



JUST Bedding Plants

SPRING 2017

www.JUSTcommunitymarket.com

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ABOUT US

JUST Community Market is a marketing co-operative located in south eastern Manitoba. Our entrepreneurial members are producers of heirloom vegetables and bedding plants from organic, sustainably-grown, and responsibly harvested wild seeds. We are also artists, crafters, musicians, writers, skilled tradesmen and women, socially-conscious business owners, and inventors.

We have been growing food for ourselves since 2007 and market the surplus to local organic grocers, restaurants and to the public at farmers' markets and events.

We grow heirloom vegetables and save seed from rare and endangered varieties as well as culinary and medicinal herbs and flowers. In 2010, we began selling bedding plants with help from David and Maggie Neufeld of **Room To Grow** in Boissevain.

Each year we learn something new and make changes to our catalogue based on our growing experiences and suggestions from our customers. We have a number of new plant offerings in 2017 that we hope you will like!

If you have any questions, please don't hesitate to contact us.

DAY SALES AND EVENTS

- **Mary Jane's Cooking School 8th Annual Garden Party Fundraiser, Wpg, Saturday, May 27, 2017** – 10 to 4 pm – plants, snacks, workshops, all ages acoustic open mic stage
- **Customer Appreciation Day, Spicy Radish Cafe, Whitemouth, MB, Saturday, June 3, 2017** – 9 to 1 pm – The Whitemouth Library holds their annual fundraiser – a bake and book sale and silent auction while the businesses in town celebrate their local customers! We'll be blowing out our bedding plants!

FARMERS' MARKETS

- **Elma Farmers' Market, Elma, MB, Friday evenings, June 2017 to September 2017** – A new market in our local community! More details to follow!

RECYCLING

We would like to encourage our customers to recycle, so please save your pots and return them to us at **Mary Jane's Cooking School**, 252 Arlington Avenue in Winnipeg. Otherwise, you can drop them off to us at the **Elma Farmers' Market** between June and September or sign our mailing list and we'll be more than happy to arrange a pick-up that is convenient for everyone.

We are also asking our retailers to save our tough trays and inserts as well as encourage their customers to recycle or return their pots to the store where they bought their plants and we will pick them up.

BEDDING PLANTS

GROWING METHODS

Since our first year of operation, we have been following the [Canadian Organic Regime](#) (COR) organic production guidelines.

We buy certified organic seeds and/or seedlings locally as well as from other Canadian suppliers depending on our needs. We also buy rare open-pollinated heirloom seeds from suppliers that grow without the use of chemical fertilizers, herbicides and fungicides.

We do not knowingly support the production, purchasing or marketing of GMOs, (Genetically Modified Organisms) including seeds, produce or any products containing GM proprietary ingredients.

SEED SUPPLIERS

Our catalogue is inspired by our seed suppliers and our experiences growing these varieties. Our plant descriptions have been drawn from their catalogues, other internet resources and our own observations.

The Cottage Gardener www.cottagegardener.com

Heritage Harvest Seed www.heritageharvestseed.com

Sage Garden Herbs www.herbs.mb.ca

High Mowing Organic Seeds www.highmowingseeds.com

Richter's www.richters.com Sow Natural™

Prairie Flora www.prairieflora.com

[DeRuyck's Top of the Hill](#)

PRODUCERS

JUST Community Market, Whitemouth, MB – seeds, plants, arts, crafts, music
Sweet Earth Gardens, Elma, MB – seeds, seedlings, plants, custom plug trays

KEY

CO – Certified Organic | **OG** – Organically Grown | **SG** – Sustainably Grown | **SN™** – Richter's Sow Natural Brand | **H** – Heirloom | **W** – Wildcrafted

Cameo art by Elizabeth Clayton and Karen Adamson.

VEGETABLES



BROCCOLI

Broccoli, Italian Sprouting, a.k.a. 'Calabrese' (H CO). *Brassica oleracea*. 1880. This old variety is great for home gardeners and market growers alike, forming multiple side shoots after the main head is cut. Protect with floating row cover. 60 to 90 days.

CABBAGE

Cabbage, Chinese (SG). *Chinensis*. Do not form heads. Instead, they have smooth, dark green leaf blades forming a cluster reminiscent of mustard or celery. Being winter-hardy, they are increasingly grown in Northern Europe. 20 to 28 days.

Cabbage, Red Express (CO). *Brassica oleracea var. capitata*. 2 - 4 lb. red heads. One of the earliest cabbages. Lovely colour in summer salads and coleslaw. Ideal for borscht and other soups. May also be used for pickling and in casseroles. Cabbage butterflies are not attracted to the Red Cabbages, but you'll still need to protect it from those nasty flea beetles with floating row cover. Full sun. 60 days.

CELERY

NEW! Celery, Red Stalk (H SG). *Apium graveolens var. dulce*. Red Stalk heirloom celery has been grown since the 1700s. It has more of a robust flavor than regular celery and is excellent for soups or stews. The stalks are thinner than modern celery but the red color of the stalks is very eye catching.

NEW! Celery, Red Venture (SG). A cross between Giant Red Celery and Ventura Celery. Ventura is one of the most adaptive and resilient celery varieties.

Giant red celery is one of Europe's most treasured heirlooms, not only for its striking color, but its true celery flavor that is prized in soups. Redventure combines the best of both of these celeries. This celery produces intense red stalks offset by emerald green leaves. Fully mature plants produce a nice semi-blanched golden-pink heart. Very popular at farmer's markets.

CHARD

Chard, Rainbow (CO). *Beta vulgaris*. Striking blend of red, pink, white, yellow and gold stalks. Upright habit makes for clean production and easy harvesting. Color intensity is not as well defined early on; mostly pink, red and white at baby stage. Grow to full size for a dazzling display in your garden! 30 days baby, 60 days full size.

