



# GROW



## Seed Varieties 2025





## CALENDULA

Daisy-like double flowers, ranging in warm colours from pink to burnt orange, are carried from spring to autumn. The edible flower petals will brighten up salads & are also used for making herbal remedies and teas. A good companion plant in the vegetable garden. Hardy annual. Height to 40 cm. Spread 30 cm. Germination 7 to 10 days. Planting depth 1/2"-1".  
**1-4 plants per sq ft.**



## NASTURTIUM

A fast growing, bushy, tender, with rounded light to dark green leaves. Spurred trumpet-shaped flowers in shades of bright yellow to orange, appear from early summer to fall. Leaves & flower heads are edible, adding a sweet/spicy (and colourful) flavour to salads. Leaves excellent in stir-fry. Seeds can be pickled as capers. Height to 30 cm. Spread to 40 cm. Germination 7 to 10 days. Annual. Planting depth 1/2"-1".  
**4 plants per sq ft.**



## PARSLEY

Also known as Giant Catalogna because the plants can grow 60 cm tall. Easy-to-grow, lots of flavour and great for salads, soups, sauces and an attractive garnish. Great source of iron, minerals, and vitamins A and C. Flat glossy dark green leaves resemble those of celery. Sow seeds in early spring and thin plants 15 to 20 cm apart. Germination 14 to 21 days (slow). Biennial. Planting depth 1/8".  
**4-9 plants per sq ft.**

## BASIL

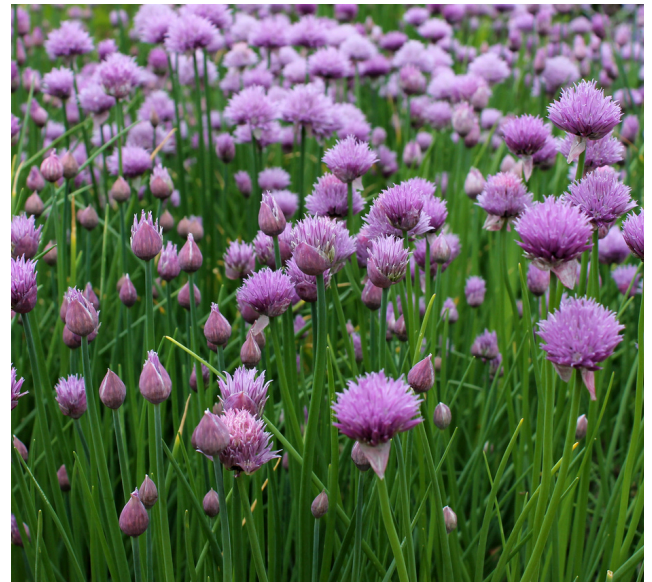
Tender with large shiny bright green foliage, & a strong spicy fragrance. One of the easiest and most productive herbs to grow. Great for pesto! Pinch off growing tips & flowers for bushier plants and to delay flowering. Height 30 cm. Space plants 40 cm apart, harvest leaves as needed. Basil is a good greenhouse or container-grown plant. Germination 7 to 14 days. Maturation 30 days. Annual. Planting depth 1/8".

**4 plants per sq ft.**



## CHIVES

A delicate onion flavor perfect for almost any savory dish. Easy to grow. Snip the leaves in bunches at the base of the plant, then chop and use fresh or freeze for year-round use. Flowers added to salads are a colourful addition. Oils and vinegars can be flavored and colored by adding partially opened flower heads. Sow early spring or fall placing several seeds together to form a clump. Germination 7 to 10 days. Perennial. Planting depth 1/8". **9 medium plants per sq ft.**



## CILANTRO

The herb with a unique strong, scent & taste, a staple ingredient in Mexican salsa & Thai cooking. Pale cream flower umbels are followed by seeds. Harvested dried seeds known as coriander. Lobed shaped, deeply divided green leaves. Height 45 cm. Space 25 cm apart & harvest as needed. Germination 7 to 14 days. Maturation 30 days. Hardy annual. Planting depth 1/4"-1/2". Space cilantro seeds about 2 inches apart if you're aiming for leaf harvest, or 8-10 inches apart if you're aiming for coriander seeds. **4-9 plants per sq ft.**







## WAX BUSH BEANS

“Pencil Pod”

Pale yellow, straight and string-less bean pods. Tender with a mildly sweet flavour. Harvest pods when firm/crisp. Eat fresh or preserve! Pick regularly for continuous harvest. Germination 7-14 days, maturation around 50 days. \*This plant will require a trellis to climb.

