



100% CERTIFIED ORGANIC SEEDS WWW.SEEDSOFCHANGE.COM

20 YEARS OF PRESERVING BIODIVERSITY AND SUPPORTING SUSTAINABLE ORGANIC AGRICULTURE

ONWARD TOWARDS A TRULY SUSTAINABLE AGRICULTURE



Dear Organic Gardener,

More than two decades ago, a handful of ecological visionaries joined forces to create the largest and most diverse collection of certified organic seed varieties ever assembled. In 1989, they presented their seed list in the first Seeds of Change catalog, a seminal document in which they laid out their mission to conserve biodiversity and to forge a truly sustainable, ecologically-based agriculture.

With the relentless decline of both wild and cultivated diversity, compounded by the rampant environmental degradation of our industrialized, monoculture-based food system, the pioneering concept of sustainable agriculture is more compelling than ever. As we celebrate our 20th year as North America's premier organic seed company, we remain fervently committed to building an abundant and enduring food future on a foundation of gardening and farming that is sustainable, healthful, resilient, diverse, communityoriented, and most of all, inspires harmony between us and wild nature.

At Seeds of Change our priority has always been to offer growers, large and small, a diverse selection of high quality, organically grown seeds; the heirloom, traditional and modern varieties needed for a vital new agricultural paradigm. Over the past two decades we have provided tens of millions of packs of seeds of nearly one thousand varieties to countless thousands of gardeners across North America, empowering them to feed themselves and their families while actively participating in the restoration of an ailing planetary ecology.

Along the way, we have fostered a burgeoning organic seed movement, helping scores of organic family farmers to integrate seed production into their operations. Without the dedication, perseverance, skillful farm stewardship, and attention to detail of these unsung heroes we would not be where we are today, and organic growers would still be forced to rely on conventional seeds produced through chemical-intensive practices. These growers work hard to produce seed of premium quality, maintain true lines of our treasured heirlooms, and collaborate with us on breeding the robust varieties upon which the gardeners of tomorrow will rely. It is an honor to work with these growers who represent the backbone of Seeds of Change and the sustainable agriculture movement.

In addition to developing a network of professional seed growers, we have always maintained an active research and development program on our own farms. Our first location, on thirty acres along the pristine Gila River in the remote Mogollon region of southwest New Mexico, was a hub for nascent seed people in the late 80s and early 90s. In addition to researching sustainable farming methods and innovating small-scale seed production techniques, many tons of seed were carefully grown and cleaned at the Research Farm. These seeds were then trucked to our Santa Fe warehouse for packing and distribution to organic gardeners and farmers across the continent. Many members of that groundbreaking team continue to produce seed for us to this day.

In 1995 the Research Farm pulled up stakes and moved to its current location on ancient farmland along the Rio Grande, an hour's drive north of Santa Fe. This proximity to the population centers of Albuquerque, Santa Fe, and Taos has enabled the Research Farm to host a steady stream of interested farmers and gardeners from across the country for educational and community-building activities such as participatory plant breeding

"Our goal is to get all kinds of people to grow their own food in their backyards, on their balconies or rooftop. By changing the way people eat, we also hope to help them live better.'

-Gabriel Howearth, from "Planting Seeds of Change," LA Times, November 1990

workshops, permaculture classes, seed swaps, and community supported agriculture programs with local pueblos. In 2008 the Research Farm became the Research Farm and Gardens to emphasize our goal of developing not only seed varieties, but also techniques and strategies for human-scale, biodiverse gardening.

At Seeds of Change, we envision a future where gardening and farming, firmly rooted in flavor, nutrition and beauty, are rewoven into the fabric of our culture. This sustainable agriculture will feed us, body and soul, while providing habitat for the complex web of species that we share this exquisite fertile planet with, and that are so essential for its health. This "new agriculture" will take on infinite forms, from windowsill salad and herbs to balconies and rooftops lush with containers of fruits and vegetables, suburban edible landscapes humming with pollinators and people to vacant city lots supplying food and beauty while becoming hubs for thriving communities.

Great strides have been made, evidenced by the coast-to-coast profusion of local farmers' markets, community supported agriculture, school and community gardens, and a renewed interest in local and whole foods. Words like "locavore" and "foodshed" have emerged in our lexicon to help describe a powerful and restorative movement. But there is clearly more to be done if we are to nourish a hungry planet without destroying it.

Accelerating this kind of change will involve new and dynamic ways of thinking about agriculture. Deeper connection to our food and soil will engender new respect and understanding of nature. It will also underscore the importance of nurturing an edible landscape of species tailored to our specific bioregions and microclimates, while resilient enough to endure an uncertain climatic future. To create this robust, locally adapted agriculture of tomorrow we will continue to build upon the enduring legacy of farmers and breeders throughout the world who for millennia, have collected, selected, and re-planted seeds from their most productive and desirable plants.

As the seed industry has seen an alarming consolidation and thousands of treasured seed varieties have faced extinction, Seeds of Change has been a steward of our priceless gift of genetic abundance, disseminating it widely and encouraging others to do the same. We remain passionate about preserving important traditional and heirloom varieties while we continue collaborating with organic farmers, independent breeders, non-profit organizations, universities, other forward-thinking seed companies, and world-class chefs, to develop the heirlooms of tomorrow-seed varieties that will thrive in organic, low-input conditions while producing abundant food and flowers of uncompromising flavor, nutrition and beauty.

Over the last twenty years, we have grown, eaten and lived with thousands of cultivars across a broad range of species and under vastly varied conditions. Only the finest, most vigorous, flavorful and attractive varieties that we've discovered or developed are presented in this catalog. For the nourishment of our families, our communities and our planet, please join us in sowing these seeds of change, and creating the truly sustainable, biodiversity-rich agriculture of tomorrow.

With heartfelt thanks for a great twenty years,

Seeds of Change

www.seedsofchange.com



SINCE 1995 OUR RESEARCH FARM IN NEW MEXICO'S ESPAÑOLA VALLEY, PICTURED HERE IN 1998, HAS SUPPORTED OUR MISSION TO PRESERVE BIODIVERSITY AND SUPPORT SUSTAINABLE ORGANIC AGRICULTURE.



Our mandala was inspired by a rubbing from the planting stick of a Nepalese farmer. The Seed of Life is an ancient global symbol of fertility and life.

Tried & True for 20 Years

Seeds of Change still sells 124 of the varieties carried in our seminal 1989 catalog. These are marked by our mandala throughout the seed list.

We are also happy to offer our Founders' Seedling Collection (Page 16) and Founders' Seed Collection (Page 10) as great ways to save money and experience a diverse selection of these time-tested favorites.

Visit www.seedsofchange.com to view the groundbreaking 1989 Seeds of Change Diversity Catalogue.



Purple Cobs! Try Martian Jewels, another fascinating and novel Seeds of Change Original. Look for our original varieties

throughout the catalog. (See page 7.)

Born from Slow Food's historic Terra Madre gath erings, this compact volume draws on the wisdom of communities MANAGESTICS across the world to lay a compelling ON THE FUTURE OF FROM & SEED framework for a socially just and ecologically sustainable food future. Edited by Vandana Shiva with inspired essays by Michael Pollan, Carlo Petrini and others. (Softcover, 136 pages) -S22225 Manifestos \$10



Organic Oca!

Be the first in your foodshed to grow this beautiful and unique tuber from the Andes, offered by Seeds of Change for the first time. (See page 13.)