Chard, Rhubarb Red (H CO). *Beta vulgaris*. Rich crimson red stems and bright green savoyed leaves – the standard for red chards. 30 days baby, 60 full size.

CITRON

NEW! Citron, Red-seeded, a.k.a. Colorado Preserving Melon. (H SG). *Citrullus lanatus* var. *citroides*. The red seeded citron is a very old melon that appeared in manuscripts as far back as the 1580's. Citron preserves were once very popular. The white flesh was not eaten raw but used to make sweetmeats which were candied melon rind used in fruitcakes and other deserts. The 1937 McFayden catalogue had this to say about the Red Seeded Citron, "Is not eaten raw but is used to make a very clear, transparent preserve of peculiarly fine flavor. It is one fruit that every practical housewife grows in order to obtain an economical supply of preserves for use during the winter." 80 days.

COLLARDS

Collards, Champion (CO). *Brassica oleracea*. Selected to stand longer for a two week advantage over other varieties. Rich blue-green cabbage-like leaves. Plants are non-heading, productive, and hardy. Waxy leaf surface provides natural protection from cabbage worms. Compact habit. 70 days.

CUCUMBER

Cucumber, English Telegraph (H CO). *Cucumis sativus*. This is for all the customers who have asked for an "English-style" cucumber! Selected from 'Rollinson's Telegraph', this (truly) English cucumber produces long, straight, green fruits that average 12-18" long, are non-bitter and have fewer seeds than regular cucumbers. Trellis for straighter fruit. Excellent for greenhouse production as well, it is a strong grower and prolific producer. 60 days.

Cucumber, Lemon (H OG). *Cucumis sativus*. Heirloom variety producing 3"/8cm oval fruits on vigorous vines. Very prolific, delicate flavour with slight lemony fragrance in late stages of development. Adds colour to salads, good for slicing and pickling. Slice, blend with fernleaf dill and sour cream or yogurt for a quick, tasty appetizer! 65 days.

Cucumber, National Pickling (H OG). *Cucumis sativus*. Developed by the National Pickle Packers Association in collaboration with the Michigan Agricultural Experimental Station in 1924, this is a very popular variety with picklers! Highly-productive, disease-resistant vines start producing early and produce a wonderful abundance of dark green fruit with crisp white flesh and black spines. Retains quality over a longer season than most. Fruit can be picked small (2-3") for gherkins or larger (5-6") for full-sized pickles. 55 days.

Cucumber, Straight Eight (RSN™). *Cucumis sativus*. Produce straight, deep green fruit 8" long, bright white flesh with bitter-free flavour. Excellent for slicing, in salads and also used for pickling when small. 60 days.

EGGPLANT

Eggplant, Rosa Bianca (H CO). *Solanum melongena*. A beautiful Italian heirloom, this variety produces rounded, lavender/white fruit that is very meaty with a nice mild flavour and no bitterness. Pick when 6-8". 75 days.

Eggplant, Black Beauty (H CO). *Solanum melongena*. Introduced from Europe in 1910, this variety lives up to its name! Deep purple, 3 lb. fruits have wonderful flavour and store well. This plant will produce 8-10 fruits per plant if picked regularly. 75 to 90 days.

New! Eggplant, Ping Tung (H SG). *Solanum melongena*. Beautiful heirloom eggplant from Ping Tung, Taiwan. Slender fruits, 12 inches long by 1 1/4 inches across have shiny, dark lavender skin. Start picking them at 8 inches for fabulous stir-fries. The plants are vigorous, heavy-yielding and disease resistant as well as tolerant to wet and hot conditions. 65 to 75 days from transplant.

KALE

Kale, Red Russian (H SG). *B. napus*. 1863. Has deeply-cut, flat, grey-green leaves with purple stems and veins. The entire plant takes on a purplish colouration in cold weather. 21 days baby, 50 days full size.

Kale, True Siberian (H CO). *B. napus*. Siberian kale is extremely cold-hardy and can be wintered over in some areas. Huge, ruffled, blue-green leaves are eye-catching in the garden and very flavourful. This kale will flourish in drought and wet conditions, in cool temperatures and in heat. Frost improves the flavour and texture of the leaves. Grows to 30" tall. 60 days.

MUSKMELONS

NEW! Melon, Gnadenfeld (H SG). *Cucumis melo*. This melon has been grown in Gnadenfeld, Manitoba for generations and is named after its place of origin. The small melons have deep orange fragrant flesh and are produced in abundance. A must for short season areas. **Rare.** 60-65 days.

Melon, Jenny Lind (H OG). *Cucumis melo*. (Muskmelon) Pre-1846. Named after "The Swedish Nightingale", who was a singing sensation at the time, this early melon produces an abundance of small (2-3 lbs), heavily netted fruits that have pale green, extremely sweet flesh. Its vines are short (for a melon) at 5' and it is disease-resistant. A good short-season melon. 70 to 85 days.

Melon, Minnesota Midget (H OG). *Cucumis melo*. One of the earliest melons to grow. Developed by the University of Minnesota in 1948 and introduced by Farmer Seed and Nursery Co., this short season melon's vines grow to just 3', which makes it perfect for city gardens. The fruits are also small, just 3-4" in diameter, but are very sweet with golden-orange flesh that can be eaten right down to the rind. 50 to 75 days.

HOT PEPPERS

JUST Community Market and Sweet Earth Gardens have been growing hot peppers for several years now and we wanted to know just how hot they really are.

