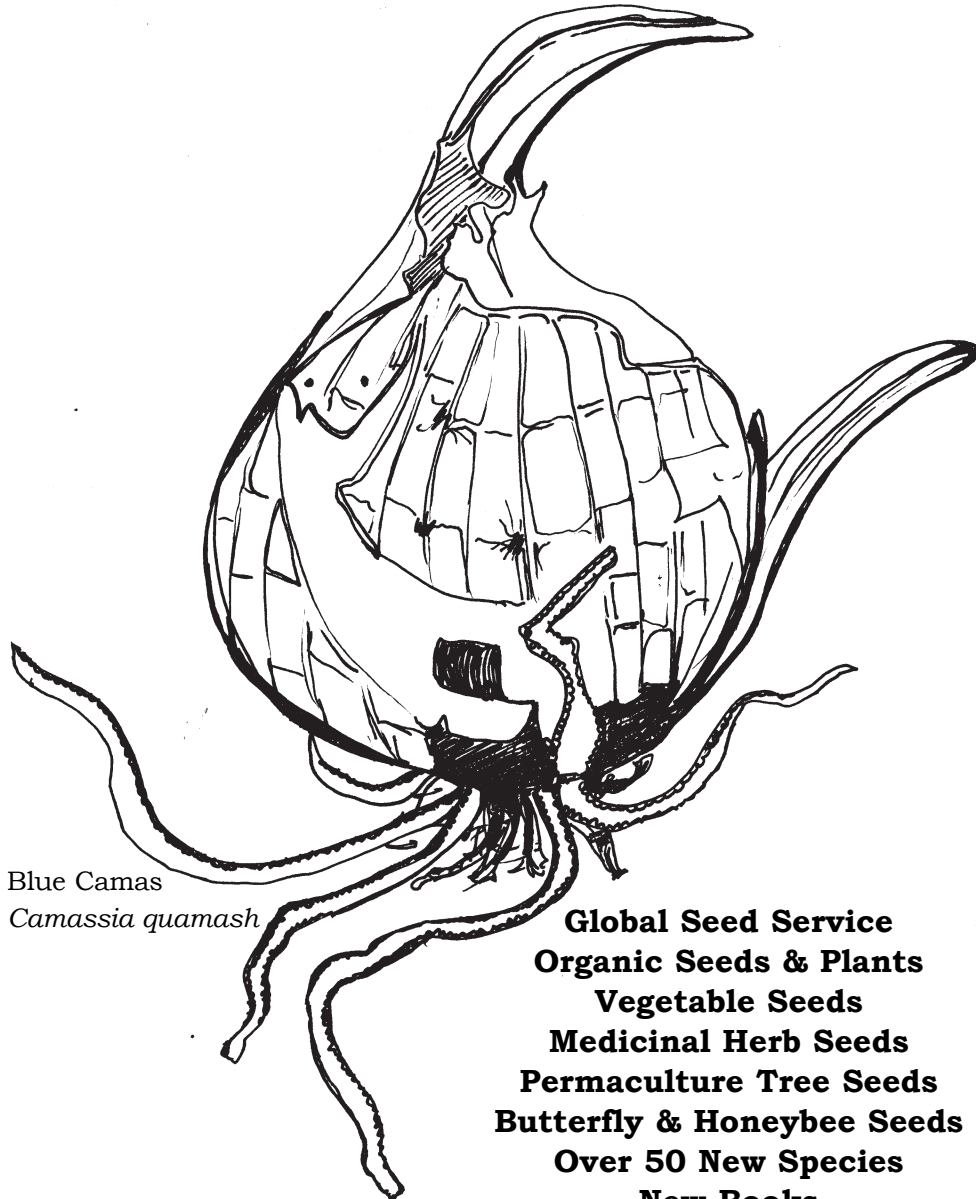


Spring/Summer 2017 Catalog



Blue Camas
Camassia quamash

Global Seed Service
Organic Seeds & Plants
Vegetable Seeds
Medicinal Herb Seeds
Permaculture Tree Seeds
Butterfly & Honeybee Seeds
Over 50 New Species
New Books
Tincture Press
Seed Cleaning Screens

Strictly Medicinal® Seeds

“Sowing seeds worldwide for the benefit of people, plants, and the planet.”

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Order by mail, phone, fax, or online:

Strictly Medicinal LLC

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Williams, OR 97544

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www.strictlymedicinalseeds.com

e-mail customer service: custserv@strictlymedicinalseeds.com

Catalog written by Richard A. “Richo” Cech ©Copyright 2017 Richard A. Cech
Art Director & Illustrations Sena Cech, ©Copyright 2017 Sena Cech

UPCOMING EVENTS



“SOWING SEEDS OF SELF-SUFFICIENCY” Richo Cech, Speaker

Richo Cech takes you on a tour of world medicinal plants, the seeds that come from them, and practical techniques to cultivate healing herbs down home to bolster the medicine cabinet. Welcome one and all humans. (Please leave animal friends at home.)

SUNDAY, MAY 7, 2017 NOON- 5:00 PM

**MOUNT PISGAH ARBORETUM,
WHITE OAK PAVILLION
34901 FRANK PARRISH RD,
EUGENE, OR 97405**

Event is FREE to the public, however \$4.00 county parks parking fee. Bring a mug for FREE organic tea served; bring a bag lunch or food will be available for purchase from food carts. Also you may bring a blanket or folding chair, or arrive early for limited seating.

HOSTED BY: 
Contact for more information: events@mountainroseherbs.com

BOOK SIGNING

**Richo Cech, Author & Sena Cech Olivier, Illustrator
SATURDAY, MAY 6, 2:00 PM - 4:00 PM**

Richo Cech will be signing his books at:

**MOUNTAIN ROSE MERCANTILE
152 W 5TH AVE #3
EUGENE, OR 97401**



Dear Seeders

Warm winter rains have melted the deep snow here in this high valley of the Siskiyou Mountains of Southern Oregon. The earth is sodden, and the creek rushes along to the sea. Birds rejoice at the uncovering of the soil, giving them renewed access to the seedbank as well as worms and other small creatures of the foodweb—even though there is not a dry twig to be had for a comfortable perch! In the midst of the snowstorm, several birds came to live inside our heated greenhouse, amusing me with their flitting antics, perfectly comfortable it seemed, well-fed somehow. I'm glad they have now found other accommodations—half-domesticated birds and germinating seeds do not mix, or should I say they mix too well? Outside my window, I am amused by a gray squirrel newly emerged from her nutty slumbers within the barky bole of a big leaf maple tree. She is leaping with abandon between the smooth trunks of two giant alders. Back and forth she goes, nearly manic, tired of resting. Like the squirrel, I too am sufficiently rested by weeks of involuntary cabin time, and yearn to be in the garden, exercising my ancient right to prepare the seedbed, sow the seed, nurture nature and simultaneously diversify diet. In anticipation, I break out the most respected seeds of spring, beginning to plant in the greenhouse the herbaceous medicinals (motherwort, elecampane and hyssop). Trusted friends all. Peas and spinach will be sown outdoors as soon as the soil dries out a bit. I'm planting plenty of trees from seed, too. The seeds I sow are the same ones found in this unique seed catalog you are holding in your hands right now. You will find herein old friends to sustain, and over 50 new species to delight. In the tree section alone, I see many that are new to this catalog: Acacia, African Sausage Tree, Desert Fan Palm, Ethiopian Coffee, Joshua Tree, Ocotillo, Soursop, Wintersweet, Yellow Wood...

This year has been one of renewal—the republishing of new improved editions of both “Making Plant Medicine” and “Growing At-Risk Medicinal Herbs” has been a labor of love, and a new website at strictlymedicalseeds.com has made all our offerings more readily available to you internet-savvy gardeners. Still, it is through this paper catalog that you gain access to Cheesie's world. Dissatisfied with the slow pace of nature, she has begged her Mouse Fairy Godmother for a super green thumb, and with it proceeds to green up Mouse Haven to an unprecedented level of verdure! Let us join with Cheesie in this venture. Like Dorothy with her ruby slippers, the magic has been with us all along. Nature has given each of us a green thumb. To awaken the talisman, simply walk out into nature. Feel the wind, and listen to the song of the trees. Drop to your knees and put your hands around a plant. Loosen the soil around it, whisper encouragement, add a little compost and then let it go. Later, returning, you will see how much it has grown. The green soul of the plant and the green thumb of the gardener. Together they make fine music, the dance of life. Let it flow!

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. gram, 10 grams, 100 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

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www.strictlymedicalseeds.com

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custserv@strictlymedicalseeds.com

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PO Box 299

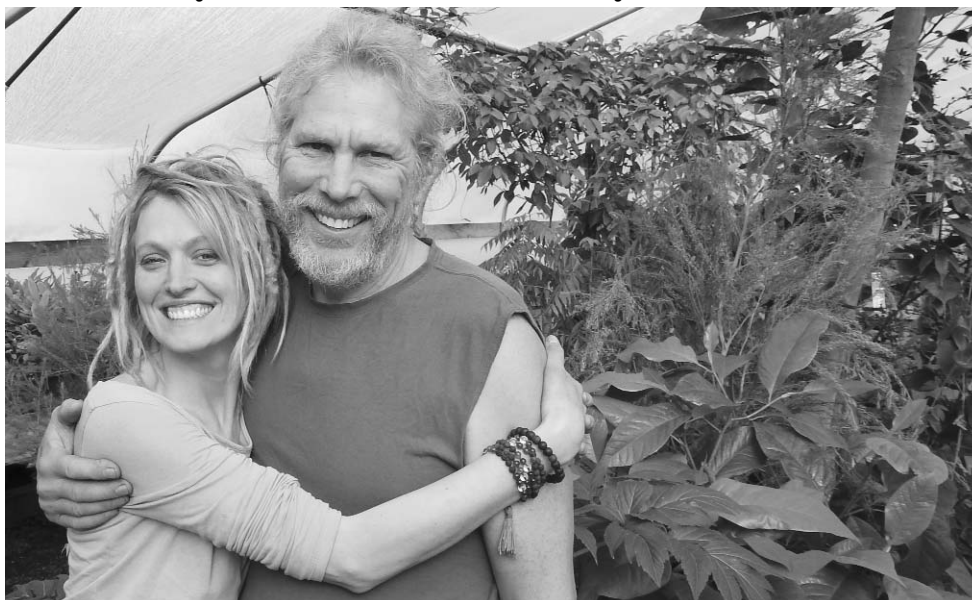
Williams, OR 97544

ph: (541) 846-6704

fax: (541) 846-0872

New! Announcing the reissue of Richo's popular book,
"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)

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 DISCOUNTS AVAILABLE**
 Order at
www.herbalreads.com

**Growing At-Risk
 Medicinal Herbs**

Cultivation, Conservation, and Ecology



By Richo Cech
Illustrated by Sena Cech

4 **“Making Plant Medicine” 4th edition**
by Richo Cech illustrated by Sena Cech



This hefty 4th edition introduces 28 new herbs to the formulary, including Aloe vera, Andrographis, Ashitaba, Brahmi, Chameleon Plant, Osha, and Rhodiola. The formulary covers the standard herbs of Western Herbalism and many of the best Ayurvedic and Chinese medicinal herbs, as well. “Making Plant Medicine” has become a preferred herbal reference for herbal students, householders, and manufacturers making standard herbal tinctures, herbal formulas, 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

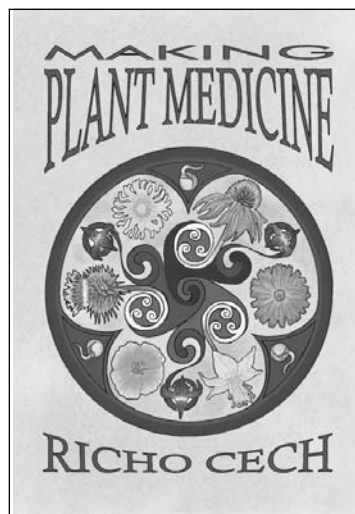
Includes: Drying & processing herbs;
Tinctures made the easy way; Math of
tincturing; Standard Compounds, Vinegar
extracts, Glycerites, Teas, Herbal Oils,
Salves, Poultices, and more.

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)



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Order at www.herbalreads.com

Tincture Press

5

The “Strictly Medicinal® Lab Press” is an incredible workhorse. With all stainless steel herb contact surfaces and outfitted with a powerful 6-ton, fast-action bottle jack, this press does best what you need an herb press to do most—cleanly squeeze out every last drop! This press is specifically designed to press out clear tincture from the macerating extract or clean oil from the herbal oil infusion. Also does a great job pressing juice from ground up carrots, berries, and grapes.

Featuring:

- Heavy steel construction with powder-coated finish
- All stainless steel herb contact surfaces, including custom piston and pressing pans
- Fast-action 6-ton hydraulic jack
- Automatic spring-loaded return
- Included FREE: 2 heavy-duty pressing bags, extra hose

*Check our demo for how to operate the press at:
<http://vimeo.com/12953268>*

“Strictly Medicinal® Lab Press” specifications:

- Measures 11 inches wide x 27 inches high x 7 inches deep
- Weighs 50 pounds
- Processes smallest batches to up to 1/2 gallon per pressing.
- Normal turn-around time 10 minutes per pressing.
- Easily presses out 3 gallons of tincture per hour.

“Strictly Medicinal® Lab Press”
\$1,245.00 (+ actual shipping)

Press Accessories:

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

Replacement Hose: **\$4.00/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 10 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.

Bookstore

This is a selection of the books that we find most useful in our own library for reference, mind expansion and inspiration.

“A Modern Herbal” by Maude Grieve (2 volumes) This is the anchor reference for herbs used in Western Herbalism—comprehensive and full of plant descriptions, actions and indications, recipes and entertaining historical accounts. Grieve’s English country woman’s personality shines through in this classic work. **\$35.90** (2 volumes, 888 pp, soft cover, black-and-white plate illustrations.)

“Chinese Herbal Medicine” Materia Medica—by Dan Bensky
The new portable edition is designed to provide students and practitioners with the same comprehensive and authoritative content that they’ve always relied on, but in a lightweight and more flexible format. The standard reference on Chinese materia medica, delving into 473 medicinal substances in great detail. Students of TCM need this. **\$140.00** (1,325 pages, flexi-cover) Botanical line drawings of great clarity.

“Growing At-Risk Medicinal Herbs” Cultivation, Conservation and Ecology 2nd Edition by Richo Cech, illustrated by Sena Cech We live in an information age. Sometimes in the sea of information we lose sight of knowledge. Information can be found in books. Knowledge is garnered from experience. In this book, Richo Cech provides us with the information we need to grow at-risk plants from the foundation of experiential knowledge as a seedsman, grower and conservationist. That makes this book a valuable, original contribution to the medicinal plant and horticultural literature. —Steven Foster **\$24.95** (344 pages, soft cover) See page 3 for more details, including W/S.

“Herbs for Healthy Aging” by David Hoffman
This is a practical guide to using herbal medicines in addressing the health care needs of people aged over fifty. Hoffman has always had a most simple and clear way of explaining the actions of herbs and the indications for their use. **\$24.95** (335 pages, soft cover, no illus.)

“Invasive Plant Medicine” by Timothy Lee Scott
According to the author, “The plants considered “invasive” today were brought here and spread around with the help of people, and were cherished for food, medicine, ornament, soil-enhancement, and scientific curiosity. **\$19.95** (348 pages, color inserts, maps)

“Making Plant Medicine” 4th Edition by Richo Cech, illustrated by Sena Cech
Originally published in the year 2000, this book has become a preferred herbal reference, used by medicine makers throughout the world. With this fully revised and updated fourth edition, Richo Cech has enriched his formulary with 28 new herbs, providing a broader view of useful plant species that can be cultivated in the home garden and used in family health care. **\$24.95** (344 pages, soft cover) See page 4 for more details, including W/S.

“Medical Herbalism, The Science and Practice of Herbal Medicine” by David Hoffman
This is an advanced textbook for herbal practitioners, giving an understandable and in-depth teaching on the chemistry of plants, a balanced look at safety issues, specific formulas according to body systems, and a 150 herb strong materia medica. **\$60.00** (Hardbound, 666 pages)

“Medicinal Plants of the Desert and Canyon West” by Michael Moore
This book covers many heretofore unknown and largely unused plants of the American Southwest, with characteristically witty descriptions and stories, in a rough, rambling, and engaging style. Distribution maps, line drawings, and color plates. **\$13.95** (184 pages, soft cover)

“Medicinal Plants of the Mountain West” by Michael Moore
This rewrite of the original classic is a thorough revisiting of the subject matter in an expanded and spiffed-up format. Ready wit and insight produced this worthy classic. **\$24.95** (351 pages, soft cover, line drawings, distribution maps, and color plates)

“Medicinal Plants of the Pacific West” by Michael Moore
In this beautifully rendered compendium, our mentor treated every herb equally, from the lowly Hedge Nettle to the towering Redwood. Copious glossaries. Line drawings and color plates. **\$22.50** (358 pages, soft cover)

“Medicinal Plants of the Southern Appalachians” by Patricia K. Howell
When it comes to regional herbals, there’s been a gap as wide as Cumberland waiting for a good book to fill it up—and this is it! Ever wonder about the local uses of Devil’s Walking Stick, Indian Pipe, or Rabbit Tobacco? This book will let you in on these secrets, and more. Highly recommended. **\$19.95** (262 pages, soft cover)

“Peterson Guide to Eastern/Central US Medicinal Plants” by Steven Foster and James Duke

This is the unparalleled field identification and quick-reference for plants found east of the Rockies. The Peterson guides are so arranged that if you know the color of the flowers, you’re likely to quickly find the plant in this book. Many color plates.
\$19.00 (366 pages, soft cover)

“Peterson Guide to Western US Medicinal Plants” by Steven Foster and Christopher Hobbs

Best reference for the identification and medicinality of a large array of plants of the West. We feel a close connection to this book, since Christopher took some of the photos in our botanical gardens. 500 species and 600 color plates.
\$22.00 (442 pages, soft cover)

“Rosemary Gladstar’s Herbal Recipes for Vibrant Health” by Rosemary Gladstar

This is Rosemary’s herbal centerpiece, drawing from a lifetime’s experience with herbs—as colorful, light, and juicy as she herself. Her recipes help you practice the art of food as medicine, medicine as food!
\$16.95 (400 pages, soft cover)

“Reverence, Obedience and the Invisible in the Garden” by Alan Chadwick

Every year we plant our tomatoes, and as lovers of diversity we plant different varieties every year. Except for one kind. It is “Chadwick’s Cherry,” that we plant summer after glorious summer. This book is stuffed full of: folk tales, herb lore, and French Intensive gardening. I adore this book.
\$22.50 (270 pages, soft cover)

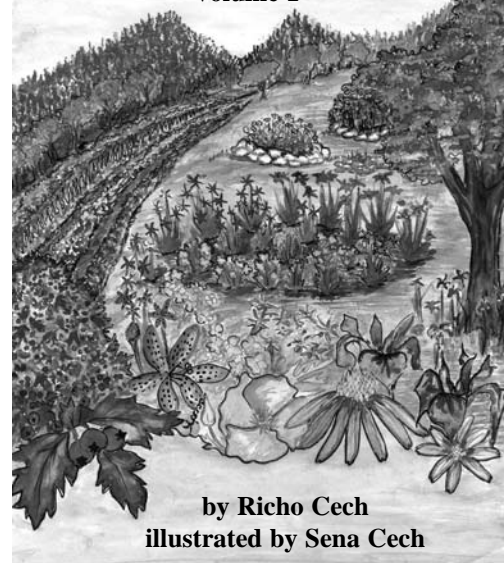
“The Eclectic Materia Medica, Pharmacology and Therapeutics” by H.W. Felter, MD

First published in 1922, this book is a singularly articulate *tour-de-force* of American herbs and herbalism, containing much the same information as the 2 volume set known as “King’s Dispensatory.” Arranged by herb name, “The Eclectic Materia Medica” gives a thorough rendering of constituents, preparations, indications, dosages, actions, and therapy. This book was written back when “medicines” and “drugs” were both words that referred to—plants. **\$95.00** (Hardbound, 743 pages)

“Tulasi Devi, Goddess of Devotion” by Sarvaga and Gunavati

Tulasi means “The Incomparable One,” Holy Basil (*Ocimum sanctum*). This little book is a complete primer on Tulsi, including: what it is, how it is used, how to grow it, and how to use Holy Basil in ritual and worship. This is a spiritual book, offered up to Amma, and contains the 108 sacred names of Tulsi. **\$7.00** (160 pages, soft cover)

The Medicinal Herb Grower
A Guide for Cultivating Plants that Heal
Volume 1



by Richo Cech
illustrated by Sena Cech

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

It is our birthright to garden. Plants need our care, and as breathers of air and consumers of salads, it is hard to deny our interdependency with plants. Growing a garden of medicinal herbs is like inviting humminbirds, butterflies, and violets over for tea. Serve the plants and be served by them. It is the work and joy of a lifetime. I love the illustrations and anecdotes that make for reading much the same as James Herriot—of whom I am a fan!”—Pam Grove
\$19.95 (176 pages, soft cover)

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DISCOUNTS AVAILABLE**
Order at www.herbalreads.com

“Urban Homesteading”

by Rachel Kaplan and K. Ruby Blume

A deep understanding of where we are as a culture, how we got here, and ways to get ourselves out of this mess! As if knitting a sweater with recycled needles using home-spun yarn, the authors keenly perceive what resources are truly available in an urban setting, then give us a feel for how to use them to transform the mundane into the Earth healing garden. Their approach puts food on the table while planning for the health and happiness of our children’s children. Brass tacks methods of raising plants and animals in small spaces. Zero waste. Quitting hydrocarbons cold turkey. Animal husbandry in small spaces. Feeding and keeping bees. Converting alleyways to garden paths. This book enthalls me.
\$24.95 (292 pages, soft cover, tons of wonderful color photos, real people)

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
Extract of Anise	\$12.35	\$46.93
Extract of Arnica	\$13.30	\$50.54
Extract of Artemisia annua	\$12.35	\$46.93
Extract of Ashwagandha	\$13.30	\$50.54
Extract of Astragalus	\$13.30	\$50.54
Extract of Black Cohosh	\$13.30	\$50.54
Extract of Black Walnut	\$13.30	\$50.54
Extract of Bloodroot	\$13.30	\$50.54
Extract of Blue Cohosh	\$13.30	\$50.54
Extract of Blue Vervain	\$12.35	\$46.93
Extract of Boneset	\$12.35	\$46.93
Extract of Bugleweed	\$13.30	\$50.54
Extract of Burdock	\$11.88	\$45.13
Extr. Cactus Grandiflorus	\$13.30	\$50.54
Extract of Calendula	\$11.88	\$45.13
Calendula Succus	\$11.88	\$45.13
Extr. of California Poppy	\$13.30	\$50.54
Extract of Cascara Sagrada	\$12.35	\$46.93
Extract of Catnip	\$12.35	\$46.93
Extract of Cat's Claw	\$11.88	\$45.13
Extract of Cayenne	\$11.88	\$45.13
Extract of Celandine	\$11.88	\$45.13
Extract of Chaparral	\$13.30	\$50.54
Extract of Chickweed	\$13.30	\$50.54
Extract of Comfrey	\$13.30	\$50.54
Extract of Damiana	\$13.30	\$50.54
Extract of Dandelion	\$13.30	\$50.54
Extract of Echinacea	\$13.30	\$50.54
Super Echinacea (extract)	\$14.25	\$54.15
Extr. of Black Elderberry	\$13.30	\$50.54
Extract of Elecampane	\$13.30	\$50.54
Extract of Eleuthero	\$13.30	\$50.54
Extract of Feverfew	\$11.88	\$45.13
Extract of Gentian	\$11.88	\$45.13
Extract of Ginger	\$13.30	\$50.54
Extract of Goldenrod	\$12.35	\$46.93
Extract of Goldenseal	\$15.20	\$57.76
Extract of Gotu Kola	\$13.30	\$50.54
Extract of Hawthorn	\$13.30	\$50.54
Extract of Hops	\$13.30	\$50.54
Extract of Horse Chestnut	\$13.30	\$50.54
Extract of Horseradish	\$12.35	\$46.93
Extract of Juniper	\$12.35	\$46.93
Pharma Kava Kava	\$15.20	\$57.76
Extract of Lavender	\$13.30	\$50.54
Extract of Lemon Balm	\$13.30	\$50.54
Extract of Licorice	\$11.88	\$45.13
Extract of Lobelia	\$11.88	\$45.13
Extract of Lomatium	\$13.30	\$50.54

Liquid Herbal Extract	1 oz	4 oz
Extract of Marshmallow	\$11.88	\$45.13
Extract of Motherwort	\$11.88	\$45.13
Extract of Mullein	\$13.30	\$50.54
Extract of Myrrh	\$13.30	\$50.54
Extract of Nettle	\$13.30	\$50.54
Extract of Oat Seed	\$13.30	\$50.54
Extract of Oregon Grape	\$11.88	\$45.13
Extract of Passionflower	\$13.30	\$50.54
Peppermint Spirits	\$13.30	\$50.54
Extract of Prickly Ash	\$11.88	\$45.13
Extract of Red Root	\$11.88	\$45.13
Extract of Rosemary	\$13.30	\$50.54
Extr. of Saint John's Wort	\$13.30	\$50.54
Extr. of Shepherd's Purse	\$11.88	\$45.13
Extract of Skullcap	\$13.30	\$50.54
Extract of Spilanthes	\$12.35	\$46.93
Extract of Valerian	\$13.30	\$50.54
Extract of Wild Yam	\$13.30	\$50.54
Extract of Willow Bark	\$11.88	\$45.13

Compounds	1 oz	4 oz
Adrenal Support Tonic	\$13.30	\$50.54
Brain & Memory Tonic	\$13.30	\$50.54
Echinacea-Goldenseal	\$13.30	\$50.54
Heart Health Tonic	\$13.30	\$50.54
Vein Health Tonic	\$13.30	\$50.54
Soothing Throat Spray	\$13.30	
Relaxing Sleep Tonic	\$13.30	\$50.54
Soothing Oak & Ivy	\$13.30	\$50.54

Herbal Oils	1oz	4 oz
Oil of Arnica	\$13.30	\$50.54
Oil of Calendula	\$11.88	\$45.13
Oil of Saint John's Wort	\$13.30	\$50.54
Oil of Tea Tree	\$15.20	\$57.76
Trauma Oil	\$13.30	\$50.54

Herb Pharm Original Salve®

26 g tin \$9.40

*Contains a potent blend of herbal oils:
Comfrey, Saint John's Wort, Calendula,
Mullein, Chickweed, Plantain—powerful!*

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.

All discounted over standard price. More at www.strictlymedicalseeds.com.

Dried Herbs & Spices

9



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 sanctum</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
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 aromaticum</i>) whole, dried	50 g bag/\$5.90
Ginger (<i>Zingiber officinalis</i>) powdered	50 g bag/\$5.90
Vanilla (<i>Vanilla planifolia</i>) whole pods	20 g bag/\$29.90

10 Sweetgrass, Palo Santo, Soap, Tags, Mycorrhizae, Pumice



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/braid, \$30/7 braids

Amazon 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 smoulders 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 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, head lice and body lice.

4 oz bar/\$4.80 each; 10 bars/\$37.50

Impress-O-Tags. Just write on the 1 inch x 3.5 inch metal tag with any ball-point pen, pencil, or stylus on either or both sides. The wire fasteners are enclosed. Will not rust or deteriorate with age, remaining readable indefinitely. In order to make use of diversity, one must also keep track of it!

\$13.60/box (100 tags)

Mycoblast mycorrhizal inoculant. *Glomus* spp., beneficial *Bacillus* spp., and *Trichoderma harzianum* in a base of powdered Kelp. The packet mixes easily into one gallon of water, which may then be used to water your plants, helping them absorb water and nutrients more efficiently, leaving the soil spongy and alive. We have become addicted to this in our growing, especially when watering in transplants. Mycoblast tea really helps them take root!

\$2.00/pkt, sufficient to make 1 gallon of MycoBlast Plant Food

Pure Eastern Oregon Pumice. An ideal naturally occurring organic ingredient for use in improving texture and drainage characteristics of potting soil and cactus mix. We put potting soil recipes right on the bag. Pumice aerates and conditions clay soils. Use as a mulch around potted plants to promote a porous and dry surface, maintaining optimal health. We could not grow our Cacti, Yucca, Aloe and Ephedra without pumice! Sprinkle pumice on top of your cacti and succulent seed plantings, and the seedlings will emerge right up through it and be supported and shaded in early growth phase. You'll know you love it after you try it!

10 lb bag/\$19.95 + 19.90 shipping [no international sales]

Stainless Steel & Cedar Screens¹¹

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. $\frac{1}{4}$ 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



Herb Rubbing Screens: 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 500 g at a time. These screens: remove sticks from culinary herbs; produce a tea cut; grind dried medicinal herbs to the right size for tincturing. Heavy duty, sanded, reinforced.

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

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

Set of 2/Herb Rubbing Screens: \$124.95

Soil Sifting Screen: Made of Port Orford Cedar and $\frac{1}{2}$ inch galvanized steel mesh. Conveniently 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. We 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



Seed Collections

Vegetable

Four Sisters Vegetable Seed Collection

Honoring the food crops of the First Nations peoples

1 pkt. each: Bean, Hopi Yellow; Corn, Hopi Blue; Squash, Yellow Crookneck; Sunflower, Hopi Black Dye.

4 pkts/\$9.95, Organic

Hoedown Seed Collection

Fun and easy-to grow, seed saver friendly

Vacuum-packed to last at least 3 years.

1 pkt. each of: Beans, Blue Lake Bush; Beets, Detroit Dark Red; Carrots, Scarlet Nantes; Corn, Country Gentleman; Cucumber, Marketmore; Greens, Mixed Cooking; Chard; Kale, Mixed; Red Orach, Spinach; Greens, Mixed Salad; Mizuna; Lettuces, Leaf Mixed; Arugula; Onions, Walla Walla Sweet; Peas, Oregon Sugar Pod II; Squash, Winter Delicata; Squash, Midnight Lightning Zucchini; Tomato, Chadwick's Cherry

12 pkts/\$24.95, Organic

Culinary

Bouquet Garni Seed Collection

Made into small bouquets and dried, the herbs impart their essence to fine cookery;

1 packet each of:

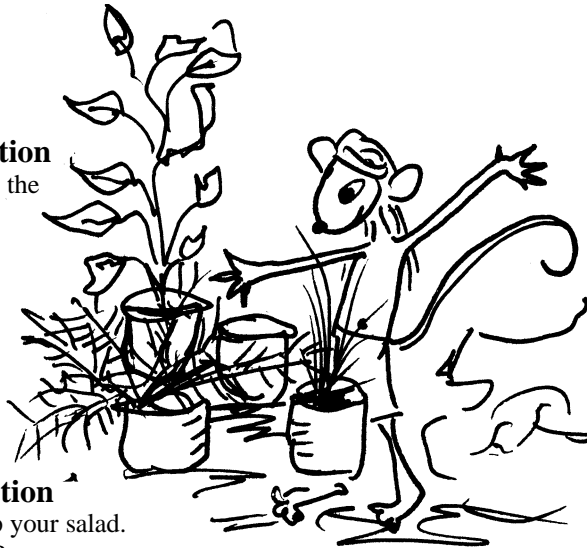
Basil, Genovese

Moldavian Balm

Savory, Summer

Thyme, French

4 pkts/\$9.95, Organic



Edible Flowers Seed Collection

An array of flowers for dressing up your salad.

1 pkt each of Bean, Hopi Yellow; Borage;

Calendula, Orange; Nasturtium, Jewels;

Love in the Mist; Shungiku; Violet, Heartsease.

7 pkts/\$16.95, Organic

Fines Herbes Seed Collection

Chopped up fresh, these fine herbs impart luscious taste and aroma to high-end cuisine.

Herbal butter extraordinaire! 1 pkt each of:

Chives; Marjoram, Sweet; Parsley, Flat-Leaved; Tarragon, Russian

4 pkts/\$9.95, Organic

My Mother's Kitchen Garden Seed Collection—Organic

Herbs used to spice simple foods and make them savory and attractive. 1 pkt. each of:

Basil, Sweet Lettuce Leaf; Cilantro; Dill; Marjoram, Sweet; Oregano, Greek; Parsley,

Italian; Sage, Garden; Savory, Summer; Tarragon, Russian; Thyme, English Broadleaf.

10 pkts/\$21.95, Organic

Tasty Tea Seed Collection

These are our tastiest, easy-to-grow herb tea favorites.

1 pkt. each of: Anise; Bergamont, Lavender; Chamomile, German; Hibiscus; Lemon Balm, Nettles, Tulsi—Temperate

7 pkts/\$16.95, Organic. Not for sale to WA state.