Planting depth 1"-1 1/4". **4-9 plants per sq ft.**



## BUSH BEANS

“Lazy Housewife” (New Variety for 2025)

One of the oldest documented bean varieties (claimed to be the first completely string-less bean), introduced around 1810. First listed in W. Atlee Burpee’s 1888 catalogue, “We presume it derived its name, which seems discourteous, from its immense productiveness making it easy to gather...” The slightly flattened green 8-10" pods hang in clusters of 2 to 4, which mature together. **4-9 plants per sq ft.**



## SHELLING PEAS

“Sugar Ann” (New Variety for 2025)

An early snap pea producing sweet crisp edible pods on 3' vines, great for small gardens. Produces an abundant, concentrated crop and has good resistance to pea enation virus. Space the seeds at least 3 inches apart and 1" deep.

**8 plants per sq ft.**



## SPINACH

### *"Giant Winter"*

A hardy plant that produces large, vibrant green leaves. Leaves are great in salads, sandwiches or smoothies. Cut and come again, succession plant, thin. Tends to grow wide so make sure you leave enough room for it to mature without crowding neighbours. Harvest in 4-10 weeks if sown in early spring. Planting depth 1/8"-1/4". **9 plants per sq ft.**



## PAK CHOI

### *"Bopak" (New for 2025)*

A cool-season vegetable, thrives in full sun to partial shade, prefers moist but not waterlogged soil, and can be harvested for baby leaves or full-size heads. Sow seeds 1/4" deep and 1-2" apart, then thin to 6-12" apart. For a longer harvest, plant every couple of weeks. **4-6 plants per sq ft.**



## ROMAINE LETTUCE

### *"Winter Density"*

This sweet, crisp variety does great in the heat of summer. Bolt-resistant and produces large, dense medium green heads. Cut and come again. Succession plant every 2-3 weeks. Planting depth 1/8"-1/4". **4 plants per sq ft.**







## ALL WEATHER LETTUCE BLEND

Blend of salad-mix lettuces, including round, oak leaf, and frilly leaved lettuces and a mix of red, dark and light green colours. Straight lettuce, high-interest mix of salad greens that thrive in all weather. Thin. Succession plant every 2-3 weeks. Germination 7-14 days. Planting depth 1/8"-1/4". **6 plants per sq ft.**



## BUTTERHEAD LETTUCE

*"Trocadero"*

Very compact, heavy heads with green base and red edge. Thick wrapper leaves and large head. Harvest entire plant, thin, or cut and come again, then succession plant, slow to bolt. Germination 5-10 days, maturation 30 days. Planting depth 1/8"-1/4".

**2-3 plants per sq ft.**



## ALL WEATHER SALAD BLEND

*(New Variety for 2025)*

A beautiful mix of leaf form and colour with a collection of lettuces, mustards, chicories, chards, kales, orachas, arugulas, and cresses. Succession plant every 2-3 weeks. Germination 7-14 days. Planting depth 1/8"-1/4". **6 plants per sq ft.**



## ARUGULA

Easy to grow. Flowers edible, young leaves milder than older ones, nutty/pepper taste. Cut and come again. Succession plant every 2-3 weeks. Germination 5-10 days, maturation 35 days. Planting depth 1/8"-1/4". **4 plants per sq ft.**



## KALE

*"Black Magic" (New Variety for 2025)*

*This lacinato variety of kale gives heavy yields of dark green savoyed leaves. Upright plants are compact and easy to grow. The long, slender leaves are a pinch to wash and chop. Plants grow 60-80cm (24-32") tall. Sow 3-4 seeds 5mm (1/4") deep in each spot where a plant is to grow.*

**1 plant per sq ft.**



## KALE

*"Russian Red"*

Most tender of all kales and very rich in vitamins and minerals. Use steamed, sautéed or raw. Cut and come again. Germination 7-14 days, maturation 50 days.