According to our research, seeds, climate and soil do affect Scoville ratings and so there may be some variations from region to region. While we are growing in a cold weather climate, our peppers have been abundant and hot!

New this year are the **Mulato Islena** and **Purple UFO**. We hope that you'll share your growing experiences with us and tell us if we're hot or not!

Scoville Heat Units	Variety
15,000,000-16,000,000	Pure capsaicin
8,600,000-9,100,000	Various capsaicinoids (e.g. homocapsaicin, homodihydrocapsaicin, nordihydrocapsaicin)
5,000,000-5,300,000	Law enforcement grade pepper spray, FN 303 irritant ammunition
855,000-1,359,000	Infinity, Naga viper, Naga Jolokia (ghost chili)
350,000-580,000	Red Savina habanero
100,000-350,000	Guntur, Habanero, Scotch bonnet, Datil, Rocoto, Piri piri (African Bird's Eye), Madame Jeanette, Jamaican
50,000-100,000	Bird's Eye, Malagueta, Chiltepin, Pequin
30,000-50,000	Cayenne, Aji, Tabasco, Cumari (Capsicum Chinese)
10,000-23,000	Serrano, Peter, Aleppo
2,500-8,000	Jalapeno, Guajillo, New Mexican varieties of Anaheim pepper, Paprika (Hungarian Wax), Tabasco sauce
500-2,500	Anaheim, Poblano, Rocotillo, Peppadew, Padron
100-500	Pimento, Pepperoncini, Banana Peppermint
0	No significant heat, Bell, Cubanelle, Aji dulce

Source: http://en.wikipedia.org/wiki/Scoville_scale

The **Scoville scale** is a measurement of the spicy heat or piquancy of a chili pepper. The number of **Scoville Heat Units** (SHU) indicates the amount of capsaicin present. Capsaicin is a chemical compound that stimulates chemoreceptor nerve endings in the skin, especially the mucous membranes.

Hot Pepper, Alma Paprika (H SG). *Capsicum annuum*. Many consider this the gold standard for making your own paprika, but it's also good for fresh eating. The plant produces loads of small, thick-walled, 2" round peppers that mature from off-white to orange to red. Distinctive taste - very sweet with a bit of a bite.

Hot Pepper, Ancho Poblano (CO). *Capsicum annuum*. These mild peppers are dark purplish green when immature but eventually turn a red so dark as to be nearly black. They range between 3" to 5" long and 2" to 3" wide and tend to be heart-shaped with a blunt point. When dried, they are known as 'ancho' peppers. 'Poblano' is the Mexican word for an inhabitant of Puebla Mexico, and 'mole poblano' refers to the spicy chocolate chili sauce originating in Puebla. Poblanos are also excellent dried and ground as a flavouring, coated in whipped egg 'capeado' and fried, or stuffed. 65 to 80 days.

Hot Pepper, Early Jalapeno (H OG). *Capsicum annuum*. JUST Community Market has been saving this seed for 10 years! If you are a salsa lover or just love hot peppers this is the variety for you. Produces dark green peppers with a nice amount of heat. Will ripen to red if left on the plant. Full sun. 70 days.

Hot Pepper, Long Slim Cayenne (H OG). *Capsicum annuum*. A JUST Community Market favourite originally grown from certified organic seed in 2007! Can be planted in the garden or in pots and produces an abundance of beautiful long thin red fruit that are moderately hot. Great in raw tomato salsa. Pre-Columbian in origin and named after the Cayenne River in French Guyana, it owes its spread around the world to Portugal whose traders carried it around the world in the 15th and 16th centuries. Full sun. 70 to 80 days.

NEW! Hot Pepper, Mulato Islena (SG). *Capsicum annuum*. Mild poblano, dark green maturing chocolate brown 5"x 3" peppers are usually roasted and peeled before using. Good for chile rellenos. 90 days from transplant.

Hot Pepper, Peter (H OG). *Capsicum annuum* var. 'Peter' (Penis Pepper). These seeds were saved by Sweet Earth Gardens in 2011. A rare American heirloom pepper originating from Louisiana and Texas, these curious little peppers look like a penis! Definitely a conversation piece! They are hotter than tabasco peppers and 10 times hotter than jalapenos! **Rare.** 100 days.

NEW! Hot Pepper, Purple UFO (SG). *Capsicum annuum*. The plant grows to about 1.3 meters in a pot and larger in the ground with thin leaves and strong branches. Purple coloured pods look like UFOs. An intriguing ornamental 4 cm long by 3 cm wide that turns from purple to a deep red when ripe. Sweet and juicy with an apple-like flavour and heat that gradually builds. Traded for this seed at the Winnipeg Seedy Saturday 2017. **Rare.**

SWEET PEPPERS



Sweet Pepper, Banana (H OG). *Capsicum annuum*. Hungary, 1941. The plant grows to 2' and produces heavy yields of up to 6" long fruits that change colour from green to yellow to orange to crimson red. They are sweet at all stages, but sweetest when red. Full sun. 65 to 75 days.

Sweet Pepper, California Wonder (H SG). *Capsicum annuum*. This has been the standard open-pollinated heirloom bell pepper since 1928. Consistently produces 3" X 4", 4-lobed fruit. Disease resistant and very prolific. 75 days.

Sweet Pepper, Doe Hill (H OG). *Capsicum annuum*. This wonderful pepper is another JUST Community Market favourite from the 2007 Heritage Harvest Seed Catalogue and we've been saving our seed every since! Prolific super sweet little peppers on smaller plants make them a wonderful variety for small gardens or containers! I love to use them for pepper kabobs! They are also great in salads and eaten as they are. "A very rare family heirloom from Doe Hill area of Highland County, Virginia. This is without a doubt one of the very best peppers for short season areas and also one of the tastiest." They are lobed like old-fashioned tomato peppers and turn from orange to gold when ripe. **Extremely rare.** Full sun. 60 to 65 days.