Strictly Medicinal® Seed Collections

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Lifeline Medicinal Herb 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*® seed packets, 1 each of: Astragalus; Burdock, Gobo; Calendula, Mixed; Chamomile, German; Echinacea purpurea; Elecampane; Evening Primrose; Flax, Brown; Lemon Balm; Marshmallow; Motherwort, Official; Nettles; Pepper, Cayenne; Sage, Garden; Valerian, Official; Tulsi, Temperate (Holy Basil); Wood Betony; Yarrow.
18 pkts/\$29.95—Lifeline Pricing, Organic

Native American Spirit Plants These go out with our prayers for world peace. 1 pkt. each of: Beeplant, Rocky Mountain; Bergamot, Mixed; Mugwort, Western; Spikenard, Eastern; Sage, White; Tobacco, Desert; Tobacco, Hopi;
7 pkts/\$19.95

Ayurvedic Herb Collection

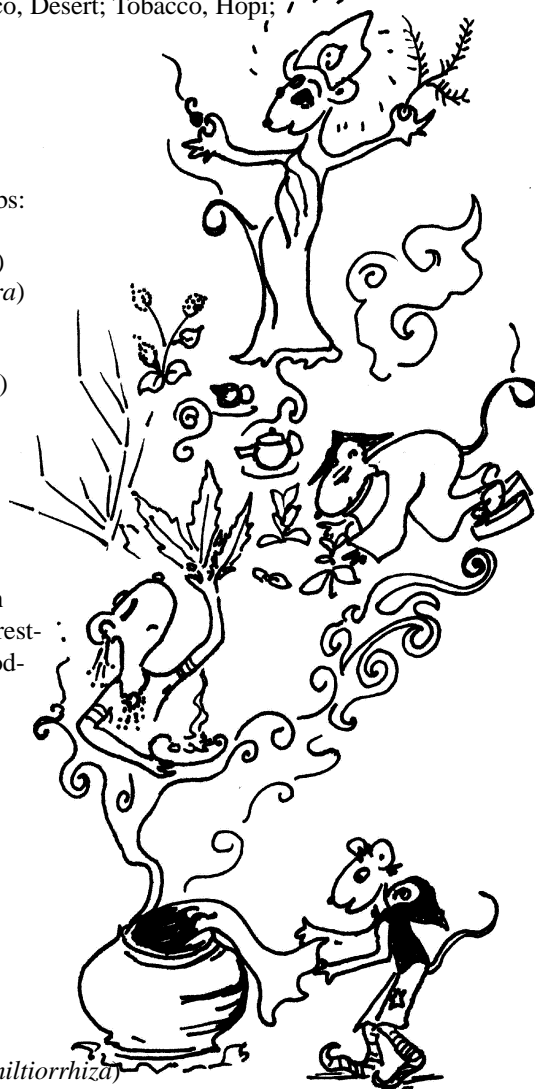
Seeds of rejuvenative and medicinal herbs:
Amla (*Emblica officinalis*)
Andrographis (*Andrographis paniculata*)
Ashwagandha, Vedic (*Withania somnifera*)
Eclipta (Bhringraj) (*Eclipta alba*)
Lemongrass (*Cymbopogon flexuosus*)
Spilanthes, Official (*Spilanthes oleracea*)
Tulsi, Rama (*Ocimum sanctum*)
7 pkts/\$19.95

Japanese Herb Seed Collection

5 unique medicinal foods from Japan, an inexpensive inroad into some really interesting diversity. Japan has given much goodness to the herbal world!
Ashitaba (*Angelica keiskei koidzumii*)
Burdock, Gobo (*Arctium lappa*)
Shiso (*Perilla frutescens*)
Shungiku (*Chrysanthemum coronarium*)
Yomogi (*Artemisia princeps*)
5 pkts/\$19.95, Organic

Chinese Herb Seed Collection

A potent slice of TCM:
Dan-shen (Sage, Chinese Red) (*Salvia miltiorrhiza*)
Dang-shen (Codonopsis) (*Codonopsis pilosula*)
Huang-Qi (Astragalus) (*Astragalus membranaceus*)
Ku-shen (Ku-shen) (*Sophora flavescens*)
Tien-hua-fien (Gourd, snake) (*Tricosanthes kirilowii*)
Tou-gu (Balsam, Chinese) (*Impatiens balsamina*)
Wu-wei-zi (Schisandra) (*Schisandra chinensis*)
Yi-mu-cai (Motherwort, Chinese) (*Leonurus artemisia*)
8 pkts/\$24.95





Butterfly Lover's Seed Collection:

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

1 (full-size) seed packet each of:

Aster, Aromatic; Cardinal Flower; *Echinacea purpurea*; Gayfeather; Milkweed, Common; Milkweed, Showy; Sunflower, Mexican; Wallflower.

8 pkts/\$19.95

Honeybee Lover's 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 (full-size) seed packet each of:

Bergamot, Lemon; Comfrey, True; Hyssop; Mullein, Greek; Pleurisy Root; Sage, Scarlet; Tulsi, Temperate; Viper's Bugloss

8 pkts/\$19.95

Dye Plants Seed Collection. These are some of the most outstanding of dye plants. Chamomile, Dyers, Elecampane, Madder, Marigold, French, Nettles, Our Lady's Bedstraw, Sunflower, Hopi Black dye.

7 pkts/\$14.95



Kidzerbs Garden Kit

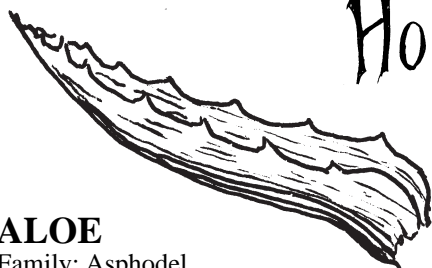
Includes: a delightful booklet by Sena Cech, giving a tour of her garden, plant by plant with stories, fun projects, and recipes.

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 Garden Kit: \$24.95, OG

Houseplants



ALOE

Family: Asphodel
(*Asphodelaceae*)

Perennial succulents with showy flowers, easy to grow indoors in low light areas, where they help purify the air. Always available source of healing gel for spontaneous use in treatment of burns and stomach ailments. Aloe, the very word feels cool, smooth and healing!

Aloe aculeata(Red Hot Poker Aloe)
Protect from frost. Native to Zimbabwe. Produces large rosettes of fat leaves giving rise to dense racemes of yellow flowers.

30 seeds/pkt \$3.95

\$10.00/plant, \$28.50/3, Organic

Aloe africana(African Aloe)
Native to the eastern cape of S. Africa. Classic, deeply-toothed rosette, giving forth oversized flowers of yellow.

\$20.00/plant, Organic

Aloe arborescens(Krantz Aloe)
Used in folk medicine against metastasis of cancer, this plant is in high demand. Otherwise used in creating living fences, this upright, firm-leaved Aloe is native to South Africa, growing to 8 feet tall, and hardy to 22° F. 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 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

\$20.00/plant, Organic

Aloe cameronii(Red Aloe, Ruwari Aloe)
Clumping Aloe native to Zimbabwe, hardy to 20° F. Narrow, sawtooth leaves turn very red when sunned, stressed, or very dry. Clumps can be composed of multiple rosettes that extend racemes of orange flowers to 1 foot tall.

\$10.00/plant, Organic

Aloe castanea(Cat's Tail Aloe)
Small tree Aloe to 12 feet tall, native to S. Africa and hardy to 20° F. The rosette gives rise to multiple, fuzzy, orange racemes that curve like the tail of a cat. Winter blooming.

30 seeds/pkt \$3.95

\$10.00/plant, \$28.50/3, 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

\$10.00/plant, \$28.50/3, Organic

Aloe dichotoma(Quiver Tree Aloe)
Rare, evergreen tree Aloe native to S. Africa and Namibia, growing to 30 feet tall, hardy to 25° F. An exceptional specimen, these are highly valued by collectors. As the tree matures, the flaring trunk gives rise to forked branches individually capped by upright-leaved rosettes that flower yellow. Hollow branches used to quiver arrows.

5 seeds/pkt \$3.95

\$30.00/plant, Organic

Aloe excelsa(Zimbabwe Aloe)
Tree Aloe to 14 feet tall, native to Zimbabwe, Zambia and South Africa, hardy to 22° F. Trunk is crowned by a large rosette of sword-like leaves, each measuring as long as 3 feet. Gives rise to a flaming candleabra of orange-red flowers. Much used in native medicine, the plant is antimicrobial, a digestive aid, and is also used to treat diabetes.

\$20.00/plant, Organic

Aloe ferox (Cape Aloe, Bitteraalwyn, Umhlaba)
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/plant, \$28.50/3, Organic

Aloe globuligemma(Globular Bud Aloe)
Bluish-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 with clusters of orange-red, club-shaped inflorescences.

20 seeds/pkt \$3.95

\$20.00/plant, Organic

Aloe littoralis(Windhoek Aloe)
Large, trunk-forming succulent native to northern S. Africa, hardy to 26° F. The weighty leaves are dark green, spotted in white, with toothed, reddish margins. Flowers coral.

\$20.00/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/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 pompoms of orange or red. Locals use the sap as soap.

20 seeds/pkt \$3.95

\$10.00/plant, \$28.50/3, 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/plant, \$28.50/3, 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.

\$25.00/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/plant, \$28.50/3, Organic

Aloe sinkatana

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. Protect from frost. Easy in potted culture, they spread their leaves out horizontally, thick and shiny, with a peculiar array of linear variations, their sawtoothed red margins being very, very showy. In winter, even young plants bear prolific, bright yellow flowers.

\$30.00/plant, Organic

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

\$10.00/plant, \$28.50/3, Organic

Aloe striata(Coral Aloe)
Succulent perennial native to East and West Cape Provinces in S. Africa, hardy to 20° F. Leaves broad, with candy-like pinstripes 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/plant, \$28.50/3, Organic

Aloe thraskii(Coast Aloe)
Perennial succulent native to the east coast of South Africa. Protect from frost. Tree-like to 10 feet tall, with cylindrical, branched inflorescences colored yellow and orange.

10 seeds/pkt \$3.95

\$10.00/plant, \$28.50/3, 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*Aloe barbadensis*
Perennial succulent probably originally native to North Africa, although the wild plants have gone extinct. Grows readily in domestic culture and may be increased by means of clonal pups. Loves to live indoors.

\$20.00/plant, Organic

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. Offered up to the public domain. Enjoy!

\$20.00/plant, Organic

Adenium, Desert Rose *Adenium obesum*

<<< NEW FOR 2017 >>>

Family: Dogbane (*Apocynaceae*)

Pachycaul perennial native to South Sahara, Sahel, East and South Africa and Arabia. Resembling a miniature Baobab, these are a perfect bonsai, naturally! Sow seeds in cactus mix and keep warm and in the light. Do not eat this plant.

5 seeds/pkt \$3.95

Bowiea*Bowiea volubilis*
(Sea Onion)

Family: Hyacinthaceae

Scaled, green, aerial bulb native to the eastern parts of South Africa. Protect from frost. The fascinating bulbs give rise to convoluted, vining stems that flower white stars in the spring to early summer. Internal use not advised. Sow warm, well-drained.

10 seeds/pkt \$3.95, Organic

\$20.00/plant, Organic

BULBINE

Family: Asphodel (*Asphodelaceae*)
Soft-leaved succulents native to South Africa and hardy to Zones 10 to 12, commonly grown as lovely potted plants..

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/plant, Organic

Burn Jelly Plant *Bulbine frutescens*

The name says it all. Leaves filled with glorious gel. Standard aloe culture.

10 seeds/pkt \$3.95

CACTUS

Cactus Grandiflorus

.....*Selenicereus 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. The tincture of the plant is a low-dose botanical used to tonify the heart muscle, improve its strength, and regulate heart beat.

\$10.00/plant, \$28.50/3 plants, Organic

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

\$8.00/g (~ 9,000 seeds),

\$29.55/5 g (~ 45,000 seeds),

\$54.10/10 g (~ 90,000 seeds), Organic

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

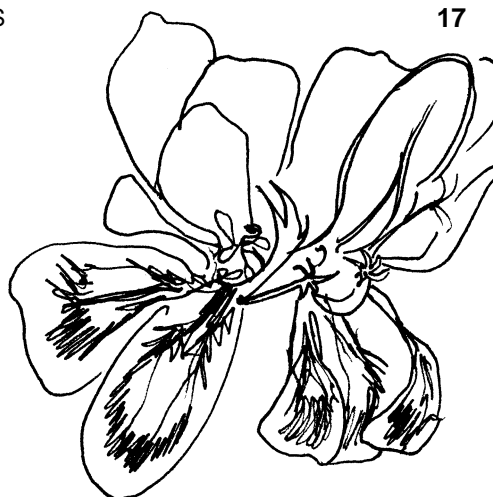
\$60.00/potted tip—TOP SIZE!, Organic

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, tree-like. This cultivar makes fruits with pink flesh.

30 seeds/pkt \$3.95

\$20.00/plant, 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 terebinthe, 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/plant, \$28.50/3, Organic

Geranium, Scented—Fair Ellen

.....*Pelargonium quercifolium*
<<< NEW FOR 2017 >>>

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

\$15.00/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/plant, \$28.50/3, Organic

Geranium, Scented—Lemon*Pelargonium crispum*

<<< NEW FOR 2017 >>>

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

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

<<< NEW FOR 2017 >>>

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

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

<<< NEW FOR 2017 >>>

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

\$15.00/plant, Organic**Geranium, Scented—Peacock***Pelargonium capitum*

<<< NEW FOR 2017 >>>

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

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

<<< NEW FOR 2017 >>>

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

\$15.00/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.

\$20/plant, Organic**Huernia** *Huernia kenesiensis*Family: Milkweed (*Asclepiadaceae*)

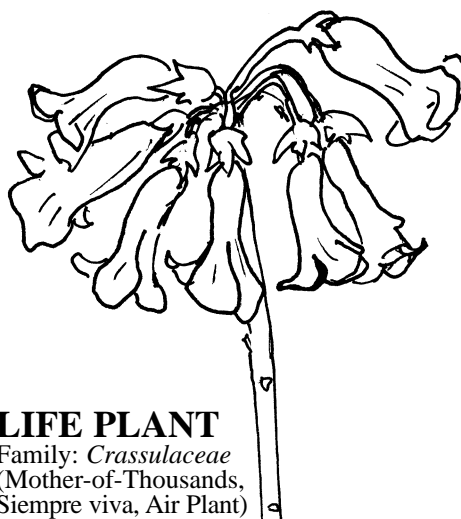
Perennial succulent native to highland Kenya. Protect from frost. Highly contorted and complex, they are wrinkled and whorled like fronds of seaweed. Huernia produces strange, wine-colored flowers.

\$10.00/plant, \$28.50/3, Organic**Jade Plant, Gumby**.....*Crassula portulaca*
(Horseshoe, Spoon Jade)

A fun plant that becomes exquisite with age, thriving in a pot of fast-draining soil on windowsill, greenhouse, or summer patio. Protect from frost and water sparingly in winter. Dark green, spoon shaped, rubbery leaves on a tree-like, spongy stalk.

\$10.00/plant, Organic**Kanna** *Scletium tortuosum*Family: Iceplant (*Aizoaceae*)

Hardy to Zones 10-12, generally grown as a potted plant, standard cactus culture. Traditional usage of dried, fermented leaves: sedative, inebriant, anxiolytic. Rare.

10 seeds/pkt \$3.95**LIFE PLANT**Family: *Crassulaceae*

(Mother-of-Thousands, Siempre viva, Air Plant)

Among the most fecund plants on Earth, we now carry four different types to help expand your collection. Please take them away from us, they are proliferating wildly!

Good Luck Plant *Kalanchoe houthonii*

<<< NEW FOR 2017 >>>

Leaves thick, handsomely mottled and toothed, each tooth capable of carrying a new plantlet. The plant is self-reproductive almost to the point of promiscuousness.

\$7.50/plant, \$19.95/3, Organic**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/plant, \$19.95/3, Organic**Life Plant, Chandelier***Bryophyllum delagoense*

(Kalanchoe tubiflora)

Native to Madagascar, this little gem is a must-have for serious succulent collectors. 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/plant, \$19.95/3, Organic**Life Plant, Mpovupovu Ziwa***Bryophyllum pinnatum*

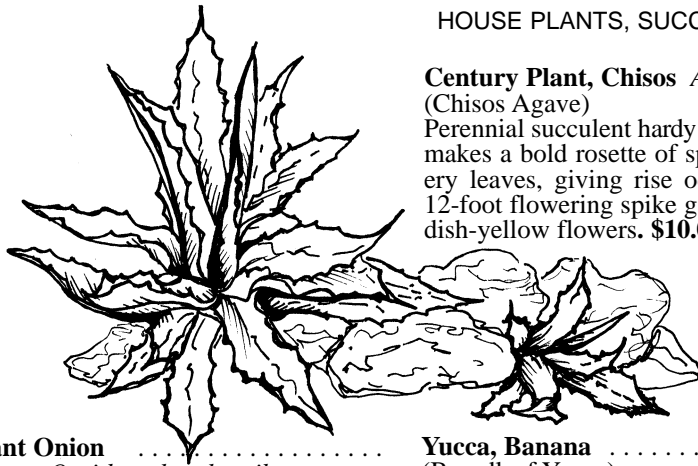
African wild form. A curious upright succulent that will thrive on any windowsill. Use as a cooling poultice against beesting, sunburn, swellings.

\$7.50/plant, \$19.95/3, Organic**Pencil Tree** *Euphorbia tirrucalli*

(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've seen these in Zanzibar, where they are called "Mkalamu" (the pencil tree), grow as tall as a person. Potential source of biofuel. Entertaining showplants.

\$10.00/tree, Organic*Kanna seeds from the new harvest--what a find!.*



Century Plant, Chisos *Agave havardiana*
(Chisos Agave)

Perennial succulent hardy to -5° F. The plant makes a bold rosette of spiny-tipped, leathery leaves, giving rise occasionally to the 12-foot flowering spike garlanded with reddish-yellow flowers. **\$10.00/plant, Organic**

Pregnant Onion *Ornithogalum longibracteatum*

<<< **NEW FOR 2017** >>>

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 bulblets below the skin of its belly, therefore the “pregnant” adage. Easily grown indoors, these are always showy and require little care. **Toxic.**

\$7.50/plant, \$19.95/3, Organic

String-of-Bananas *Senecio radicans glauca*

<<< **NEW FOR 2017** >>>

(String of Beans, Blue Pickle Vine)

Native to South Africa. An engaging, trailing houseplant that requires little care. Good for hanging baskets. Entertaining. Pellucid skin of swollen leaves promotes efficient photosynthesis, which means it needs little light. **Toxic.**

\$7.50/plant, Organic

Sedum, Jelly Bean . . . *Sedum rubrotinctum*

Perennial succulent native to Mexico, withstands light frost. Inflated leaves, bright green with rose tints. Excellent outdoors on the coast or as a potted plant on the patio. So cute!

\$7.50/plant, Organic

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

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

\$7.50/plant, Organic

YUCCA & AGAVE

Bold rosettes of spiny-tipped, fat, leathery and succulent leaves give occasional rise to flowering spikes garlanded with colorful flowers. These are an excellent choice for greenhouse or potted culture throughout the temperate north. Members of the Agave family (Agavaceae) prefer full sun, fast-draining soil and are perennial to the landscape. Seeds are best laid on surface of potting soil and covered with 1/4 inch of sand. Keep warm and evenly moist. Germination in 7 to 10 days.

Yucca, Banana *Yucca baccata*

(Broadleaf Yucca)

Native to the American SW. Hardy to -10° F. Pointy-leaved monocots. The flowers are fat plumes of goldish white, giving way to large seed heads. The stem and root are a source of steroidal saponins.

20 seeds/pkt \$2.95

Yucca, Common *Yucca filamentosa*

(Adam’s Needle, Spanish Bayonet)

Evergreen, fibrous-leaved succulent hardy to -20° F, native to the American SE. The large spires of cream-colored flowers are beautiful. Leaves used for making rope, roots used for making soap.

20 seeds/pkt \$2.95

\$10.00/plant, \$28.50/3 plants, Organic

Yucca, Joshua Tree . . . *Yucca brevifolia*

Hardy to Zones 6 to 12, native to Mojave Desert, California. Individual trees dated to over 1,000 years old. A striking curiosity, potted plant or desert landscape.

10 seeds/pkt \$2.95

Yucca, Red *Hesperaloe parviflora*

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. Source of fiber that can be used in paper production.

20 seeds/pkt \$2.95

\$10.00/plant, \$28.50/3 plants, Organic

Yucca, Silver *Yucca rostrata*

(Beaked Yucca, Big Bend Yucca, Palmita)

Tree Yucca to 16 feet native to Texas and Mexico, hardy to 0° F. The solitary trunk makes a rounded crown of thin, flexible leaves that resemble a Palm, giving occasional rise to large clusters of white flowers.

\$20.00/plant, Organic

Yucca, Soap Tree *Yucca elata*

Native to the Chihuahuan Desert. A bristling globe atop a fleshy trunk. Source of fine soap.

20 seeds/pkt \$2.95

Yucca, Soapweed *Yucca glauca*

Hardy to -30°. Tea of root makes a fine hair-wash and is considered a cure for baldness.

20 seeds/pkt \$2.95

\$10.00/plant, Organic

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,
\$6.25/100 g (~170,000 seeds),
\$12.00/lb (~765,000 seeds), **Organic**

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.

\$11.00/lb, Organic

Bean, Rattlesnake Cowpea

..... *Vigna unguiculata ssp. unguiculata*
This heirloom black-eyed pea comes from a strain of hooked, climbing peas that originated in West Africa and was brought to the US during the 17th century. Nitrogen-fixing covercrop, best for Southern States, excellent forage, beans are good eaten fresh or dried.

20 seeds/pkt \$2.95

Buckwheat (for summer)

Excellent biomass and nectar producing cover crop for warm season application. Great choice for protecting bare soil from the sun, working well on both fertile and depleted soils. Withstanding full sun and also quite shade tolerant, this cover crop will protect and nourish your summer soil, feed your bees. 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

Chicory, Forage *Cichorium intybus*
Superior forage for cattle, horses, goats (30% protein). Sow 100 g per 1,000 square feet. Broadcast in spring.

500 seeds/pkt \$2.95
\$14.25/100 g (~70,000 seeds)

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 disperse 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/acre. Sow 1 lb/2,000 sq. feet.

500 seeds/pkt \$2.95
\$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, Common *Trigonella f-graecum*

Annual. Native to the Mediterranean and winter hardy to -10° F. Breaks up heavy clay soils—contributes nitrogen and organic matter. Direct-seed late summer, fall, or early spring. Germs in cold soils. Sow 100 g per 200 square feet; 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.

Oats, Cayuse (for spring or fall)

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

\$5.00/lb, Organic

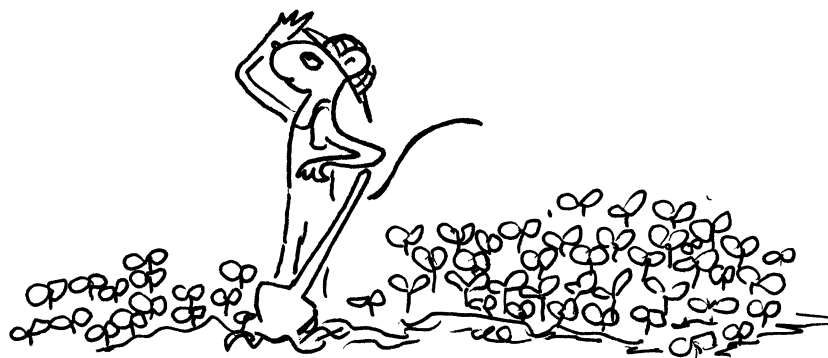
Oats and Peas (for spring or fall)

This combo sets the standard for a symbiotic cover crop that may be sown fall or spring. The oats grow tall to support the 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. Mow, till in, and start gardening!

\$5.00/lb, Organic

Ancient Grains

21



AMARANTH

Family: Amaranth (*Amaranthaceae*)

Self-seeding annuals native to South America. 100 days to maturity. The seeds are easy to winnow and cook. We like to make Amaranth porridge, 1 part grain to 5 parts water, adding raisins, simmering and stirring about 45 minutes until done. Flavorfully nutty, satisfyingly gummy, and highly nutritious. Plants prefer full sun and rich garden soil. Direct-seed in early spring.

Amaranth, Golden Giant

. *Amaranthus cruentus*

Golden Giant is an epic plant, giving about a pound of deliciously edible, golden seed per 10 row feet.

200 seeds/pkt \$2.95,

\$5.00/g (~1,200 seeds),

\$18.55/5 g (~6,000 seeds)

\$34.85/10 g (~12,000 seeds), Organic

Amaranth, Orange . *A. hypochondriacus*

<<<NEW FOR 2017>>>

One of our most impressive new growouts! Young leaves light green with orange ribs, excellent for steaming. Shockingly bright orange flower heads yield golden seed that is excellent for simmering up into gruel.

100 seeds/pkt \$2.95,

\$5.00/g (~1,200 seeds),

\$18.55/5 g (~6,000 seeds)

\$34.85/10 g (~12,000 seeds), Organic

CHIA

Family: Mint (*Lamiaceae*)

Chia, Mexican—Black *Salvia hispanica*

Annual. 140 days to maturity. Native to SW deserts, Mexico. Plant prefers limey soil, sun. Sow in spring. Germ in 4 to 8 days. Transplant to 1 foot apart. Makes succulent, bright-green, bushy plants up to 4 feet tall. The seed is made into a stimulating beverage, high in soluble fiber and oil.

300 seeds/pkt \$2.95,

\$12.00/lb, Organic

Chia, Mexican—White *Salvia hispanica*

<<<NEW FOR 2017>>>

This white-seeded cultivar is considered to be a superior type for making the chia beverage. The recipe is 1 tablespoon of chia seed to 1 cup of water, stirred-in and allowed to swell overnight. This creates a seed suspension, which is easy to drink, tasty, emollient to the digestive tract, increases stools, loaded with Omega-3's. Soaked seeds and mucilage-thick water excellent added to smoothies or mixed with sweet juice of grape, orange, raspberry, etc. to make a high-end beverage that is costly in the grocery store but not costly if you make it yourself. Convenience has its price, and self-sufficiency is mighty nice.

300 seeds/pkt \$2.95,

\$14.00/lb, Organic

Quinoa, Faro *Chenopodium quinoa*

Family: Goosefoot (*Chenopodiaceae*)

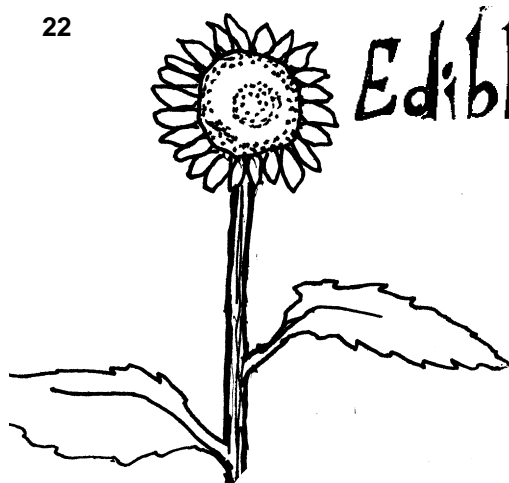
Annual, native to South America. 100 days to maturity. This is one of the most highly productive food grains that can easily be grown by gardeners in the temperate north. 1 g of seed sows 50 row feet. Sow in early spring, in rows 2 feet apart, then thin plants to 1 foot apart. Cultivate frequently through the summer, mound up around the plants to bolster them against lodging, and water well. When the heads become heavy with seed, back off on the water. Once the plants drop their leaves, cut off the seed heads and sun dry them. Thresh and wind winnow. Wash seed thoroughly in several changes of water, or boil and discard water before cooking. This will wash off the saponins and make for a sumptuous pot of cooked grains.

300 seeds/pkt \$2.95,

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

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

When in doubt, drink chia.



Camelina *Camelina sativa*
(Gold of Pleasure, Wild Flax, German Sesame, Siberian Oilseed)

Family: Mustard (*Brassicaceae*)

Annual native to Northern Europe. The oil that can be pressed from the seeds is high in Omega-3 fatty acids and Vitamin E. Oil delicious as a raw condiment and stable at high temperature as a cooking oil—also one of the best choices for biodiesel. Plant prefers open, sunny ground. Sow in spring. Commonly grown as a dryland crop.

300 seeds/pkt \$3.95,

\$9.55/5 g (~ 3,000 seeds)

\$17.10/10 g (~ 30,000 seeds), Organic

Evening Primrose ... *Oenothera biennis*

Family: Primrose (*Onagraceae*)

Biennial. Native to Europe and North America. All zones. This herb is very drought-tolerant, bravely producing bloom after yellow, mucilaginous bloom evening to morning. Seeds and oil made from seeds 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

FLAX

(Linseed)

Family: Flax (*Linaceae*)

Brown and Golden native to temperate Europe and Asia. Perennial Blue native to Western US. 90 days to maturity. Direct seed in spring.

Flax, Brown *Linum usitatissimum*

Flax is a pretty blue flower in the garden, with the added advantage of yielding a valuable seed—excellent sprouted, raw, added to baked goods.

200 seeds/pkt \$2.95

\$9.00/lb, Organic

Flax, Golden *Linum usitatissimum*
(Omega Flax)

Cultivar producing seeds containing high concentrations of omega-3 fatty acids (linolenic acid). Golden color contributes to sprouts and baked goods featuring this tasty, nutritious and mucilage-laden seed.

200 seeds/pkt \$2.95,

\$11.00/lb, Organic

Edible Oil Seeds

Safflower, Zanzibar *Carthamus tinctorius*
Family: Aster (*Asteraceae*)

Annual. Native to the Mediterranean. 120 days to maturity. This is one of the highest yielding of all oil plants—large flowers and seed heads on a not-so-giant plant. Flowers impart their orange color to oil infusions, and as such may be utilized to add color to herbal oils and salves. Some of the nicest salve I've ever seen was made with dried and ground Comfrey roots mixed with dried and ground Safflowers, stirred into oil and digested at low heat for a week before pressing out. An elegant formula. Plant prefers sun to part shade and poor, dryish soils. Direct seed after last frost.

30 seeds/pkt \$2.95, Organic

Sesame, Black *Sesamum indicum*
(Til, SWAHA!)

Family: Sesame (*Pedaliaceae*)

Multistemmed upright annual bearing follicles stacked with oil-rich seeds. Native to India. 120 days to maturity. The jet-black seeds are sweetly tasty and decorative when sprinkled on stir-fry, cakes, and confections. Source of Tahini. Plant prefers full sun, fertile soil, and is pretty drought tolerant. Sow in spring.

100 seeds/pkt \$2.95,

\$12.00/lb, Organic

SUNFLOWER

Family: Aster (*Asteraceae*)

Native to the New World, this is one of the first domesticated plants. Archaeological evidence points to the middle archaic for first human harboring of Sunflower. Direct seed as soon as soil warms up in spring. Thin to 1 foot apart.

Sunflower, Russian ... *Heliathus annus*

Annual, 80 to 100 days to maturity. A Strictly Medicinal® selection grown for large heads filled with exceptionally fat, edible seeds occurring in striped shells. Excellent choice for direct consumption (humans and/or birds and other wildlife). Also a preferred type for roasting and salting, or sprouting.

50 seeds/pkt \$2.95, Organic

Sunflower, Hopi Black Dye

..... *Heliathus annus*

Annual, 90-100 days to maturity. To 9 feet tall, generally single-headed although occasionally polyheaded (we're selecting this out of the strain). Sturdy of stem, fat of yellow petal, and jet-black of seed, this is always a fantastic grower and truly a pretty plant. Seeds used for dyeing basketry and wool, producing a color-fast, light purple. Black-seeded Sunflowers are generally considered best for oil production. Seeds also good for eating. Sprouts excellent. I eat the germ test.

30 seeds/pkt \$2.95, Organic

Corn Seeds



CORN

Family: Grass (*Poaceae*)

Annual, domesticated in Meso-America in Neolithic times—this plant has become the staff of life for peoples near and far. Corn prefers full sun and warm, fertile soil. Band compost or composted manure below the furrow before direct-seeding in the early spring. Do a patch of at least 3 rows to assure pollination. Try to avoid cloudy and rainy conditions. Sow after the soil has truly warmed up. Thin to 6 inches apart. Cultivate often and hill up.

Corn, Black Aztec *Zea mays*
(Flour Corn, Grinding Corn, Mexican Corn, Sweet Black Corn, Mexican Sweet)

75 days to maturity. Stalks 5 to 6 feet tall, 2 ears per stalk. This is probably the darkest of corn cultivars, with kernels deep purple to black. There is nothing like growing your own cornbread, a profoundly grounding experience. When we made our harvest (a bit too early) a number of ears turned out to be immature (soft white kernels), and these we sliced from the cob, slow boiled and ate for breakfast as corn porridge. It was absolutely wonderful!