The Future of Food & Seed











Discover Diversity!

Our 2009 Discovery Seed Collection showcases 9 of our favorite new introductions at a 20% savings over individual pack prices. (See page 4.)





About Our Cover:

Daughter of our former research director, Dylana Kapuler personifies a vital new energy in gardening and farming. She and her partner

Mario DiBenedetto trial varieties for Seeds of Change and grow food and flowers for the local farmers' market. where they are a sensation with their signature marigold leis.

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SEEDS of CHANGE

NEW INTRODUCTIONS 2009

INDER GABRIEL HOWEARTH AT THE RESEARCH FARM AND OUR 2008 INTERNS BELOW: (L-R) NELLIE GERAGHTY, PAUL SIMONEAU, LINDSAY DOZORETZ, SCOTT CHAPUT, KOBY JESCHKEIT . EVAN SNOW, AND FIELD COORDINATOR KELLE CARTER WITH HER PACK GOAT ABU AND HER DOG RIO



2009 DISCOVERY SEED COLLECTION AN INTRIGUING RANGE OF VEGETABLES AND FLOWERS, MANY OF WHICH HAVE NEVER BEFORE BEEN AVAIL-ABLE TO THE PUBLIC. HAVE FUN WITH THESE COLORFUL BEAUTIES. ONE EACH OF ROBERT'S ROYALTY BEAN, RED EXPRESS CABBAGE, PAINTED HILL CORN, OUTSTANDING LETTUCE, FRANCES' CHOICE MARIGOLD, MAHOGANY NASTURTIUM, DARK STAR SQUASH, UNCLE DAVID'S DAKOTA DESSERT SQUASH, MAGLIA ROSA TOMATO (SAVE 20% OVER INDIVIDUAL PACKS.) — <u>S22217</u> \$ 25.29

1	TA	Tender Annual	6	Drought Tolerant
		Hardy Annual		Moderate Water
		Hardy Biennial		Frequent Water
	ΤР	Tender Perennial		
		Hardy Perennial	ģ.	Full Sun
		Reseeding	÷	Partial Shade
		App.SeedCount	0	Founding Seeds

For over thirty years, seedsman and botanist Gabriel Howearth has traveled the planet, working with

indigenous people to restore biodiversity to agriculture, and identifying valuable endangered food and medicinal plants. Much of the first Seeds of Change seed list originated from Gabriel's collection over twenty years ago when he co-founded Seeds of Change. Today, his Buena Fortuna Botanical Garden in Baja Sur, Mexico hosts a phenomenal diversity of over 3,000 species.

Gabriel has recently turned his attention to teaching, realizing the imperative of educating a new generation of growers. Seeds of Change also recognizes this urgent need and each year hosts a group of farm interns like this hardworking crew who spent the 2008 season developing skills that will serve them and their communities far into the future. Visit seedsofchange.com for information on internships.





LARKSPUR, LILAC DOUBLE

Delphinium consolida 3 ft. HA Unusual mauve to violet flowers provide an attractive accent to any bouquet. Best germinated in cool weather. (70-80 days) (-150 seeds) \$3.99

LARKSPUR, ROSE DOUBLE

D. consolida 3 ft. HA Same as Lilac Double but with a beautiful soft

MARIGOLD, FRANCES' CHOICE

Tagetes patula 4-5 ft. HA A dramatic and incredibly prolific hedgetype marigold makes an ideal garden companion and lovely cut flower. Selected by Alan Kapuler in honor of Frances Hoffman, a great, yet unsung, horticulturist and champion of biodiversity. (70-80

NASTURTIUM, MAHOGANY

Trapeolum majus 12-16 in. TA Sprawling, easy-to-grow plants with dazzling, brick red, edible flowers. A stunning and zesty accent to salads, and fun to nibble right in the garden. A great conversation piece! Can be stuffed like grape leaves. (55–65 days) 🛶 / 🔅 -S21848 pack (~50 seeds) \$3.99

SOAPWORT, CALABRIAN

Saponaria calibrica 8 in. HA This rarely found, but easy-to-grow bedding plant produces a profusion of small pink flowers on a dense mass of branching stems. Perfect for container arrangements and

THOROUGHWAX, GREEN-GOLD

Bupleurum griffithii 2-3 ft. HA/R A hardy, wonderful companion or backdrop for showier flowers. Excellent cut or dried for mixed bouquets. Also known as "Hare's Ear" for its unique blue-green leaves surrounding a central stem. (60-70 days) interproduct = -521844 pack (-150 seeds) \$3.99



CANDYTUFT, SNOWFLAKE

Iberis sempervirens 9 in. HP A billowing blanket of pure-white flowers in early spring on dark green, glossy foliage. Great for rock gardens and to cascade down walls. $\Delta = / = -S21854$ pack (-150 seeds) \$3.99

LYCHNIS, CERISE

Lychnis coronaria 15-30 in. HP Also known as Rose Campion, this easy-to-grow plant thrives in most soils putting on a spectacular display throughout early- to mid-summer. 11/2 in. bright cerise flowers on elongated stems make a stunning, but short-lived, cut flower. -S21855 pack (~150 seeds) \$3.99

SAGE, JERUSALEM

Salvia judaica boiss 12-18 in. TP/HA A native plant of the Middle East. Green rosettes with violet stems and flower sheaths and lovely lavender-blue blooms. Perennial in zones 9-10. (60-70 days) 👌 — S21849 pack (~150 seeds) \$3.99



CUMIN, BLACK

Nigella sativa 8-12 in. HA Cultivated for centuries and prized for its aromatic seeds with a fennel-like taste. Popular in Indian cooking and great for Russian rye bread. Seeds are thought to have medicinal properties and were found in Tutenkhamen's tomb. (60-70 days) pack (~150 seeds) \$3.69



KE.





LILAC DOUBLE LARKSPUR

ROSE DOUBLE LARKSPUR



FRANCES' CHOICE MARIGOLD



MAHOGANY NASTURTIUM









ERUSALEM SAGE

BLACK CUM





TINGING NETTLE

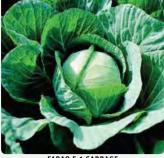


IANTO'S YELLOW FAVA BEAN

SPADONA CHICORY

ROBERT'S ROLYALTY BUSH BEAN





FAMOSA F-1 CABBAGE

RED EXPRESS CABBAGE





SILVERADO CHARD

Medicinal Herbs

NETTLE, STINGING

Urtica dioica **3-4** ft. HP A wonderful and reliable early spring tonic herb used as a fresh tea or steamed and eaten. A great plant to enliven the compost pile. 4/4 / - S21853 pack (-150 seeds) \$3.99

Gourmet Greens

CHICORY, SPADONA

Cichorium intybus 6-12 in. HB Also known as sword chicory for its long, rounded leaves. Vigorous plant can be grown "cut-and-comeagain" or sown every three weeks from early spring to early fall for continuous harvests of young tender leaves. (30-40 days) △☆/☆ —S21852 pack (~250 seeds) \$3.69

Vegetables

BEAN, BUSH, ROBERT'S ROYALTY

Phaseolus vulgaris 20-24 in., 4 in. pods TA A stunningly unique and beautiful bean from the collection of renowned plant breeder Robert Lobitz. Vigorous plants yield a prolific harvest of fine and flavorful pods. A must for bean lovers! (50-55 days) 4 - S22153 pack (-70 seeds) \$3.99