Sweet Pepper, King of the North (H SG). *Capsicum annuum*. We found this pepper in the Heritage Harvest Seed Catalogue in 2008 and it has consistently provided for us despite our crazy weather! The plants produce many blocky green peppers that turn red when ripe. Sweet and tasty! The 1936 Isabell Seed Catalogue wrote "This is the newest and best early large pepper and is especially valuable in the northern states." They go on to say "The flesh is thick, firm and very sweet and mild." It's a great pepper for our shorter Manitoba growing season. 70 days from transplant.

Sweet Pepper, Long Sweet Red (OG). *Capsicum annuum*. These seeds were passed on to Sweet Earth Gardens by Boyne River Ridge in 2010. The beautiful bright red peppers averaged 7" to 9" in length and grew well in pots with some staking (the fruit were quite large and heavy). They have to be the best sweet red pepper I've tasted. Great grilled, in salads and also dehydrated as they retain their wonderful flavour! Full sun. 70 to 90 days.

Sweet Pepper, Orange Bell (OG). *Capsicum annuum*. This particular seed was saved from certified organic fruit grown in Israel. Thick sweet crunchy flesh. Full sun. 85 days.

SPINACH

NEW! Spinach, Strawberry (H SG). *Chenopodium capitatum*. Strawberry Spinach has been around for a long time in Europe and is still available commercially in England. Use the leaves raw or cooked like spinach. Small red berries are produced in the axils of the leaves. The edible fruits are extremely juicy, seedy and slightly sweet and are an attractive garnish in salads.

SUMMER SQUASH

Summer Squash, Cocozelle Zucchini (CO). *Cucurbita pepo*. This Italian heirloom zucchini has a small bush growing habit, so is perfect in small gardens. It produces large numbers of beautiful fruits that are dark green with light green stripes and that are prized for slicing, frying and steaming. This is also a great variety for freezing and canning. Fruits are best picked when they're less than 12" long. It was known in the 19th C. as "Cocozelle di Napoli" and is prized in Italy for its baby fruits that are picked when they're 1" long! 43 days.

NEW! Summer Squash, Golden Zucchini (H CO). *Cucurbita pepo*. Developed in 1973 at Rutgers and introduced by the W. Atlee Burpee seed company, this beautiful zucchini produces bright golden-yellow fruits in abundance. Tender fruit are best harvested at 6" or less, but are still tender when larger. Its compactness makes it a great addition to the home garden. 50 to 55 days.

Summer Squash, Ronde de Nice (H OG). *Cucurbita pepo*. An Italian heirloom. The round green slightly striped fruit are ideal for stuffing but can be used for any recipe requiring zucchini. Best picked from 1-4" for stuffing. Can be left on the vine to produce small "pumpkins" for fall decorations. Ideal for small gardens because the round fruit are produced on bush plants. 50 days.

Summer Squash, Yellow Bush Scallop (H CO). *Cucurbita pepo*. Scallop squash, also known as Pattypan, are gaining significant popularity and are a favourite of market growers and home gardeners alike as they can be harvested when only a couple of inches across or let grow larger and are still tasty. Visually appealing, Yellow Bush produces large quantities of bright yellow scalloped summer squash with creamy flesh and a nice flavour. Compact bushes save space. Believed to be the same as the Early Bush Yellow Scallop squash from 1908. 49 days.

WINTER SQUASH

NEW! Winter Squash, Hopi Orange (H CO). *Cucurbita maxima*. Large, orange fruit that weights 12-15 lbs is produced on long vines that are resistant to squash borer. This squash has yellow flesh that is extremely tasty and good for baking and soups. Like most ancient native squash it is also an excellent keeper. 90 to 100 days.

Winter Squash, North Georgia Candy Roaster (H OG). *Cucurbita maxima*. An old Appalachian heirloom from Northern Georgia. One of the best squash available. The long pinkish fruit has a green starburst on the tip and can weigh 10 lbs. Has done well during wet and dry summers in Manitoba. The light orange flesh is sweet and excellent baked or used for pies. The squash have the best flavor when fully ripe and allowed to store for a few months. The seed of this variety is very unique and brownish beige in color. **Rare.** 100 days to maturity.

NEW! Winter Squash, Pink Banana Jumbo (H CO). *Cucurbita maxima*. "Jumbo" is an apt descriptor for this squash - it's been known to grow to 3' long and up to 40 lbs! Originally offered by the Aggeler and Musser Seed Co. in 1893, this giant produces long, banana-shaped squash whose skins ripen to a delicate pink-orange. The orange flesh is dry, firm and sweet. It's excellent for baking and roasting and is a great winter keeper. On top of that, it's a prolific producer. 100 to 105 days.

NEW! Winter Squash, Rouge Vif D'Etampes, a.k.a. Red Etampes, Cinderella (H SG). *Cucurbita maxima*. Pre 1883. A very old French heirloom that was first offered for sale in America by W. Atlee Burpee in 1883 but known in France in the early 1800's. A beautiful flat pumpkin that Cinderella's coach was modeled after. The flesh is thick and yellow and is good for pies. It was popular in Paris in the 1800's for soup base because the flavor was mild and didn't take away from the other ingredients. One of the nicest things about this historic pumpkin is that it is orange when very small – a huge advantage for farmer's markets. A very decorative, early maturing variety. 95 days.