50 seeds/pkt, \$3.95, Organic

Corn, Country Gentleman . . . *Zea mays*
(White Corn, Shoepeg Corn)

100 days to maturity. You will notice that I took the ebony and ivory approach of growing black corn at our gardens in the foothills, and white corn in our gardens in the valley. Country Gentleman lived up to my expectations, making monstrous plants to 8 feet heavily laden with oversized ears. The taste

is milky sweet. We camped as a family on a quiet lake, made a campfire that produced thick coals, then roasted corn and told stories well into the night. We highly recommend this standard heirloom.

50 seeds/pkt, \$3.95, Organic

Corn, Hopi Blue *Zea mays*
90 days to maturity. Robust, drought-tolerant cultivar selected over many generations by the Hopi tribespeople of the American SW. Short plants produce ears to 1 foot long, usually 2 per stalk. Powerful food and medicine. When picked during the early milk stage, the massive ears can be roasted or boiled. Allowed to fully mature and dry, produces a sweet, high protein, grain (30% higher protein than hybrid Corn) used in making tortillas and cornbread. Eating cornmeal porridge made from hand grown Hopi Blue is a transformational experience.

100 seeds/pkt \$3.95,

\$12.00/100 g (~460 seeds),

\$37.00/lb (~ 2,088 seeds), Organic

Corn, Top Hat *Zea mays*
82 days to maturity. This new introduction from Lupine Knoll makes sweet, yellow ears, 7 1/2 inches long with 16 rows of tender kernels. Sweet, old-time flavor from plants that show vigorous growth in cold soils and excellent husk protection. Like all of our Corns, you can grow this one in seclusion and save the seed and replant it. This is the basis of traditional agriculture, a way of living that was good then, and is good now!

100 seeds/pkt \$3.95,

\$12.00/100 g (~460 seeds),

\$37.00/lb (~ 2,088 seeds), Organic

All our seeds are open-pollinated, untreated, and seed-saver friendly.

Vegetable Seeds of Sustenance



Achira *Canna edulis*

<<<NEW FOR 2017>>>

Family: Canna (*Cannaceae*)
(Indian Shot)

Hardy to Zones 7 to 12. Broadleaved perennial to 5 feet, native to South America and West Indies. Tubers are a source of starch, very similar to arrowroot. Tubers and young sprouts are deliciously edible, mild tasting, gummy when fresh, high in potassium and protein. Scarify seeds and soak overnight in warm water, plant in warm conditions, germination can take 20 to 90 days. Reliable. Easy in potted culture.

10 seeds/pkt \$2.95

Artichoke, Globe *Cynara scolymus*

Family: Aster (*Asteraceae*)

Perennial, but can be grown as an annual. Native to S. Europe. Hardy to 20° F. The steamed flower buds make a pleasant-tasting vegetable. The bitter leaf makes an excellent digestive tea. Produces giant, edible globes, flowering purple to 5 feet.

30 seeds/pkt \$2.95, Organic

Asparagus, Garden *Asparagus officinalis*
(Mary Washington)

Family: Lily (*Liliaceae*)

Dioecious perennial, native to the Mediterranean. This culinary Asparagus produces both male and female plants, both of them deliciously edible. Harvest fresh spears in the spring of the second year and ongoing. Asparagus may be counted among the spring tonics, as it clears the urinary tract of winter's toxins. The effects are both diuretic and laxative. Sow in spring and grow out for a year before transplanting. Mulch the bed.

100 seeds/pkt \$2.95

BEANS

Family: Pea (*Fabaceae*)

Easily grown by direct-seeding in warm garden soil. A few seeds planted under a good trellis produces a surprisingly large amount of beanage. Food of the past for the future. More beans per packet this year!

Bean, Anasazi Cave . *Phaseolus vulgaris*

Annual. 50 to 55 days. Vigorous, a relict originally discovered in a sealed ceramic pot in a cave in the SW, dated to 1500 BP.

20 seeds/pkt \$2.95, Organic

Bean, Bird Egg *Phaseolus vulgaris*

Heirloom annual pole bean. 55 days. Produces a fat, pinkly blushing pod full of delectable speckled beans that may be shelled to cook up fresh in 30 minutes. Dried beans cook up with a creamy texture.

20 seeds/pkt \$2.95, Organic

Bean, Blue Lake Bush Snap . *P. vulgaris*

Annual. 55 days. A no-nonsense bush bean, easy germinator, well-known to produce sweet, round in cross section, stringless beans, 6 to 7 inch pods on a self-supporting bush to 15 inches.

30 seeds/pkt \$2.95, Organic

Bean, Bolita *Phaseolus vulgaris*

Annual. 50 to 55 days. Popular heirlooms are best trellised, quick to produce many well-filled pods of small salmon-colored frijoles, excellent for burritos refrieds, soups or chili. These cook fast and make a flavorful gravy.

20 seeds/pkt \$2.95, Organic

Bean, Cherokee Trail of Tears *P. vulgaris*

Annual pole bean. Heirloom. 55 days to purple podded green beans, 90 days to dry Beans. Vigorous and tasty as a Green Bean.

20 seeds/pkt \$2.95, Organic

Good harvest this year, we upped the seed count on our beans!

Bean, Christmas Lima *P. lunatus*
90 days to harvest. Climbing heirloom pole bean with moon-shaped pods and beans white mottled in red. Delicious fresh shelled or dried and made into soup.

10 seeds/pkt \$2.95, Organic

Bean, Hopi Yellow . . . *Phaseolus vulgaris*
(Hopi Golden Bean)

50 to 55 days. Yellow beans may be eaten as a green bean in early pod stage or matured to make a delicious cooked bean.

20 seeds/pkt \$2.95, Organic

Bean, Inca Pea *Phaseolus vulgaris*
Annual pole bean, a South American heirloom, fastest to finish in our trials. 90 days to dried beans. Vigorous climber gets off to a fast start and finishes early. Vines sparsely leaved and prolifically fruited. Pods straight, pointed, flattened, edible as a green bean (not stringy). Seeds are about the size of a pea, egg shaped, mottled maroon and white, often in a perfect ying/yang pattern.

20 seeds/pkt \$2.95, Organic

Bean, Madiera Maroon *Phaseolus vulgaris*
Annual pole bean. Heirloom from the Chilean Andes. 90 days to dry beans, which are an extra-pretty, cranberry type, maroon shot through with constellations of pink. Dry beans best soaked overnight and slow-cooked the next day to produce a creamy-textured, chestnut flavored dish. Plant is vigorous climber producing a moderate number of large, crescent-shaped pods, many-seeded.

20 seeds/pkt \$2.95, Organic

Bean, Midnight Black Turtle

. *Phaseolus vulgaris*
Annual bush bean. 90 to 100 days to maturity. These are among the most productive of protein sources for both gardeners and small farmers. In Latin America, they are a major staple food—burritos, chili, refrieds. Black Turtle Beans are also among the least allergenic of all legumes. Wait until pods go crispy dry before harvest.

30 seeds/pkt \$2.95, Organic

Bean, Missouri Wonder Pole

. *Phaseolus vulgaris*
Annual pole bean. 70 days to maturity. This heirloom cultivar dates back to the 1930's. Making vigorous vines to 10 feet, we found them to produce well over a long period of time. They were good when eaten young as snap beans and also made excellent green shell beans, which we cooked up like Limas.

20 seeds/pkt \$2.95, Organic

Bean, Rattlesnake Cowpea

. *Vigna unguiculata* var. *unguiculata*
This heirloom black-eyed pea comes from a strain of hooked, climbing peas that originated in West Africa. Nitrogen-fixing covercrop, excellent forage, and beans that are good eaten fresh or dried.

20 seeds/pkt \$2.95

Bean, Scarlet Runner *Phaseolus vulgaris*
Tuberous perennial grown as an annual in the north. Native to Central America and Mexico. Hardy to 20° F. Heavily lipped, scarlet blossoms that last throughout the summer. Beans of deep purple shot through with pink.

7 seeds/pkt \$2.95, Organic

BEET

Family: Goosefoot (*Chenopodiaceae*)

So fast to grow, so very good for you, these are the healthy gardener's must-have. Easy, cheap, lifesaving.

Beet, Detroit Dark Red . *Beta vulgaris*
Biennial. 60 days to maturity. Heirloom introduced in 1892, "the standard for beets"—round and scarlet, tender and sweet. Sow in rows in garden in early spring. Thin to 3 to 6 inches apart.

50 seeds/pkt \$2.95,

\$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,

\$18.55/5 g (~200 seeds)

\$34.10/10 g (~400 seeds), Organic

Bitter Melon *Momordica charantia*

Family: Cucumber (*Cucurbitaceae*)

80 to 120 days to maturity. Perennial vine grown as an annual in temperate climates. Pantropical. Standard oblong fruits with green, warty skin. Bitter Melon fresh tincture is one of our most potent antidiabetic medicines. Slice and stir-fry, or boil in soup.

5 seeds/pkt \$2.95, Organic

BROCCOLI

Family: Mustard (*Brassicaceae*)

Sow in the garden in midspring or start indoors 3 weeks before last frost date. Due to the anticancer effects of Broccoli, and the yumminess of it, we like to eat this plant.

Broccoli, Green Sprouting . *B. oleracea*
(De Cicco)

Biennial. Standard open pollinated type that produces a nice primary head, and then once this is cut, produces an ongoing offering of smaller heads, "broccolini" if you will.

300 seeds/pkt \$2.95,

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

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

Broccoli, Purple Peacock . . . *B. oleracea*

A novel cross between Broccoli and Kale produces pleasantly non-spicy and very edible leaves as well as the classic purple sprouting broccoli head with its multiple side-shoot broccolinis.

100 seeds/pkt \$2.95, Organic

Burdock.....see MEDICINAL HERBS

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 germination. Thin to 2 inches and cultivate often until sized up.

Carrot, Black Spanish <<<NEW FOR 2017>>>

Heirloom violet-colored carrot, stronger tasting than orange carrots, nutrient-dense.
200 seeds/pkt \$2.95, 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 \$2.95, Organic

Carrot, Scarlet Nantes

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

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

Celery, Utah Tall . . . *Apium graveolens*

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

100 seeds/pkt \$2.95,

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

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

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

CHICKPEA

(Garbanzo Bean, Bengal Gram)

Family: Legume (*Fabaceae*)

Annual pod-bearing leguminous foodstuff and N-fixing covercrop. 100 days to maturity. First cultivated around 3,000 BC, charred Chickpeas were discovered in pre-ceramic archaeological strata at Jericho. I guess they were too burned to eat. Mature seeds soaked and boiled are a fantastic addition to salads and curries, or may be ground up to make hummus and falafel. Chickpeas are a great source of dietary fiber, they help lower LDL cholesterol, and also regulate blood sugar. These tasty legumes require a long growing season and should be direct seeded in the garden in the early spring. Sow seeds 1/2 inch deep and 3 inches apart, then thin to 6 inches between the plants. Harvest anytime as a delicious green potherb, or wait until pods are dry, then pick, winnow, and enjoy.

Chickpea, Kabul *Cicer arietinum*

Large, white-seeded type excellent for making hummus.

50 seeds/pkt \$2.95, Organic

Chickpea, Moroccan . . *Cicer arietinum*

<<<NEW FOR 2017>>>

Medium-sized, North African heirloom, purple-flowered, tan seeded. Transports me back to Marrakesh!

30 seeds/pkt \$2.95, Organic

CUCUMBER . . . *Cucumis sativus*

Family: Cucumber (*Cucurbitaceae*)

Vining vegetables of superior culinary value, cultivated worldwide. 50 to 70 days to maturity. Cucumbers are one of the oldest known cultigens, dating back at least 3,000 years. Direct seed in spring in rich mounds and thin to the best 3 plants per mound. Pick when young, the nourishing goodness of summer!

Cucumber, Lemon

Making yellow, round fruits in legion, this cuke is best consumed when young and thin-skinned, being one of the freshest tastes of summer. Thirst quenching.

30 seeds/pkt \$2.95, Organic

Cucumber, Marketmore

Medium to large, uniform shape, crisp, and very smooth-skinned—your standard vegetable cucumber. Skin not bitter.

30 seeds/pkt \$2.95

\$9.55/5 g (~200 seeds)

\$17.10/10 g (~400 seeds), Organic

Gourd, Lauki *Luffa cylindrica*

(Loki, edible-fruited bottle gourd)

Lauki makes long, thin-skinned fruits that are harvested when young and popularly used in Indian cooking. The culinary concept is to find a vegetable that is in and of itself bland, but will absorb any and all spices applied to it. The result is—hot.

10 seeds/pkt \$2.95, Organic

Organically certified vegetable seeds, your best investment in yourself and family.

GREENS

EDIBLE LEAF MEDICINE

VEGETABLES 27

Mixed Cooking Greens

Mixed cooking greens consist of Beets, Chard, Collards, Kale, Red Orach & Spinach. Direct seed or use containers.

Big 3 g/pkt, \$3.95, Organic

Mixed Salad Greens

Mixed salad greens consist of Mizuna, mixed Lettuces, and Arugula (Roquette). Direct seed in the garden, or use containers in the greenhouse or use a cloche to conserve water and extend the season.

Big 3 g/pkt, \$3.95, Organic

Arugula, Domestic *Eruca sativa*
Biennial culinary green. Deeply cut leaves are the signature of an upscale salad. High in protein, Arugula is an appetite stimulant and digestive. Seeds yield edible oil. Full sun to part shade, copious water, and rich soil. Direct seed every 3 weeks for successive harvests.

200 seeds/pkt \$2.95,

\$11.55/5 g (~7,500 seeds)

\$20.10/10 g (~15,000 seeds), Organic

Arugula, Wild *Diplotaxis tenuifolia*
Hardy to Zones 4 to 12. Biennial culinary green, a spicy ingredient of gourmet salads.

200 seeds/pkt \$2.95,

\$11.55/5 g (~7,500 seeds)

\$20.10/10 g (~15,000 seeds), Organic

CHICORY

Family: Aster (*Asteraceae*)

Taprooted perennials native to Europe, growing in sun to part shade. Crisp and delicious when grown in rich, well-drained, evermoist soil, these are all highly appreciated salad making ingredients. Sow in containers or open garden. Endives are very finely frilled, Escarole broadleaved, Radicchio heading.

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

200 seeds/pkt \$2.95, Organic

Escarole, Golden Giant *Cichorium endiva*
Large, 15 inch heads with dense, soft, delicious, many-layered golden hearts. Seeds germinated in 3 days in warm soils and even the seedlings glow with golden stems.

200 seeds/pkt \$2.95, Organic

Escarole, Great Batavian
. *Cichorium endiva*
Broad, smooth leaves with a creamy heart.

200 seeds/pkt \$2.95, Organic

Radicchio, Palla Rossa *Cichorium intybus*
Bright red, thick leaves with broad, white veination, excellent color and texture for salads. Best flavor after frost. Leaves are also a big treat when fried in olive oil and companioned with baby potatoes.

200 seeds/pkt \$2.95, 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 \$2.95,

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

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

Dandelion *Taraxacum officinale*
Family: Aster (*Asteraceae*)

Herbaceous perennial. Native to and distributed throughout all temperate zones. Leaves are a tasty addition to spring salads and also delicious lightly steamed—a spring tonic. Sow in spring. Space plants 1 foot apart and keep well-watered. Will be ready for harvest early the following spring. Flowers sunny yellow to 1 foot.

200 seeds/pkt \$2.95,

\$6.00/g (~2,200 seeds),

\$14.55/5 g (~11,000 seeds)

\$26.10/10 g (~22,000 seeds),

\$214.00/100 g (~220,000) Organic

Good King Henry
. *Chenopodium bonus-henricus*
(Early Spinach, Lincolnshire Markery)

Family: Goosefoot (*Chenopodiaceae*)

Low-clumping perennial native to central Europe and hardy to -10° F. A traditional vegetable of the cottage garden.

50 seeds/pkt \$2.95, Organic

KALE

Family: Mustard (*Brassicaceae*)

Kale, Lacinato *Brassica oleracea*
(Black Tuscan Kale, Dinosaur Kale)

Biennial. Uniform leaves buff green and savoyed. This is one of the more nutritious and robust of the Kales—sweet fleshed spring or fall. Very popular type of “dark green leafies.”

200 seeds/pkt \$2.95, Organic

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

200 seeds/pkt \$2.95, Organic

Kale, Winter Red *Brassica napus*
This Ruso-Siberian red kale is very cold hardy and uniform. It is more tender than most Kales, and well suited for winter gardening, cloche or greenhouse culture.

200 seeds/pkt \$2.95, Organic

Lamb's Quarters . . *Chenopodium album*
Annual. Wild medicinal food. Soft, slightly downy, and mucilaginous leaves, like Spinach—high in protein, calcium, and vitamin A. Fresh or dried herb good in soups. Native Americans used the plant to treat urinary infection, diarrhea, and stomachache. Direct seed in spring. Space 1 foot apart.

300 seeds/pkt \$2.95

\$7.55/5 g (~6,750 seeds)

\$14.10/10 g (~13,000 seeds), Organic

Direct-seeding with our big 5 and 10 g packest produce lots of food!

LETTUCEFamily: Aster (*Asteraceae*)

Besides making the finest, crunchy salads, Lettuce is rich in life-giving chlorophyll and Vitamin K. The plant also contains anti-oxidant flavonoids and varying quantities of the bitter, white, sedative latex known as lactucarium. Sow in spring or fall near the soil surface and keep evenly moist and cool for germination. Lettuce seed goes dormant at temperatures over 80° F, so start early.

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 things about Lettuce, and it is our favorite.

200 seeds/pkt \$2.95, Organic

Lettuce, Cardinale *Lactuca sativa*
55 days. Wine red Batavian crisp-leaf developing eventually into a nice head. Well-proportioned leaves keep extra long.

200 seeds/pkt \$2.95, Organic

Lettuce, Crisp Mint Romaine
. *Lactuca sativa*

Mint green leaves wrap around the white heart of this superior selection of Romaine. 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. Excellent in smoothies.

200 seeds/pkt \$2.95, Organic

Lettuce, Fine Cut Oak Leaf
. *Lactuca sativa*

55 days. Light green, sometimes laced with pink, these very deeply cut leaves provide salad quickly and reliably.

200 seeds/pkt \$2.95, Organic

Lettuce, Green Towers Romaine
. *Lactuca sativa*

Standard Romaine makes a columnar head that conserves space in the bed while pumping out significant quantities of salad.

200 seeds/pkt \$2.95, Organic

Lettuce, Wild *Lactuca virosa*
Biennial. Native to Europe. Hardy to 10° F.

As a salad green, very good in the very early spring, and indeed is productive earlier than other Lettuces. Source of sedative latex.

100 seeds/pkt \$3.95, Organic

Mizuna *Brassica rapa*

Mild-tasting Mustard produces a crunchy rosette for salad or stir-fry. Probably the quickest green to get going, spring or fall. Standard vegetable culture, very fast germ. Thin to 4 inches.

300 seeds/pkt \$2.95, Organic

Mustard, 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 \$2.95, Organic

Parsley, Italian . . . *Petroselinum crispum*

Family: Carrot (*Apiaceae*)

Biennial. Native to southern Europe. Hardy to -25° F. We consider this flat-leaved variety to be superior. Seeds are a powerful diuretic. Fresh, green herb is an appetite stimulant. Purifies the palate. Sow directly in garden in spring. Space plants 6 inches apart.

300 seeds/pkt \$2.95**\$11.55/5 g (~2,500 seeds),****\$20.10/10 g (~5,000 seeds), Organic****SPINACH**

Amaranth, Red Spinach . . . *A. tricolor*

(Bayam, Slender Amaranth, Sukumawiki)

Family: Amaranth (*Amaranthaceae*)

Annual. 50 days. This is the drought- and heat-tolerant vegetable that nurtures native peoples worldwide, being a fast-growing foodstuff that requires little in terms of nutrients and water to produce life-giving food. Our original seedstock from S. India.

100 seeds/pkt \$2.95, Organic

Spinach, Bloomsdale Long Standing . . .
. *Spinacia oleracea*

Family: Goosefoot (*Chenopodiaceae*)

Annual greens native to SW Asia and widely cultivated. Rich in Vitamin C, A, E, B6, thiamin, riboflavin, folate, magnesium and potassium, consumption of Spinach is tantamount to taking a vitamin pill, and is more bioavailable and tastier, too. Sow densely, harvest whole.

200 seeds/pkt \$2.95, Organic

Spinach, Red Aztec
. *Chenopodium berlandieri*

(Huazontle) Native to Mexico, this little Lamb's Quarter variant is distinguished by the tasty edibility of its red-blushed leaves.

300 seeds/pkt \$2.95, Organic

Okra, Clemson Spineless
. *Abelmoschus esculentus*

(Bhindi, Bamia, Gumbo)

Perennial grown as an annual in temperate zones, native to Africa. 56 days to maturity. The immature pods are rich in mucilage, a tasty thickener for soups and gumbo. The pods may also be sliced and braised. An antidiabetic food.

20 seeds/pkt \$2.95, Organic

Shungiku . . . *Chrysanthemum coronarium*
(Chop Suey Greens)

Family: Aster (*Asteraceae*)

Annual. Native to Eurasia. This is a cultivated strain originally from China. Harvest for greens within 40 days!

100 seeds/pkt \$2.95, Organic

Watercress *Nasturtium officinale*

Perennial water plant. Native to temperate regions of the world. Hardy to -10° F. Grows in cool, running water. The leaves have long been used as a vitamin-filled and peppery salad ingredient and as a spring tonic.

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)**



ONION, LEEK & GARLIC

Family: Onion (*Alliaceae*)

Onions prefer a full sun position, frequent watering, good garden soil, and assiduous weeding. Sow in flats in the greenhouse and keep cutting back the tops to encourage bulbing, then transplant. Or, direct seed by planting closely together in the furrow. Eat the thinnings, leaving the largest plants to mature out at 4 inches between.

Chives, English . *Allium schoenoprasum*
Bulbous, clumping monocot cultivated worldwide and hardy to 0° F. This is the smallest of the edible Onions, valued for its tasty green leaves (scapes) and flower buds. A tasty garnish.

50 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

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.

30 seeds/pkt \$2.95

Bear's Garlic *Allium ursinum*
Hardy to Zones 3 to 9. Bulb-forming perennial native to Western and Central Europe. Plant prefers cool, moist shade of woodland or shade garden. Give 90 days cold, moist refrigeration, then sow seed in good soil.

30 seeds/pkt \$3.95, Organic

Leek, Musselburg Giant
. *Allium 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 \$2.95, Organic

Onion, China Green . *Allium fistulosum*
60 days to salad or stir-fry. Originally from Richo's trip to Kunming, we found them to be dependable in organic culture. China Green makes the long, thin Green Onions that are often employed in Asian cuisine. Standard vegetable culture. Sow in spring for summer Onions or in late summer for fall and spring use. Thin to 3 inches apart.

50 seeds/pkt \$2.95, Organic

Onion, Walla Walla Sweet . *Allium cepa*
Walla Walla is a dependable heirloom strain with large, juicy, sweet-fleshed, white bulbs. Sow closely together in the furrow and eat the thinnings as delectable green onions. A good crop of Onions in a row out there is the sign of a really good gardener.

100 seeds/pkt \$2.95, Organic

Onion, Welsh *Allium fistulosum*
(Welsh Green Onion, Bunching Onion)

Perennial bunching onion, flowering in the second year and ongoing. 60 days to salad or stir-fry.

50 seeds/pkt \$2.95, Organic

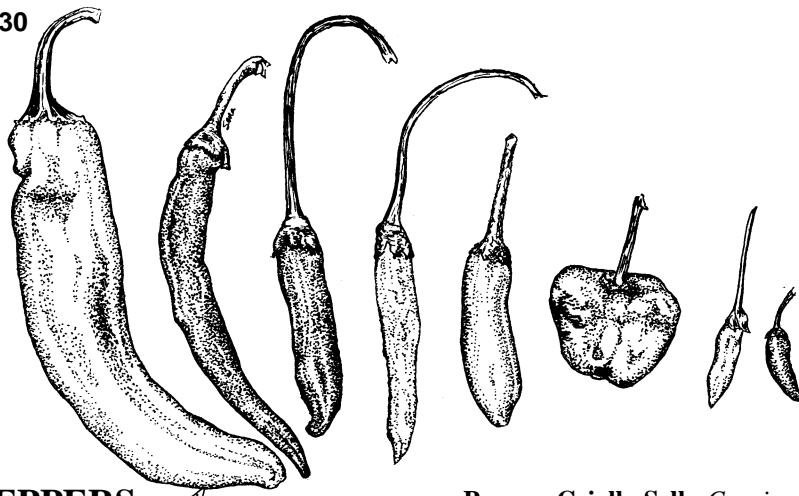
Pea, Oregon Sugar Pod II *Pisum sativum*
Family: Pea (*Fabaceae*)

Peas are best planted directly into the garden a few weeks before the other common spring vegetables, such as Beets and Carrots. For Peas, choose a sunny, moist location where there is mellow garden soil. Peas must not be planted too deeply (just below the soil surface). Plant 3 inches apart. Each Pea seedling is precious—do not thin them! Snow pea, as sweet as sweet can be. Trellis.

50 seeds/pkt \$2.95, Organic



Thank you, Fairy, for the green thumb..



PEPPERS

Family: Nightshade (*Solanaceae*)

Peppers are native to tropical America and are perennial in the tropics, grown as annuals in temperate regions. All Peppers are an anticarcinogenic, warming, carminative, digestive, and circulatory stimulant. Flavor enhancer. Peppers prefer a scanty, even water supply, good drainage, full sun, and a long, hot summer. Start indoors 40 to 50 days prior to the last frost. Transplant to garden when soil has truly warmed up.

PEPPER SET: 1 packet each of Aji Sivri, Aji Colorado, Chilhuacle Negro, Criolla Sella, Guajillo, Hot Paper Lantern, Thai Volcano, and Romanian Sweet.

8 packets/\$19.90, Organic

Pepper, Aci Sivri . . . *Capsicum frutescens*

~37,000 Scoville Heat Units
Large, dark red, medium hot "Long Cayenne" to 8 inches, originally from Turkey. The flat-topped bush grows well in small spaces and becomes quickly loaded with fruits. Excellent choice for salsa.

50 seeds/pkt \$2.95, Organic

Pepper, Aji Colorado *Capsicum baccatum*
~30,000 Scoville Heat Units

Member of an obscure group of peppers native to Bolivia and Peru. Fast-growing, flat-topped bush to 24 to 30 inches; ornamental flowers, elongated, red, lantern fruits.

50 sds/pkt \$2.95, Organic

Pepper, Cayenne . . . *Capsicum frutescens*

~77,500 Scoville Heat Units
Cayenne makes abundant long, thin, very dark red fruits. Early to mature even in a cool summer. Cayenne is the standard medicinal herb of commerce. Cayenne increases circulation, enhances flavor of foods, and improves digestion.

50 sds/pkt \$2.95, Organic

Pepper, Chilhuacle Negro

. *Capsicum annuum*
Rare Mexican Pepper from the region of Oaxaca, mildly hot, with a complex, deep, fruity taste and an unusually dark, chocolate brown cast to the bell-like, dangling fruits. Used mainly in preparation of mole, the Peppers are also fine when chopped into stir-fry. Plants handsome, robust, resilient.

20 seeds/pkt \$2.95, Organic

Pepper, Criolla Sella *Capsicum baccatum*

~30,000 Scoville Heat Units
Native to Bolivia. The plants are short and sturdy, short-season, studded copiously with the 3-inch, golden-orange, thin-skinned Peppers. Very prolific. These are not too hot, and they have a very citrusy taste.

50 seeds/pkt \$2.95, Organic

Pepper, Guajillo *Capsicum annuum*

(Chili travieso) ~5,000 Scoville Heat Units
Shiny, shaped like giant, fat Cayenne, deep orange-red at maturity and drying to a deep translucent garnet. Sturdy bushes hold up to harvest after harvest, peppers remaining viable even after frost. Epic yields. This year we had much Pepper diversity to choose from, and this one was most often enjoyed.

50 seeds/pkt \$2.95, Organic

Pepper, Hot Paper Lantern Habanero .

. *Capsicum chinense*
~350,000 Scoville Heat Units
"Chinense" is a vestigial misnomer, by the way, since all peppers are from South America. Maturing its first fruits in a quick 90 days from transplant to hot sauce, this temperate friendly Habanero yields bright red fruits of a most comely shape. They look like Lanterns, are thin-skinned, easy to dry, and pack an amazing whallop. I have no idea why one would need a Pepper to be any hotter than this!

20 seeds/pkt \$2.95, Organic

Pepper, Romanian Sweet

. *Capsicum annuum*
Sweet bell peppers start out yellow, mature further to orange, and finish out deep red. These are very popular with kids and salad makers alike. Very early to mature, they keep pumping peppers until frost. Romanian Sweets were standard fare on our table this summer, and we will indeed grow them yearly from now on.

30 seeds/pkt \$2.95, Organic

Pepper, Thai Volcano *Capsicum frutescens*

Perennial in Zones 10 to 12. Back by popular demand, this pepper makes a compact, globe-shaped plant giving forth clusters of bright red, upright fruits that are very hot. These do excellently in pots, and are also a good choice for gardeners with limited space. A decorative yet functional beauty.

30 seeds/pkt \$2.95, Organic

Pumpkin, Styrian Hull-less, Standard . . .
(Hull-less or Naked-Seeded Pumpkin)

Annual. 90 days to maturity. Styrian Pumpkins are grown for their naked seeds that are a high protein snack, sexual tonic, and source of a wonderful fixed oil that is much like Olive oil. The Pumpkins themselves are also edible and delicious, and may be baked in the usual manner or made into soup. Pumpkins prefer full sun and rich garden soil. Sow directly in the garden in spring, in hills 5 feet apart. Sow 5 seeds per hill and thin to the best 3 seedlings. Harvest when they turn from green to golden, or after first frost. Remove seeds and dry them on screens. Scrumptious!

20 seeds/pkt \$3.95, Organic

RADISH

All are *Raphanus sativus*

Family :Mustard (*Brassicaceae*)

A quick grow in fall or early spring.

Diakon, Miyashege White

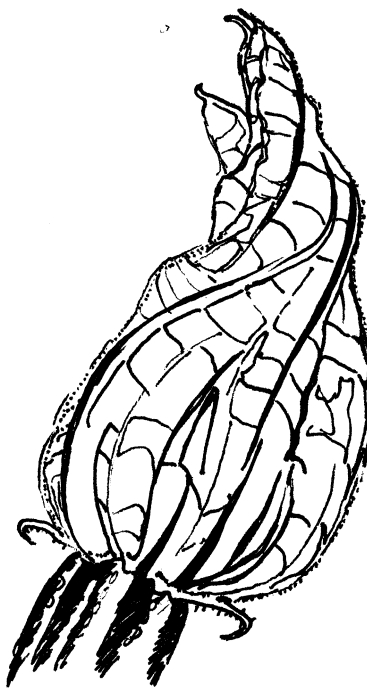
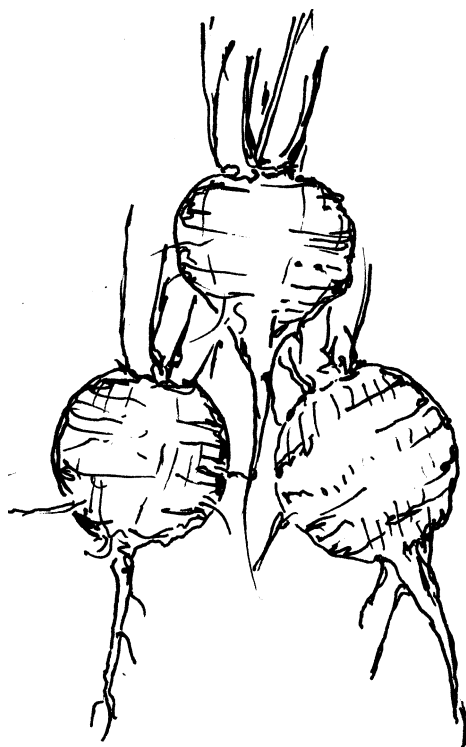
60 to 65 days to mature roots. Crisp and mild when sliced fresh and dipped—also excellent stir-fried or pickled. Daikon likes rich, deeply spaded soil. Direct seed and thin to 4 inches apart.

200 seeds/pkt \$2.95, Organic

Radish, Round Black Spanish

Annual. 55 days to maturity. Round roots grow 3 to 4 inches in diameter, with a striking black skin and white flesh. This antique Radish is more nutrient dense than modern Radishes. Frost in the garden or cold storage mellows and sweetens taste.

50 seeds/pkt \$2.95, Organic



SQUASH

Family: *Cucurbitaceae*

Native to the New World. Squashes like full sun and regular garden soil. Sow directly in the garden in the spring after the ground warms up. Make hills 3 feet apart, press the seeds about 1/2 inch into the soil, tamp securely, water once and then await germination. After they come up, thin to 3 best seedlings per hill. If row cropping, thin to 1 plant every 2 feet. To encourage them along, weed frequently and apply compost. Do not overwater Squashes—let them go a bit dry between waterings.