BEAN, FAVA, IANTO'S YELLOW

Vicia faba 24-48 in. HA An extremely winter-hardy selection from Ianto Evans, aka "Mr. Fava," who literally wrote the book, (well...a book) on fava beans. 3 large tan-yellow seeds per pod. Makes a tasty hummus. (80–140 days) $\Delta = / \odot -S21857$ pack (~15 seeds) \$3.99

CABBAGE, FAMOSA F-1

Brassica oleracea var. capitata 4-5 lb. HB Early maturing, mediumgreen, round savoyed cabbage for fresh eating or sauerkraut. Fine yellow-tinted interior and crispy texture. (70–75 days) 🌢 👾 / 🔅 -S20291 pack (-25 seeds) \$3.29

CABBAGE, FARAO F-1

Brassica oleracea var. capitata 21/2-31/2 lb. HB Very early fresh-eating cabbage with a dense core, crunchy texture and mildly peppery flavor. Suitable for close spacing in small gardens. (60–65 days) -S20292 pack (-25 seeds) \$3.29

CABBAGE, RED EXPRESS

Brassica oleracea var. capitata 2-4 lb. HB The earliest-maturing openpollinated red cabbage we've found in our trials. Small, dense heads with great flavor. Ideal for close spacing. (60–70 days) 🖨 🖉 -S21544 pack (~25 seeds) \$3.29

CAULIFLOWER, CASSIUS F-1

Brassica oleracea var. bortrytis 6-8 in. head HB A dense, wide-domed white cauliflower for summer or fall harvest. Holds well in the field for an extended harvest. Extremely vigorous, medium-large plant with good leaf cover to prevent sun-scalding. (65–70 days) $\Delta = / c$ -S21546 pack (~25 seeds) \$3.29

CELERY, RED VENTURE

Apium graveolens HB Frank Morton of Wild Garden Seed developed this exciting new celery by crossing his own selections of Giant Red with Ventura, the classic industry standard. Deep-red stems complement bright green leaves making this a highly ornamental plant as well as a prolific producer of tender, succulent stalks with real celery flavor. (100-110 days) 6 -S21858 pack (~150 seeds) \$3.29

CHARD, SILVERADO

www.seedsofchange.com

Beta vulgaris 16-18 in. HB A compact plant with attractive, heavily savoyed, dark green, shiny leaves on pure-white stems. Slow to bolt allowing for a long harvest window. (55–60 days) $\triangle \bigcirc -S21553$ pack (-200 seeds) \$3.29

CHINESE CABBAGE, NIKKO F-1

Brassica rapa 10-12 in. HA Early maturing variety for summer and fall. Very consistent producer of nice, tight, barrel-shaped heads. A good choice for small gardens. (50-55 days) -S20301 pack (~50 seeds) \$3.29

CORN, SWEET, BROCADE F-I

Zea mays 7-8 ft. TA Real corn flavor in a sugary enhanced, bi-color corn. Tender and sweet 8-9 in. ears with tight wrapper leaves to resist -S18272 bulk (~1,000 seeds) \$9.10

CORN, SWEET, MARTIAN JEWELS

SEEDS OF CHANGE ORIGINAL Zea mays 6 ft. TA This unusual cross of several flour, normal sugary, and sugary enhanced varieties has produced a totally unique sweet corn with a different flavor profile and appearance. The kernels are white, but the cob is a rich purple, and the flavor is hardier and richer than most typical sweet corns. Give

CORN, SWEET, PAINTED HILL

Zea mays 5 ft. TA Another exciting new cultivar developed by Alan Kapuler. This robust and flavorful sweet corn resulted from a cross between Dave Christiansen's renowned and genetically diverse Painted Mountain Indian Corn and the heirloom sweet corn Luther Hill. 7 in. ears in a rainbow of colors on a cold-tolerant plant. Ideal for northern growers with short growing seasons and cool spring soils.

CORN, SWEET, SUGAR PEARL F-1

Zea mays 6-7 ft. TA Top rated for yield, flavor, and tip fill in two field trials this year when compared to more than a dozen other sugary enhanced varieties. Plant every 2-3 weeks for a steady supply of this summertime staple. (70-75 days) $\Delta \odot -S21556 pack$ (-100 seeds) \$3.29 - S20434 bulk (-1,000 seeds) \$9.50

EGGPLANT, VITTORIA

Solanum melogena 30-36 in. TA Gorgeous, purple-black, cyclindrical fruits are great for slicing and pan-frying. Mild flavor and firm texture. (65-75 days) 4 - S21861 pack (-50 seeds) \$3.69

KALE, VATES BLUE CURLED

Brassica napus 18-20 in. HB Extremely winter-hardy variety develops fine, almost sweet, flavor after a few hard frosts in the fall. Vigorous, sturdy plants resist yellowing and are slow to bolt. (50–60 days) *△* / *○* - S21862 pack (~300 seeds) \$3.29

LETTUCE, BUTTERCOS, BLUSHED BUTTERCOS

Lactuca sativa HA A standout in the salad garden for its sturdy upright stature, and a standout in the salad bowl for its lovely pinkish purple blush, deeply savoyed leaves, and crisp yet buttery texture. (55–60 days) 🍐 👾 / 🌣 — S21863 pack (~550 seeds) \$3.29

LETTUCE, BUTTERHEAD, OPTIMA

Lactuca sativa 12-14 in. HA Smooth texture and fine flavor in a robust, heat-tolerant butterhead. Shows good resistance to common lettuce diseases such as bottom rot, downy mildew and tip burn. The standard in its class! (50-60 days) $\Delta = / \odot -S21611$ pack (~550 seeds) \$3.29

LETTUCE, ROMAINE, OUTSTANDING

Lactuca sativa HA A gorgeous loose, savoyed red romaine with a dense heart and great flavor. Resistant to downey mildew and Sclerotinia, and very slow to bolt. Another remarkable addition from the lettuce oeuvre of independent plant breeder Frank Morton. (55-60 days) △ ÷ / ☆ -S21864 pack (~550 seeds) \$3.29

2009 DISCOVERY SEED COLLECTION

See page 4 for this year's seed collection of new introductions to try in your garden. (save 20% over individual packs.) — S22217 \$25.29





NIKKO F-1 CHINESE CABBAGE



MARTIAN JEWELS SWEET CORN



BROCADE F-1 SWEET CORN



PAINTED HILL SWEET CORE



SUGAR PEARL F-1 SWEET CORN



VATES BLUE CURLED KALE



OPTIMA BUTTERHEAD LETTUCE

VITTORIA EGGPLANT

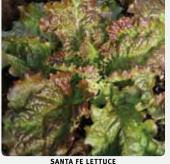


BLUSHED BUTTERCOS LETTUC



OUTSTANDING ROMAINE LETTUCE





RED SAILS LETTUCE



WALDMAN'S DARK GREEN LETTUCE

RED WING F-1 ONION

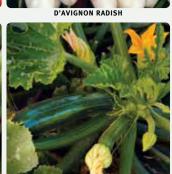






SWEET YANKEE BELL PEPPER





DARK STAR ZUCCHINI SOUAS

Vegetables

LETTUCE, LEAF, RED SAILS

Lactuca sativa HA An All American Selections winner in 1985, and still a favorite of home gardeners for its vigor, adaptability and excellent flavor. Crispy and sweet, never bitter, and extremely slow to bolt. (50-55 days) 4 / : -S21607 pack (~550 seeds) \$3.29