Winter Squash, Sugar Baby Pumpkin (OG). *Cucurbita pepo*. The seed from this standard pie pumpkin was saved from squash grown by Sweet Earth Gardens in Manitoba. None grows any sweeter. Fruit are small 6 to 8 pounds, round, flattened at the ends and a good keeper. Skin is deep orange, smooth but plainly ribbed. Flesh is thick, deep yellow, fine grained and has a delicious sugar flavor. 95 days. Full sun.

Winter Squash, Tennessee Sweet Potato Squash (H OG). *Cucurbita mixta*. A historic squash that is thought to have descended from the old Potato Pumpkin of the south that was introduced in the 1780's from Jamaica via the slave trade. The Tennessee Sweet Potato Squash may actually be the same as the Potato Pumpkin that Thomas Jefferson grew at Monticello. First listed in 1847 by New York seedsman Grant Thorburn as Green Striped Bell and renamed by Burpee in 1883. The squash are pear shaped with a creamy white skin and very faint green stripes. The flesh is cream colored, fine grained and dry. The fruit average about 10-12 inches long, weigh from 10-12 pounds and are excellent keepers. Huge vines. 105 days.

Winter Squash, Waltham Butternut (H CO). *Curcubita moschata*. This variety, introduced in 1970, is a heavy producer with 9-10" long fruit, smooth light-tan skin and orange flesh. It has excellent flavour. Delicious steamed, roasted, and toasted, stuffed or even raw in salads. Grows as a vine, but can bear big crops in small spaces. Stores well. 80 to 110 days.

TOMATILLOS / GROUND CHERRIES

Tomatillo, De Milpa (H SG). *Physalis ixocarpa*. Tart 1.5" fruits ripen to purple, and are used in authentic salsa verde. Easy to grow! This is a rare variety, with deep violet skin covering green centres. Much sweeter than the green-skinned types, with a musky flavor that is superb when eaten fresh off the plant. Harvest after the papery husk has split, when fruits are the size of a golf ball, and skin has turned a deep purple color. Try these tomatillos grilled on kabobs! Tomatillos require at least two plants for pollination (fruit production).
Rare. 70 days from transplant.

TOMATOES

Tomato, Anna Russian (H SG). *Lycopersicon esculentum*. A wonderful heirloom from Brenda Hillenius of Oregon who's grandfather had obtained seeds from a Russian immigrant. The heart-shaped fruit are pinkish-red and average about 1 lb. The flesh is sweet and juicy. Good for slicing and makes great tomato sauce. Very high yields and also very early. Needs staking. 65.

Tomato, Bison (H SG). *Lycopersicon esculentum*. An old fashioned favorite that was developed by Prof. A. F. Yeager of North Dakota University and was listed by Oscar H. Will & Co. in 1937. The 1937 McFayden Seed Catalog also listed this variety as Bison Self-Pruning, stating that it was an "outstanding new development for the dry land farm." The medium size red fruit ripen all at once. Great for salads or canning. 65 to 70 days.

NEW! Tomato, Brandywine (H SG). *Lycopersicon esculentum*. A legendary heirloom originating with the Amish and named after the Brandywine River in Chester County, Pennsylvania. This strain is thought to be the true red Brandywine. The red medium size fruit are very uniform and the plants have regular leaf foliage. Excellent taste. Indeterminate, regular leaf foliage. 80 days.

Tomato, Chadwick's Cherry Tomato (H CO). *Lycopersicon esculentum*. Indeterminate. This tomato comes with a pedigree - it was developed by the late Alan Chadwick of England. Chadwick was famous in gardening circles for introducing (actually he was re-introducing) the concepts and practices of French Intensive gardening and bio-dynamic systems. These tomatoes are both juicy and prolific. The sweet flavour of the tiny (1.5") round fruits is considered by some to be the best flavour of medium-sized **cherry** tomatoes. Great for just popping in the mouth or for salads. 80 to 90 days.

Tomato, Cherokee Purple (H OG). *Lycopersicon esculentum*. JUST Community Market has enjoyed growing this delicious tomato since 2008. It makes great tomato sauce and was a hit at The Village Market in 2009! Originally grown by the Cherokee Indians, this wonderful heirloom is more than 100 years old. The seed for Cherokee Purple was sent to Craig LeHoullier by John D. Green of Sevierville, Tennessee. John D. Green received the seed from a lady who obtained them from her neighbor who claimed that they were originally grown by the Cherokee Indians. The fruit of Cherokee Purple is a dark purplish pink color and often has green shoulders. The large fruit average 12 ounces. Needs staking. 75 to 80 days.

NEW! Tomato, Costoluto Genovese (H SG). One of the oldest heirloom tomato varieties, Costoluto Genovese has been a staple in Italian kitchens for years. The medium sized red fruit are heavily ribbed and have an intense acidic taste. They are best used for sauces, although I find them hard to peel because of the numerous ribs. Indeterminate. 80 days.

Tomato, Druzba (H OG). *Lycopersicon esculentum*. This tomato has to be the prettiest blemish-free slicer we've come across so far. Also makes yummy sauce. An old Bulgarian heirloom that grows in clusters of three or four tomatoes that are 8 to 12 ounces. Great yields, generally disease resistant and early! Needs staking. 70 days.

Tomato, Farthest North (H OG). *Lycopersicon esculentum*. Introduced by the North Dakota State University in 1934. A very early and prolific cherry tomato that sets fruit in cool temperatures. Good for containers and northern areas. **Extremely rare.** 50 days.

Tomato, Indian Stripe (H OG). *Lycopersicon esculentum*. A very old heirloom that is thought to be a distinct strain of Cherokee Purple. This variety was grown by Clyde Burson who was in his 80's for as long as he could remember. Large fruit are purplish with green shoulders and occasional green striping. JUST Community Market has been saving this seed for years! A delicious tomato that is good for making sauce. **Rare.** 75 days.