Squash, Blue Hubbard

80 days. This heirloom dates back go at least the year 1859. It is the mother of all squashes, like a beached whale. Sweet golden flesh is fine for pies, baked squash, or soups. We weighed one of ours to 41.85 lbs.

10 seeds/pkt \$2.95, Organic

Squash, Delicata

80 days. Long vines produce many ovoid squashes, medium-sized, yellow with forest-green stripes. Syrupy-sweet when baked.

30 seeds/pkt \$2.95, Organic

Squash, Yellow Crookneck

60 days. Annual. All-time favorite Summer Squash, loved by kids and adults alike. Best when harvested at early stage when fruits are nearly solid and the skin is soft and delicious. If squashes are overproductive, wait until relatives come to visit, then slip excessively large ones through the open window into the back seat of their car.

30 seeds/pkt \$2.95, Organic

Squash, Zucchini—Midnight Lightning

55 days. Annual bush type that produces long, dark green (think midnight at the oasis), exceptionally well-flavored Zuks.

15 seeds/pkt \$2.95, Organic

TOMATO

All are *Lycopersicon esculentum*
 Family: Nightshade (*Solanaceae*)
 Annual vines. The essence of summer. Sow indoors 60 days prior to last frost. Give strong light and warmth. When the garden soil warms up, plant in rich soil in full sun and cage. Leave 2 to 3 feet between plants so they don't shade each other too much.

Tomato, Amish Paste

70 days to fruits. Heirloom paste is the largest of its class. Tall indeterminate vines need caging, especially since the fruits are dense and heavy. Best for sauce.

20 seeds/pkt \$2.95, Organic

Tomato, Black Cherry

70 days to fruits. Vigorous, sparsely leaved yet heavily fruited, indeterminate vine to 5 feet tall does best when trellised. Fruits are 1-inch plus diameter, very round, dusky in color and possessed of superb Tomato taste. We also observed that these are very firm, making them long-lasting on the vine and potentially quite durable in transport.

50 seeds/pkt \$2.95, Organic

Tomato, Black Krim

75 days to fruits. Determinate vine, very stocky, to 3 feet tall. Originally grown on the Isle of Krim in Russia's Black Sea, these beefsteak type Tomatoes are large, vaguely flattened, soft, green-shouldered, possessing a dense, dark and delicious interior, somewhat salty, very juicy. This was the slicer that ended up most often in my summer sandwiches. I also liked the way the vines were self-supportive and kept the fruits up off the ground.

30 seeds/pkt \$2.95, Organic

Tomato, Chadwick's Cherry

60 days to fruits. Indeterminate vine likes a trellis, to 3 feet. Bright red, large-sized Cherry Tomatoes are produced early in the season. They are presented as sturdy clusters of 6. We rate this Tomato 10 out of a possible 10 on the basis of taste. Excellent consumed fresh or halved and sun dried.

50 seeds/pkt \$3.95, Organic

Tomato, House

Dwarf House Tomato prefers to grow indoors, planted in a gallon of compost and set on a sunny windowsill. Squat, thick-stemmed, determinate plant produces miniature "slicers" in 75 days. As cute as can be!

10 seeds/pkt \$2.95, Organic

Tomato, Lakota

(Super Lakota, Super Suix)

80 to 85 days to fruits. Heirloom makes medium to large size round, bright red slicers in an indeterminate vine. These are very heavy late season yielders. I left a bowl of Lakotas on the table and a visitor was tempted to bite into one, saying "Best Tomato I ever ate."

30 seeds/pkt \$2.95, Organic

Tomato, Principe Borghese

75 days to fruits. Italian heirloom drying Tomato. Very fast-growing, determinate vines like to spread wide. Fruits on the individual spray tend to ripen evenly, making a double handful of large Cherry-Tomato-sized fruits, best choice for sundried—sweet and chewy.

50 seeds/pkt \$2.95, Organic

Tomato, Stupice

An heirloom Czech cultivar producing vigorous and disease-resistant indeterminate vines with wide leaves that look a bit like the leaves of Potatoes. 65 days. Gives high yields of 2-inch, rounded fruits that are very tasty and keep well for table or market.

30 seeds/pkt \$2.95, Organic

WATERMELON

Family: Cucurbit (*Cucurbitaceae*)

Watermelon prefers rich and sandy soil and does best in the full sun. Seed directly in the garden once the soil is truly warmed up. Plant 1/2 inch deep and tamp securely, then thin to 3 per hill.

Watermelon, Moon & Stars

. *Citrullus colocynthis*

Annual vine bearing oblong fruits ranging in weight from 10 to 30 pounds. We were very impressed with how fast these fruited, even given our cold mountain nights.. This is an heirloom classic with very sweet red flesh and an outer skin that is dark green with yellow markings that resemble the moon and stars shining out from the dark firmament.

10 seeds/pkt \$2.95, Organic

Watermelon, Namib Tsamma

. *Citrullus ecirrhosus*

<<NEW FOR 2017>>

Prostrate vine native to Namibia, bearing round fruits with white flesh and black seeds. Flesh of melon is sweet, a valuable source of water in desert environs. Seed is edible, high in protein and oil. This plant is the genetic progenitor of the sweet, red-fleshed domestic watermelon. Plant prefers full sun and thrives in arid conditions, requiring little care.

10 seeds/pkt \$2.95

**YACON & OCA—
ANDEAN TUBERS**

Oca, Mixed Colors *Oxalis tuberosa*

Foodcrop making brilliantly colored tubers rivaling potatoes in taste and far more comely. Cool conditions favored. Mulch.

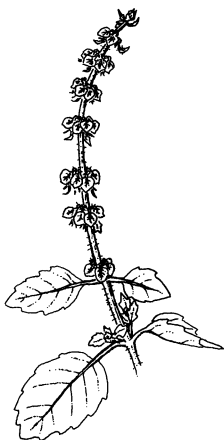
\$7.50/plant, Organic

Yacon, Morado . *Smallanthus sonchifolius*

Purple-leaved beauty making very sweet, burgundy-skinned tubers with pink flesh. Plants are compact to 3 feet, producing a nice array of flowers in the autumn. This is an early-maturing Yacon that has exceeded all other cultivars in our trials.

\$10.00/plant, Organic

Culinary Herbs & Spices



BASIL

Family: Mint (*Lamiaceae*)

These Basils are excellent in soup, in stir-fry, in Asian cookery, and they make incomparable PESTO. Basils prefer full sun and plenty of water. Start early in pots in the greenhouse, or direct-seed in the spring garden. These give fast results, with harvest in 70 days or less.

CULINARY BASIL SET (1 seed pkt. each Genovese, Greek, Mrihani, Sweet, and Thai. **\$13.90/5 pkts**

Price shown is a discount.

Basil, Genovese*Ocimum basilicum*
Culinary. Tall, uniform, and slow to bolt. Highly productive broadleaf variety, popular for market gardens and for pesto.

100 seeds/pkt \$2.95, Organic

Basil, Greek*Ocimum minimum*
Culinary. A tiny hummock of a plant, resembling a Lilliputian Oak tree, but redolent with the finest of Basil aroma. We vote this the best-tasting Basil of all.

100 seeds/pkt \$2.95, Organic

Basil, Kivumbasi Lime . . .*Ocimum canum*
(Kivumbasi Ndimu)
Originally collected by Richo on the Island of Unguja in Zanzibar. Diminutive in size yet giant in aroma, a Basil like no other, a tasty tea herb that powerfully rejuvenates.

50 seeds/pkt \$2.95, Organic

Basil, Mrihani*Ocimum basilicum*
Annual, 60 days. This is a traditional cultivar grown in Zanzibar. The leaves are ruffled, with a Basil-Licorice smell and flavor. The flowers are purple. In East African cuisine, the fresh or dried leaves are used as an ingredient in Coconut milk curries (yum!)

30 seeds/pkt \$2.95, Organic

Basil, Sweet Lettuce Leaf
.*Ocimum basilicum*
Culinary. Prolific producer. Good market Basil. Large, thick leaves. Best for pesto.

100 seeds/pkt \$2.95, Organic

Basil, Thai*Ocimum basilicum*
Culinary. This is a showy, globe-shaped plant with medium-sized, lance-shaped purplish leaves and flowers. Spicy variety preferred for Thai cooking.

100 seeds/pkt \$2.95, Organic

Basil, Holysee TULSI

Chervil, Brussels Winter
.*Anthriscus cerefolium*
Family: Carrot (*Apiaceae*)

Annual. Fast-growing, ferny, anise flavored green is an essential ingredient in salad mixes. Brussels Winter Chervil is extremely cold-hardy. The plant blossoms throughout the winter months and thus is particularly nice for the bees.

100 seeds/pkt \$2.95, 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.

100 seeds/pkt \$2.95,
\$7.55/5 g (~500 seeds)

\$13.10/10 g (~1,000 seeds), Organic

Cumin*Cuminum cyminum*
Family: *Apiaceae*

Annual. Native to the Mediterranean and cultivated worldwide. Easy-to-grow aromatic spice is an excellent appetizer and carminative—perfect companion for rye bread and/or cheese.

300 seeds/pkt \$2.95
\$7.55/5 g (~1,500 seeds)

\$13.10/10 g (~3,000 seeds)

Dill, Bouquet*Anethum graveolens*
Family: Carrot (*Apiaceae*)

Annual. Native to Southern Europe, Iran, and India. 65 days to maturity. Lacy foliage and nodding seed heads. In the culinary world, Dill is a bit of a sleeper, being relegated largely to pickling, but it is a more broad spectrum spice than that!

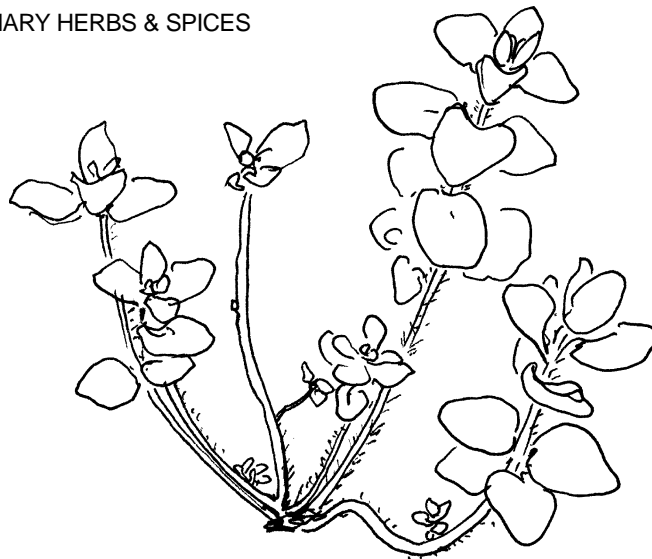
200 seeds/pkt \$2.95, Organic

Epazote*Chenopodium ambrosioides*
(Wormseed)

Family: Goosefoot (*Chenopodiaceae*)

Perennial hardy to -15° F, otherwise easy to grow as an annual. Native to Mexico, but widely introduced into the temperate north. Dried herb is the preferred spice for Mexican refried beans (allays flatulency). Plant prefers poor ground, sandy and rocky soils in full sun. Sow on surface in spring.

300 seeds/pkt \$2.95, Organic



Illus.

Zaatar

Fennel, Common

Foeniculum vulgare var. *Grosfruchtiger*
Family: Carrot (*Apiaceae*)
Herbaceous perennial. Native to Europe. Hardy to -30° F. Choice cultivar producing seed and green herb that are edible, aromatic, antiseptic, expectorant, and carminative. This plant is a delight to native pollinators, birds, and medicine-makers alike. Direct-seed in spring. Light-dependent germ. Thin plants to 2 feet apart. Flowers yellow.

100 seeds/pkt \$2.95, Organic

Lemongrass *Cymbopogon flexuosus* Family: Grass (*Poaceae*)

Tropical perennial; temperate annual. Native to Southern India. 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

Mustard, White *Sinapis alba* Family: Mustard (*Brassicaceae*)

Annual herb maturing in 90 days, native to China. Source of white Mustard seed, the best type for making your own mustard, grind the seeds and wet with water, then allow to ferment for a few minutes in order to develop greater pungency. Add vinegar to loosen the paste to the consistency of regular mustard, and salt to taste. Enjoy! Plant prefers full sun and fertile, moist soils. Sow in spring, just under surface, and keep moist until germination. Thin to 3 inches apart and allow to mature before harvesting, threshing and winnowing for the fat yellow seed. Make pickles!

100 seeds/pkt \$2.95, Organic

OREGANO

Family: Mint (*Lamiaceae*)

These Mediterranean beauties grace any border or path, establishing in colonies. They are both a culinary boon for rendering various dishes succulent and a useful medicinal—antiseptic, antioxidant, and carminative. 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.

Marjoram, Sweet . . *Origanum majorana*

Annual, 60 days to maturity. Native to southern Europe and the Mediterranean, especially Portugal. Culinary spice used for flavoring poultry, sausages, and vegetable dishes. Stimulant and carminative.

100 seeds/pkt \$2.95, Organic

Oregano, Greek *Origanum heracleoticum*

Herbaceous perennial. Native to Greece, the Oregano used by the Italians as well. Hardy to -20° F. A prized medicinal and culinary Oregano cultivar—aromatic and spicy herb. Disinfectant, anti-oxidant, preservative, and antifungal.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Zaatar *Origanum syriacum*

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. See illustration above.

50 seeds/pkt \$3.95

\$7.50/plant, \$19.95/3 plants, Organic

Quilquina *Porophyllum ruderale*

Family: Aster (*Asteraceae*)

<<<<NEW FOR 2017>>>>

(Bolivian coriander, Killi, Papaloquelite)

Annual, 90 days to harvest. Native to South America, this smooth-leaved plant makes a rounded, multistemmed bush to 3 feet. The plant remains in vegetative stage for a long time before going to flower, at which point it forms multiple upright buds that eventually open up to reveal a perfectly round ball of fluff, like a little moon. In the meantime the leaves may be harvested as needed, a tasty addition to summer salads where the influence is appetite-inducing and digestive. Sow small, needle-like seeds on surface, barely cover, tamp well and keep warm and in the light until germination. Space plants 2 to 3 feet apart.

30 seeds/pkt \$2.95, Organic



ROSEMARY

Family: Mint (*Lamiaceae*)

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 perfect drainage.

Rosemary, Creeping
 *Rosmarinus officinalis prostratus*
 (Prostrate Rosemary)

Creeping woody perennial hardy to 20° F. Plant in rockery or raised bed and allow to drape down over the edge.

\$10.00/plant, \$28.50/3 plant, Organic

Rosemary, Official—Upright Form

. *Rosmarinus officinalis*
 Upright Rosemary has proven to be the most cold tolerant. Flowers abundantly in the early spring when most other Mediterraneans are still winter dormant. Unlike many other evergreen perennials, the plant seems to make the most resin and aroma during the colder months. A good trim back in the fall not only saves the plant from getting too leggy, or broken under snow, but also gives you such a nice basket-load of herb to dry. Potatoes, protein dishes, dressings and barbecue all enhanced!

\$10.00/plant, Organic

DRIED ROSEMARY LEAF

50 g bag \$7.90 each, Organic

Sage, Garden *Salvia officinalis*
 Family: Mint (*Lamiaceae*)

Woody perennial. Hardy to -20°F. This is the best Sage to use for flavoring purposes. It is an indispensable spice—add to vegetable and poultry dishes for a wild flavor. Other cultivars may have variegated leaves or purple color or whatnot, but they do not live up in terms of taste! Plant prefers a sunny, dry, and well-drained microsite.

100 seeds/pkt \$2.95, Organic

SAVORY

Family: Mint (*Lamiaceae*)

Bright green-leaved aromatic shrubs native to the Mediterranean. Harvest the pre-flowering tops in the summer, shade dry, and rub out the stems—perfect spice. Scarify seeds lightly and press into surface of soil, keeping moist and in the light until germ. Work up in pots and transplant out to the landscape spring to early summer. These require generous watering to start with, becoming drought-tolerant once established.

Savory, Lemon
 *Satureja montana* var *citriodora*
 <<<NEW FOR 2017>>>

Zones 5 to 8. Evergreen woody perennial to 20 inches. Compact form of winter savory with strongly lemon-scented foliage.

20 seeds/pkt \$2.95

Savory of Crete *Satureja thymbra*
 Hardy to Zones 8 to 12. Evergreen perennial native to Crete. Low-lying bushes with large, pink flowers. Shiny leaves soft, aromatic and spicy. Massage oil analgesic to pain and stimulating to circulation.

30 seeds/pkt \$2.95

\$10.00/plant, Organic

Savory, Purple Winter
 *Satureja montana* var *illyrica*
 <<<NEW FOR 2017>>>

Hardy to Zones 4 to 10. Evergreen perennial ground cover native to Albania, growing to only 6 inches. Plant is a blue-flowered, aromatic spice, leaves purple in winter.

20 seeds/pkt \$2.95, Organic

Savory, Pygmy *Satureja spinosa*

(Crete Mountain Savory, Pygmy Savory)

Evergreen perennial hardy to -10° F, to 6 inches tall, with Thyme-like leaves and multitudes of white flowers filled with nectar. Plant prefers a sunny exposure and grows well in rock gardens, decaying walls, or in ceramic pots in greenhouse or doorstep.

20 seeds/pkt \$2.95, Organic

Savory, Summer *Satureja hortensis*

Annual. 60 days to perfect spice. The best culinary Savory. Bushes to 2 feet.

200 seeds/pkt \$2.95, Organic

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



TARRAGON

Tarragon, Mexican *Tagetes lucida*
Herbaceous perennial that can be grown as an annual. Native to Mexico. Hardy to about 5° F. A spice and cold medicine. Plant prefers full sun, well-drained soil. Sow in spring. Space 1 foot. Flowers to 2 feet.
30 seeds/pkt \$3.95, Organic

Tarragon, Russian
. *Artemisia dracunculoides*
(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 and an aromatic bitter.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

THYME

Family: Mint (*Lamiaceae*)

Thyme is a hot and savory spice for salad dressings and sauces. Dried Thyme also makes an excellent tea. Plant prefers full sun, warm limey soil, moderate watering.

THYME SET (1 seed packet of English Broadleaf, French, German Winter & Mastic).

\$9.90/4 pkts

Price shown is a discount.

Thyme, English Broadleaf *Thymus vulgaris*
Evergreen perennial subshrub native to the Mediterranean and especially Greece. Hardy to 0° F. Perfect mound-shaped plants. Space 2 or 3 feet apart. Flowers to 18 inches. Very potent spice.

100 seeds/pkt \$2.95, Organic

Thyme, French *Thymus vulgaris*
Tender evergreen perennial, a select cultivar from France. Excellent as a spice, this nicely green, narrow-leaved cultivar is one of the most flavorful of all the Thymes. Wonderful flower displays are much visited by bees. Plant prefers full sun and mesic soils.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Thyme, German Winter *Thymus vulgaris*
Evergreen perennial subshrub similar to Broadleaf English, but tolerates winters to -20° F. An excellent choice for kitchen garden, they are tidy near the house and always handy for cutting a little cooking spice.

30 seeds/pkt \$2.95, Organic

Thyme, Mastic *Thymus mastichina*
Whispy evergreen perennial native to SW Europe and hardy to 0° F. Broad, shiny leaves and "puffball" flowers. Powerfully camphoraceous.

100 seeds/pkt \$2.95, Organic

Thyme, Orange *T. fragrantissimus*
<<<NEW FOR 2017>>>

Hardy to Zones 6 to 9. Evergreen perennial subshrub to 12 inches, native to the Mediterranean. A fruitily fragrant attractor of bees, local cooks and barefoot doctors. Blossoms pale pink, irregular, foliage often variegated with yellow.

30 seeds/pkt \$2.95

Thyme, Spiked *Thymbra spicata*
<<<NEW FOR 2017>>>

Hardy to Zones 7 to 10. Evergreen perennial subshrub native to Greece, flowering lavender to 20 inches. Well-loved by bees, it is medicinal to them and they make a medicinal honey from it. Drought-tolerant to a T.

20 seeds/pkt \$2.95

Timo Arbustivo *Thymus capitatus*
(Headed Savory)
<<<NEW FOR 2017>>>

Hardy to Zones 6 to 9. Evergreen perennial subshrub to 12 inches, native to Italy. Dry slopes and calcerous 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

Medicinal Herb Seeds & Plants ³⁷

SEEDS OF MEDICINE



Achira *Canna edulis*

<<<NEW FOR 2017>>>

Family: Canna (*Cannaceae*)
(Indian Shot)

Hardy to Zones 7 to 12. Broadleaved perennial to 5 feet, native to South America and West Indies. Tubers are a source of starch, very similar to arrowroot. Tubers and young sprouts are deliciously edible, mild tasting, gummy when fresh, high in potassium and protein. Scarify seeds and soak overnight in warm water, plant in warm conditions, germination can take 20 to 90 days. Above *illus.* Achira transplant.

10 seeds/pkt \$2.95

ACONITE

Family: Crowfoot (*Ranunculaceae*)

Finest of herbaceous perennials for the discriminating medicinal herb garden, thriving best in rich soil and part shade. Flowers in first or second year to 4 to 5 feet. Short-lived, cold-stored seed. Sow seeds in summer, fall, midwinter, or early spring to germ as the soil warms up. Work them up in pots, then transplant out. Space plants 12 inches apart. All parts are **TOXIC** unless properly prepared.

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

Herbaceous perennial native to China. Bears extraordinary light blue flowers shaped like schools of heavy-jawed fish of the coral reef. In TCM, 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

Aconite, Yellow *Aconitum vulparia*
(Yellow Wolfsbane) <<NEW FOR 2017>>

Hardy to Zones 5 to 8. Clumping herbaceous perennial native to Europe and Asia, flowering to 3 feet tall. Bears showy racemes of hooded, ivory flowers.

30 seeds/pkt \$3.95

Agrimony *Agrimonia eupatoria*
Family: Rose (*Rosaceae*)

Herbaceous perennial. Native to temperate Northern hemisphere. Classic herb has a marked hemostatic effect, kills tapeworm, and is used as a douche to control *Trichomonas*. Plant prefers full sun, average soil. Sow in fall or early spring.

10 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. Used by the Saxons for brewing and preserving beer.

30 seeds/pkt \$2.95, Organic

ALKANET & ANCHUSA

Family: Borage (*Boraginaceae*)

Herbaceous perennials with neon flowers, the source of healing mucilage and unique secondary compounds. Drought tolerant and very, very pretty. Plants prefer full sun and dry soils.

Alkanet, Oriental . . . *Alkanna orientalis*
Herbaceous perennial hardy to all zones. Soft, forgiving leaves, deeply golden yellow flowers to about 12 inches tall. Incredibly nice bedding plant.

30 seeds/pkt \$2.95, Organic

Anchusa, Azure *Anchusa azurea*

This species is noted for its edible, intensely royal purple flowers, as big as quarters. Plants prefer full sun and poor, fast-draining soil. Drought-tolerant. Sow in spring, either in pots or directly. Flowers to 4 feet. Adorn your landscape, your salads!

20 seeds/pkt \$2.95

Amaranth, Love Lies Bleeding
 *Amaranthus. caudatus*
 (Pendant Amaranth, Tassel Flower, Velvet Flower, Foxtail Amaranth)
 Annual. 50 days. This is probably the showiest of all Amaranth, with large heads of drooping, crimson flowers, loaded with betacyanins. This is the black-seeded Amaranth.
100 seeds/pkt \$2.95

Andrographis . *Andrographis paniculata*
 (Kalmegh, Chuan-xin-lian, King of Bitters)
 Family: Acanthus (*Acanthaceae*)
 Annual but long season. Rare in the trade and highly desired plant native to China and India. Used in treating sluggish digestion, gastroenteritis, Lyme and other systemic infections. Plant prefers full sun and regular garden soil. Culture much as per Basils. Scarify lightly and sow in spring.
100 seeds/pkt \$3.95, 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. Plant prefers full sun, plenty of water during germ and growth, and a dry period for ripening the seed. Sow fall to very early spring.
100 seeds/pkt \$2.95, Organic

ANGELICA

Family: Carrot (*Apiaceae*)
 All temperate zones. Biennials preferring 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, Giant Purple
 *Angelica atropurpurea*
 <<<NEW FOR 2017>>>
 Hardy to Zones 4 to 8.
 Biennial native to Eastern North America, being the most impressive of our several endemic types. Giant leaves, purple stems, enormous white flowering umbels are regal. Poorly drained soils are fine for this water lover. Space 2 feet apart.
30 seeds/pkt \$2.95

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,
\$22.55/5 g (~650 seeds),
\$40.10/10 g (~1,300 seeds), Organic
\$7.50/plant, \$19.95/3 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 Hachijojima island 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." A general tonic, also specifically treats gastric disorders, hepatitis, cancer, anemia, and chronic fatigue. Munch the fresh stalks. They are a bit like celery and way yummy. You can also dry the aerial parts, including leaves, and make a tea or tincture. 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 give, the more Ashitaba you get!
20 seeds/pkt \$9.95,
\$30.00/g (~125 seeds), Organic
\$7.50/plant, \$19.95/3 plants, Organic

Ashitaba takes the herbal world by storm, and for good reason.

Dang-gui *Angelica sinensis*
(Dong-quai, Tang-kuei)
Biennial. Native to East Asia and cultivated in the high, cold mountains of China. The smokily aromatic root of this plant is a premier female tonic. Plant prefers cool, moist, sandy, rich soil.
\$7.50/plant, Organic

Arhat Fruit *see* GOURD

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 anti-inflammatories. Homeopathic rescue remedy. **Low-dose botanical.** Plant prefers moist, loamy, acidic soils or rock garden. Sow in spring indoors or in the greenhouse. Short-lived seed. Light-dependent germinator.

Arnica chamissonis . . . (Meadow Arnica)
Native to Western North America. Yields well from multiple flower stalks. This is the easiest species to grow and the best for low-land gardens.

50 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Arnica montana . . . (Mountain Arnica)
Native to the mountains of Europe and Asia. The official species. This one makes the largest flowers of all Arnicas, which can be a significant advantage. Plant prefers a shady spot or altitude.

50 seeds/pkt \$3.95, Organic

ARTEMISIA

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.

Artemisia annua

(Sweet Annie, Qing-hao)

Annual. 100 days to harvest of leaf and flowers. this is a high Artemisinin, late flowering cultivar. Pervasively and pleasantly aromatic foliage. Antimalarial, vermifugal, and anticancer.

200 seeds/pkt \$2.95,

\$6.00/g (~57,000 seeds),

\$13.55/5 g (~285,000 seeds),

\$33.10/10 g (~570,000 seeds), Organic

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



Mugwort, Western *Artemisia ludoviciana*
(White Sage)

Herbaceous perennial native to western and central US and Canada. All temperate zones. The plant is really quite handsome, with its soft, whitish leaves. We are quite attached to our little patch here on the land.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, 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 take abuse.

\$7.50/plant, \$19.95/3 plants, Organic

Southernwood . . . *Artemisia abrotanum*

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

\$10.00/plant, Organic

Wormwood, Absinthe

. *Artemisia absinthium*

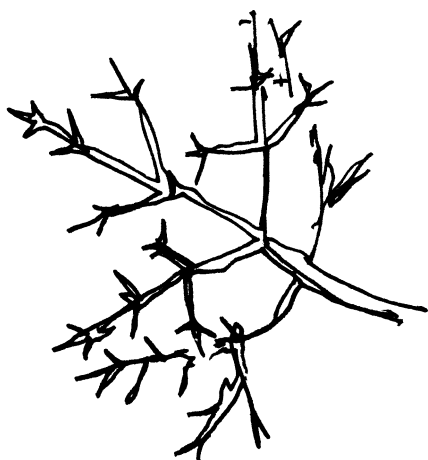
Woody perennial. Native to Europe, Siberia, Kashmir, and the Mediterranean. All zones. This is a strikingly large, silvery-green, soft, and mellow plant for the medicinal landscape. Classic ingredient of the (now legal) alcoholic beverage "Absinthe."

200 seeds/pkt \$2.95, Organic

Not for sale to SD, WA state

If you have a preferred ship date for plants, let us know when you order.

Yomogi *Artemisia princeps*
(Japanese Mugwort, Kui-hao, Ssuk)
Herbaceous perennial native to Japan. Wide, bright green leaves with a white and downy underside, the sign of a good moxa plant. Excellent smudging plant. A flavorful herb, the dried leaves used in small amounts to flavor mochi, soups, rice. Full sun to part shade and porous soil. Does well in pots.
200 seeds/pkt \$2.95



Asafetida *Ferula assa-foetida*
(Hing, Food-of-the-Gods, Devil's Dung)
Family: Carrot (Apiaceae)
Bearing tiered umbels on stately plants with ferny leaves. Hardy to 0° F. Native to the high plains of Iran and Afghanistan. A giant steeped in tradition. Roots yield an oleo-gum-resin used as redolent spice. Flowers to 7 feet. Fresh seed, good year on these.
10 seeds/pkt \$5.95, Organic

Ashitaba see ANGELICA

ASHWAGANDHA

Family: Nightshade (*Solanaceae*)
Herbaceous perennial in the tropics, annual in temperate zones. Dried root is a Ginseng-like and very potent smelling tonic. Plants sown 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 soils. Light-dependent germinator. Sow in spring.

Ashwagandha, African *Withania somnifera*
Evergreen woody shrub native to North Africa, an ecotype with large leaves and very fast growth. Sexual tonic.
50 seeds/pkt \$3.95, Organic

Ashwagandha, Vedic *Withania somnifera*
Woody subshrub native to India, where it is used extensively in Ayurvedic medicine.
100 seeds/pkt \$3.95
\$7.00/g (~1,000 seeds),
\$26.55/g (~5,000 seeds),
\$47.10/10 g, (~10,000 seeds), **Organic**

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

Asphodel *Asphodelus albus*
Ancient, Aloe-like plant forms a dense rosette. Sends up a flowering stalk in early spring, much like a red hot poker, but colored white, with candy-striped starlike flowers. The acrid tuber is a **low-dose botanical**, an anti-inflammatory and alterative. Sun to part shade. Sow in fall or give 90 days cold, moist refrigeration.

10 seeds/pkt \$2.95, Organic

\$10.00/plant, Organic

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

Family: Pea (*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/plant, \$19.95/3 plants, Organic

Ayurvedic Herb Collection

Seeds of rejuvenative and medicinal herbs:

Amla (*Embllica officinalis*)

Andrographis (*Andrographis paniculata*)

Ashwagandha, Vedic (*Withania somnifera*)

Eclipta (Bhringraj) (*Eclipta alba*)

Lemongrass (*Cymbopogon flexuosus*)

Spilanthes, Official (*Spilanthes oleracea*)

Tulsi, Rama (*Ocimum sanctum*)

7 pkts/\$19.95

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 root is bitter-sweet, Ginseng-like. Prefers full sun and well-drained soil. Sow in spring. Thin or transplant to 6 inches apart.

30 seeds/pkt \$2.95, Organic

Bala see MALLOW

BALM

Family: Mint (*Lamiaceae*)

Plants pleasant to the touch with citrus-scented leaves. Excellent tea herbs and bee feeders that 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 germination, 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 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*
Herbaceous perennial. Native to the Mediterranean, Russia, Syria, Iran, and Turkestan. Hardy to -30° F. Classic medicinal tea herb that assists in controlling high blood pressure, migraines, and hysteria.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Lime Balm
..... *Melissa officinalis* ssp. *altissima*
(Crete Balm) Herbaceous perennial to 2 feet. Native to the Mediterranean and hardy to 20° F. Light-green lime-flavored foliage is softly pubescent, with outsize flowers of light lavender. A rare, unusual subspecies.

30 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Moldavian Balm
..... *Dracocephalum moldavicum*
Family: Mint (*Lamiaceae*)

Annual. 100 days to maturity. Native to Eurasia. Smallish, erect, branching plants with bright flowers, enchantingly aromatic. Plants prefer full sun to partial shade, water, average soil. The flowers are very long-lasting, bright purple, proportionately large to the plant, and shaped outrageously like the toothed head of a dragon. The tea is delicious and a remedy for the common cold. Sow in spring.

50 seeds/pkt \$3.95,

\$7.00/g (~750 seeds),

\$26.55/5 g (~3,250 seeds),

\$47.10/10 g (~7,500 seeds), Organic

Balsam, Chinese . . . *Impatiens balsamina*
(Ji-xing-zi)

Family: Touch-Me-Not (*Balsamaceae*)

Annual. Native to China. 70 days to flowers. The fleshy stems bear masses of highly decorative pink, purple, and lavender flowers that remain comely throughout the summer. The entire plant is loaded with healing mucilage. Plant prefers full sun, rich soil, water. Direct-seed in midspring. Fast-growing, quick to flower. Space 1 foot apart. Grows 2 to 3 feet.