LETTUCE, SANTA FE

Lactuca sativa HA A robust, frilly, reddish bronze leaf lettuce that forms a loose, central head when left in the field. Similar to Rouge De Grenoblouse but with thicker leaves, more airy architecture, and better tolerance of cold and heat. (55–60 days) $\Delta = /\odot$ —S21618 pack (~550 seeds) \$3.99

LETTUCE, WALDMAN'S DARK GREEN

Lactuca sativa HA The "gold standard" of green looseleafs for its vigor, reliability, bolt resistance and excellent flavor. A big, fast lettuce with great loft and rich color. (50–55 days) $\Delta \cong / \odot$ -S21598 pack (~550 seeds) \$3.29

ONION, RED WING F-1

Allium cepa 3-31/2 in. HB Hefty, wine-hued globes continue to develop internal color during storage. Hard bulbs, with superior skin quality and scale retention for long storage and culinary satisfaction. Long-day type. (115-120 days) (-100 days) seeds) \$3.29 —S17811 bulk (~1,000 seeds) \$6.90

PARSNIP, TURGA

Pastinaca sativa HA Originally obtained from the biodynamic seed company Turtle Tree, this is an amazingly vigorous parsnip, far outyielding the market standards in our Research Farm trials. Large, heavy roots with outstanding sweet, nutty flavor. (100-110 days) **△** / ○ — S21866 pack (~100 seeds) \$3.69

PEA, SNAP, SUGAR DADDY

Pisum sativum 24-30 in. HA A prolific set of stringless, thick and succulent, dark green pods. While not quite as flavorful as the original Sugar Snap vining type, this is a bush variety that requires no trellising. Concentrated pod set is ideal for canning or freezing. (65-70 days) 😂 / 🔅 — S21636 pack (~75 seeds) \$3.29

PEPPER, SWEET YANKEE BELL

Capsicum annuum 18-24 in. TA Tasty red bells for northern climates! 6-10 blocky, thick-walled fruits per plant with flavor rivaling the best pimientos. Stores well off the plant. (75-85 days) -S21646 pack (~50 seeds) \$3.29

RADISH, D'AVIGNON

Raphanus sativus 3-4 in. HB A longer, leaner version of French Breakfast with pleasing, mild flavor and crunchy texture when picked at optimum maturity. (20-25 days) (~150 seeds) \$3.29

RADISH, HAILSTONE

www.seedsofchange.com

Raphanus sativus 1-3 in. HB Creamy white globes with mildly spicy flavor and succulent, watery texture. Great in a mix with red and purple varieties. Strong tops for easy harvest. (20–30 days) -S21868 pack (~150 seeds) \$3.29

SQUASH, DARK STAR ZUCCHINI

SEEDS OF CHANGE ORIGINAL Cucurbita pepo TA An exciting new open-pollinated zucchini co-developed with California grower Bill Reynolds. Bred for the market grower but ideal in the home garden. Open plants with smooth, spineless stalks and long harvest period reflecting its exceptional vigor. (50–55 days) pack (-25 seeds) \$3.29

SQUASH, RÊVE SCALLOPINI F-1

Cucurbita pepo TA An unusual patty-pan type for its intense, dark green color on a flattened 5-7 in. fruit. Compact, non-branching plants with an open, erect habit for easy harvest. (50-55 days) -S21666 pack (~35 seeds) \$3.29

SQUASH, UNCLE DAVID'S DAKOTA DESSERT

Cucurbita maxima TA A flavorful and robust variety developed over 30 years by North Dakota grower David Podoll. Similar size and appearance to Buttercup, it was selected for better flavor, yield, and thicker flesh. Some of the original crosses included Hubbard and

TOMATO, CHERRY, RED PEAR

HEIRLOOM Lycopersicon esculentum 1 oz. TA Superb flavor in a highly productive, uniform, and crack-resistant variety. A nice complement to Yellow Pear. Indeterminate. (70-75 days) 4: -50 seeds) \$3.29

TOMATO, CHERRY, MAGLIA ROSA

L. esculentum 1-3 oz. TA Truly unique, mottled pink, egg-shaped fruits with bright, lightly acidic flavor and a tinge of sweetness. Attractive, lacy plant foliage. Developed by independent plant breeder Fred Hempel from California. Indeterminate. (70–75 days) -S21872 pack (~50 seeds) \$3.29

TOMATO, CHERRY, THAI PINK

HEIRLOOM L. esculentum 1-3 oz. TA Oval-shaped fruits with luminescent, pinkish red skin and exceptionally juicy flesh that is both sweet and tart. Indeterminate. (75–80 days) 🕁 — S21874 pack (~50 seeds) \$3.29

TOMATO, RED SLICING, CZECH BUSH

HEIRLOOM L. esculentum 4-6 oz. TA Low-growing, sturdy plants produce an amazing abundance of saladette-sized, round, red fruits. Deter-

TOMATO, RED SLICING, LEGEND

L. esculentum 6-9 oz. TA Nearly seedless, uniform, full-sized slicer with early fruit set and good tolerance to late blight. Developed by Jim Baggett at Oregon State University. Determinate. (60–70 days) *△♀* / *♀* —S21691 pack (~50 seeds) \$3.29

TOMATO, RED SLICING, PAUL ROBESON

HEIRLOOM L. esculentum 8-10 oz. TA A rare "black" slicer with red flesh. Rated 'Best of Show' at the Carmel TomatoFest, it has received rave reviews for its earthy flavor with the perfect acid/sweet balance. Indeterminate. (85–90 days) 4: -50 seeds) \$3.29

TURNIP, BLANC DE CROSSY

Brassica rapa 6-9 oz. HB A gourmet French turnip with a unique shape, mild, slightly pungent yet sweet flavor, and pleasing, crunchy texture. (45-60 days) 🖉 / 🔅 —S21875 pack (~350 seeds) \$3.29



GARLIC, GERMAN BROWN

HEIRLOOM Allium sativum var. Rocambole 8-10 cloves/bulb HB This heirloom is the largest, most vigorous, and productive Rocambole grown by our supplier. Hot, strong flavor, and best keeping hardneck available. $\Delta / \Delta = -S21876 (3 bulbs) 13

O C A

TRADITIONAL Oxalis tuberosa HA/TP We're excited to be able to offer organic oca for the first time. Please see page 13 for more information. $\Delta / \Delta = / \Delta = -S21865$ (12 tubers) \$15.95

RHUBARB, VICTORIA (CROWNS)

Rheum rhabarbarum HP We now offer 100% organic rhubarb crowns. Please see page 15 for more information. $\Delta / \Delta \approx / \approx -S21792$ (3) crowns) \$27 __S21793 (9 crowns) \$63 __S21796 (1/4 oz. seeds) \$54.05











UNCLE DAVID'S DAKOTA DESSERT SOUASH



RED PEAR TOMATO







THAI PINK TOMATO





CZECH BUSH TOMATO



LEGEND TOMATO







GERMAN BROWN GARLI

SEEDS of CHANGE LIVE PLANTS



FORMER SEEDS OF CHANGE RESEARCH DIRECTOR ALAN KAPULER AND FAMILY AT HIS OREGON RESEARCH PLOT AND (BELOW) CURRENT RESEARCH DIRECTOR RICHARD BERNARD AT OUR MAINE TRIAL GARDEN