Tomato, Isis Candy (H SG). *Lycopersicon esculentum*. Indeterminate. A family heirloom donated to Seed Savers' Exchange by Joe Bratka in 1992. It was named after an Egyptian goddess "Isis". The fruit is definitely worthy of a goddess Tiny 3/4" red fruit swirled with gold and possessing a wonderfully sweet taste. A very productive **cherry** type. 70 to 80 days.

Tomato, Latah (H SG). *Lycopersicon esculentum*. Developed at Latah County at the University of Idaho and named by Dr. Boe. Very early bright red tomato that average about 2 inches across. The flavor is good and better than many of the super early varieties. Indeterminate, regular leaf foliage. 50 days.

Tomato, Manitoba (H OG). *Lycopersicon esculentum*. This seed originated from Prairie Garden Seeds in Saskatchewan and was saved by JUST Community Market in 2011. Developed at the Morden Research Station in 1956, this has been a prairie staple for years. It is great for canning, sandwiches and salads. It has good flavor and is very productive. 65 days.

Tomato, Mystery Keeper (H SG). *Lycopersicon esculentum*. A long keeping storage tomato that can last several months. Medium size fruit ripen from the inside out and are slightly more acidic than other tomatoes. When picked in the yellow to light green stage in the fall (before frost), the tomatoes continue to ripen indoors over the winter months. Determinate, regular leaf foliage. 80 to 90 days.

Tomato, Oxheart (H SG). *Lycopersicon esculentum*. Introduced in 1925, this meaty tomato is a deep rose-red with few seeds and a sweet, mild flavour. The medium-sized heart-shaped fruits are borne in clusters of 2-5. This variety produced well for us in cool, wet conditions, but is also known to do well in hot, humid weather. Good for fresh eating or making sauce. Indeterminate. 80 days.

NEW! Tomato, Persimmon (H SG). *Lycopersicon esculentum*. An old Russian variety originally brought into the United States by Seed Savers Exchange. The gorgeous fruit is 3-4 inches in diameter, blemish free and a golden orange color similar to a persimmon, hence the name. One of the best tasting gold to orange tomatoes available. The plants are also determinate so there is no need to stake, making this variety excellent for smaller gardens. One of the best! Regular leaf foliage. 80 days.

Tomato, Prairie Pride (OG SG). *Lycopersicon esculentum*. One of the cultivars introduced in 1978 by the University of Manitoba for the Seeds of Diversity Canadian Tomato Project. Foliage is green and fruit is red, round and smooth. Can tolerate cooler climates. 54 days.

Tomato, Principe Borghese (H SG). *Lycopersicon esculentum*. A traditional Italian **cherry** type sun drying tomato. The determinate plants are covered with small red fruit which are excellent for drying. You can pull the whole plant out and hang upside down to dry after the last frost. Determinate. 70 days.

Tomato, Roma (SN™). *Solanum lycopersicum*. Small, plum-shaped bright red fruit that is thick-walled with a meaty interior and few seeds. Fine tomato flavour that is excellent for paste, sauce, canning or freezing whole. Very prolific. 75 days.

Tomato, Russian Saskatchewan (H SG). *Lycopersicon esculentum*. This old heirloom tomato has been grown by Darlene MacMillan's family for many years in Colfax, Saskatchewan and originally came from Russia. The very compact dwarf plants are ideal for growing in containers and produce nice tasting medium sized red tomatoes that are perfect for salads. 60 days.

Tomato, Sweetie Cherry (CO). *Solanum lycopersicum*. The name says it all: super-sweet red **cherry** tomato with high sugar content just begs to be eaten right off the vine. Sweetie sets masses of 1-1.5" round cherries on long clusters that keep coming all summer long. Firm texture similar to grape tomatoes. Ideal for eating fresh or canning, in salads or relishes. Plants are vigorous and reliable producers of high quality fruit, even in adverse conditions. An absolute standout. 65 days.

NEW! Tomato, Stuffing (H SG). *Lycopersicon esculentum*. These seeds were passed onto me in 2009 by Jean Bogner from the Wawota area in Saskatchewan. This tomato is ribbed like a stuffing pepper!

NEW! Tomato, Uncle Joe's (H SG). *Lycopersicon esculentum*. An heirloom originating in northern Manitoba and then brought to BC. A large early tomato with red fruit weighing 8-12 ounces. Determinate, regular leaf foliage. 60 days.

NEW! Tomato, Woodle (H SG). *Lycopersicon esculentum*. A wonderful heirloom from Iowa. I have been meaning to try this variety for years and I am glad that I finally did! The large round fruit are tangerine colored and blemish free. This would make a great tomato for farmers markets because of the perfect shaped fruit and wonderful taste. One of the best tasting orange tomatoes! Indeterminate, regular leaf foliage. 80 to 85 days.

WATERMELON

Watermelon, Golden Midget (H OG). *Citrullus lanatus*. Introduced in 1959, this early-maturing watermelon ripens in just 70 days, and the whole plant and fruits turn a golden-yellow colour when ripe (which makes it easy to tell when to pick it!). The flesh is bright pink - sweet and juicy.

Watermelon, Sweet Siberian (H SG). A very old watermelon from Russia, Sweet Siberian was introduced to North America through the New Hampshire Agricultural Station in 1901. An excellent short-season watermelon, it produces medium-sized, elliptical, dark green fruits with golden yellow flesh considered "sweet and delicious" by catalogues of the time. For a long time it was grown by Hutterite Colonies and sold at the markets. 85 days.