30 seeds/pkt \$2.95, Organic

Barbat Skullcap *see* SKULLCAP

Bear's Garlic *see* LILY

Beeplant, Rocky Mountain
..... *Cleome serrulata*

<<< NEW FOR 2017 >>>

(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. Attracts pollinators that will improve yield of flowers and seed among associated vegetable and medicinal crops. This is used extensively by the Native Americans for food, medicine, and dye. Sow the seed in the fall to early spring, on the surface.

50 seeds/pkt \$2.95



BELLADONNA

Family: Nightshade (*Solanaceae*)

TOXIC

Herbaceous perennials hardy to appx. -10° F. Showy, dangling flowers give way to soft, blackly shining berries. Medicinally, these are best employed externally to sedate and relax muscle and nerve pain. Plants prefer partial to full shade, average fertility, moist but well-drained soil. Sow in fall or early spring. Slow to germ. Ongoing germ.

Belladonna, Caucasus . *Atropa caucasica*

Native to the northern Caucasus. Purple-stemmed, with large, soft, black berries.

30 seeds/pkt \$3.95, Organic

Belladonna, Turkmenistan

..... *Atropa komarovii*

Native to the Kopet-dag mountains. Rare. Flowers yellow, veined with violet. .

50 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, with pendant flowers of dark maroon.

20 seeds/pkt \$3.95

BERGAMOT

Family: Mint (*Lamiaceae*)

Certainly one of the most revered of Native American medicinals, these can be planted as chest high, herbaceous hedges. Light-dependent germinators. Direct-seed in spring or start in greenhouse. Germ 30 days.

BERGAMOT SET (1 seed packet each of bergamots: Lavender, Lemon, Mixed, and Yellow Dotted Mint)

\$9.90/4 pkts

Price shown is a discount.

Bergamot, Lavender . *Monarda fistulosa*

(Wild Bergamot)

Perennial. Makes tight clusters of lavender, long-tubed flowers. Fantastic fresh-cut flower and tasty tea herb. Full sun, dry soils.

100 seeds/pkt \$2.95

Bergamot, Lemon . *Monarda citriodora*

(Lemon Mint, Purple Horsemint)

Annual. Self-seeding. Native to midwestern and southern US. The leaves are deliciously lemon-scented. Plant prefers full sun, dryish soils. Flowers to 3 feet tall.

100 seeds/pkt \$2.95

Bergamot, Mixed Colors
..... *Monarda fistulosa*
(Bee Balm)

This is a highly aromatic and showy cultivar that makes mixed colors. The tea or tincture are delightfully tasty. This plant is easy in home culture.

30 seeds/pkt \$2.95, Organic

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

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.

30 seeds/pkt \$2.95

Yellow Dotted Mint . *Monarda punctata*
Native to the eastern and southern US. This minty plant has flowers resembling the markings of a leopard—whorls of striking golden flowers spotted with purple.

100 seeds/pkt \$2.95, Organic

Betel, Wild *Piper sarmentosum*
<<<NEW FOR 2017>>>

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/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/plant, \$19.95/3, Organic

Black Cohosh *Cimicifuga racemosa*
Family: Crowfoot (*Ranunculaceae*)

Forest dwelling herbaceous perennial. All temperate zones. Elegant plants with serrated, compound leaves and soaring, white-flowered racemes. The tincture of fresh root is proestrogenic, antidepressant, pain-relieving. The newly released second edition of "Growing At-Risk Medicinal Herbs" by Richo Cech devotes a whole chapter to this plant (see page 3 of this catalog for more information.)

50 seeds/pkt \$3.95,

\$10.00/g (~450 seeds),

\$29.55/5 g (~2,250 seeds),

\$54.10/10 g (~4,500 seeds), Organic

\$7.50/plant, 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, loss of appetite, parasites, and 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

Love-in-the-Mist . . . *Nigella damascena*
(Nigella, Neon Lights)

A cultivar selected here at Strictly Medicinal®. The plants are miniature, with bright purple, highly frilled flowers that give way to bicolored pods. Children love to sprinkle the seeds on cookies—yum!

50 seeds/pkt \$2.95, Organic

Blessed Thistle see THISTLE**Bloodflower** see MILKWEED**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. Flowers white to 6 inches. Bloodroot has a chapter in the book, "Growing At-Risk Medicinal Herbs," also Blue Cohosh. For more info. see page 3.

\$7.50/plant, \$19.95/3 plants, Organic

Blue Cohosh . *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 fat, purple berries. The flowers often unfurl in the spring before any other part of the plant shows itself. Dried root used to facilitate difficult births. Plant likes rich, composty soil in forest or shade garden. Space plants 1 to 2 feet apart. Grows 2 to 3 feet.

\$7.50/plant, \$19.95/3 plants, Organic

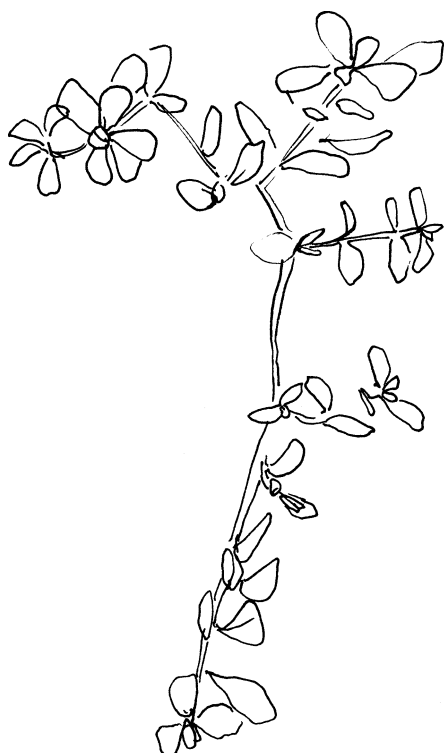
Boneset *Eupatorium perfoliatum*

Herbaceous perennial. Native to southern and eastern US. Hardy to -30° F. Large and showy, bearing heady masses of long-lived, white flowers. Dried leaf and flowering tops make a tea or tincture to treat colds and flu.

50 seeds/pkt \$2.95, Organic

Borage *Borago officinalis*
 Family: Borage (*Boraginaceae*)
 Annual. Native to the Mediterranean. 80 days to maturity. Children love to eat the nodding, blue and purple flowers that gladden the heart. Direct-seed in fall or spring. If sowing in warm soil, best to give the seed 30 days moist refrigeration before sowing.
50 seeds/pkt \$2.95,
\$11.55/5 g (~300 seeds),
\$20.10/10 g (~600 seeds), 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.
\$7.50/plant, \$19.95/3 plants, Organic



BURDOCK

Family: Aster (*Asteraceae*)
 Zones 3 to 9. Most useful when grown as an annual, 70 days to root harvest. Hardy taprooted biennials with wide leaves make scrumptious and medicinally charged roots the first year. Sow in the spring by planting directly in beds where the soil is deep and easy to dig. Sow seeds 2 inches apart and 1/2 inch deep, in rows 2 feet apart. Seeds germ in 6 to 12 days. In the second year the root becomes woody and the plant gives rise to multi-headed capitulae with purple flowers.

Burdock, Gobo *Arctium lappa*
 (Niu-bang)
 Standard medicinal plant, making taproots sometimes as big as your forearm. Combined with Dandelion, a trustworthy bloodcleanser for treatment of many ills, including staph.

100 seeds/pkt \$2.95,
\$14.55/5 g (~525 seeds)
\$27.10/10 g (~1,050 seeds), Organic

Burdock, Takinogawa . . . *Arctium lappa*
 Heirloom Japanese version best for fall harvest. Roots up to 3 feet long, flavorful.
50 seeds/pkt \$2.95, Organic

Burdock, Lesser *Arctium minus*
 This is the standard wild form that quickly produces long, delicious roots used in food and medicine.

30 seeds/pkt \$2.95

Burdock, Watanabe *Arctium lappa*
 Watanabe produces long, thin, tender, early-maturing roots. They tend to be very consistently sized and are excellent for eating.

30 seeds/pkt \$2.95, Organic

Butterbur *Petasites palmatus*
 (Petasites, Western Coltsfoot)
 Family: Aster (*Asteraceae*) Contains **PAs**.
 Herbaceous perennial. Native to the western US. Hardy to -20° F. The creeping rhizome erects robust, umbrella-shaped leaves. Used to treat spasmodic cough or deep-seated pain.
\$5.00/live root, Organic

Brahmi *Bacopa monniera*
 Family: Figwort (*Scrophulariaceae*)
 Tropical semi-aquatic perennial, grown as an indoor specimen, aquarium plant, or summer annual in the temperate zone. Native to India, it is a memory-enhancing herb of high repute. Protect from frost. Prefers fertile soils, moist shade.
\$7.50/plant, \$19.95/3 plants, Organic

Bugle *Ajuga reptans*
 An excellent ground cover for shady situations, including under Redwoods or in acidic soils. A historical herb of great repute as a vulnerary, can be used as a tea, tincture, salve or poultice. Purple leaves, blue flowers.
20 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Calamus *Acorus calamus*
 (Sweet Flag, Rights What's Wrong Herb)
 Family: Arum (*Araceae*)
 Perennial monocot water plant. Our cultivar is from the northern prairie states—not Europe or India (low to no potentially toxic beta asarone). Hardy to -30° F. The bitter and aromatic rhizome is a premier digestive herb. Best germination will be obtained by giving a warm/cold/warm cycle. Plants prefer edge of waterway or an evermoist, cool, shaded bed in the garden.

100 seed/pkt \$2.95

\$5.00/plant in season or root, Organic

The more we sow, the more we know, the more we know, the more we sow.

CALENDULAFamily: 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.

**Calendula, Mixed** . *Calendula officinalis*

This heirloom produces a lovely combination of single and double, yellow and orange flowers.

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 good medicine.

50 seeds/pkt \$2.95,

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

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

CALENDULA FLOWERS, whole, dried,
50 g bag/\$7.90, \$35.90/lb, 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. Flowers on long racemes, deep blue-violet.

\$7.50/plant, \$19.95/3 plants, Organic

Cardinal Flower *see* LOBELIA

CASTORFamily: Spurge (*Euphorbiaceae*)**TOXIC**

Tropical perennial, temperate annual. 100 days to maturity. Native to Africa. Leaves steamed and layered on as a pain-relieving poultice. Source of castor oil. Give full sun and compost. Direct-seed in spring.

Do not eat the seeds of Castor!

CASTOR SET (1 seed packet each of the Castors below.)

3 pkts \$7.90

Price shown is a discount.

Castor, New Zealand Purple

. *Ricinus communis*

Palmate leaves shine like copper. This is the closest to a temperate castor. They grow quickly in cool conditions and commonly self-seed.

5 seeds/pkt \$2.95, Organic

Castor, Unguja Green . *Ricinus communis*

Giant plant quick to mature in the summer garden. Originally collected by Richo in Paje on the west coast of Unguja.

5 seeds/pkt \$3.95, Organic

Castor, Zanzibar Red . *Ricinus communis*

Plants large and vibrant with showy red flowers and clusters of bright red seedpods.

5 seeds/pkt \$2.95

CATNIPFamily: Mint (*Lamiaceae*)

Highly aromatic minty plants with long-lasting, showy, flowering racemes do best in full sun and dry soils. Scarify and sow in spring. Thin or transplant 2 feet apart.

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. Makes good tea.

30 seeds/pkt \$2.95, Organic

Catnip, Official *Nepeta cataria*

Short-lived herbaceous perennial. Native to Europe. Hardy to -35° F. Downy, green foliage with dense, white-green flowering racemes. Plant prefers full sun and fast draining soil. Sedative and calming tea; aromatic. Flowers to 5 feet.

200 seeds/pkt \$2.95, Organic

Cayenne *see* PEPPER

Celandine, Greater . *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.

50 seeds/pkt \$2.95, Organic

\$5.00/live root, Organic

Planting catnip is like herding cats.

CHAMOMILE

Family: Aster (*Asteraceae*)

Dried Chamomile flowers make a gently sedative and decidedly delicious tea that is calming to the stomach and improves digestion. Plants prefer full sun and regular garden soil. Short-lived seed. Sow directly in fall, midwinter, or very early spring in weed-free garden bed.

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

4 pkts \$9.90

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, 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. Hardy to -10° F. Plants spread and interlock to form a tough carpet, which can be mowed to a lawn.

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 often used in potpourri.

100 seeds/pkt \$2.95, Organic

Chia, Mexican *see* ANCIENT GRAINS

CHICKWEED

Family: Pink (*Caryophyllaceae*)

Spreading cold-tolerant ground covers. Classic spring tonics, loaded with blood-cleansing saponins. Plants prefer rich, moist soils; full sun or part shade. Direct-seed in early spring or grow in pots.

Chickweed, Common *Stellaria media*
Annual. 60 days to maturity. Native to all temperate regions, as far north as the Arctic.

100 seeds/pkt \$2.95, Organic

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

Tuberous perennial native to Southwestern China, flowering to 2 feet, hardy to 20° F. Rare. Tubers used to make a rejuvenating and delicious soup.

30 seeds/pkt \$3.95, Organic



CHRYSANTHEMUM, CHINESE (JU-HUA)

Cultivars of . *Chrysanthemum morifolium*
Family: Aster (*Asteraceae*)

Herbaceous perennials native to China, hardy to -20° F—ancient cultigens 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!

Chrysanthemum, Chinese—Bo-ju-hua .
<<< NEW FOR 2017 >>>

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/plant, Organic

Chrysanthemum, Chinese—Gong-ju-hua
. (Huangshan Gongzhu)

This is a choice cultivar with small, button flowers of yellow and cream. These are powerful when dried and infused to make the strong herbal tea.

\$10.00/plant, 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 fresh herb chelates heavy metals and helps remove them harmlessly from the body. Also, the unmistakable taste of taco. Plant prefers regular garden soil and full sun. Direct-seed in early spring. Lovely!

100 seeds/pkt \$2.95,

\$7.55/5 g (~500 seeds)

\$13.10/10 g (~1,000 seeds), Organic

CLEAVERS

Family: Madder (*Rubiaceae*)

CLEAVERS SET (1 seed packet each of the following.)

4 pkts \$9.90

Price shown is a discount

Cleavers *Galium aparine*

Annual. Native to woodlands and waste places of Europe and the US. The juice of the fresh herb is a lymphatic tonic and spring cleanser. Prefers regular garden or forest soil. Sow in fall or early spring. Space 1 foot apart. Flowers tiny, white stars.

30 seeds/pkt \$2.95, Organic



Madder *Rubia tinctorum*
Climbing 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. Sow in warm soil with germ in 2 weeks—easy and rewarding. Plant prefers very well-drained soil, full sun, and is quite drought tolerant.

20 seeds/pkt \$3.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Our Lady's Bedstraw ... *Galium verum*
Herbaceous perennial. Native to the British Isles, Europe, Asia, and Mesopotamia. Hardy to -25° F. Used as a clean and aromatic stuffing for mattresses, a curdling and coloring agent for cheesemaking, and a lymphatic and urinary tonic. Red dye-plant. Plant prefers it dry and sunny. Space 6 inches apart. Flowers creamy yellow.

200 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. Plant prefers rich forest soil or shade garden. Sow the seeds outdoors in the fall, midwinter, or very early spring, with germ as the ground warms up.

30 seeds/pkt \$2.95

Clover see COVER CROP SECTION p. 12

Coffee, Ethiopian

..... *Coffea arabica* var. *typica*
<<<NEW FOR 2017>>>

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.

10 seeds/ pkt \$3.95

\$10.00/tree (seedling), Organic

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 chalcids. Source of the active alkaloid colchicine. Sow in spring or summer.

50 seeds/pkt \$3.95

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. *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 30 years.

\$4.00/root cutting, Organic

\$7.50/plant, \$19.95/3 plants, Organic

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

50 g bag/\$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

\$5.00/root cutting, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Coneflower see ECHINACEA

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. They turn their faces north. Likes full sun and regular garden soil. Sow in cool soils of fall or early spring. Space 2 feet apart. Grows to 10 feet.

20 seeds/pkt \$2.95, Organic

Comfrey is voted the all-time foundational herb for any medicinal garden. Order early!

CORDAO

Family: Mint (*Lamiaceae*)

Smokeable euphorics and medicinal plants from Africa. Dagga prefers full sun, normal garden soil, and regular watering. Get an early start in the spring. Sow seed just under soil surface and keep warm and evenly moist until germination, which is rapid.

Cordao *Leonotis nepetaefolia*
Annual. 120 days to flowers. Highly decorative, with tall, whorled spikes holding arrays of long-tubed and curving orange flowers that resemble lion's ears. I saw many of these in East Africa, landscapes lumbered by elephant, traipsed by hyena, galloped by giraffe. Plant 2 feet apart. Flowers to 9 feet.

50 seeds/pkt \$2.95, Organic

Wilde Dagga *Leonotis leonurus*
(Lion's Tail, Lion's Ears, Umunyane)
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.

30 seeds/pkt \$3.95

\$7.50/plant, \$19.95/3 plants, Organic

COSTMARY

Family: Aster (*Asteraceae*)

Short-lived herbaceous perennials that exude brightly balsamic aromatics. All are very cold hardy and prefer full sun and dryish, well-drained soils. Sow in spring. Light-dependent germ. Space 1 foot apart.

Costmary *Tanacetum balsamita*
Native to Asia. Hardy to -20° F. Long, broad leaves support loose clusters of yellow flowers that emit a pleasant, balsamic fragrance.

100 seeds/pkt \$2.95, Organic

Feverfew *Tanacetum parthenium*
Native to temperate zones of the world and hardy to -20° F. Single, white and yellow, daisy-like flowers grow densely on upright bushes, as pretty as Chamomile. Valuable tonic for the prevention of migraine.

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/plant, \$19.95/3 plants, 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 winemaking. Sow seed in fall, midwinter, or very early spring.

100 seeds/pkt \$2.95, Organic

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. 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

DANG-SHEN

Family: Bellflower (*Campanulaceae*)

Twining and climbing herbaceous perennials. Native to China, hardy to -15°F. "Poor Man's Ginseng" makes sweet, crispy roots that build chi. The vines are exquisite, soft-leaved, gentle climbers. Plants prefer full sun to partial shade, average soil. Sow in spring. Light-dependent germinator. Space 1 foot apart. Trellis.

Dang-shen pilosula *Codonopsis pilosula*
Flowers whitish, with light lavender markings. This is the standard species in TCM.

50 seeds/pkt \$3.95, Organic

Dang-shen, Sichuan *C. tang-shen*

Flowers yellow-green with dark purple markings. Consistently flowers and makes seed pods earlier than pilosula.

50 seeds/pkt \$3.95

Dang-gui *see* Angelica

DATURA

Family: Nightshade (*Solanaceae*)

Magico-religio-therapeutic plants characterized by fast growth, and trumpet-shaped flowers emitting heady perfume. **TOXIC. Do not take internally.** Plants prefer full sun and are not picky about soil.

Jimson Weed *Datura stramonium*

Multiple upright white or blue trumpets on a feisty little plant.

50 seeds/pkt \$2.95, Organic

Moonflower *Datura innoxia*

White flowers track the moon in the sky while they emit narcotic odors that attract giant moths, and during the day, bumblebees that roll drunkenly, covered with pollen.

20 seeds/pkt \$3.95, Organic

Mranaha *Datura fastuosa*

Tropical form, native to the Island of Unguja in the Zanzibar archipelago. Plant is conspicuous, with very dark purple stems and regal, upright white chalice nicely tinged in lavender. Seedpods warty, not spiny.

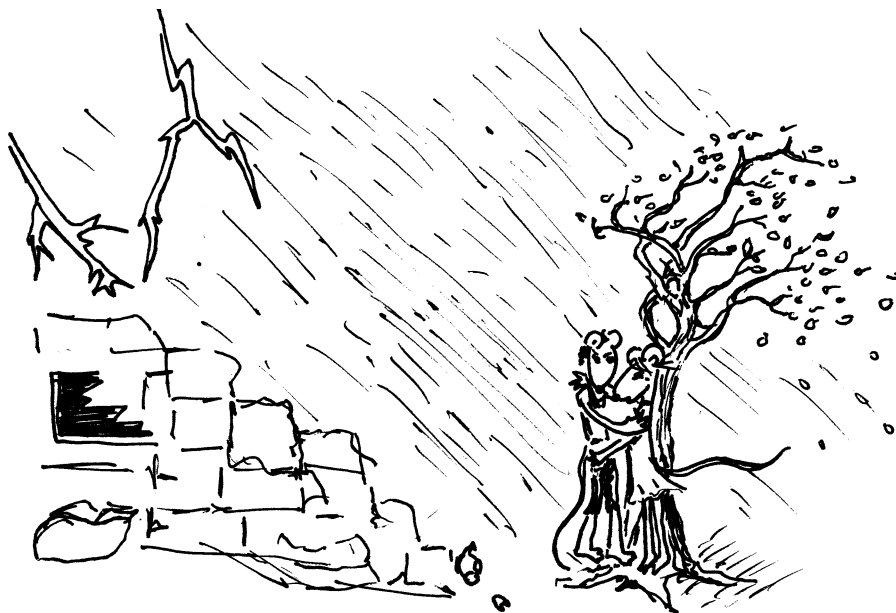
10 seeds/pkt \$2.95, Organic

Torna Loco *Datura ceratocaula*

(Atlinan) Fleshy, water loving or aquatic annual, native to Mexico. Non-thorny egg-like pods dangle from a smooth stem. The flowers are showy—large violet-hued trumpets that emit the fragrance of Wintergreen.

10 seeds/pkt \$2.95, Organic

Oh Dandelion, be thou thine!



Devil's Claw, Southwest
Proboscidea parviflora
 Family: Martynia (*Martyniaceae*)
 <<<NEW FOR 2017>>>
 Annual, 90 days to fruits.
 (Unicorn Plant, Red Devil's Claw)
 Self-seeding annual native to the deserts of the American southwest. Not to be confused with African Devil's Claw (*Harpagophytum*). Among the Native Americans, the dried claw-like fruits are stripped of their abundant jet-black fiber and used in basketry. Young fruits edible, similar to okra. Seeds also edible. Ripe fruits 4 to 6 inches. Traditional usage (American Indian): Arthritis. Plant prefers full sun and dry, nutrient-poor soils. Scarify seeds and soak overnight in warm water, then plant in warm, fast-draining soil. Water when surface becomes dry, and discontinue watering when the fruits begin to mature.
10 seeds/pkt \$2.95

DOCK

Family: Buckwheat (*Polygonaceae*)
 Herbaceous perennials. Native to Europe and north Asia. Hardy to -20° F. Plant prefers partial shade to sun, moist ground. Quick germination of seeds in warm soil of greenhouse or spring garden.

Canaigre *Rumex hymenosepalus*
 <<< NEW FOR 2017 >>>
 (Red Dock, Pie Plant, Tanner's Dock, Wild Rhubarb)
 Herbaceous perennial native to Eastern CA, the SW, and Great Basin. Hardy to 20° F. The root, when dried and extracted as tea, decoction, or tincture, is an astringent and hemostatic wash for treating cuts, scrapes and burns.
\$7.50/plant, 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-cai *Isodon rubescens*
 (Blushred Rhabdosia)
 Family: Mint (*Lamiaceae*)
 Herbaceous perennial native to China and hardy to about 10°F. Short Basil-like plants. The entire plant is used—contains the diterpenoid principles oridonin and rebescenin, which have been shown to inhibit the growth of cancer. Grow like Basil.
\$10.00/plant, Organic

Dragon's Head *see BALM*

Dragonwort *Dracunculus vulgaris*
 (Dragon Arum, Black Lily)
 Family: Arum (*Araceae*)
 Bulbous perennial endemic to the Balkans and readily grown in standard garden conditions. Hardy to 5°F. The dark purple to black spadix and spathe arise unexpectedly in the early summer--watch out!
\$20.00/plant

Dream Root, Xhosa *Silene capensis*
 Family: Pink (*Caryophyllaceae*)
 (African Dream Herb)
 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). Sow seeds in spring, in pots or by scattering on a prepared seedbed in the garden.
30 seeds/pkt \$2.95, Organic
\$7.50/plant, \$19.95/3 plants, Organic

ECHINACEA

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ECHINACEA

Family: Aster (*Asteraceae*)

All species are incredibly beautiful. Echinacea prefers full sun, well-drained soil, and regular watering. Most species will germ in 2 to 3 weeks in a warm (not too hot!) greenhouse and watered gently. A period of cold, moist conditioning increases germ. Most species do best planted 2 feet apart. You will find more information on Echinacea in "Growing At-Risk Medicinal Herbs" 2nd ed. (see page 3 of this catalog).

Echinacea angustifolia, Black Hills

(Narrow-leaved Coneflower)

Herbaceous perennial. Ecotype that inhabits limestone outcroppings of the Black Hills of the great plains. Potent. Give 30 days cold-conditioning. Space plants 6 inches apart. Flowers to 2 feet tall.

30 seeds/pkt \$3.95

\$7.50/plant, \$19.95/3 plants, Organic

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)

\$241.00/100 g (~ 25,000 seeds), Organic

Echinacea pallida

(Pale-purple Coneflower)

Herbaceous perennial. Native to the central plains states. This is a tall, taprooted plant bearing beautiful composite flowers with drooping ray flowers and white pollen. Cold-condition 30 days. Pale purple to 3 ft.

100 seeds/pkt \$2.95,

\$7.50/plant, \$19.95/3 plants, Organic

Echinacea paradoxa

(Yellow Coneflower)

Herbaceous perennial. Native to the Ozarks. The paradox is, that this "purple coneflower" is yellow! Rare. Cold-condition seed 2 mo. Flowers to 3 feet.

100 seeds/pkt \$3.95,

\$7.50/plant, \$19.95/3 plants, Organic

Echinacea purpurea

(Purple Coneflower)

Herbaceous perennial. Originally native to the midwest. Widely cultivated. Derived from a rare, wild collection and unmodified. This species adapts to a wide array of growing conditions. No cold-conditioning needed. 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/plant, \$19.95/3 plants, Organic

Echinacea sanguinea

(Sanguin Purple Coneflower)

Herbaceous perennial native to the sandy, acidic soils in the open fields and pine woods of the West Gulf Coastal Plain. Similar to *E. pallida*, with long, thin ray flowers that occur on slender, waving stems. Disk corolla and seeds characteristically blood red.

\$7.50/plant, \$19.95/3 plants, Organic

Echinacea simulata

(Glade Purple Coneflower)

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

100 seeds/pkt \$2.95

\$7.50/plant, \$19.95/3 plants, Organic

Echinacea tennesseensis

(Tennessee Purple Coneflower)

Herbaceous perennial. Rare, endemic species native to Tennessee. Deep purple, upwardly reflexed ray flowers are exceptional. Excellently medicinal in all parts of the plant. Cold-condition 2 months. Flowers dark purple, to 2 feet.

50 seeds/pkt \$3.95, Organic

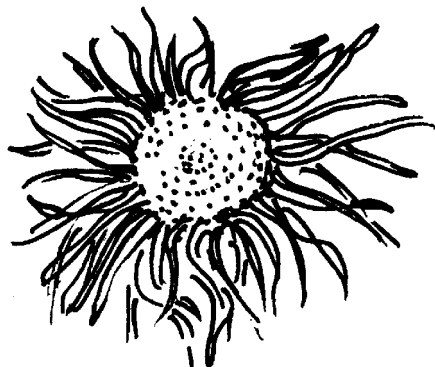
\$7.50/plant, \$19.95/3 plants, Organic

Eclipta *Eclipta alba*
(Bhringraj, Bhangra Han-lian-cai)

Family: Aster (*Asteraceae*)

Annual. 60 days to harvest. A creeping and moisture-loving herb, we grow these in the open garden and take pleasure in their soft dark greenness punctuated by starlike flowers, a bush like the heavens in evening. In Ayurvedic practice, Eclipta is used both as a hepatic tonic and a hair tonic. Used similarly in TCM. Sow in spring.

50 seeds/pkt \$2.95, Organic



Elecampane, Official . . . *Inula helenium*

Family: Aster (*Asteraceae*)

Large, upright herbaceous perennial bearing many bright yellow flowers. Hardy to -20° F. Native to southern and central Europe, the Balkan Peninsula, and central Asia. Plant prefers sun to part shade and moist soils. Indispensable cough and lung remedy.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

EPHEDRA

(Joint Fir)

Family: Ephedra (*Ephedraceae*)

Perennial, primitive shrubs with jointed stems, hardy to -10° F. Native to both the arid steppes of China and Russia and the American Southwest. The Asian species contain the CNS stimulant and bronchial dilating molecule Ephedrine (**use with caution**) and the New World species do not. Plants prefer full sun and fast-draining soil, with a surface mulch of sand or pumice. Sow seed in a warm place and water once daily until germ. Once sufficiently robust, individuate and grow out in pots for at least a year before transplanting to landscape.

Ephedra, Bluestem . . . *Ephedra equisetina*
(Bluestem Ephedra, Mu-zei-ma-huang)

Native to China. Robust of growth and high in alkaloids, we have found this to be a very dependable and showy sub-shrub in our gardens. Grows to 24 inches, sometimes taller.

10 seeds/pkt \$3.95, Organic

\$10.00/plant, Organic

Mormon Tea, Green *Ephedra viridis*
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/plant, \$28.50/3 plants, 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/plant, \$28.50/3 plants, 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 (*Portulacaceae*)

(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 on almost invisible stems, clusters appearing to hover without anchor. Full sun, poor soil. Sow in spring. Easy and rewarding.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Fennel, Common

Foeniculum vulgare var. *Grosfruchtiger*

Family: Carrot (*Apiaceae*)

Herbaceous perennial. Native to Europe. Hardy to -30° F. Choice cultivar producing seed and green herb that are edible, aromatic, antiseptic, expectorant, and carminative. This plant is a delight to native pollinators, birds, and medicine-makers alike.

100 seeds/pkt \$2.95, Organic

Fenugreek, Common *T. foenum-graecum*

Family: Pea (*Fabaceae*)

Annual. Native to the Mediterranean and winter hardy to -10° F. Aromatic foliage bearing white flowers with distinctive blue markings. Used for warming the digestion and as an ingredient in curry. Direct-seed late summer, fall, or early spring.

200 seeds/pkt \$2.95,

\$10.00/100 g (~8,000 seeds),

\$22.00/lb (~36,000 seeds), Organic

Planting, sprouting or extraction quality.

Feverfew *see* COSTMARY

Bluestem Ephedra is as good as Ma-huang, and a lot easier to grow!

FIREWEED

Family: Primrose (*Onagraceae*)

Narrow-leaved plants with tough, but tasty, leaves, native to Eurasia and hardy in all zones. Plants prefer sun and moist, even poorly-drained soil. Sow tiny seed on surface in spring and press in firmly. Light-dependent germinator. Work up in pots, and transplant to 1 to 2 feet apart.

Fireweed *Epilobium angustifolium*
(Kaporie Tea)

Herbaceous perennial. The showy flowers occur in long plumes, colored pink to purple, on plants ranging from 1 to 6 feet tall. High in both vitamin A and C, the plant provides edible spring shoots, tasty tea, and as medicine is used to treat stomachache and as an anti-inflammatory to treat prostatitis.

300 seeds/pkt \$2.95

Small-Flowered-Willow-Herb
. *Epilobium parviflorum*

Self-seeding annual to 18 inches. 60 days to maturity. Delicate pink flowers. The herb contains high levels of beta-sitosterol and is a specific for inflamed urinary organs.

100 seeds/pkt \$2.95, Organic



FOUR O'CLOCK

Family: Four O'Clock (*Nyctaginaceae*)

These are among the best of all flowering medicinal plants for dry sites. Grounded in tuberous perennial roots, they give forth stems and minions of brightly colored, flaring flowers. Plants prefer full sun and dry soils. Direct-seed in spring, flowers in July.

Four O'Clock, High Desert
. *Mirabilis multiflora*
(Maravilla)

Tuberous rooted herbaceous desert perennial native to the American Southwest. Produces myriads of extraordinary, tubular, flaring purple flowers on a sprawling bush.

7 seeds/pkt \$3.95

Four O'Clock, White . . . *Mirabilis jalapa*.

We made a good effort with these this year, direct-seeding them in the summer garden. Our research indicates that the white cultivar is the most medicinally potent. These plants make large, fountaining bushes dotted resplendently with highly fragrant white blossoms.

7 seeds/pkt \$2.95, Organic

FOXGLOVE

Family: Figwort (*Scrophulariaceae*)

An easy-to-grow, strikingly beautiful, and historically significant plant for the medicinal garden. **Low-dose botanicals**, by prescription only. Will self-seed and endure for many seasons. Plant prefers part shade to full sun and a light, well-drained soil, rich in lime and nutrients. Press light-dependent seed into surface of soil in fall or spring.