20TH ANNIVERSARY FOUNDERS' SEED COLLECTION THESE ORIGINAL OFFERINGS CAP TURE THE SPIRIT OF THE FOUNDERS' VISION OF GROWING FOOD AND MEDICINE PLANTS THAT ARE ROBUST, ADAPTABLE, AND NOURISHING ONE PACK EACH OF BURGUNDY AMARANTH, MITLA BLACK TEPARY BEAN, LUTZ BEET, LAVENDER BERGAMOT, KUROTA CHANTENAY CARROT, TARAHUMARA CHIA, RAINBOW INCA SWEET CORN. ARMENIAN CUCUMBER, DAVE (FOUR-O-SEVEN) QUINOA, MEXICAN ARMENIAN CUCCIMBEN, DATE (100), CONTROLOGIEN, SCHEIN, SCHEIN, SUNFLOWER, MEXICAN TARRAGON, DESERT KING WATERMELON. (SAVE 20% OVER INDIVIDUAL PACKS) — S22233 \$32.49

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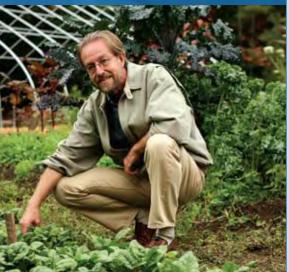
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Twenty years ago, when Alan Kapuler joined Seeds of Change as Research Director, he had already begun to

inspire a new generation of seed savers with his vast knowledge and passion for breeding for beauty, flavor, and nutrition. Alan "retired" in 2000, but with his wife Linda, and daughters Kusra (not pictured), Serena, Dylana (l-r), and collaborator Mario DiBenedetto, he continues to develop novel varieties like our Martian Jewels Sweet Corn. Alan was seminal in introducing the Andean tubers Yacon and Oca to North America and his investigation into indigenous food plants continues, so stay tuned!

In 2008 Seeds of Change welcomed Richard Bernard as Research Director. Besides building on Alan's breeding work, Richard will be working with breeders and farmers across the continent to continue developing the robust varieties that will fuel the diversity-rich agriculture of tomorrow.



APPLE TREES

Malus spp.

Robust two-year-old trees on MM111 rootstock are approximately 3 ft. tall and are shipped bare-root. They should bear fruit in 3-4 years and grow 15-18 feet. For best pollination and maximum production, it is advisable to grow three different apple varieties in close proximity to each other. All varieties are semidwarf and certified organic. Visit www.seedsofchange.com for more info. APPLE TREES: \$41.50



ASHMEAD'S KERNEL

HEIRLOOM More than two centuries old, a goldenbrown russet raised by Dr. Ashmead, a Gloucester, England physician. Tart, aromatic, yellow flesh. Ripens in late October. Zones 5-9. -S13496



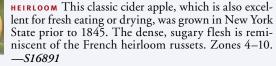
CALVILLE BLANC D'HIVER

HEIRLOOM Yellow skin kissed with a light red blush. Yellow-white flesh is tender, sweet, aromatic, and subacid. Higher in vitamin C than an orange. Dating to 1598, this is the gourmet culinary apple of France. Zones 6–9. —*S13495*



HEIRLOOM Dating back to 1830 in England, experts consider this the finest dessert apple. Orange-yellow fruit with yellow flesh ripens in late September. Mellow flavor with a hint of acid. Zones 4–10. *—S13494*

GOLDEN RUSSET



HUDSON'S GOLDEN GEM

HEIRLOOM Found in a hedgerow in Oregon and first offered by Hudson's Wholesale Nursery in 1931. Large, cone-shaped yellow russet with sweet, crisp, juicy flesh. Great for fresh eating. Ripens late. Excellent storage. Zones 6–9. —S16154

New! KIDD'S ORANGE RED

HEIRLOOM New Zealand, 1924. Medium-sized apple is a hybrid from Cox's Orange Pippin that performs better in warm climates. Complex, rich flavor makes this an ideal fresh eating and cider apple. Some resistance to fire blight. Ripens late. Zones 6–9. —S22154

NEWTOWN PIPPIN



HEIRLOOM This is the oldest commercially grown variety in North America. Green, often russeted skin ripens to a soft yellow. Firm, crisp, and fresh. Sweetens after picking, but maintains a touch of tartness. Zones 4–10. —*S16148*

NORTHERN SPY



HEIRLOOM From New York around 1800, this large classic has crisp and juicy yellow flesh, and lively, subacid flavor. Great for pies or fresh eating, and an excellent keeper. Zones 4–9. *—S15705*

SNOW APPLE (FAMEUSE)

HEIRLOOM From Canada in 1824, one of the oldest and most desirable dessert apples. One of the parents of the famous Macintosh, it has snow-white flesh, and is extraordinarily cold-hardy. Zones 4–9. —S13493

Order anytime: 24/7





We now offer the only 100% organic asparagus crowns (root system) on the market. These crowns are one-year-old and ready to plant in your garden upon receipt. Harvest for 2 weeks in 2nd year, 4 weeks in 3rd year, 8-10 weeks thereafter. These modern varieties offer significant improvements in yield and disease-resistance over the traditional open-pollinated strains. Asparagus is a long-lived perennial (15 years or more), so choose a permanent location in your garden before planting. It is adaptable to a wide range of soil types and climates, but prefers well-drained soil. Asparagus is easy to plant and grow, but needs a completely weed-free patch. See www.seedsofchange.com for more planting, growing, and harvesting information.

UC-157 F-1 The standard-bearer for yield and quality of fresh, all-green spears from robust plants that have a high level of Fusarium- and rust-resistance. Spears are smooth, tight-tipped, medium diameter. The most widely grown variety on the market.

lent yields in many regions. High level of resistance to rust, and good resistance to Fusarium root and crown rot. Produces large green spears with purple bracts. *—S20864 (30 crowns) \$47*

JERSEY KNIGHT F-1 Another excellent mostly male hybrid (90%) from Rutgers University. Will do quite well in heavier soils and is widely adaptable over a wide range of regions. Yields are superb. Green spears with purple bracts. —S21520 (30 crowns) \$47

SPITZENBERG

HEIRLOOM Thomas Jefferson's favorite, it goes back at least to 1800 in NY. Fruit has tough, russeted skin, red over yellow with inconspicuous stripes. Flesh is tinged yellow, firm, aromatic, and slightly subacid. Unequaled in flavor and quality. Zones 5–10. —*S13497*

New! SIERRA BEAUTY

HEIRLOOM From Booneville, CA. Large beauty is very crisp with a bright, tart flavor. Fresh eating and cooking. No pollination required from other apples. Excellent keeper, ripens very late. Zones 6–9. —S22155

WHITE PEARMAIN

HEIRLOOM Oldest known English apple from 1200 AD. Medium-sized, pale green fruit is usually blushed with red on one side. Firm, crisp flesh and aromatic, mildly subacid flavor make this a wonderful dessert apple. Adapted well to mild climates. Matures very late and an excellent keeper. Zones 5-10. -S15710

Ordering & Shipping: We guarantee trees unconditionally. Shipping by UPS Ground begins mid-January and may be delayed by extreme cold. If your ground is frozen, let us know. We can keep your stock in cold storage for shipment in late March or early April. Instructions included. Continental U.S. only. Physical address required. Limited availability.

ASPARAGUS (CROWNS) Asparagus officinalis

JERSEY GIANT F-1 Widely adaptable with excel-

Shipping: Crowns are shipped according to your zone, from January through mid-June via UPS 2nd-Day Air. Shipping may be delayed by extreme cold. Ideally asparagus crowns should be planted within one week of their arrival. Instructions included.