ANNUAL HERBS



Basil, Holy Basil (CO). *Ocimum sanctum*. Revered herb in the Hindu religion, Holy is also known as 'sacred basil' or 'Tulsi'. A stimulating herb for our immune systems, use the sweet anise scented leaves and flowers the whole season. Pinch to encourage branching. 65 to 75 days.

Basil, Italian Large Leaf (H CO). *Ocimum basilicum*. This Italian heirloom has much larger leaves than Sweet Basil – 3 to 4" long, broad, crinkly leaves that are perfect for pesto. Growing to 14", the stocky plants have a scent and taste that is sweeter than "Genovese" Basil.

Basil, Lime (SN™). *Ocimum americanum*. Wonderful lime-scented version of lemon basil from Thailand.

Cilantro, Leisure (CO). *Coriandrum sativum*. (Chinese parsley) High yielding commercial variety with attractive glossy green leaves, uniform growth habit, and consistent quality. Tolerates summer heat and is bolt-resistant. This variety is also used for sprouting. 28 to 80 days depending on the season.

Cilantro, Longstanding (CO). *Coriandrum sativum*. 'Longstanding' is the strain commonly grown in North America for fresh leaves. Slow bolting.

Dill, Mammoth (SG) *Anethum graveolens* var. 'Mammoth'. Finely cut foliage. For fresh use as "dillweed", or allowed to go to seed for dill pickles. Grows to 40".

Nigella (SG), a.k.a. Love-in-a-Mist. Finely divided leaves create a mist effect surrounding the lovely blue flowers. Seeds used in curries and bread, although its close cousin black cumin is better. Seeds stored with clothing repel insects. Valued in perfumery trade.

Parsley, Moss Curled (SN™). *Petroselinum crispum crispum*. Standard curled variety. Bright green, deeply cut and finely divided leaves.

Parsley, Italian Dark Green (OG). *Petroselinum crispum neapolitanum*. Dark green, glossy leaves, strong flavour. Taller and has larger leaves than the standard variety.

Thistle, Milk (SN™). *Silybum marianum*. Striking plant. Its glossy leaves are painted with veins of creamy white which, according to tradition, originated from the milk of the Virgin which once fell upon a plant. Important tonic herb for the liver.

PERENNIAL HERBS



Anise Hyssop (OG). *Agastache foeniculum*. Attractive honey plant produces abundant nectar which yields a light fragrant honey. Strong anise scent. Delightful for tea or as a culinary seasoning. Showy purple flowers. Full sun.

Balm, Lemon (CO). *Melissa officinalis*. Fresh leaves burst with lemon when squeezed. Makes a delightful tea as it stimulates the heart and calms the nerves. Leaves are also great in salads, soups and stews. Recent studies have proven that lemon balm is effective against herpes. Full sun to part shade.

Chives (OG). *Allium Schoenoprasum*. Chives have been grown dating back to perhaps 5000 years. They were a mainstay in the Middle Ages, and the Romans valued them their medicinal purposes. Romanian Gypsies used chives in fortune telling. They are one of the essential ingredients in the "herbes fines" of France. They are not fussy about soil and growing conditions, but do prefer well-drained soil and sun. Hardy to Z3.

NEW! Echinacea, Golden Yellow (H SG). *Ratibida pinnata*. The large yellow flowers bloom in profusion in the heat of mid-summer. Easy to grow, this tough plant easily survives extreme heat, drought, flooding and winter cold. Growing well on moist, medium and dry soils,

Mint, Catmint (SG). *Nepeta cataria*. A European wildflower, it was used by "the peasants" to make tea before tea from China replaced it. Its medicinal uses have included the promotion of a good night's sleep and reduction of the symptoms of colds and fever. A little more unusual attribute was its perceived ability to "make the most gentle person fierce and quarrelsome" (by chewing the root). There is a legend that a particular hangman could not work himself up to execute anyone without chewing on a good amount of catnip. To reduce cat damage, you could pay heed to this ancient verse "If you set it, the cats will eat it. If you sow it, the cats don't know it." an allusion to the belief that transplanted plants would draw cats, but direct sown ones wouldn't. JUST Community Market originally saved this seed from wild catnip near Spruce Woods Park in Manitoba back in 2007!

Lady's Bedstraw (H SG). An ancient herb, whose name comes from the fact that ladies of high rank used it to stuff their beds. According to Mrs. Grieve's Herbal, the Highlanders used it to both curdle their milk and colour their cheese, as the tops and the roots are a source of yellow and red dye. In Denmark, the plant (known locally as *gul snerre*) is traditionally used to infuse spirits, making the uniquely Danish drink bjoesk. Growing to 2-3' high, the plant is covered with clusters of small, bright yellow flowers in dense panicles in July & August. Sun; Z 3 – 8.

Lovage (H SG). *Levisticum officinale*. Lovage is native to the Mediterranean region, growing wild in the mountainous districts of the south of France, in northern Greece and in the Balkans. It belongs to the [parsley](#) family, and its seeds, leaves, and roots are commonly used in Europe for flavoring foods and beverages and for their medicinal properties. The Romans, who introduced lovage to Europe, used it widely in their cooking as well as to reduce fevers and treat stomach ailments. Germans called it maggikraut because its aroma reminded them of maggi cubes (meaty yeast extracts). Today it is popular in South and Central European cuisines.

Oregano, True Greek (SN™). *Origanum hirtum*. Premium culinary variety. Usually survives in our Winnipeg gardens, but some report a need to protect or plant it in a sheltered location. Full sun.