Foxglove, Grecian *Digitalis lanata*
(Wooly Foxglove)

TOXIC

Biennial. Native to southeastern Europe. Hardy to -40° F. Species most widely used for production of cardiac glycosides (digitoxin). Stunning flowers cup-shaped with a prominent lip veined in purple.

100 seeds/pkt \$2.95, Organic

Foxglove, Wild Oregon *Digitalis purpurea*
TOXIC

Biennial. Hardy to -30° F. This is the classic Foxglove. Flowers trumpet-shaped, lipped, deep pink to purple, interior spotted with darker purple and white. Sow in the fall or early spring. Light-dependent germinator. Space plants 1 to 2 feet apart. Grows up to 5 feet tall.

300 seeds/pkt \$2.95, Organic

Fringed Pink *Dianthus superbus*
<<< NEW FOR 2017 >>>

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

Gayfeather *Liatris spicata*
(Blazing Star)

Family: Aster (*Asteraceae*)

Herbaceous perennial native to the prairie states and hardy to -40° F. Among the handsomest of our prairie species, with upright racemes crowded with rose colored florets—one of the best butterfly attractors of all time. Beet-like root is a urinary tonic; poultice against snakebite. Plant prefers full sun and regular garden soil.

100 seeds/pkt \$2.95

Geranium, Scented see page 17

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. Best in greenhouse, solarium, summer garden, southern states, southern California, or tropics.

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/plant, \$28.50/3 plants, Organic

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

\$10.00/plant, \$28.50/3 plants, Organic

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

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

\$10.00/plant, \$28.50/3 plants, Organic

Ginger, Myoga *Zingiber mioga*

Herbaceous perennial native to Japan and hardy to 0° F. The flower bud (pictured above) pushes up out of the soil around the stem of 1-year-old and older plants. Buds are crunchy and delicious, easily separated into scales, which have the same warming and antispasmodic properties as white or yellow ginger, tasting similar to the pickled ginger that accompanies sushi. Myoga ginger is used as a condiment along with sushi or miso soup. The plant prefers moist, rich soil in the shade to part sun and will spread if conditions are conducive. Also does fine in pots.

\$30.00/plant—TOP SIZE! Organic

GINGER ROOT, dried, powdered,
50 g/bag \$4.90

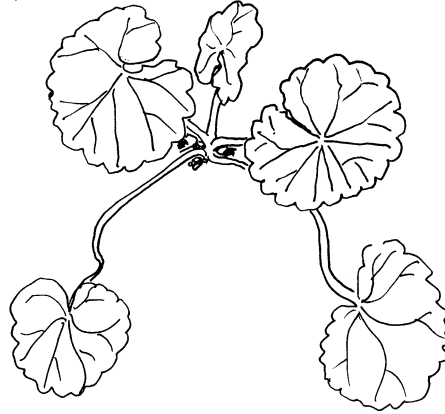
TURMERIC ROOT, powdered
\$29.90/lb, Organic

Goldenseal *Hydrastis canadensis*

Family: Crowfoot (*Ranunculaceae*)

Woodland herbaceous perennial. Native to the central and eastern hardwood forests of America. Premier astringent and tonic agent for treating any and all afflictions of the mucous membranes. Roots contain antibacterial berberine and leaves contain unique compounds that enhance the antibacterial activity of the root. Plant prefers open hardwood forest environment or shade garden. A chapter in "Growing At-Risk Medicinal Herbs" is dedicated to this plant (see page 3 of catalog).

\$7.50/plant, \$19.95/3 plants, Organic



Gotu Kola *Hydrocotyl asiatica*

Family: Carrot (*Apiaceae*)

Tropical perennial that can be grown as an annual in temperate gardens. Pantropical distribution. This is a classic Ayurvedic herb that increases mental clarity and physical longevity. Plants prefer warmth, nitrogen, good drainage, regular watering, a little shade, and lots of space to spread.

30 seeds/pkt \$4.95, Organic

\$10.00/plant, Organic

GOTU KOLA LEAF, powdered,
\$22.90/lb, Organic

GOURDS

Family: Cucumber (*Cucurbitaceae*)

These represent the most ebullient of plant personalities. All climbing broad-leaved vines, they are native to the tropics of Africa, Asia, and the New World. The Lagenarias are true Gourds while Cucurbita, Luffa and Momordica resemble Gourds, but are botanically distinct. Soak seeds overnight and sow upright (ears up!) in very warm soil. Start in greenhouse or sow in hills after the last frost. Seed will not germinate in cold soil. Prefers full sun, poor soil. Provide a 6-foot trellis or grow on a fence. Plant in hills 3 feet apart and side-dress occasionally with organic compost throughout the growing season.

Arhat Fruit *Momordica grosvenorii*

Herbaceous perennial dioecious vine native to the mountain forests of southwestern China. Hardy to about 20° F. Rare in the western world, and among collectors, a desired species. After a year's growth, our plants produced a handsome caudex, each giving rise to several sturdy vines. The sweet, fuzzy, egg-shaped fruits are dried to make a Chinese herb that tonifies the yin.

7 seeds/pkt \$4.95

Gourd, Bushel Basket *Lagenaria. siceraria*

Annual Vine. Native to the Mediterranean. These have been selected to produce large, globular fruits that may be crafted into containers for all manner of goods. Many of the gourds will turn out completely round, like inflated balloons.

10 seeds/pkt \$2.95, Organic

Gourd, Lauki *Luffa cylindrica*
(Loki, edible-fruited bottle gourd)

Lauki makes long, thin-skinned fruits that are harvested when young and popularly used in Indian cooking. The culinary concept is to find a vegetable that is in and of itself bland, but will absorb any and all spices applied to it. The result is—hot.

10 seeds/pkt \$2.95, Organic

Gourd, Luffa *Luffa cylindrica*
(Dhundul, Dishcloth Gourd, Sponge Gourd)

In Ayurveda, the immature fruits of Luffa are recommended to be eaten raw in salads as a cooling demulcent—increases bile flow and facilitates lactation. The mature fruit is dried and commonly used as a bathing sponge. Flowers golden yellow.

10 seeds/pkt \$2.95, Organic

Gourd, Snake . . . *Trichosanthes kirilowii*
(Tian-hua-fen)

Herbaceous perennial vine native to southern China and Vietnam. Underground storage tubers contain the antiretroviral constituent trichosanthine. Give full sun to part shade and trellis. Showy flowers frilled white give way to softball sized, dangling fruits. Very good year on these.

10 seeds/pkt \$2.95

\$10.10/10 g (~50 seeds)

\$80.00/100 g (~500 seeds), 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

Grass, Phalaris *Phalaris aquatica*
(Harding Grass)

Perennial bunchgrass native to the Mediterranean and hardy to about 25° F. Source of DMT. Great for erosion control—drought resistant, fire retardant and ornamental. Sow in spring. Germ in 3 weeks.

50 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

SWEETGRASS BRAIDS (30 inches long)
Native American made.

1 braid \$5.00/each (22 g); \$30.00/7 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. Urinary tonic.

50 seeds/pkt \$2.95, Organic

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

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 robusta*
(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.

30 seeds/pkt \$2.95, Organic

Gypsywort *Lycopus europaeus*
Family: Mint (*Lamiaceae*)

Herbaceous perennial hardy to -20° F. Willowy in form, strangely and enticingly, almost skunkily, aromatic. Used in treating hyperthyroidism and Grave's disease. Plants prefer full sun and moist, even swampy soil. Sow in spring, thin or transplant to 1 foot apart.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic



Heather *Calluna vulgaris*Family: Heath (*Ericaceae*)

Hardy to Zones 4 to 9

Woody perennial subshrub native to the British Isles, brightly flowering to 2 feet tall. A very classy herbal landscape plant, easy to maintain, fire and browse resistant, drought-tolerant once established, and long-lived. Surface sow seed in fall to early spring, keep cool and shaded until germination, then work up in pots.

100 seeds/pkt \$2.95, 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, dusty-gray foliage. Source of a rather famous, expensive, and uplifting essential oil widely used in perfumery and aromatherapy. Plant prefers sun and dryish, fast-draining soils. Sow small seed on surface and press in.

100 seeds/pkt \$3.95, Organic**\$10.00/plant, \$28.50/3 plants, Organic****Helonias Root** *see* Unicorn, False**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 outdoors in early spring or refrigerate 30 days.

50 seeds/pkt \$2.95, Organic*Not for sale to CA, WA state***He-shou-wu** . . . *see* TREES & SHRUBS**Herba stella** *see* PLANTAIN**Hibiscus and Hollyhock** *see* MALLOW**Hops (Seed!)** *Humulus lupulus*

Herbaceous perennial dioecious vine growing up to 30 feet in a season. Native to the temperate north. Hardy to -30° F. A vigorous plant at sea level or in the mountains, these are widely employed as fast summer shade and make sticky, pollen-dusted, bright green strobiles that have sleep-inducing properties and are used to bitter beer. *Yes, it is true, we do not deny that Hops planted from seed will give both male and female plants and medicine of variable alpha.* The most vigorous female plant with the most tasty and bitter strobiles may be chosen out as a new strain.

20 seeds/pkt \$3.95, Organic*Not for sale to WA or ID states.***Horehound, Black** *Ballota nigra*Family: Mint (*Lamiaceae*)

Herbaceous perennial. Native to the Mediterranean. Hardy to 10° F. Rare specimen plant is a strangely odorous sedative nervine, with showy, dark foliage dotted with purple, lipped flowers. Sow in spring.

20 seeds/pkt \$2.95, Organic**Horehound, White** . *Marrubium vulgare*Family: Mint (*Lamiaceae*)

Herbaceous perennial. Native to Europe, but naturalized throughout the southern US. Hardy to -40° F. Fuzzy, grey-green leaves and flower bracts in tight whorls. Used for coughs, chronic catarrh, and colds. Sow in spring.

100 seeds/pkt \$2.95, Organic**Hyssop, Giant Yellow** *Agastache nepetoides*

<<< NEW FOR 2017 >>>

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 greenhouse method. Space 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/plant, \$19.95/3 plants, Organic****Iceplant, Crystalline** *Mesembryanthemum crystallinum*Family: Ice Plant (*Aizoaceae*)

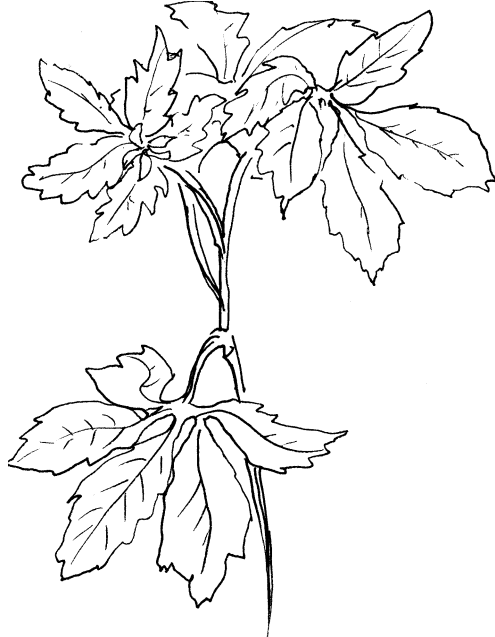
Perennial succulent to 4 inches tall, native to South Africa, Western Asia and Europe. Protect from frost. The plant creates a low carpet, glistens in the sunlight, and produces oversize flowers that resemble sea anemones.

50 seeds/pkt \$2.95, [CA no]**Wild Indigo** *Baptisia tinctoria*Family: Legume (*Fabaceae*)

Woody perennial native to central US and hardy to 20° F. Official species. Multiple upright stems with yellow flowers giving way to pealike pods. The fresh or dried root of these plants is considered to be a strong, low-dose alterative and immunostimulant. Plants prefer full sun, well-drained, sandy soil, low to moderate water. Scarify seed. Sow spring.

10 seeds/pkt \$2.95**Japanese Herb Seed Collection**Ashitaba (*Angelica keiskei koidzumi*)Burdock, Gobo (*Arctium lappa*)Shiso (*Perilla frutescens*)Shungiku (*Chrysanthemum coronarium*)Yomogi (*Artemisia princeps*)**5 pkts/\$19.95, Organic***We ship live plants March through July, then again September through Thanksgiving.*

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. The blue-green leaves may be taken fresh or dried and made into an excellent tea. Plant prefers shade and fast-draining, fertile soil.
\$10.00/plant, Organic



Job's Tears, Tropical .*Coix lacryma-jobi*
 (Yi-yi-ren)
 Family: Grass (*Poaceae*)
 Perennial, annual in temperate climates. Native to Southeast Asia. Protect from frost. Highly decorative, tufted grass. Hulled seeds are used for making bread, porridge, soup—even beer. Sow in spring. Prefers full sun, water, Nutrient-rich soils
20 seeds/pkt \$2.95

Ju-huasee CHRYSANTHEMUM

Khella*Ammi visnaga*
 (Toothpick Plant)
 Family: Carrot (*Apiaceae*)
 Annual. Native to the Mediterranean. Requires about 110 days to maturity. Bears astoundingly long-lasting white umbels. Tincture of seed is used for treatment of asthma and coronary arteriosclerosis. Plant prefers sun, regular watering. Sow in spring.
100 seeds/pkt \$2.95, Organic

Ku-shen*Sophora flavescens*
 Herbaceous perennial to 5 feet, native to China and Japan, hardy to -30° F. Ku-shen is densely bedecked with drooping panicles of creamy flowers. The dried root of this nitrogen-fixing plant is commonly used as one of the Chinese herbs that clears heat. Space 3 to 4 feet apart.
20 seeds/pkt \$2.95, Organic

Lady's Mantle*Alchemilla vulgaris*
 Family: Rose (*Rosaceae*)
 Perennial. Native to Europe. Hardy to -30° F. Richly-scalloped, deep-green leaves funnel and magnify dewdrops. Tea useful for treating PMS. Sow in fall or early spring. Germ 15 to 22 days. Space 1 to 2 feet apart.
50 seeds/pkt \$3.95, Organic

LAVENDER

Family: Mint (*Lamiaceae*)
 Hardiness: Generally hardy to -20° F.
 Lavenders are among the most delightful of the woody perennials. They spark memory and nourish the higher spirit. We offer only heirloom, open-pollinated varieties that produce the best quality of essential oils. Lavender prefers a moderate supply of nutrients, calcium, and a well-drained soil. Mulch with sand. A 2-week period of moist, cold-conditioning prior to sowing in a warm place will improve germ.

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*
 (var. Lithuanian Candlestick)
 Native to the mountains of Lithuania. Striking landscape and medicinal plant, flowering later in year than other Lavenders. 2 feet apart. Flowers violet-blue to 3 feet.

50 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Lavender, Czech .*L. angustifolia krajova*
 (Country Lavender)
 Large cultivar from Northern Europe, with flowers representing many shades of blue. High essential oil content, long-lived, and very cold-tolerant. Excellent aroma. Deeply satisfying. Flowers 3 to 4 feet high.

50 seeds/pkt \$2.95, Organic

Lavender, English . .*L. angustifolia vera*
 Native to Southern Europe. Exceptionally graceful heirloom variety. This is the original plant (vera means true) from which many hybrid Lavenders were produced. The way these things go, the original has become increasingly difficult to find. Space plants 3 to 4 feet apart. Flowers from 2 to 3 feet tall.
50 seeds/pkt \$2.95, Organic

Lavender, French . .*Lavandula stoechas*
 ("Spanish Lavender")

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, Garlanda . *Lavandula dentata*
 <<< NEW FOR 2017 >>>

Evergreen perennial native to Spain and Arabia, also the islands of Madiera and Canary, hardy to 20° F. The serrated leaf of this finely aromatic lavender is unique, and the flower is quite stunning.

\$7.50/plant, \$19.95/3 plants, Organic

Lavender, Hidcote *L. angustifolia*
 Dwarf variety of English Lavender, with gray-green foliage and deep blue flowers. Northern hardy, good for small gardens, delightful.

50 seeds/pkt \$3.95

Lavender, Munstead *L. angustifolia*
 Northern-hardy strain bearing thick racemes of blue flowers. This is the preferred choice for landscaping due to its compact growth.

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.

30 seeds/pkt \$2.95, Organic

Lemon Balm see BALM

Lemongrass see GRASS

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

Family: Iris (*Iridaceae*)

Clump-forming herbaceous perennial with fan-shaped monocotyledonous leaves and showy flowers. Native to China and Japan. Produces masses of exotic golden-orange flowers. The dried root is used in TCM for treating colds and flu.. Sow in early spring. Slow to germ.

20 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 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

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

\$7.50/plant, \$19.95/3 plants, Organic



Lifeline Medicinal Herb

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®* seed packets/

\$29.95—Lifeline Pricing, Organic

Gardeners—a bright light in a vast sea of nonsense.

LILIES

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's Garlic *Alium ursinum*
Hardy to Zones 3 to 9. Bulb-forming perennial native to Western and Central Europe. Plant prefers cool, moist shade of woodland or shade garden. Give 90 days cold, moist refrigeration, then sow seed in good soil.

30 seeds/pkt \$3.95, Organic

Lily, Corn *Veratrum californicum*
Hardy to Zones 5 to 9, best at elevation. Low-dose botanical native to the Sierra Nevada, Siskiyou and Rocky Mountains. Stratify warm/cold/warm.

20 seeds/pkt \$2.95

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-of-the-Valley *Convallaria majalis*
Rhizomatous perennial flower of shade garden or deep woods. Native to Europe. The bell-like, waxy-white flowers emit a charming perfume. The plant prefers a rich, sandy, acidic loam. Space 6 inches apart.

\$7.50/plant, Organic

Lily, Sargent's *Lilium sargentiae*
(Tong-jiang-bai-he)
Producing a candleabrum of large-size, striking flaring blossoms of lavender and white with extruded stamens, this Chinese lily is rare and comely.

\$10.00/plant, Organic

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 1 to 3 weeks.

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

\$7.90/3 pkts

Price shown is a discount.

Cardinal Flower *Lobelia cardinalis*
Herbaceous perennial. Native to eastern, southern, and central US. Roots used by First Nations people to make a love charm. Bright scarlet flowers relished by hummers.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, 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 by a couple to renew love.

100 seeds/pkt \$2.95, Organic

Lobelia, Official *Lobelia inflata*
Overwintering annual or annual. Native to the central, and SE US. Characteristic "inflated" seedpods. Indispensable antispasmodic.

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

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 indigenous, antiviral herb—works where other antivirals fall short. Use the root and always combine with Dandelion. Sow fall to early spring. More details on Lomatium found in "Growing At-Risk Medicinal Herbs" 2nd edition by Richo Cech.

30 seeds/pkt \$3.95



Lotus, American Yellow . . *Nelumbo lutea*
(Yanquapin)

Family: Lotus (*Nymphaeaceae*)

Aquatic perennial native to the Eastern US and Canada and hardy to -50° F. This is the largest native American wildflower, with leaves that reach to 2 feet and mighty flowers on tall stalks rising handsomely yellow above the water.

7 seeds/pkt \$4.95

Lovage *Levisticum officinalis*

Family: Carrot (*Apiaceae*)

Herbaceous perennial. Hardy to -40° F. An agreeable seasoning, also a substitute for Dang-gui. The plant is aromatic, stimulating and proestrogenic. Prefers regular garden soil. Sow seed in fall or spring.

100 seeds/pkt \$2.95, Organic

Love-in-the-Mist . . . *see BLACK SEED*

Madder *see CLEAVERS*

Weeds. Right plant, wrong place—I take a chill pill.

MALLOWFamily: Mallow (*Malvaceae*)

Mallows prefer full sun to part shade and a rich, moist soil. Scarify seed on sandpaper and sow in spring.

Bala *Sida cordifolia*

Woody subshrub, perennial in the drylands of India. Protect from frost. Yellow-flowered, many branched plant is employed in Ayurveda as a cardiac stimulant and rasayana.

30 seeds/pkt \$2.95, Organic**Desert Globemallow** *Sphaeralcea ambigua*

<<<NEW FOR 2017>>>

(Desert Globe Mallow, Apricot Mallow, Yerba de la Negrita)

Woody perennial to 3 feet, bearing minions of cup-shaped flowers of orange to red. Traditional usage (Native American): emollient, demulcent, wounds, infections. Scarify on sandpaper and drop in boiling water for 10 seconds, then plant.

100 seeds/pkt \$2.95**Hibiscus—Roselle** . . *Hibiscus sabdariffa*

(Roselle, Flor de Jamaica, Red Drops)

Tropical perennial grown as an annual in temperate climates, native to India and Malaysia. Creamy blooms give way to the bright red, fleshy calyces, which may be made into jelly, syrup, or wine. The seeds need to be scarified, soaked overnight, then sown early in the greenhouse.

20 seeds/pkt \$3.95, Organic**Hollyhock, Arabian Nights** *Althaea rosea*

Herbaceous perennial native to China. Planting Hollyhocks is one of the easiest ways to add color and large, blowsy blossoms to the garden. Rapid and healthy germinator produces flowers of dark wine. Space plants 1 foot apart.

20 seeds/pkt \$2.95, Organic**Mallow, High** *Malva sylvestris*

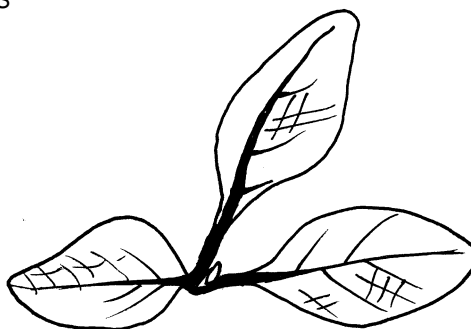
Herbaceous perennial flowering to 3 feet. Flowers large, bright, showy, dark purple.

100 seeds/pkt \$2.95, Organic**Marshmallow** *Althaea officinalis*

Native to Europe. All zones. Impressive, soft-leaved plants with large, white flowers on multiple stalks. The entire plant contains high-grade, immune-stimulating mucilage. Soothing to throat and urinary tract. Space plants 2 feet apart. Flowers white to 4 feet.

100 seeds/pkt \$2.95,**\$7.00/g (~ 300 seeds),****\$33.55/5 g (~ 1,500 seeds),****\$60.10/10 g (~ 3,000 seeds), Organic****Mandrake, Autumn** *Mandragora autumnalis*Family: Nightshade (*Solanaceae*) **TOXIC**

Native to southern Europe. Hardy to 5° F. Does fine in sandy loam in the moist shade. Leaves begin to show in fall, flowers purple usually fall to winter, giving way to fruits of yellow and orange. The ancients used Mandrake root as an aphrodisiac, a magical



totem, and a medicinal to relieve pain or promote sleep. The herb was also known to cause strange delirium and madness, either by aetherial association or through ingestion.

13 seeds/pkt \$9.95**\$10.00/plant, Organic****MARIGOLD**Family: Aster (*Asteraceae*)

Marigolds are native to central and south America. Their flowers are little suns and their fragrance is one of the definitive odors of summer. Plant prefers full sun, regular garden soil, and regular watering. Direct seed or sow in flats in the spring or summer.

MARIGOLD SET (1 seed packet each of the Marigolds following.

\$9.90/4 pkts. Price shown is a discount**Marigold, African Tururu** *Tagetes erecta*

Annual flower is the basic heirloom type, found growing in isolation on the island of Pemba in East Africa. The flowers of orange and gold stud the tall bush, and they smell excellently. Good choice for medicinal ointments, garlands.

50 seeds/pkt \$2.95, Organic**Marigold, Desert** . . *Baileya multiradiata*

Annual or short-lived perennial native to the deserts of Western US and Mexico. These bright flowers are largely responsible for the incredible blanket of blooms that occurs after the rare rainy episodes of spring and early summer. Woolly, silvery leaves and bright yellow blossoms.

100 seeds/pkt \$2.95**Marigold, French** *Tagetes patula*

Annual bedding plant flowering to 12 inches tall, native to Mexico and Guatemala. Protect from frost. Occurring on a short and broad plant, the flowers are oversized, cheerily orange, red and yellow.

50 seeds/pkt \$2.95, Organic**Marigold, Mexican** *Tagetes minuta*

(Nematocidal Marigold)

Annual. Native to South America. Bears tiny tubular flowers on a very tall and fine-leaved plant. Both aromatic and bitter, the tea is a digestive aid and antifatulent. Source of molecule known as thiophene that is excreted from the root, disinfects the soil, dispels root knot nematodes. .

100 seeds/pkt \$2.95, Organic**Clover** . . .see COVER CROP SECTION

Where else can you buy a mandrake plant?



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

Mexican Hat *Ratibida columnifera*
. <<< NEW FOR 2017 >>>
(Red-spike Mexican Hat, Upright Prairie Coneflower, Long-headed Coneflower, Thimbleflower)
Family: Aster (*Asteraceae*)
Herbaceous perennial 1 to 2 feet tall, a wildflower 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

Milk Thistle see THISTLE

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), Organic

Milkweed, Common . *Asclepias syriaca*
Warty pods, and pink-purple flowers that emit a most delightful aroma.
50 seeds/pkt \$2.95,

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), Organic
\$7.50/plant, \$19.95/3 plants, Organic

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*)
On the whole, these hybridize freely, spread joyfully, delight the palate, and uplift the spirit. All excellent tea herbs. Cut during early to mid-flowering, bundle, hang, and dry. Store in jars for ongoing enjoyment. The plants prefer cool and moist conditions. Light-dependent germinator. Sow in spring on soil surface and keep moist. Average germ time 7 to 14 days. Transplant or thin to 6 inches apart.

Mint, Arabian *Mentha longifolia*
Herbaceous perennial native to N. Africa Hardy to -10° F. Large upright flowers to 3 feet tall. Leaves downy, light green, excellent for tea.
100 seeds/pkt \$2.95, Organic

Mint, Chocolate *Mentha piperita*
(Peppermint)
The very best Mint. This is a choice cultivar. 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/plant, \$19.95/3 plants, 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

**Mint, Mayan** *Lippia dulcis*Family: Vervain (*Verbenaceae*)

(Orozuz, Aztec Sweet Herb)

Trailing perennial. Native to South America and the Caribbean. Protect from frost. Purple-leaved creeper with upright, white, conical flowers. Aromatic, pleasant-tasting, antitussive. Plant prefers rich soil, moisture, partial shade to full sun.

\$7.50/plant, Organic**Mint, Mountain** *Pycnanthemum virginianum*

Herbaceous perennial hardy to -25° F. Native to north central and eastern US. Long-lived, delightfully aromatic, and a great butterfly attractor. Dried flowers and leaves make a fine-tasting tonic tea. Sow in early spring.

100 seeds/pkt 2.95, 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/plant, \$19.95/3 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.

100 seeds/pkt \$2.95, Organic**Mint, Yellow Dotted** ..see BERGAMOT**Moldavian Balm** see BALM**Monkeyflower** *Mimulus guttatus*Family: Figwort (*Scrophulariaceae*)

Hardy to Zones 5 to 9. Creeping yellow-flowered perennial native to the west loves rocky shade. Strew seed on surface and keep moist. Space 1 foot apart.

100 seeds/pkt 2.95**MORNING GLORY**Family: Morning Glory (*Convolvaceae*)

In spring, nick seed and soak overnight, then sow in warm soil. Trellis

Hawaiian Baby Woodrose *Argyrea nervosa*

Native to India and escaped in Hawaii. Protect from frost. Plant prefers part shade, a trellis, and rich soil. Nick seed and plant about 1/2 inch deep.

10 seeds/pkt \$4.95**Morning Glory, Flying Saucers** *Ipomoea tricolor*

Flaring white blossoms with radiating blue venation.

50 seeds/pkt \$2.95**Morning Glory, Heavenly Blue** *Ipomoea tricolor*

Classic light blue flowered annual climber loves morning sun and rewards with myriads of saucer-shaped blooms.

50 seeds/pkt \$2.95**\$11.55/5 g (~300 seeds)****\$20.10/10 g (~600 seeds)****Morning Glory, Grandpa Ott's** *Ipomoea purpurea*

Annual climbing vine producing throngs of flowers, deep blue with a red star, a traditional hippie cultivar.

20 seeds/pkt \$2.95**Quamoclit** *Ipomoea quamoclit*

(Cyprus Vine, Cardinal Climber, Red Morning Glory, Hummingbird Vine)

Perennial climber native to the tropics of South America and grown as an annual in the temperate north. Myriads of small, crimson, 5-pointed stars summer through fall.

5 seeds/pkt \$2.95, Organic*Not for sale to AR or AZ states.***MOTHERWORT**Family: Mint (*Lamiaceae*)

Sow in the fall or early spring. Specific for treating tachycardia. Invigorates the blood, regulates the menses. Likes partial or full sun, regular garden soil, and lots of water. Harvest early for 2 cuttings. Space plants 2 feet apart. Free-flowering to 4 to 6 feet.

MOTHERWORT SET (1 packet each of the *Leonurus* species following.)

\$7.90/3 pkts*Price shown is a discount.***Motherwort, Chinese** *Leonurus artemisia*

(Primary source of Yi-mu-cai)

Biennial, sometimes annual. Native to Eurasia. All zones. The plant makes delightful, long-lasting, red-purple cut flowers. Medicinally interchangeable.

50 seeds/pkt \$2.95, Organic**Motherwort, Official** *Leonurus cardiaca*

Herbaceous perennial, but short-lived. Native to Europe and Asia. Hardy to -40°F. Downy flowers occur in whorls on the stem.

100 seeds/pkt \$2.95, Organic

Motherwort, Siberian *Leonurus sibericus*
(Secondary source of Yi-mu-cai)
Biennial. Native to Siberia, Manchuria,
China, and Mongolia. All zones. Multiple,
lithe stems topped by red-purple racemes.
100 seeds/pkt \$2.95, Organic



MULLEIN

Family: Figwort (*Scrophulariaceae*)
Mulleins tolerate poor, gravelly soil and
fierce sun. They are hardy to all zones. Sow
in fall or spring. Light-dependent germina-
tor. Strew on surface and pack down hard.

Mullein, Common . . . *Verbascum thapsus*
Biennial. Native to central and southern
Europe, west Asia. Superior leaf used medi-
cinally for moistening mucous mem-
branes—a great soothing agent for the
throat, bronchi, and lungs. Also an excellent
ingredient in herbal salves, treating skin in
need of moistening and healing. 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.
Source of Mullein flowers for ear oil.

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 Cicely, Sweet Chervil)
Family: Carrot (*Apiaceae*)

Herbaceous perennial. Native to Europe and
Asia. Beautiful, white terminal umbels and
deeply-grooved, resinous seeds. A pleasant,
nutritive, and blood-cleansing medicine.
Plant prefers rich 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

NASTURTIUM

Family: Nasturtium (*Tropaeolaceae*)
Brightly flowered vining annuals native to
Peru, Bolivia, Colombia, and Brazil. 70
days to flowers. Sow up to 4 inches deep in
the garden after last frost or grow in con-
tainers. Average germ time 12 days.
Nasturtiums do best in very well rested
soil—they abhor fresh manure and really do
not require fertilization. These plants attract
beneficial insects and deter aphids, white fly,
and rabbits. Peppery taste in salads.
Promotes appetite, high in Vit C, bruised
leaves are said to free face from blotches.
These are beauties, hold them close to your
heart.

Empress-of-India . . . *Tropaeolum nanum*
(Indian Cress)

Small-leaved, mounding form well-suited
for growing in pots or as a handsome
bedding plant. Does not vine out. Velvety,
vermillion flowers to 14 inches tall.

15 seeds/pkt \$2.95

Jewels Nasturtium . . . *Tropaeolum majus*
“Jewels” is an heirloom strain of bedding
plant with vibrant, multicolored, velvety
flowers and pungent buds. Will sprawl and
vine out.

15 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 one of the best ter-
restrial plant source of micronutrients and
minerals. Early spring growth is preferred.
Dried leaves can be made into tea. The fresh
root is a good tonic for the prostate. Plants
will prosper in moist fertile soil, shade, or
sun. Sow in fall or very early spring.

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/plant, \$19.95/3 plants, Organic

Nigella *see* BLACK SEED

Oats *Avena sativa*
Family: Grass (*Poaceae*)

Overwintering annual. Oats were probably
first domesticated in prehistoric Europe. All
zones. The fresh, green seed is made into a
tincture or dried for tea, at the stage of
unripeness where it exudes a “milk” when
squeezed. Calms the nerves, anti-addiction.
Sow in fall or early spring.

5 g pkt \$2.95

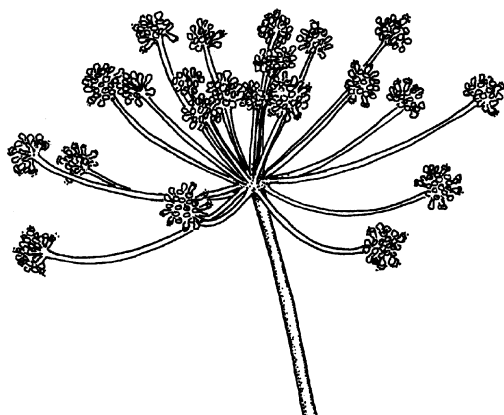
\$5.00/lb,

see also COVER CROPS SECTION

Oca, Mixed Colors *Oxalis tuberosa*

Foodcrop making brilliantly colored tubers
rivalling potatoes in taste and far more
comely. Cool conditions favored. Mulch.