BULBILS ARE FORMED IN THE FLOWER HEAD OF HARDNECK VARIETIES AND WILL GROW INTO BULBS BUT GENERALLY TAKE TWO YEARS.

OVERWINTERED GARLIC STARTS LOOKING FOR THE SUN IN THE EARLY SPRING





STILL GREEN.

GARLIC TOPS OR "SCAPES" SHOULD BE BRO- HARVEST GARLIC WHEN 70% OF THE PLANT IS KEN OFF WHEN THEY CURL BACK ON THEM-SELVES. EXCELLENT IN STIR-FRIES.



CURE IN A DRY DARK PLACE. BRAID BEFORE DRYING SOFTNECK VARIETIES.

CLEAN AND TRIM. SEE ENEWSLETTER 37 AT WWW.SEEDSOFCHANGE.COM FOR EXTENSIVE INFORMATION ON GROWING GARLIC.

Garlic Ordering

Order early as supplies are limited. If a variety is unavailable, we can usually substitute another with similar attributes. Order in 3 bulb increments yielding 3-4 lbs. of garlic. See our website at www.SEEDSOFCHANGE.COM for availability.

Garlic Shipping

Garlic is only shipped in the fall starting in late September. Continental U.S. only. See Order Form for shipping costs. Check our website for updated delivery and availability information. As garlic will be shipped in September, please add a separate shipping charge.

GARLIC (BULBS) Allium sativum HB

A native of Central Asia, garlic has been cherished since antiquity for its distinctive culinary properties and medicinal virtues. Besides being an essential ingredient for many cuisines, garlic has been used for everything from fighting colds and infections to treating high blood pressure, and as an aphrodisiac.

There are literally hundreds of garlic varieties. We offer 18 of the finest, each unique in form and flavor. Like wine grapes, performance and taste of garlic vary depending on soil, climate, and growing methods, further adding to its intrigue. Garlic prefers rich, well-drained soil, full sun, and regular water. Plant garlic in midfall, about 6 weeks before the soil freezes. Mulch heavily to hold moisture and control weeds.

GARLIC: 3 bulbs (yields 3–4 lbs. of garlic) \$13

Hardneck Varieties

Large easy-peeling cloves form around a stiff woody stem. Rich aromatic flavor is not too spicy. Remove curling tops for a culinary treat and to increase production. The preferred garlies for more northern climates. Stores 3 to 6 months.

CHESNOK RED var. Purple Stripe

HEIRLOOM A colorful strain with rich aroma and lingering, medium-hot flavor. Maroon-skinned bulbs retain their flavor when cooked, making this a great baking garlic. 7–10 cloves per bulb. -S21265

GERMAN BROWN (See New Introductions, page 9)

GERMAN WHITE var. Porcelain

Paper-white bulbs with tight wrapper skins. Plump cloves are porcelain-white with a distinctive, moderately spicy flavor. A late-season variety stores into the winter. 4-6 cloves per bulb. -S12218

MUSIC PINK var. Rocambole

HEIRLOOM Chester Aaron, northern California's garlic guru, describes this as "one of the heartiest, largest, and tastiest garlics." Its rich flavor make it ideal for roasting. Pale-pink-skinned bulbs keep 5-8 months. 5-7 cloves per bulb. -S13994

PERSIAN STAR var. Purple Stripe

HEIRLOOM Originates from a bazaar in Samarkand. Large, lavender-striped bulbs with striking purple, elongated cloves. A good hardneck for warmer climates. Moderately spicy, it retains its flavor when cooked. 9-12 cloves per bulb. —*S16222*

PURPLE GLAZER var. Purple Stripe HEIRLOOM From the Republic of Georgia, this distinctly attractive strain has notably extra-large cloves with a satiny gloss tinged with gold and lavender hues. One of the longest-keeping hardneck garlics. 6–8 cloves per bulb. —*S13966*

PURPLE ITALIAN EASY PEEL var. Rocambole An extremely vigorous strain with attractive purpleskinned bulbs and large easy-to-peel cloves, which make this one a favorite of cooks. Spicy-yet-pleasant sweet flavor. 7–9 cloves per bulb. —*S12225*

ROMANIAN RED var. Porcelain

www.seedsofchange.com

HEIRLOOM Immigrated from Romania via British Columbia. Rich, long-lasting flavor, mellows with cooking. Thick outer skin and large well-wrapped cloves make this an excellent keeper for a hardneck type. 5–7 cloves per bulb. *—S16240*

RUSSIAN GIANT var. Porcelain

HEIRLOOM These colossal hardneck bulbs look like purple mountains with a white cap of snow, and have 6-8 tan cloves per bulb. The plants look like small trees as they can grow to five feet in rich soil. Easy to peel. -S17103

SPANISH ROJA var. Rocambole

HEIRLOOM Substantial bulbs with purple-streaked wrappers are larger and flatter than typical Spanish Roja varieties. Easily peeled cloves will vary from light to dark brown depending on soil and climate. 7-9 cloves per bulb. —*S14324*

Softneck Varieties

Otherwise known as braiding garlics, these varieties do not produce a flower spike. They are more productive and adaptable to warmer climates than the hardneck type and generally have a spicier flavor. Softnecks can be stored for a year or more under proper conditions.

APPLEGATE GIANT var. Artichoke RARE From southwest Oregon, introduced into the market by plant breeder Ivan Budenhagen of UC Davis. Distinguished by its particularly large, pure white bulbs and slight purple blush that contain cream-colored cloves. Mild, yet richlyflavored. 12-18 cloves per bulb. -S17418

CHILEAN SILVER var. Silverskin Luminous pure-white garlic, consistently large and uniform. Robust spicy flavor. Keeps up to 12 months. 15–18 cloves per bulb. —*S14771*

INCHELIUM RED var. Artichoke

HEIRLOOM Discovered on the Colville Indian Reservation in Washington, this vigorous strain has a mild, lingering flavor that sharpens in storage. 9-18 cloves per bulb. —*S12233*

KETTLE RIVER GIANT var. Artichoke Extra-large, somewhat flat bulbs with cloves arranged in two layers. A very productive variety in all climates. Rich flavor with a medium-hot aftertaste. 7-8 cloves per bulb. —S14327

MOTHER OF PEARL var. Silverskin Distinct strain features a pearl-white outer skin with pinkish inner layers. Highly potent and spicy flavor makes this a favorite for adding heat to any cuisine. Long-storing variety, lasting up to a year. 10-15 cloves per bulb. -S12223

SHANTUNG PURPLE var. Turban HEIRLOOM A distinctive Chinese variety with dense, round bulbs and a papery, blue-purple pinstriped outer wrapper. Sweet, earthy flavor with moderate heat. An early-maturing variety with a short storage life. 6–10 cloves per bulb. —*S16229*

SISKIYOU PURPLE var. Silverskin Well-filled bulbs, light-skinned and firm with a purple-tinged wrapper. Pungent flavor, slightly tangy. Vigorous, heavy garlic. Approximately 12-16 cloves per bulb arrayed in many layers. Does well in hot climates. Great for storage. —*S17302*

TRANSYLVANIAN var. Artichoke HEIRLOOM Chester Aaron obtained this from a professor who bought it in a market in Transylvania in 1994. Mild, yet flavorful. A good keeper if well-cured. Effective vampire deterrent. 10-16 cloves per bulb *—S16233*

Order anytime: 24/7

O C A













OCA (TUBERS) Oxalis tuberosa HA/TP

Native to the Andean region of South America, this colorful and nutritious tuber has been cultivated as a staple food for centuries, probably millennia, dating back at least to the Inca Empire. Almost entirely unknown in North America, oca holds the potential to be a significant food crop throughout the world, exhibiting tolerance to drought and a wide range of soils, while containing similar nutritional value to potatoes. Crisp and sweet/sour when eaten raw, steaming brings out a distinctive tartness with raw nutty overtones. While much is to be learned about its cultivation across a wide range of bioregions, we are happy to offer this for the first time for intrepid gardeners. Please share your experiences with us as we develop this exciting new crop.

