 \$180.01 - \$195: . . + \$74.90
 \$195.01 - \$210: . . + \$79.90
 \$210.01 - \$225: . . + \$83.90
 \$225.01 - \$240: . . + \$88.10
 \$240.01 - \$255: . . + \$92.30
 \$255.01 - \$270: . . + \$96.50
 \$270.01 - \$285: . . + \$100.10
 \$285.01 - \$300: . . + \$104.90
 (Larger orders, contact us.)

Basic Shipping Roots/Bulbs/Tubers (US ONLY)

1 to 6 Roots, please add \$9.90; 7 to 20 Roots, add \$14.90;

21 to 60 Roots, add \$19.90; 61 or more Roots—Actual Shipping.

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A HANDS-ON WORKSHOP FOR ALL LEVELS

SATURDAY SEPTEMBER 30, 9:30 AM - 6:00 PM

Richo Cech will be in Chicago for the 3rd "Making Plant Medicine" workshop, this one focused on saving seeds of medicinal plants. Participants will learn about growing medicinal plants for seed, harvesting, screening, winnowing seeds, wet seed processing, optimal seed storage, and packaging and labeling seeds. Emphasis is on learning through doing. Welcome one and all!



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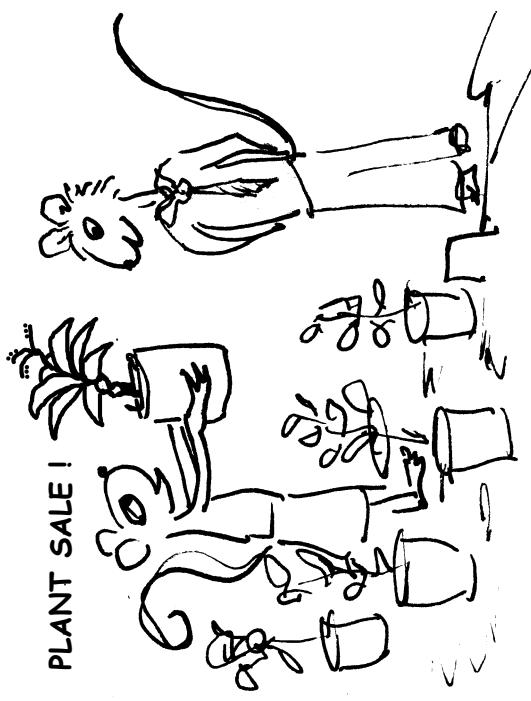
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FEES:	Per person	\$40 (includes lunch)
	Children (under age 10)	FREE
	Optional on-site accommodation	\$40 per night
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Cash:	Cash:	On day of workshop at registration table

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