\$7.50/plant, Organic



Osha *Ligusticum porteri*
Family: Carrot (*Apiaceae*)
(Bear Medicine)

Herbaceous perennial native to the Rocky Mountains. Smokily aromatic root is one of our best indigenous treatments for upper respiratory infection. Increasingly rare and highly prized, we are pleased to offer Osha seed and plants in this catalog. Sow seed in fall to early spring or give 3 weeks moist refrigeration and then sow warm. Germination usually occurs in 80 days. Plant prefers soils amended with compost, and loves a thick mulch of coir, decomposed sawdust or leaves. We find that fungal mycelia run rampant through this mulch, living in close harmony with the Osha. You can find out more about Osha in "Growing At-Risk Medicinal Herbs".)

30 seeds/pkt \$3.95

\$7.50/plant, \$19.95/3 plants, Organic

Our Lady's Bedstraw . . .see CLEAVERS

Pansy, Heartseasesee 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. Alternatively, soak seeds for up to a week and sow in warm soil.

Passionflower, Banana *Passiflora mollis*
<<<NEW FOR 2017>>>

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. Germination in 22 days.

10 seeds/pkt \$3.95

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/ vine, 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*
syn. *Pogostemon patchouli*

Family: Mint (*Lamiaceae*)

Tropical evergreen perennial native to Asia. Protect from frost. May be grown in the temperate zone in pots, kept moist, in the warm shade and brought indoors for the winter. Water frequently. Original source plant for the essential oil. Rare, easy to grow and... the real thing. Hippie love!

10 seeds/pkt \$4.95, Organic

Pea, Butterfly *Clitoria ternatea*
Vining tropical perennial native to Africa. Inviting, royal blue flowers occur on a tender and comely vine. Seed used for treating fatigue and vitiligo. Scarify, soak, sow warm.

10 seeds/pkt \$2.95, Organic

Pennyroyalsee MINT SECTION

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 germination in the spring, or scarify and give 90 days refrigeration in moist medium, then sow warm.

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

Petasitessee Butterbur

All our seeds are open-pollinated, untreated, and seed-saver friendly.

PLANTAIN

Family: Plantain (*Plantaginaceae*)
Herbaceous perennials hardy to all zones and naturalized worldwide. This herb is a gentle, yet persistent, antimicrobial and anti-inflammatory. Plants prefer sun or shade, moist or sodden soils. Light-dependent germinators. Sow in spring. Prefers cool soil for germ.

Herba Stella *Plantago coronopus*
Herbaceous perennial with worldwide distribution, hardy to -40 degrees F. Starlike rosettes of sweetly edible leaves.
100 seeds/pkt \$2.95

Plantain, Broadleaf *Plantago major*
Broad, oval, bright green leaves of great utility in medicine.
100 seeds/pkt \$2.95, Organic

Plantain, Che-qian . . . *Plantago asiatica*
The seed is official to the Chinese pharmacopoeia. The leaf, harvested from vigorously growing plants during the cool season, is the most deliciously edible of all Plantains.
50 seeds/pkt \$2.95, Organic

Plantain, Giant Turkish . *Plantago major*
Rare. Largest of all true Plantain cultivars, this one produces striking, deeply-veined, toothed leaves, 8 inches across, and up to 20 inches long. Flowering to 4 feet.
100 seeds/pkt \$2.95, Organic

Plantain, Narrow-Leaved
..... *Plantago lanceolata*
Interchangeable with Broadleaf Plantain as the official medicinal herb.
100 seeds/pkt \$2.95, Organic

Pleurisy Root *see MILKWEED*

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 cold soils! We usually recommend late fall sowing in the western states and early spring sowing in the eastern states. Press into surface. Thin to 6 inches apart.

POPPY SET (1 seed packet each of Black, California, Danish Flag, Flanders, Giant Pod, Greek Red, Peshawar, Turkish Red & Zahir):
\$22.90/9 pkts
Price shown is a discount.

Poppy, Black
..... *Papaver somniferum var paeoniflorum*
Plants to 4 feet tall produce frilled midnight purple flowers that last 6 times longer than standard types of *somniferum*. Elongated pods.
100 seeds/pkt \$2.95, Organic

Poppy, California *Eschscholzia californica*
Herbaceous perennial, self-seeding. Native to California, Oregon, and the southwestern US. Yellow and orange flowers.

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, 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.
300 seeds/pkt \$2.95

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
..... *P. somniferum var. album*
(Persian White Poppy)
Annual or overwintering annual. A very fast crop. Produces a compact plant with white flowers and a potent, elongated pod.

100 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)
<<ITS BACK!>>

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. Bright red flowered, monocolored Poppies on a medium-sized bush. The flowers tend to be numerous per plant and last somewhat longer than other *somniferums*, which is a big treat. They give way to medium sized pods.

100 seeds/pkt \$2.95, Organic

Poppy, Zahir *Papaver somniferum*
(Persian Lavender Poppy)
Annual or overwintering annual. Deep lavender flowers, dark basal spot. Giant. Large, round pods very potent. Also, best choice for production of edible blue Poppy seeds.

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**

I planted decade old poppy seeds. Germination 100%. So much life in such a tiny globe.

PURSLANEFamily: Purslane (*Portulacaceae*)

Creeping annuals native to Europe. 60 days to maturity. Mucilaginous poulticing agent, also used as a salad herb or lightly steamed for table, being among the best terrestrial sources of omega-3 fatty acids. Plant also contains much calcium, iron, vitamin A and C, potassium salts, and amino acids. Prefers sun and a moist, rich soil. Sow in spring or summer.

Purslane, Common . . . *Portulaca oleracea*

Standard green pot herb, lush and juicy.

100 seeds/pkt \$2.95, Organic**Purslane, Golden** . . . *Portulaca oleracea*

Juicy, golden yellow, lemony tasting leaves on a compact mounding plant.

200 seeds/pkt \$2.95, Organic**Pyrethrum, Dalmatian** *Chrysanthemum cinerariaefolium*

(True Pyrethrum, Pyrethrum Daisy)

Family: Aster (*Asteraceae*)

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. Space plants 2 feet apart.

50 seeds/pkt \$2.95, Organic**\$7.50/plant, \$19.95/3 plants, Organic****Quamoclit**see MORNING GLORY**Queen Anne's Lace***Daucus carota*

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,*Not for sale to WA state.***Queen-of-the-Meadow** . . .see Gravel Root**Rattlesnake Master** *Eryngium yuccifolium*Family: Carrot (*Apiaceae*)

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.

50 seeds/pkt \$2.95, Organic**Rhodiola, Russian***Rhodiola rosea*

(Arctic Root, Golden Root, Roseroot)

Family: Stonecrop (*Crassulaceae*)

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.

100 seeds/pkt \$4.95**RHUBARB**Family: Buckwheat (*Polygonaceae*)

Hardy to -10° F.

Giant leaves with colorful stalks on an herbaceous perennial, 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.

Rhubarb, Garden, Glaskins Perpetual*Rheum rhabarbarum*

Herbaceous perennial. Glaskins Perpetual makes nice red stems and keeps producing throughout the season, therefore the "perpetual" adage.

30 seeds/pkt \$2.95**\$14.55/5 g (~400 seeds)****\$27.10/10 g (~ 800 seeds)****\$135.00/100 g (~ 8,000 seeds), Organic****Rhubarb officinale** . . . *Rheum officinale*

(Da-huang, Chinese Rhubarb)

Easiest and fastest to grow large roots, these tend to naturalize easily on the landscape. Primary medicinal type for TCM. Spring flowers of cream.

50 seeds/pkt \$2.95**Rhubarb, Rhapsodic** *Rheum rhapsodicum*

<<<NEW FOR 2017>>>

Hardy to Zones 3 to 7. Herbaceous perennial growing to 4 feet, native to Europe. Very showy clump-forming plant, used herbally for treating hot flashes and PMS. Leaf, stem and bud, raw or cooked, for pies and tarts.

20 seeds/pkt \$2.95**Rhubarb, Turkey** *R. palmatum tanguticum*

(Da-huang, Chinese or Turkey Rhubarb)

Large palmate-leaved plants are highly esteemed by collectors, being very showy in the garden. This type is also the epicurean's choice, with roots of superior palatability.

10 seeds/pkt \$3.95



Illus.

Saffron, Holy

ROSEMARY

Family: Mint (*Lamiaceae*)

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 perfect drainage.

Rosemary, Creeping

..... *Rosmarinus officinalis prostratus*
(Prostrate Rosemary)

Creeping woody perennial hardy to 20° F. Plant in rockery or raised bed and allow to drape down over the edge.

\$10.00/plant, Organic

Rosemary, Upright *Rosmarinus officinalis*

Upright woody perennial, hardy to 10° F. Flowers abundantly in the early spring when most other Mediterraneans are still winter dormant. Unlike many other evergreen perennials, the plant seems to make the most resin and aroma during the colder months.

\$10.00/plant, Organic

DRIED ROSEMARY LEAF

50 g bag \$7.90 each, 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, Organic

\$7.50/plant, Organic

Rupturewort *Herniaria glabra*

Perennial evergreen carpet-forming creeper to 2 inches tall, hardy to -20° F. Native to Southern Europe. Pillow-soft, not picky about soil, grows even in gravel, and gently coumarin-scented. Herbal walkways, rock gardens, living sculptures.

\$7.50/plant, \$19.95/3 plants, Organic

Saffron, Holy *Crocus sativus*

Perennial bulbous herb. 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. Pick, and aromify your—rice. Please note that these plants send up foliage and flowers in the fall and go vegetatively dormant in the spring. Early orders show aerial parts, while later orders consist of viable bulbs in pot.

\$7.50/plant, \$19.95/3 plants, Organic

If we can grow Holy Saffron, then we can be one with Great Nature. It is that simple.



SAGE

Family: Mint (*Lamiaceae*)

We feature the main species used in medicine, as well as some of the strikingly decorative ones. Planting in a sunny, dry, and well-drained microsite will help assure winter survival. Sow in spring, transplant to warm soil.

SAGE SET (1 seed packet each of Sages: Black, Clary, Dan-shen *miltiorrhiza*, Garden, Pitcher, Purple, Scarlet and White)
\$23.90/8 pkts

Price shown is a discount.

Not for sale to WA state.

Sage, Black *Salvia mellifera*
 Evergreen to 5 feet, native to the dry hills of Southern California, from the Pacific Ocean to the Mojave Desert. Hardy to 10° F. Blue-flowered, aromatic. Plant 2 to 3 feet apart.
100 seeds/pkt \$2.95

Sage, Cleveland *Salvia clevelandii*
 <<<NEW FOR 2017>>>
 Hardy to Zones 9 to 12. One of the finest of California native sages—blue flowering whorls and fruity fragrance.
30 seeds/pkt \$2.95, Organic

Sage, Clary *Salvia sclarea*
 Biennial. Hardy to -20°F. The purple-pink inflorescences are covered with glandules, redolent with Clary's peculiar essential oil.

50 seeds/pkt \$2.95, Organic

Not for sale to WA state

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 conspicuously rotund bi-lipped flowers of violet-blue.

20 seeds/pkt \$3.95

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

30 seeds/pkt \$3.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

Want to see seeds germinate quickly and reliably? Try Sage!

Sage, Dominican *Salvia dominica*
Woody perennial flowering 2 to 3 feet tall, native to the Middle East. Hardy to 0° F. White flowers disproportionately large to the plant, foliage fruitily redolent with sclaeol.
\$7.50/plant, \$19.95/3 plants, Organic

Sage, Garden *Salvia officinalis*
Woody perennial. Hardy to -20° F. Indispensable spice that imparts a wild flavor. Sage makes an antibacterial mouthwash or gargle for sore throat; memory enhancing.

100 seeds/pkt \$2.95, Organic

Sage, Himalayan Cloud . *Salvia nubicola*
Herbaceous perennial native to Afghanistan, Tibet, Bhutan, India Pakistan, Southwest Asia and Europe. Cold-hardy to 0° F. Numerous upright racemes to 3 feet bedecked with whorls of yellow flowers marked in purple. A Sage collector's dream.
20 seeds/pkt \$2.95

Sage, Kashmir *Salvia hians*
Herbaceous perennial to 3 feet and 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 imbued with a pervasive and intoxicating fruity fragrance. Bright red roots indicate medicinal activity as per Dan-shen.

10 seeds/pkt \$2.95,

\$7.50/plant, \$19.95/3 plants, Organic

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 upright, outsize flowers are highly attractive to hummers.

10 seeds/pkt \$3.95

\$10.00/g (~40 seeds)

\$22.55/5 g (~200 seeds)

\$40.10/10g (~400 seeds), Organic

Sage, Purple—Wild . *Salvia leucophylla*
Deciduous woody perennial growing to 6 feet unless seriously pruned back, native to Baja, coastal California, and associated transverse mountain ranges. Hardy to 10° F. Silvery foliage with purple flowers, occurring in whorls with protruding stamens.

30 seeds/pkt \$2.95

Sage, Scarlet *Salvia coccinea*
(Hummingbird Sage)

Annual. With a gene-center in Mexico, the plant may also be found in the wild in the southeastern states, the Caribbean, Central and South America. Cardinal scarlet flowers provide quick color for borders, beds—also a good choice for marginal or disturbed soils and sunny, dry sites. Excellent bee, butterfly and hummingbird attractor. In the early spring, press light-dependent seeds into soil surface and keep moist for a week or so until germination. Flowers rapidly, 1 to 2 feet wide and about 2 feet tall.

200 seeds/pkt \$2.95

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/plant, \$19.95/3 plants, Organic

Saint John's Wort *Hypericum perforatum*
Family: Saint John's Wort (*Hypericaceae*)
Herbaceous perennials 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/plant, Organic

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

Saint Paul's Wort *Siegesbeckia pubescens*
(Xi-xian-cao, Xian-geng-xi-xian)

Family: Aster (*Asteraceae*) <<<NEW>>>

A sturdy annual native to China. Handsome leaves on sticky stems flowering yellow to 5 feet. Traditional (TCM): dispels wind dampness, anti-inflammatory, leg spasms, weakness. Sow in spring, germ in 1 to 3 weeks, thin or transplant to 1 foot apart

30 seeds/pkt \$2.95



Self-Heal *Prunella vulgaris*
Family: Mint (*Lamiaceae*)

Native to Europe. Hardy to -30° F. Excellent groundcover for moist shade. Swishing with Self-Heal tea relieves and heals canker sores. Plant prefers sun to shade and moist soils. Sow in very early spring or cold-condition. Space 1 foot apart.

50 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic



Senna, Wild *Cassia marilandica*
 <<< NEW FOR 2017 >>>

Family: Legume (*Fabaceae*)
 Herbaceous perennial to 4 feet tall, native to the central and southeastern states and hardy to -10° F. Bright yellow flowers. Despite the large size, the bush tends to surprise me every year, as it arouses itself from winter slumber rather late, and then grows fast to flower. The dried leaves are a valuable laxative, usually given along with fennel in order to reduce intestinal griping. Plant prefers full sun to part shade, adequate moisture, and is not picky about soil type. Nick seed and soak in water overnight, then sow in warm medium, with germination in 1 to 6 weeks. Transplant to successively larger pots until sufficiently sized to withstand the rigors of the landscape. A good choice for the apothecary garden!

20 seeds/pkt \$2.95

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.

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.

30 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.

\$7.50/plant, \$19.95/3 plants, 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 dolphin breaking through green waves in a summer sea. Dried root is a dependable treatment for contagious diseases including dysentery and flu. Prefers a dry, sunny spot.

30 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

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

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

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

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

Herbaceous perennial. Native to US. Hardy to -40° F. Nervine tonic. Plant prefers moist, fertile soil, partial shade or full sun.

100 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, 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

Illus.

Stevia



SORREL

Family: Buckwheat (*Polygonaceae*)
Herbaceous perennials hardy to all zones, preferring moist to mesic soils in full sun. These plants are good grass competitors and will tend to naturalize over time. Easy from seed, these may be sown in the spring, direct-seeded in the garden or worked up in pots, transplanted or thinned to 1 to 2 feet between the plants.

Sorrel, French *Rumex scutatus*
<<<NEW FOR 2017>>>

(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

Sorrel, Garden *Rumex acetosa*
Tender, elongated leaves are excellent to eat. I like to stir-fry onions and garlic, toss in my fresh sorrel, stir it around a bit, then add coconut milk to form a thick gravy, a topping for baked potatoes or pasta. Savory and a bit tart.

100 seeds/pkt \$2.95, Organic

Sorrel, Sheep *Rumex acetosella*
A diminutive creeper that sends up plumes of rust-red flowers in midsummer. This is the exact species called for as an ingredient in the much-repressed Essiac anticancer formula and is thus in high demand.

100 seeds/pkt \$2.95

\$5.00/g (~900 seeds)

\$11.55/5 grams (~4,500 seeds)

\$20.10/10 grams (~9,000 seeds)

\$100/100 grams (~90,000 seeds)

303.00/lb (~408,600 seeds)

Spearmint see MINT

Spiderwort, Western

. *Tradescantia occidentalis*
Fleshy-leaved 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 are a convenient bioassay for radiation exposure.

50 seeds/pkt \$2.95

\$7.50/plant, \$19.95/3 plants, Organic

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 SET (1 seed packet each of Brede, Kenyan, and Official.)

\$6.90/3 pkts

Price shown is a discount.

Brede Mafane *Acmella alba*
Native to S. America, introduced to E. Africa in antiquity. Principal ingredient of the national dish of Madagascar—*Le Romazava*. Makes multitudes of yellow flowers. This is the original wild form.

100 seeds/pkt \$2.95, Organic

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/plant, \$19.95/3 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

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

Stoneroot *Collinsonia canadensis*
Family: Mint (*Lamiaceae*)

Herbaceous perennial. Native to rich woods in the eastern, central, and southern states. Hardy to -30° F. Panicles of bright yellow flowers smell like lemon. Shrinks varicosities. Plant prefers moist woods or partially shaded garden.

\$7.50/plant, \$19.95/3 plants, Organic

Sunflower, Mexican *Tithonia rotundifolia*
Large, coarse, multistemmed, large-flowered, gaudy, roadside-hugging, rabble-rousing cowboy of the great plains, American Southwest and Mexico. Drought-tolerant and not picky about soil. Scatter seeds on disturbed soil early enough so they catch some rains. They will soon supply summer color and butterfly habitat.

30 seeds/pkt \$2.95, Organic



THISTLE

Family: Aster (*Asteraceae*)

Big earth protectors and variously edible and/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. Old-time remedy against fever and headache, said to dispel evil and prevent the plague.

30 seeds/pkt \$2.95, Organic

Thistle, Milk *Silybum marianum*
Overwintering annual. Native to the Mediterranean. Giant, shiny-leaved plant with white variegations and towering, purple flowers. Unique hepatoprotective agent. Seed may be ground as needed in an electric coffee mill. Dosage is 1 tablespoon up to 3 times daily.

50 seeds/pkt \$2.95, Organic

Not for sale to WA state.

TOBACCO

Family: Nightshade (*Solanaceae*)

A most popular yet maligned herb. Tobacco is a heavy feeder and likes a well-fertilized soil and a side-dressing of good compost or rotted manure. 80 days to maturity. Sow seed in the spring or early summer in flats or directly on a fine seedbed. Press hard into surface of soil. Do not allow to dry out or freeze. Germ in 10 to 14 days. Transplant or thin to 1 to 2 feet apart.

TOBACCO SET (1 seed packet each of the Tobaccos following.)

\$24.90/8 pkts

Price shown is a discount.

Tobacco, Azteca Night Blooming

. *Nicotiana alata*
(Aztec Night Blooming Tobacco)

Annual. The white, heaven-scented flowers flare out in the evening and emit exotic fragrance.

100 seeds/pkt \$2.95, Organic

Tobacco, Desert *Nicotiana trigonophylla*

(Winpuri, Coyote or Wild Tobacco, Pi'va)
Perennial desert plant of the American SW, growing 1 to 3 feet tall and producing clusters of 1½ inch tubular, greenish-white flowers. Leaves sticky, covered with glandular hairs, loaded with nicotine.

100 seeds/pkt \$3.95

Tobacco, Havana . . . *Nicotiana tabacum*

Special Cuban cultivar, maturing in 65 days. The leaf cures to a dark, aromatic cigar or chewing tobacco. Flowers pink to 5 feet.

100 seeds/pkt \$3.95,

\$10.00/g (~10,000 seeds),

\$22.55/5 g (~50,000 seeds),

\$40.10/10 g (~100,000 seeds), Organic

Tobacco, Hopi *Nicotiana rustica*

Annual. Thick, rounded leaves with very high nicotine content. This is the most northern hardy of the Tobaccos, and probably one of the first-ever cultivated plants.

100 seeds/pkt \$2.95,

\$10.00/g (~10,000 seeds),

\$22.55/5 g (~50,000 seeds),

\$40.10/10 g (~100,000 seeds), Organic

Tobacco, Huichol . *Nicotiana langsdorfii*

Annual. 60 days to flowers (fast grower), to 3 feet. Very potent ceremonial and smoking Tobacco, bushy, with lolling 8-inch leaves on long petioles and pendulous, yellow-green flowers. Sticky with resin.

100 seeds/pkt \$3.95, Organic

Tobacco, Scherazi . . *Nicotiana tabacum*

Annual. Dark-leaved Iranian pipe tobacco.

100 seeds/pkt \$3.95, Organic

Tobacco, Smoking . . *Nicotiana tabacum*
(Virginia Smoking Tobacco)

Annual. This is a very mellow, heirloom smoking Tobacco that matures early.

100 seeds/pkt \$3.95,

\$10.00/g (~10,000 seeds),

\$22.55/5 g (~50,000 seeds),

\$40.10/10 g (~100,000 seeds), Organic

Tobacco, Tree *Nicotiana glauca*

<< NEW FOR 2017 >>

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 smokable, 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.

100 seeds/pkt \$3.95

\$10.00/plant, 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, head-high, cone-shaped, towering columns bedecked by rows of coral flowers.

30 seeds/pkt \$2.95

Tronadora *Tecoma stans*
Family: Trumpet Creeper (*Bignoniaceae*)
Perennial deciduous viney shrubs native to the American Southwest and Mexico. Not spiny. Prefers sun and poor, sandy and/or gravelly soils. Sow in spring. Space at 4 feet. Oversize yellow flowers on a perennial self-supporting vine. A treatment for fungal infections of the skin.

50 seeds/pkt \$3.95

\$20.00/vine, Organic

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. 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) to prosper.

TULSI SEED SET (1 seed packet each of Rama, Temperate, Vana.)

\$7.90/3 pkts

Price shown is a discount.

Tulsi—Amrita *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.

20 seeds/pkt \$2.95, Organic

\$7.50/plant, \$19.95/3 plants, Organic

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

50 seeds/pkt \$2.95, Organic

Tulsi—Temperate *Ocimum sanctum*
Self-seeding annual. 70 days. Best Tulsi for temperate gardens—good, easy medicine. We have learned to direct-seed this plant in the spring garden (10 grams easily seeds a 100 foot row) and allow the plants to grow closely together. Early harvest for the leaf encourages a bushier plant, and 2 or 3 cuttings are possible during the summer. There is also a demand for tulsi seed, which exudes a soothing mucilage when wetted, and is used in Ayurveda for treating cough, gastro-intestinal ailments, and for increasing sperm count. The thrifty bulk packets reflect our good harvest and a heartfelt wish to give more people access to the healing.

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

\$7.50/plant, \$19.95/3 plants, Organic

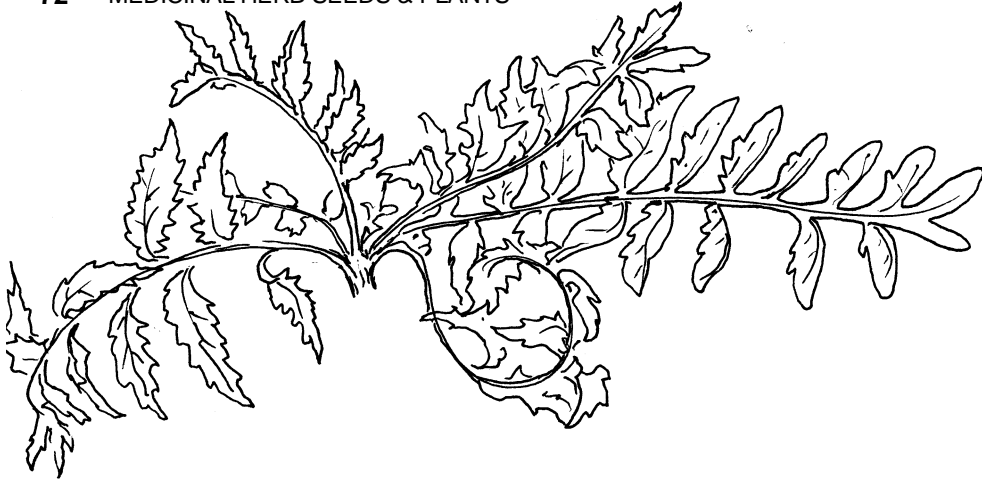
Tulsi—Vana *Ocimum gratissimum*
Perennial bush basil native to India and North and East Africa. Leaves large, soft, redolent with oil of Eugenol. After many seasons of growing perennial Tulsis in the temperate north, we have come to the conclusion that under our conditions, Vana is the highest yielding type. Very satisfactory tea herb.

30 seeds/pkt \$2.95, Organic

\$7.50/plant, Organic

TULSI TEA LEAF . . . *Ocimum sanctum*
Oh most excellent tea herb, may we all be so blessed as to partake of you first thing every morning! A blend of Tulsis, ready to steep.

\$24.90/lb, Tea Cut, Organic



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. The most famous of all uterine tonics. Root is quite valuable. Sow seeds in acidic soil in the fall, midwinter, or very early spring. Use outdoor nursery bed technique, or sow in flats left outdoors or in an unheated greenhouse. Space 6 inches apart. Flowers yellow-white. Both False and True Unicorn are covered at length in "Growing At-Risk Medicinal Herbs" 2nd edition (see page 3 for more information).

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. Urn-shaped, mealy-surfaced flowers, white. Plant prefers sun and moist, sandy, acidic soils. Press seed into surface of sandy soil fall or spring.

500 seeds/pkt \$3.95

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, Indian . . . *Valeriana jatamansii*
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 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 plants 1 to 2 feet apart. Flowers white in the second year to a height of 5 feet.

100 seeds/pkt \$2.95,

\$8.00/g (~ 1,200 seeds)

\$22.55/5 g (~ 6,000 seeds)

\$40.10/10 g (~ 12,000 seeds), Organic

\$5.00/root, 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)

\$67.55/5 g (~ 6,000 seeds)

\$120.10/10 g (~ 12,000 seeds), Organic

\$7.50/plant, \$19.95/3 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

\$7.50/plant, \$19.95/3 plants, Organic



Oh Valerian, you are the quintessence of the medicinal plant. We slumber at your party!

VERVAIN

Family: Vervain (*Verbenaceae*)
Blue-flowered, upright herbaceous perennials significant in medicine and ritual. Plants prefer full sun to part shade, regular garden conditions.

Vervain, Blue *Verbena hastata*
Native to US. Hardy to -40° F. Flowers in multiple, long-lasting, handsome spikes. Bitter remedy for indigestion, colds.
100 seeds/pkt \$2.95, Organic

Vervain, European . . . *Verbena officinalis*
Native to Europe and the Mediterranean. Hardy to -30° F. Astringent, antispasmodic, and fever-reducing agent. Druidic altar plant exudes romance and mystery.
50 seeds/pkt \$2.95, Organic

Vetch, Kidney *Anthyllis vulneraria*
(Kidney Vetch, Ladies' Fingers)
Family: Legume (*Fabaceae*)
Hardy to 0° F. Herbaceous perennial native to Europe and flowering yellow in globular heads to about 8 inches. Plant prefers full sun to part shade and calcareous, sandy or regular garden soils. With its soft and pretty flowers and forgiving, slightly downy foliage, the plant makes a natural emollient treatment for the skin, having been poulticed against wounds since time immemorial. Scarify the seed on medium grit sandpaper and sow in spring. An overnight soak in water will help speed germination, which occurs in 1 to 3 weeks.
50 seeds/pkt \$2.95, 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. Fall-planted seed germinates in the spring.

50 seeds/pkt \$3.95, Organic
\$7.50/plant, \$19.95/3 plants, Organic

Viper's Bugloss *Echium vulgare*
Family: Borage (*Boraginaceae*)
Herbaceous perennial. Native to Europe. All zones. This hairy-stemmed beauty bears large, delicately perfumed, bright blue, tubular flowers in a scorpioid inflorescence from summer to frost on an upright plant. Root is a source of the red pigment "shikonin." Considered one of the best bee plants on Earth. Sow seed on sandy soil in the spring, press in hard, and keep evenly moist and in the light. I am not sure about the feasibility of growing fields of this lovely plant—try a smaller planting first!

100 seeds/pkt \$2.95,
\$8.00/g (~400 seeds),
\$16.55/5 g (~2,000 seeds),
\$30.10/10 g (~4,000 seeds), Organic
Not available to WA state.

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. 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

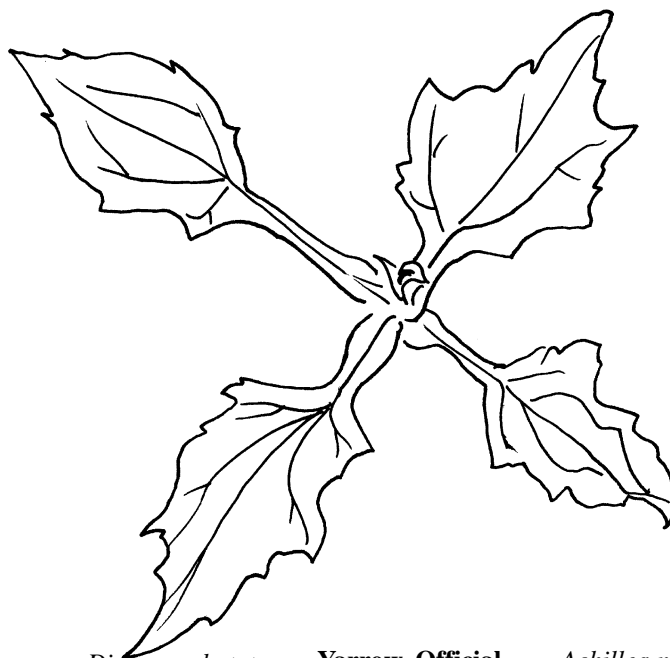
Wilde Dagga *see* CORDAO

Wild Quinine . . *Parthenium integrifolium*
Family: Aster (*Asteraceae*)
Herbaceous perennial native to the American prairies. An excellent grass competitor, the plant is medium-sized, 2 to 3 feet tall and very tough. Long-lived white flowering heads bloom throughout the summer and fall, attracting native pollinators.

50 seeds/pkt \$2.95

Wild Yam, American quaternata
..... *Dioscorea quaternata*
(Four-Leaf Yam, Medicinal Wild Yam)

Family: Yam (*Dioscoraceae*)
Exquisite vining herbaceous perennial with shingling, heart-shaped leaves and medicinal roots. Native to the Eastern American forests. Hardy to -10° F. Wild Yam is written up in detail in "Grwoing At-Risk Medicinal Herbs" by Richo Cech (*see* p. 3).
\$7.50/plant, \$19.95/3 plants, Organic



Illus.

Yacon

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. Emits a cinnamon fragrance
from its flowers.
\$3.95/6 aerial tubers,
\$10.00/20 aerial tubers, Organic

Wood Betony *Stachys officinalis*
Family: Mint (*Lamiaceae*)
Herbaceous perennial hardy to -20° F.
Native to Europe and Russia. This mois-
ture-loving plant has beautiful red-purple
flowering spikes. General pain reliever and
tonic nervine. Sow in spring, space at 2 feet.
100 seeds/pkt \$2.95, Organic

Wormwood, Absinthe .see ARTEMISIA
Yacon, Morado . *Smallanthus sonchifolius*
Purple-leaved beauty making very sweet,
burgundy-skinned tubers with pink flesh.
This is a compact, early-maturing Yacon
that has exceeded all other cultivars. Yes,
Yacon Morado, order early, will sell out.
\$10.00/plant, Organic

Yage *Banisteriopsis caapi*
(Ayahuasca)
<<<<NEW FOR 2017>>>>
Hardy to Zones 10 to 12, otherwise grown
as a potted plant in greenhouse or solarium.
A rare accession of the most famous tropi-
cal liana of the Amazonian rainforest.
\$30.00/plant, Organic

YARROW

Family: Aster (*Asteraceae*)
Evergreen perennials give rise to thick
stalks hoisting the dense, aromatic flowers.