TRADITIONAL 1-2 ft. tall plant, 1-3 in. tubers Oca can be grown as a perennial from mid-California to the South. In the Pacific Northwest it is typically grown as an annual, although tubers may survive under winter soils to resprout again in the spring. Successful propagation in central and eastern North America will require nearly frostfree protection during the fall, as tuber formation begins after the fall equinox (Sept. 21st) and needs 1–3 subsequent frost-free months for full development, depending on the variety and circumstances. While we include tubers from several distinct varieties for potential adaptability to a wide range of agronomic conditions, we don't recommend oca cultivation for the hot, humid Southeast.

Compact clover-like plants prefer full sun and well-drained fertile soil with a wide pH range (5.3-7.8). Vegetative growth will be killed by fall frosts, but roots can tolerate temperatures in the low 20s. Propagate oca much like potatoes, planting each tuber about 12 inches apart and 2-3 inches deep. For an earlier start in shorter-season areas, start plants indoors up to 2 months before setting out after possibility of frost has passed. Oca also shows promise as a container plant for indoor cultivation. Adequate moisture is required in the fall for optimum tuber development. Mulching helps conserve soil moisture and control weeds. $(/4) \approx -S21865$ (12 tubers) \$15.95



OCA LEAVES

POTATOES (TUBERS) Solanum tuberosum TA DOUBLE CERTIFIED

Order for spring delivery and planting. All of our seed potatoes are Certified Organic, many are rare, and all are delicious! And most important, they are also Certified Seed, insuring that after repeated inspections throughout the growing season and post-harvest, they are free of viruses and disease according to strict USDA standards. A phenomenally diverse treasure, potatoes have been preserved and refined for centuries by the traditional civilizations of the high Andes. We've selected 13 of our favorite varieties for your enjoyment. Potatoes prefer rich, welldrained soil. Plant 2-4 weeks before the last expected spring frost. See eNewsletter 40 & 43 at www.seedsofchange.com for Jordan Rainwater's "In Defense of the Humble Potato."

POTATOES: 2 lbs. \$10 4 lbs. \$15.75 6 lbs. \$21.75 10 lbs. \$34.75 FINGERLINGS: 2 lbs. \$11.75 4 lbs. \$18.75 6 lbs. \$25.50 10 lbs. \$40.50

ALL-BLUE

HEIRLOOM The blues... inside and out, raw or cooked. It's a favorite of blues fans from Peru to Canada. This popular variety has outstanding flavor, deep blue skin, and lavender-blue flesh. High yields and good keeping qualities. 4–5 in. long x $2\frac{1}{2}$ -3 in. diameter. (Late season, 100–110 days) 👙 — PS12493

BINTIE

HEIRLOOM This venerable variety from Holland is known worldwide for its superb culinary qualities. It has slightly gold-colored skin and light, cream-colored flesh with a waxy, mid-dry texture, making it an excellent all-purpose potato. (Late season, 110–120 days)

CARIBE

Mottled purple-to-pink skin covers a smooth, snow-white interior. Great potato for boiling, baking or frying. Mid-dry, oval-shaped.

CRANBERRY RED (a.k.a. All-Red)

Rich red color inside and out. Earthy, buttery flavor and firm, silky-smooth flesh make a great potato salad. Bred from a variety named Bison, it is well adapted to drought conditions and was first made available in 1984 by Robert Lobitz through Seed Savers Exchange. (Early to midseason, 90-100 days)

DESIREE

Rosy pink skins and creamy yellow flesh. Prized by gourmet chefs throughout Europe. 4-6 in. long x 2 1/2 in. diameter. (Midseason, 95–100 days) △☆ —PS12505

GERMAN BUTTERBALL

HEIRLOOM Buttery like its name, this delicious potato has smooth golden skin and yellow flesh. Heavy yielder, producing large tubers, as well as lots of small ones. Great for steaming and boiling. 4-5 in. long x $2^{1/2}-3$ in. diameter. (Late season, 105–115 days) 🖧 — PS12517

PURPLE VIKING

Round potato with dark purple skin, red swirls, and pure-white flesh. Very sweet flavor and is a great keeper. 3¹/₂ in. diameter is the norm, but it can produce many jumbo-sized tubers. (Midseason, 95–100 days)

RED SANGRE

Red-skinned with pure-white flesh. Can be harvested early for abundant, round, medium-sized tubers that are best prepared as creamed potatoes. Stores well. 3 in. diameter. (Early to midseason, 90-100 days) -PS12511

YELLOW FINN

No need for butter. Outstanding flavor and texture. Smooth, thin, yellow-skinned and yellow-fleshed potato produces high yields. Round, slightly flattened, and sometimes pear-shaped. 3 in. diameter. (Midseason, 95-100 days)

YUKON GOLD

Early-producing, round tuber with thin yellow skin and yellow flesh. An excellent keeper. 3¹/₂-4 in. diameter. (Early season, 85-95 days) △☆ —*PS12526*

Fingerlings

Long, slender tubers with extremely vigorous, diseaseresistant vines. Best roasted or boiled whole.

BANANA

Also known as Russian Banana, it is very productive and probably the most popular fingerling. Smooth yellow skin and yellow flesh. 2-7 in. long, 1/2-11/2 in. diameter. (Midseason, 95-100 days)

PERUVIAN PURPLE

TRADITIONAL A treasured variety from the Andean Highlands where it is a staple crop. Deep-purple flesh is attractive on the plate and tasty on the tongue. Purple potatoes cook faster than other varieties so be careful not to overcook as they can become mealy. (Late season, 110-120 days) *—PS16181*

RUBY CRESCENT

Rare and beautiful rosy-colored fingerling with moderately dry, yellow flesh. Splendid baked or boiled. 3 in. long, 1 in. diameter (Midseason, 95-100 days) ≙☆ *—PS16639*

Ordering & Shipping

Potato and Yacon (See Page 15 for Yacon)

Order early as supplies are limited; if we are out of a variety we can usually substitute one with similar attributes. A 2 lb. order will plant approximately 20 feet and yield about 15-20 lbs. of potatoes. Order in 2 lb. increments.

Shipping

We will begin shipping potatoes early in March 2009. Yacon crowns begin shipping in February and vacon seedlings begin in April. All are shipped by air Monday-Wednesday. Check www.seedsofchange. **COM** for updated delivery information. Continental U.S. only. Physical address required. See Order Form on page 56 for shipping costs. As your potatoes will ship directly from the grower, please add a separate UPS 2-day charge to your order.