Planting depth 1/8"-1/4".

**1 plant per sq ft.**







## CHARD

*"Rhubarb" (New Variety for 2025)*

Harvest outer leaves regularly, will continue to produce fresh greens, cut when leaves large enough to eat or cut entire plant 6"-8" above soil level. Germination 7-14 days.

Planting depth 1/4"-1/2".

**4 plants per sq ft.**



## CUCUMBER

*"Bushy" (New Variety for 2025)*

Originating from dacha (seasonal gardens) in Russia. Short (4-5') vines make this cucumber perfect for those with limited space. Produces bumper crops of 5-8" long cucumbers; pick on the smaller side for fresh eating. Great for pickling. Planting depth 1/2"-3/4".

**2 plants per sq ft.**



## CUCUMBER

*"Lemon" (New Variety for 2025)*

An heirloom first introduced in 1894. Similar in size and appearance to lemons, its fruits average 2" by 3". Very easy to digest with a crisp, clear taste and an edible skin. Pick small and use them whole for snacking in the garden or as a table treat. Planting depth 1/2"-3/4".

**2 plants per sq ft.**



## BEETS

*“Red Ace” (New Variety for 2025)*

Red medium size beet, easy way to fancy up any salad. The large, deep red, round roots are uniform, sweet and tender

Thin to prevent overcrowding. Germination 7-14 days, maturation 50-60 days.

Planting depth 1"-1 1/4".

**9 plants per sq ft.**



## BEETS

*“Chioggia Guardsmark” (New Variety for 2025)*

A striking Italian type with light-red, smooth round roots and bright pink and white alternating rings inside. These sweet beets (pronounced kee-OH-jee-ah) are about 5cm (2") in diameter with mild green leaves and pale red stems.

Planting depth 1"-1 1/4".

**9 plants per sq ft.**



## ZUCCHINI

*“Ola Escaladora” (New for 2025)*

Save space in your garden and grow vertically with this unique vining zucchini. Ola

Escaladora will grow up any fence or trellis so you can harvest without having to bend down.

Dark green, 20-25cm (8-9") fruit grows abundantly on long vines that spread. For each plant you want to grow, sow 4 -6 seeds 1" deep.

**2 plants per sq ft.**







## **CABBAGE**

*“Tiara F1” (New for 2025)*

Fast maturing cabbage that performs well spring through fall with a compact plant that is perfect for small spaces. Tiara is loved by growers for its 0.5-1kg (1-2lbs) heads that are dense and crunchy. Unlike most early maturing varieties, Tiara holds well without splitting, even in the fall. Can be more densely planted than other cabbages, as close as 20cm (8") for mini heads.  
**1 plant per sq ft.**



## **AURORA HEIRLOOM TOMATOES**

Compact, bushy, determinate plants produce impressively heavy crops of 4-6 oz., red, round, blemish-free, oblate tomatoes with acidic but delicious tomatoey flavors. Produces well in cooler climates, coastal climates or high altitudes, in the field, in the greenhouse or containers. An excellent choice for a heavy producing early tomato for market. A great canning tomato!

**1 plant per 1.5-2 sq ft.**



## **SAKURA TOMATOES**

Sakura Organic tomato seeds are highly adaptable to cool and hot climates. The Sakura cherry tomato variety is equally well suited for unheated greenhouse and open field production. Matures early giving excellent early yields, of deliciously sweet fruit.

**1 plant per 1.5-2 sq ft.**