Yarrow, Coastal
. *Achillea millefolium* var. *litoralis*
Native to the coast of Oregon and
California. Hardy to 20° F. This is the
largest flowered Yarrow worldwide, with
flattened heads that can reach to 8 inches.
100 seeds/pkt, \$2.95, Organic

Yarrow, Official . . . *Achillea millefolium*
Native to temperate zones worldwide. All
zones. Spreads joyfully. This is the hardy,
white-flowered, mountain type. Contains
high levels of the active essential oils.
Antiseptic, anti-inflammatory, & hemostatic.
200 seeds/pkt \$2.95, Organic
\$7.50/plant, \$19.95/3 plants, Organic

Yellow Dock see DOCK

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 florific display, and an excel-
lent choice for naturalization at moist edge
of alpine, shade, or forest garden. Arnica
substitute. Sow seed fall or spring. Space
plants 1 to 2 feet apart.
50 seeds/pkt \$3.95

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 sod-
den soil, hot sun, and spread by runners.
Heat-dependent germinator. 1 foot spacing.
100 seeds/pkt \$3.95

Yomogi see ARTEMISIA

Zaatar *Origanum syriacum*
(E'zov)
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.
50 seeds/pkt \$3.95, Organic
\$7.50/plant, \$19.95/3 plants, Organic

Trees, Woody Vines, 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*
 <<< NEW FOR 2017 >>>

Source of gum arabic, which exudes from the bark when incised.

5 seeds/pkt \$3.95

Acacia, Maiden's Wattle *Acacia maidenii*
 <<< NEW FOR 2017 >>>

This is an attractive ornamental, becoming quite scarce in its wild habitat, but widely planted in parks and thoroughfares in tropical climes. The bark is a popular source of dimethyltryptamine.

10 seeds/pkt \$3.95

African Sausage Tree . . . *Kigelia africana*
 <<< NEW FOR 2017 >>>

Hardy to Zones 9 to 12, otherwise grown as a potted plant and brought in for the winter—a natural bonsai. Tropical tree to 60 feet, bearing deep red flowers that give way to phallic fruits to 3 feet long. Scarify seed on medium grit sandpaper until seedcoat is rubbed through, then soak overnight in warm water and plant in warm, fast-draining soil. Water surface only after it becomes dry. Germination may take as long as 3 weeks. Individuate seedlings to pots, or if planting in tropics, space 30 feet apart.

5 seeds/pkt \$2.95

Amla *Emblica officinalis*
 (Emblc 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.

20 seeds/pkt \$3.95

\$30.00/tree, Organic

AMALAKI (Amla), dried powdered fruit

\$19.90/lb, Organic

Annatto *Bixa orellana*
 Family: *Achiote*

Protect from frost. Bushy evergreen shrub to tree, 30 feet tall, native to tropical America. Highly ornamental, with showy flowers giving way to the orange-red pods. The pulverized, brick red seeds are the source of a harmless coloring agent that is used extensively in dairy products and other foods. Aphrodisiac and anti-inflammatory. Living fence. Plant prefers sun to part shade. Bring plant in for the winter.

20 seeds/pkt \$2.95

Ayahuasca *Banisteriopsis caapi*
 (Yage)

<<< NEW FOR 2017 >>>

Family: Barbados Cherry (*Malpighiaceae*)

Tropical liana native to the Amazon basin. Vigorous climber, loves warmth and moist, fertile ground in the part shade. Does well in potted culture in the greenhouse. Protect from frost.

\$30.00/vine, Organic

Baobab, Mbuyu *Adansonia digitata*
Family: Bombax (*Bombaceae*)

Perennial succulent tree native to Africa. Protect from frost. Surely one of the most unusual trees on earth, the Baobab is elephant-like, with a barrel-shaped trunk and humanoid branches. Scarify and sow very warm. Do not overwater seeds.

5 seeds/pkt \$3.95

Bayberry *Myrica cerifera*

<<< NEW FOR 2017 >>>

Family: Myrtle (*Myricaceae*)

(Wax Myrtle)

Hardy to Zones 7 to 10. Plant prefers full sun and withstands sandy and salty soils. Very tough on the landscape. Space at least 10 feet apart. Scarify seed on medium grit sandpaper, the wax inhibits germination.

50 seeds/pkt \$2.95

Bilberry *Vaccinium myrtillus*

(Blaeberry, Whortleberry, Fraughan)

Family: Heath (*Ericaceae*)

Short woody shrub growing in acidic, nutrient poor and subarctic soils throughout the world. Bilberries promote night vision, improve vascular health, prevent and treat macular degeneration. Soak berries overnight, remove seeds and give 90 days refrigeration, then sow in cool, moist shade, in acidic loam medium.

50 seeds in dried berries \$4.95, Organic

BILBERRIES, Dried, Whole

Excellent for making into jam, syrup, tincture, or glycerite. Berries may be soaked overnight, then blended into smoothies in the morning.

100 g (3.5 oz) bag/\$19.90, Organic

Bodhi Tree *Ficus religiosa*

(Sacred Fig)

This white-sapped tree bears leaves of unique shape, long-tipped, figuring conspicuously in Vedic folklore and art. Sow just below surface, tamp in hard and keep evenly moist and very warm until germination.

100 seeds/pkt \$2.95

\$15.00/tree, Organic

Brittlebush *Encelia farinosa*

(Incienso)

Perennial. Native to the SW deserts of US and Mexico. Clumps of silvery-green leaves produce hovering myriads of yellow flowers in early spring. Source of aromatic resin used like Copal. Plant prefers a southern exposure and dryish soils. Sow in spring.

50 seeds/pkt \$2.95

\$30.00/tree, Organic

Butcher's Broom *Ruscus aculeatus*

Family: Asparagus (*Asparagaceae*)

Evergreen subshrub native to the Mediterranean and hardy to 10° F. Bearing bright red, round berries on a glossy-leaved bush. Diuretic roots employed to treat urinary infection.

10 seeds/pkt \$5.95

\$15.00/bush, Organic

Cancer Bush *Sutherlandia frutescens*

Family: Pea (*Fabaceae*)

Perennial woody shrub to 3 feet. Native to South Africa. Protect from frost. Prefers full sun and dryish soils. Scarify and sow warm.

20 seeds/pkt \$3.95

\$20.00/bush, Organic

Cedar, Atlantic *Cedrus atlantica*

(Atlantic Cedar)

Family: Pine (*Pinaceae*)

Evergreen tree native to the Atlas Mountains of Algeria and Morocco.

\$15.00/tree, \$42.50/3 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.

10 seeds/pkt \$2.95

Chaparral *Larrea tridentata*

Family: Caltrop (*Zygophyllaceae*)

Evergreen perennial bush native to the SW US and Mexico. Hardy to 5° F. Antimicrobial, anticancer, and free radical scavenger. **Low-dose botanical.** Plant prefers full sun, well-drained and sandy soil. Sow seed in spring or summer. Germ in 3 to 5 weeks.

50 seeds/pkt \$3.95

CHASTE TREE

Family: *Verbenaceae*

Perennial, deciduous bushes to small trees to 15 feet. Foliage and beautiful lavender flowers exude exotic perfumes. Prefers sunny, dry exposure. Easy, but a bit spotty. Scarify lightly and sow in spring in pots. Av. germ time 18 days. Space at 15 feet.

Chaste Tree *Vitex agnus-castus*

Native to the Mediterranean. Hardy to -20° F. Foliage and beautiful lavender flowers exude exotic perfumes.

50 seeds/pkt \$2.95, Organic

Nirgundi *Vitex negundo*

(Huang-ping, Cut-Leaf Chastetree)

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/tree, Organic

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/tree (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 (check out the photos at strictlymedicinalseeds.com). 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 winter.
\$20.00/shrub, Organic

Curry Leaf Tree*Murraya koenigii*
(Black Neem, Sweet Neem)
Family: Rue (*Rutaceae*)
Tropical to subtropical deciduous tree to 18 feet, native to Southern India. Protect from frost. Pinnate leaves with white fragrant flowers that give way to clusters of black berries. Spiritual offering, Ayurvedic medicine, and essential ingredient in Southern Indian cuisine.
\$15.00/tree, \$42.90/3 trees, Organic

Desert Willow*Chilopsis linearis*
Family: Trumpet Creeper (*Bignoniaceae*)
Willow-like shrub or small tree, hardy to 20° F. Native to the deserts of the southwestern US, Baja, and Mexico. The large, trumpet-shaped flowers emit heavenly aromas. Sow in spring and grow out in pots for a year before transplanting. Easy and rewarding germinator.
30 seeds/pkt \$2.95

Dragon Tree*Dracaena draco*
Family: Asparagus (*Asparagaceae*)
Tree-like monocot to 25 feet tall and equally as broad, hardy to 20° F, but best protected from frost. Native to the Canary Islands, Cape Verde, and Morocco, this other-worldly plant is one of the main sources for the aromatic garnet-red resin known as "Dragon's Blood."
20 seeds/pkt \$2.95

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 procyanidins—excellent for treating the flu or common cold. Elders prefer moist, rich soil and grow best as an understory to taller trees. If you eat Elderberries, spit out the seeds.

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 antiviral medicines. Germinates spring. We have a row of these crucial allies on our farm.

50 sds/pkt (in dried berries) **\$4.95, Organic**
\$20.00/tree, Organic

ELDERBERRIES, BLACK, Dried, Whole
Just right for making syrup, tincture, or glycerite.
100 g (~3.5 oz) bag \$19.90, 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**
\$12.00/tree, \$33.90/3 trees

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

Eleuthero, Spineless *Eleutherococcus senticosus*
 (Ci-wu-jia, "Siberian Ginseng")
 Family: Ginseng (*Araliaceae*)
 Woody perennial with clusters of blue-black berries. Native to North Korea, northern China, and Siberia. Hardy to -40° F, but not very heat-tolerant. Classic adaptogen. Rare and desirable spineless cultivar.
\$20.00/shrub, Organic

Empress Tree *Paulownia tomentosa*
 Family: Figwort (*Scrophulariaceae*)
 Deciduous, dioecious tree. Native to central and western China. Hardy to -15° F. Impressive full-size trees with huge elephant-ear leaves and commonly growing 15 feet per year. Bioremediation: Reduction of soil salinity; increases soil fertility; converts pollution into wood.
200 seeds/pkt \$2.95,
\$8.00/g (~1,800 seeds),
\$22.55/5 g (~9,000 seeds)
\$40.10/10 g, (~18,000 seeds), Organic
\$12.00/tree, \$33.90/3 trees

Eucalyptus, Tasmanian Blue
 *Eucalyptus globulus*
 Family: Myrtle (*Myrtaceae*)
 Native to Tasmania and hardy to 20° F. Main species used for making oil of Eucalyptus, an incredibly fast-growing tree with elegant sweeping branches that beg to be rubbed. Sow on surface, keep warm and moist.
50 seeds/pkt \$3.95

Gardenia, Common *Gardenia jasminoides*
 (Cape Jasmine, Zhi-zi)
 Family: Madder (*Rubiaceae*)
 Low-growing evergreen shrub native to China and Japan and hardy to 30° F. Grown worldwide for its waxy, fragrant blossoms.
50 seeds/pkt \$2.95
\$15.00/shrub, Organic

Ginkgo *Ginkgo biloba*
 (Bai-guo)
 Family: Ginkgo (*Ginkgoaceae*)
 Perennial, deciduous, dioecious tree. Native to eastern China. Hardy to -40° F. Ginkgo figures strongly in legend and lore of China. Ginkgo is resilient, adaptable, and cold hardy. Germ begins at 33 days.
10 seeds/pkt \$9.95
\$15.00/tree, \$42.90/3 trees

Goji, Red *Lycium barbarum*
 Family: Nightshade (*Solanaceae*)
 Deciduous woody shrub to 9 feet tall, hardy to -5° F. Native to Northern China. Goji berries are delicious, dried like raisins.
100 seeds in fruits/pkt \$3.95, Organic

Gopher Spurge *Euphorbia lathyris*
 Family: Spurge (*Euphorbiaceae*)
 Evergreen perennial. Curiously formed plant has proven, after much experimentation, and plenty of opportunity to experiment, to repel gophers better than anything else. Keep sap out of eyes.
10 seeds/pkt \$2.95

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. Sow very hard seeds in the spring, summer, or fall for germ in the following spring. May take 2 vernal cycles to germinate.

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 back as a hedge. Heavenly.
10 seeds/pkt \$3.95
\$15.00/tree, \$42.90/3 trees

Hawthorn, Red . . . *Crataegus columbiana*
 <<< NEW FOR 2017 >>>
 (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/tree

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 shoreside.
10 seeds/pkt \$3.95, Organic

Heimia *Heimia salicifolia*
 (Sinkuiche, Sun Opener)
 Family: Myrtle (*Lythraceae*)
 Woody perennial. Native to Jamiaca and southern and central America. Hardy to 20° F. This is an upright multistemmed bush bearing numerous yellow flowers with papery petals. Ethnobotanical sources describe smoking or making a tea of the dried leaves of this plant to promote a sense of well-being.
500 seeds/pkt \$2.95, Organic

He-shou-wu . . . *Polygonum multiflorum*
 ("Fo-ti" is a misnomer, Ho-shou-wu)
 Family: Buckwheat (*Polygonaceae*)
 Perennial vine, native to E Asia, hardy to 5° F. Beautiful climber giving birth to large, orange-brown, underground tubers (the part used). It is a longevity herb of great renown.
\$10.00/vine, \$28.50/3 vines, Organic

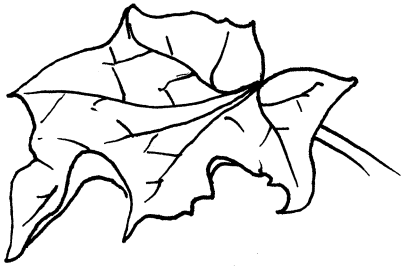
The lovely Hawthorn supports the local ecosystem.

Horse Chestnut *Aesculus hippocastanum*
(Conker Tree)

Native to the Balkans of Southeastern Europe, and hardy to -40° F. This is a sturdy deciduous tree to 90 feet tall, magnificent, a spreading crown tipped by swollen buds that shine with resin. An excellent choice for the mature landscape, the potted tree makes a good bonsai. Containing alkaloidal saponins and glycosides, the tincture of fresh nuts is a low-dose botanical used for tonifying the blood vessels. Seeds are in cold stratification and may be sown immediately in deep pots or nursery bed in cool, moist shade. Germination is rapid.

3 seeds/pkt, \$7.95, Organic

\$20.00/tree, Organic

**Jatropha, Biodiesel** . . . *Jatropha curcas*

Family: Spurge (*Euphorbiaceae*)
(Barbados Nut, Purging Nut, Green Diesel)
Protect from frost. Tropical woody perennial shrub to small tree to 20 feet, native to the American tropics. Large seeds contain up to 40% oil which will run engines. Source of anticancer alkaloid known as jatrophine. Oil used externally for treating rheumatism. Emollient to hemorrhoids. Bark of plant produces a blue dye. Plant 1 inch deep in Cactus mix and keep barely moist and very warm until germination within 3 weeks

5 seeds/pkt, \$3.95

Jojoba *Simmondsia chinensis*

(Goat Nut, Pig Nut, Coffeeberry)

Family: Jojoba (*Simmondsiaceae*)

Perennial, evergreen, dioecious, woody shrub native to the Sonoran and Mojave deserts, growing to 6 feet and preferring full sun and very dry conditions. Can be grown in potted culture. Protect from frost. Seeds are source of a liquid wax known as jojoba oil, a.k.a. vegetarian whale oil. Valuable in cosmetics and medicine. Sow seeds in pots 1 inch deep, in well-drained soil and keep barely moist and very warm until germ in 10 to 20 days. Work up in successively larger pots and transplant out at 5 foot spacing.

5 seeds/pkt, \$2.95

\$6.10/10 g (~16 seeds)

\$49.00/100 g (160 seeds)

Juniper, One-Seeded *Juniperus monosperma*

<<NEW FOR 2017>>

Family: Cypress (*Cupressaceae*)

Hardy to Zones 4 to 8

Evergreen, multistemmed, dioecious tree to 60 feet, native to the American SW. A tough contender in marginal sites, remaining healthy and vibrant through drought, high elevation, extreme exposure. The cones, leaves, roots and bark are all used in native medicine and craft. Excellent source of wildlife habitat. Multicycle germinator usually requires a warm/cold/warm cycle.

20 seeds/pkt \$2.95

Linden, Little Leaf *Tilia cordata*

(Lime)

Deciduous tree to 70 feet tall with a handsome, dense, rounded crown and flowers that make much nectar. Multipurpose beauty on the landscape. The flower bracts, looking like skateboards with baubles, exuding their honey-like aroma, may be dried and used to make a sweetly fragrant and relaxing tea. Shade to sun, good, moist, loamy soil.

\$30.00/tree, Organic

Linden, Silver *Tilia tomentosa*

(Silver Lime)

Deciduous tree to 100 feet tall, a majestic shade tree with a thick trunk, ornamental, widely grown throughout Europe, where it is native. This species is medicinally interchangeable with Little Leaf Linden. Hardy to -10° F

\$30.00/tree, Organic

Mimosa *Albizia julibrissin*

(Silk Tree, Persian)

Family: Pea (*Fabaceae*)

Native to Asia and especially the Himalayas and hardy to 0° F. A comely tree of high-class yards, city streets, and country lanes, with characteristically outstretched branches, a flat-topped beauty with lacy leaves and arrays of puffy, pink flowers. The tea of the bark is said to instill the drinker with happiness. Scarify, soak overnight in hot water, keep warm to germ.

20 seeds/pkt, \$2.95, Organic

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. Root is white and crispy like horseradish, has the same sweetly pungent taste, and may be made into a relish or used in cookery. 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

Planting Horse Chestnut on our land was the best thing I ever did.



New Jersey Tea . . . *Ceanothus americanus*
Family: Buckthorn (*Rhamnaceae*)
Perennial woody shrubs native to the US and Canada. Hardy to -20° F. Extremely tough, drought-tolerant, and cold-hardy. Permaculture nitrogen-fixer and highly respected astringent and lymphatic. Native to the Eastern US. Showy, lilac-like flowers of white. This is the official species. Full sun to light shade. Dryish and/or depleted soils OK. Scarify, sow in fall or early spring.
30 seeds/pkt \$2.95

Nirgundi see CHASTE TREE

Ocotillo *Fouquieria splendens*
<<< **NEW FOR 2017** >>>
(Candlewood, Couchwhip)

Native to the SW, Baha, and Mexico, hardy to 20° F. The plant is spiny and whiplike, blooming scarlet in early spring, a display that drives hummingbirds wild! Fresh bark of stem used for treating maladies of the pelvic zone: urinary infection, hemorrhoids, and prostate problems. Ocotillo drains lymph. Plant prefers a sunny and dry desert environment and does excellently in pots, where its unusual shape and odd leafing habits are both beautiful and entertaining. Sow seed in fast-draining medium and keep barely moist and very warm until germ, which starts in 5 days. Pot up to successively larger pots.
20 seeds/pkt \$2.95

OREGON GRAPE

Family: Barberry (*Berberidaceae*)
The stoloniferous roots are loaded with bright yellow berberine and the leaves contain unique flavonoids that enhance the antibacterial activity of the root. Make teas or tinctures of both root and leaves. Used to gently stimulate the liver, fight infection, and purify questionable drinking water.

Oregon Grape, Creeping *Mahonia repens*
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. Seeds are cold-stored in moist medium and are best planted ASAP.
\$10.00/plant, \$28.50/3 plants, Organic

Oregon Grape, Tall *Mahonia aquifolium*
Woody perennial shrubs native to the Pacific Northwest and hardy to -15° F. Plant does well in full sun or on forest edge. To 7 feet tall. Space 4 feet apart.
\$10.00/plant, \$28.50/3 plants, Organic

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.
30 seeds/pkt \$2.95

\$12.00/tree, Organic

Palm, Desert Fan . . . *Washingtonia filifera*
Family: Palm (*Araceae*)
Hardy to Zones 9 to 12
(Desert Fan Palm)

Perennial, evergreen palm native to Southern California, the protector of the proverbial desert oasis. Soak seeds in warm water for 3 days, changing water daily. Then remove seeds from water and plant in cactus mix, keeping warm and in the light until germination, which is usually rapid but may take as long as 90 days. Transplant to individual pots—these make a showy potted plant, or may be planted at least 30 feet apart.
10 seeds/pkt \$2.95

Pawpaw *Asimina triloba*
 Family: Custard Apple (*Annonaceae*)
 Perennial deciduous tree, hardy to -20° F.
 Native to central and southern US.
 America's largest edible fruit, the banana-like Pawpaw looks like an escape from the tropical rain-forest. The Pawpaw fruit, tasting like banana custard, is a sedative and laxative medicine. Tree prefers rich, well-drained, slightly acidic soil and shade.
10 seeds/pkt \$5.95

Peacock Flower, Yellow
 *Caesalpinia mexicana*
 (Mexican Holdback, Tabachin del Monte)
 Family: Pea (*Fabaceae*)
 Native to American Southern Texas, Mexico and Baja. A showplant for warm weather gardens—landscape or tubs.
10 seeds/pkt \$2.95

Persimmon, Wild Form
 *Diospyros virginiana*
 Deciduous tree to 50 feet, hardy to -25° F.
 Smooth bark and comely form. Fruits plumlike, extremely tannic but reasonably edible after first frost. Wildlife favorite.
10 seeds/pkt \$3.95, Organic

Rose, Rugosa *Rosa rugosa*
 Family: Rose (*Rosaceae*)
 Tough, upright, thorny bushes useful in shelterbelts and hedges. Plant thrives in almost all soil types including heavy clay. Hardy to -30° F. The Rugosa Rose bears many small, sweetly aromatic, deep pink blossoms that give way to hefty hips.
\$15.00/shrub, \$42.90/3 shrubs, Organic

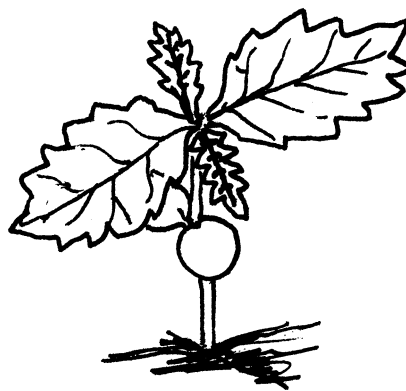
Rose, Virginia *Rosa virginiana*
 Family: Rose (*Rosaceae*)
 (Prairie Rose)
 Native to Eastern US, this is a pretty wild thing, a deciduous shrub to 6 feet tall. Pink flowers are borne singly or in small clusters, long-lived, blooming throughout the summer, giving way to small, round, deep red hips.
\$12.00/bush, \$33.90/3 bushes, Organic

Schisandra, Official *Schisandra chinensis*
 Family: Magnolia (*Magnoliaceae*)
 (Wu-wei-zi)
 Perennial dioecious woody vine, native to Manchuria, Malaysia, Korea, northeastern China, and Japan and hardy to -20° F. The fragrant pink or white flowers give way to bright red fruits that droop down in clusters—aphrodisiac and immune-enhancing.
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. 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 sunblock. Plant prefers full sun. Scarify and sow in cold soils of early spring or give 30 days, cold, moist treatment and sow warm.
20 seeds/pkt \$3.95,

Senna, Wild *Cassia marilandica*
 <<< NEW FOR 2017 >>>

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

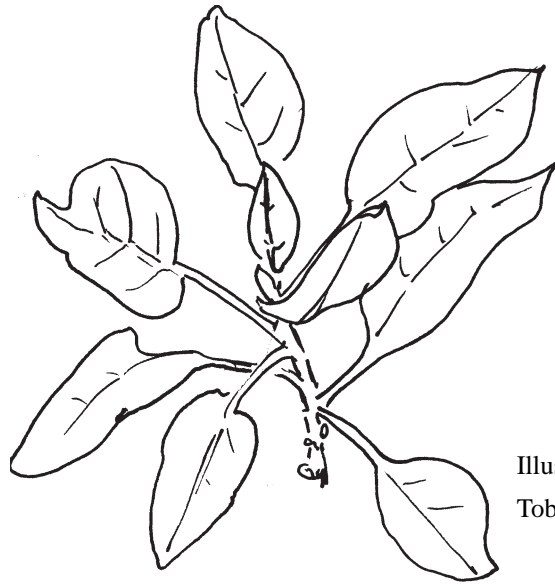


Slippery Elm *Ulmus rubra*
 Family: Elm (*Ulmaceae*)

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. A chapter in "Growing At-Risk Medicinal Herbs" is dedicated to Slippery Elm (see page 3). Anyone seriously dedicated to promoting Slippery Elm trees on the landscape is invited to e-mail Richo at: herbseed@strictlymedicinalseeds.com with the codeword "equinox" in the subject line.
100 seeds/pkt \$4.95, Organic

Soursop *Annona muricata*
 <<< NEW FOR 2017 >>>

Family: Custard Apple (*Annonaceae*)
 Woody perennial tree to 13 feet native to the Caribbean and Central Americas. Protect from frost. The fruits are delicious—large, heavy, filled with juicily aromatic flesh that is sweetly acidic to the taste. In the tropics, I eat these over the sink! Soursop oil is pressed from the large, brown seeds. This is traditionally used as an antiasthmatic, antihypotensive and as a sedative. Nick seed, soak overnight and keep warm until germination, which occurs in 2 to 3 weeks.
5 seeds/pkt \$3.95



Illus.
Tobacco, Tree

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

\$10.00/plant, \$28.50/3 plants, 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.

\$15.00/bush, \$42.90/3 bushes, Organic

Tea Tree, Australian
. *Melaleuca alternifolia*
Family: Myrtle (*Myrtaceae*)
Native to Australia. Spongy-white trunk,
gently aromatic foliage and flowers like
white gossamar. Plantation grade—source
of the popular germicidal essential oil.
Hardy to 20° F. Prefers full sun and ever-
moist soil. Sow in spring or summer.
Sprinkle tiny seed on top of very light pot-
ting soil and press in.

100 seeds/pkt \$3.95, Organic

Tea Tree, New Zealand
. *Leptospermum scopari*
(Manuka)

Family: Myrtle (*Myrtaceae*)
Evergreen shrub to small tree, growing to
10 feet tall, native to highland Tasmania,
New Zealand and New South Wales in
Australia, hardy to 20° F. Comely plant
produces a dense early summer display of
blossoms colored white and tinged with
red. Manuka figures prominently in local
medicine as an antiseptic and analgesic rub
for treating muscular pain and rheumatism.
Surface sow in warm conditions, press seed
into potting soil and keep evenly moist
until germination, which takes 2 to 3
weeks.

50 seeds/pkt \$3.95

Tobacco, Tree *Nicotiana glauca*
<<< **NEW FOR 2017** >>>

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 smok-
able, but strong, very rich in anabasine and
low in nicotine. Leaves poulticed to heal
wounds, skin infections, and to kill subcuta-
neous 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

\$10.00/plant, Organic

Uva Ursi *Arctostaphylos uva-ursi*
(Bearberry, Kinnickinick)

Family: Heath (*Ericaceae*)
Spreading perennial evergreen ground
cover. Circumpolar. All temperate zones.
Drought-tolerant, glossy-leaved, ground
cover. Smokable. Tea or tincture treats mild
urinary infections. Plant prefers acidic soils,
full sun. Scarify vigorously. Fire-dependent
germinator or multicycle-germinator. Sow
in fall, spring, or summer. Space plants 2
feet apart.

30 seeds/pkt \$2.95

Willow, Weeping *Salix babylonica*
Family: Willow (*Salicaceae*)

Deciduous, fountaining tree native to China,
hardy to -20° F and growing to 50 feet tall.
Green branch tips (whips) make a safe
and organic homemade rooting hormone
“sun tea.” Combine a large handful of
whips in a 5 gallon bucket of water and use
to water in roots of transplants, cuttings.
The bark contains anti-inflammatory
salicylic acid. Fluff that collects on and
falls off of catkins is appreciated by some as
a fine streamside smoke.

\$15.00/tree, Organic

OK, OK, our fixation with tobacco trees is evident. If you grow, you will find out why...

Wintergreen . . . *Gaultheria procumbens*
Family: Heath (*Ericaceae*)

Glossy-leaved evergreen groundcover to 6 inches, with drooping, waxy, white flowers that give way to large, red berries that persist. Hardy to -30° F, flamboyantly producing reddish foliage after frost. Source of essential oil methyl salicylate, much employed as a flavoring agent. Tea used for treating headache, rheumatism, skin diseases, and tooth decay. Plant prefers part to full shade and moist, sandy, or peaty soils that are rich in forest-derived organic matter and low in pH. Space plants 2 feet apart and mulch—will crawl and cover interstices.

\$10.00/plant, \$28.50/3 plants, Organic

Wintersweet . . . *Chimonanthus praecox*
<<< NEW FOR 2017 >>>

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, 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. 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. **Do not eat the seeds.**

Wisteria, Chinese Blue . *Wisteria sinensis*

Densely flowering species that can be trained to be self-supportive, with a gnarled trunk, fountaining foliage, fragrant flowers.

5 seeds/pkt \$2.95

Wisteria, Japanese . *Wisteria floribunda*

Spectacular 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, Organic

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

\$12.00/tree, \$33.90/3 trees

Yellow Wood, Kentucky . *Cladrastis lutea*

<<< NEW FOR 2017 >>>

(Kentucky Yellowwood, Virgilia)

Deciduous tree with a handsome rounded crown, to 80 feet, native to Southeastern United States and hardy to -30° F. Very popular in the horticultural trade, these are choice! Tree prefers well-drained and rich soil. Flowers fragrant, white, in hanging clusters like Wisteria. Wood durable, rot-resistant, used for tool handles. Yellow dye-plant. Nick seeds and soak overnight, then plant in warm medium, with germ in 4 weeks.

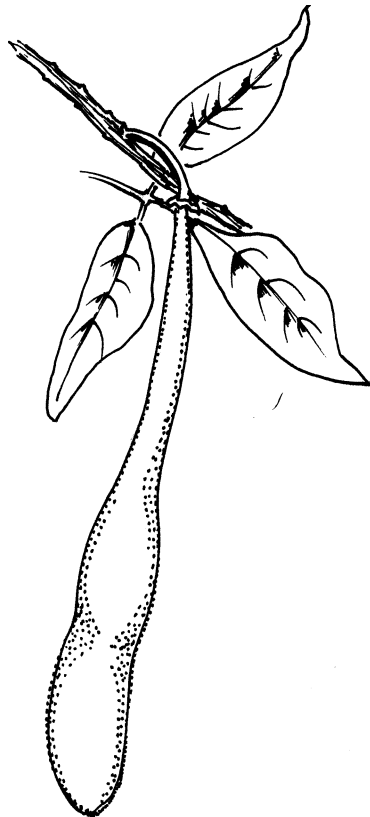
10 seeds/pkt \$3.95

Yerba Santa . . *Eriodictyon californicum*

Family: Waterleaf (*Hydrophyllaceae*)

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



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- No additional shipping will be charged.
- For best results, sow these seeds immediately upon receipt.

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- Our SPRING/SUMMER PLANTS shipping season is March through July.
- Please enter the Plants shipping charge on your order form
- If you are ordering seeds and plants prior to March, we will send your seeds right away and then send your plants as soon as they are ready. (If you are ordering seeds and plants, two shipping charges need to be filled in—seeds shipping and plants shipping).
- Ordering early helps assure availability. Supply of any given species subject to the success of our crops and weather conditions. If you have a specific delivery date in mind, please tell us. We aim to please!
- Prepayment is necessary to reserve your plants/roots. Send check, money order, or credit card number.
- Contact us if you have any questions, including shipping quotes.

Shipping charts are on the next 2 pages
Order form, last page of catalog.

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 \$150.01 to \$180: + \$25.80
 Over \$180: + \$29.85

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 Over \$180.00: + \$39.80

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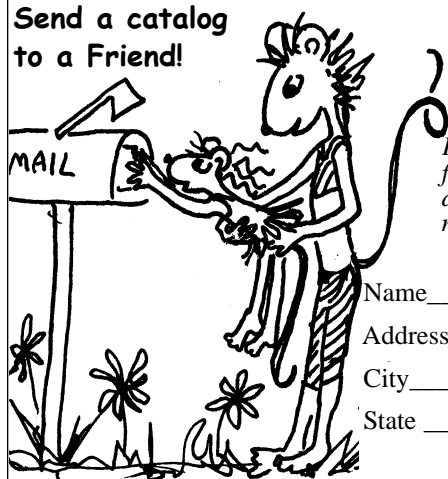
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