Rosemary (OG cuttings). *Rosemarinus officinalis*. Tall-growing rosemary with blue flowers and narrow gray-green foliage. Rosemary likes light, rather dry soil, and some shelter such as the base of a low south-facing wall. Fresh or dried leaves add interesting flavor to fish, meat, poultry, soups and teas. A chef's favourite. Must winter indoors. Full sun.

ANNUAL FLOWERS



NEW! Bachelor Buttons 'Polka Dot Mix' (H CO). *Centaurea cyanus*.

Developed in 1960 specifically for home gardeners, which at the time was unusual as most flowers were developed for professional pack growers. This stunning cornflower variety sports flowers that are a mix of blue, maroon, rose, pink, lavender and white. Its dwarf, bushy habit (12") makes it low-maintenance, as does its ability to tolerate poor soils and it is easily grown from direct sowing outdoors. The blooms make excellent cut flowers for home or for market and they are also excellent pollinator-friendly plants.

Balsam, a.k.a. 'Lady Slipper' or 'Touch-Me-Not' (H CO). *Impatiens balsamina*.

(Tou gu) Familiar garden annual. A medicinal herb in China where it is used to clear obstructions in the throat. Flowers mixed with alum are used to paint fingernails. Double and semi-double flowers in a wide colour range. Grows to 2.5' and self-seeds conservatively. Sun, part shade.

Calendula, a.k.a. Pot Marigold, Marygold (H CO). *Calendula officinalis*.

Calendula – single. 13th C. Calendula was first considered an herb for cooking and flavouring butter, and the petals are edible. I offer the single-flowered type, quite rare, because it is the original unimproved species that has been cultivated since the 13th C. Grows to 2' in full sun, and flowers continuously in shades of yellow. A truly outstanding plant. Highly recommended. Self-sows readily. **Rare.**

Marigold, Aztec, a.k.a. African Marigold (H OG). *Tagetes erecta*.

Although better known by the misnomer 'African Marigold', this Central American annual is a popular bedding plant available in many ornamental hybrid forms. However, 'Crackerjack', a non-hybrid variety is rich in lutein, a compound that studies suggest may improve visual acuity in patients with retinal degeneration. When added to chicken feed, lutein-rich marigold flowers help make egg yolks turn a richer deeper colour. Attracts bees and butterflies. Excellent cut flower with yellow, orange and gold colours. Full sun.

Marigold, French (H OG). *Tagetes patula*. Preferred variety for insect control. Compact plants ideal for inter-planting. Has double orange and maroon blossoms. Full sun.

Marigold, Safari Scarlet (OG). This seed was obtained from the Winnipeg Seedy Saturday exchange in 2012. Bronze-red edges with pale yellow. Their extra-large blooms on compact plants make a bold statement as the flattened large lower petals work their way up to ruffled centers. Grows 10 to 12 inches high.

NEW! Nasturtium, Empress of India (H CO). *Tropaeolum minus*. The Nasturtium is an old cottage-garden plant that has been grown since the 16th C., and is often overlooked now by gardeners. There are, however, some beautiful old varieties still available. As well, all parts of the plant are edible (if you don't use pesticides!) - the leaves have a peppery taste, the flowers are often used to garnish salads, and the seeds can be pickled! Grow in sun/light shade in soil not too rich. Empress of India is a very old variety with very dark foliage, above which sit deep red flowers. Breathtaking! Grows to 9".

NEW! Petunia, Old-Fashioned Vining (H CO). *Petunia multiflora*. Don't confuse this with the modern, boring petunias that you see everywhere. This century-old beauty is fragrant and climbs to 36". Plant it in the garden and let it meander amongst your other plants or in a hanging basket/planter close to your doorway, so that you can inhale the fragrance each time you go in or out. Single flowers are a mix of white, pink, lavender and purple and bloom from June 'till frost. Self-seeds.

Sage, Texas. *S. coccinea*. Grows 2'-3' tall and is a perennial in its native southern US and Mexico. Has tall spikes of brilliant red blossoms which are very attractive to hummingbirds.

NEW! Sunflower, Mexican Torch (H CO). *Tithonia rotundifolia*. A native of Mexico, this beautiful plant deserves to be more widely grown. It grows to a bushy 6', is drought-tolerant, produces abundant, large dahlia-like, reddish-orange flowers mid-summer until frost, makes a beautiful cut flower, is loved by hummingbirds and butterflies and hated by deer! Sun.

Zinnia, 'California Giants Mix' (H CO). *Zinnia elegans*. Zinnia elegans is an ancient cultivated flower, originally arriving in Europe from South America in 1796. Cactus Flowered Zinnias were first developed in the 1920's & 30's by the Burpee Seed Company. The large double flowers have quilled slightly curved petals and come in a beautiful mix of colors. Attractive to butterflies, the flowers bloom from mid-summer onwards and make excellent cut and dried flowers. Zinnias are easy to grow and great for home gardeners who want a constant supply of fresh flowers and for market growers looking for something to brighten their stalls.

PERENNIAL FLOWERS

NEW! Lavender, Hidcote Blue (SG). *Lavendula angustifolia*. Beautiful compact silver-grey foliage with dark blue flowers. Fragrant plant often used as an ornamental border. Very uniform strain. Plants grow 10" to 12" tall. Full sun.

NEW! 'Colorado Mix' Yarrow, (H CO). *Achillea millefolium*. This open-pollinated cultivar of common yarrow has been considered an outstanding garden plant for at least 20 years. Growing to 60 cm (2'), it produces flat-topped flowers in a wide colour range including red, beige, rose, yellow, apricot and white from mid-summer to hard frosts. Low maintenance and easy to grow, it is drought tolerant and makes an excellent cut or dried flower, retaining its colour. It's also an important food source for many pollinators. Z 3-9.

MY PLANTING NOTES