Potato Masher

See page 15



Swivel Peeler

Rugged stainless steel construction and ergonomic handle guard make it a pleasure to mash up your spuds. Great for squash too. Simply won't bend! 10.25 in. long. *—S16469 \$37*

Potato Masher

Beautifully designed and finely crafted from high-quality stainless steel, this handy and exceedingly sharp vegetable peeler cuts in either direction and works equally well for right- or left-handed chefs. Sharpened point opposite the blade is perfect for removing potato eyes. 7.5 in. long *—S18249 \$22*

RHUBARB (CROWNS & SEEDS) *Rheum rhabarbarum* **HP**

Enjoy the satisfaction of your own homegrown rhubarb. Munch it fresh from the garden for a crisp, tangy, energizing kick, or cook it down for that fruity pungency and tartness that is so beloved in sweet pies and sauces. Rhubarb is also a unique way to liven up soups and stews.

VICTORIA

Although it loves consistent moisture and well-drained fertile soil, rhubarb is extremely hardy and vigorous, requiring minimal care once established. The huge-leafed plants can be 3-5 feet wide with 5-6 feet flower stalks. We offer crowns (roots) for a quick start, and seeds as a slower but economical alternative for producing a greater number of plants. Note: Roots and leaves are poisonous and



can be fatal if ingested. △/ ▲ ↔ / ☆ —S21796 (¼ oz. seeds) \$54.05 -S21792 (3 crowns) \$27 -S21793 (9 crowns) \$63

STRAWBERRIES (CROWNS) Fragaria spp. HP

June bearers produce one large crop in the late spring to early summer. Everbearing varieties produce two crops, one in the spring and one in the fall. Everbearers are not as prolific as June-bearing varieties, but are especially suitable for gardeners who wish to harvest throughout the growing season.

June-Bearing

CHANDLER

Very high-yielding with large, flavorful fruit. Short-day variety widely planted in southern California and the Central Valley during the winter months. Not winter-hardy for northern areas. -S19810 (20 crowns) \$34.25 -S19815 (100 crowns) \$112

Everbearing

ALBION

Produces evenly throughout the summer. Consistently long conical shape and uniform fruit size. Outstanding flavor and beautiful fruit color. Resistance to verticillium wilt and Phytopthera crown rot. -S19814 (20 crowns) \$34.25 -S19819 (100 crowns) \$112



Order anytime: 24/7





AROMAS

Productive variety with large and firm fruit. Berries have bright red color, good sheen, and great flavor. Plant canopy more erect than other varieties to facilitate harvest and aid in pest control. Adaptable to a wide range of environments. —S21000 (20 crowns) \$34.25 -S21001 (100 crowns) \$112

SEASCAPE

Cross between popular varieties Selva and Douglas. High-yielding, with large, flavorful fruit. Adaptable to both northern and southern regions. Good disease-resistance, but mildly susceptible to common leaf spot. —S19813 (20 crowns) \$34.25 —S19818 (100 crowns) \$112



ACON TUBERS



YACON (SEEDLINGS & CROWNS) Polymnia sonchifolia TA

YACON (BOLIVIAN SUNROOT)

HEIRLOOM • VERY RARE A staple of Andean peoples for centuries, but rarely seen in the North. Unique tubers are delightfully sweet and crunchy, reminiscent of jicama or water chestnut. A majestic relative of the sunflower and dahlia families, the plant itself is a star in the garden. Yacon has fuzzy broad leaves that are resistant to most pests and produces 1 in. bright orange flowers in 4-5 months. The tubers are excellent raw, shredded into a salad, or lightly steamed or sautéed. Grows vigorously wherever sunflowers thrive. An early sellout every year, we're pleased to continue offering this fascinating cultivar.

We are also now offering a more economical way of growing yacon. In addition to seedlings, you can now order a reproductive crown piece weighing approximately 1 lb. that produces 6-12 new yacon plants. Place the crown pieces in a pot about 8-10 weeks before your last spring frost, and transplant out when possibility of frost has passed. Detailed instructions provided. 100-120 days

(One seedling yields a plant with up to 15 lbs. of tubers surrounding enough crown material for 5 or more new plants. See page 14 and 56 for shipping information.)

-S14764 (seedling) \$19 -S22158 (~1 lb. crowns) \$45

See eNewsletter 40 at www.seedsofchange.com for Scott Vlaun's "Like Nothing You've Ever Grown (or Tasted)!"





TRANSPLANTING LAVENDER SEEDLINGS WITH OUR JAPANESE HOE. (SEE PAGE 103 FOR MORE GREAT JAPANESE TOOLS.)

Ordering & Shipping

Order now for spring delivery and planting as supplies are limited. We begin shipping onion seedlings in February and all other seedlings in March and April to coincide with last frost dates throughout the country. Please see dates noted for each collection in the descriptions. Visit www.seedsofchange.com for updated delivery information during the season. Plants are sold only in collections as noted. Sorry, no substitutions.

Seedlings are shipped via UPS 2-Day Air, Monday–Wednesday. As seedlings ship directly from our nursery, please add a separate shipping charge. See Order Form (page 56) for shipping costs. Continental U.S. only. Physical address required.



SPECIALLY DESIGNED BOXES ASSURE YOU SEEDLINGS ARRIVE SAFELY FROM OUR NURSERY.

SEEDLING COLLECTIONS (6- & 12-PACKS) Vegetables, Flowers, Herbs

Certified organic seedlings are grown from our own certified organic seed* by a top-quality nursery with years of experience in producing, packing, and shipping vigorous seedlings to help you get a jump-start on the gardening season. Our seedlings also make it easy to raise certain perennial flowers and herbs that are difficult to propagate from seed. (* Some perennials are started from cuttings.)











www.seedsofchange.com

20th Anniversary Founders' Seedlings

Seeds of Change offerings for 20 years, these proven heirloom and traditional varieties originate from Mexico, the Andes, India, and American horticulturalist Luther Burbank.

ACONCAGUA SWEET PEPPER Capsicum annuum (page 86) BURBANK TOMATO Lycopersicon esculentum (page 96) HOLY BASIL Ocimum sanctum (page 39) MARVEL STRIPED TOMATO Lycopersicon esculentum (page 94) PERUVIAN PURPLE CHILE PEPPER Capsicum frutescens (page 85) PURPLE DI MILPA TOMATILLO Physalis ixocarpa (page 93) —S22156 (6-Pack) \$30.50 —S22176 (12-Pack) \$45.75

(Ships April 20th-June 20th)

Basil Diversity Seedlings

Pesto anyone? Try a smorgasbord of basil flavors with these seedlings. Get creative with flavors from cinnamon and sweet to lime and licorice. AROMATTO BASIL Ocimum basilicum (page 39) CINNAMON BASIL Ocimum basilicum (page 39) GENOVESE BASIL Ocimum basilicum (page 39) GREEK BASIL Ocimum basilicum subsp. Minimum (page 39) LEMON BASIL Ocimum basilicum cv. Citriodorum (page 39) SUPER SWEET CHEN Ocimum basilicum (page 40^{3} -S17304 (6-Pack) \$30.50 -S22178 (12-Pack) \$45.75 (Ships April 1st-June 30th)

Culinary Herb Seedlings

Six savory mainstays of European cuisines. Grow indoors in containers for year-round harvest in cold climates.

'ARP' ROSEMARY* Rosmarinus officinalis cv. BERGGARTEN SAGE* Salvia officinalis **ENGLISH THYME*** Thymus vulgaris (page 42) GARDEN CHIVES Allium schoenoprasum (page 40) **GREEK BAY TREE*** Laurus nobilus **GREEK OREGANO** Origanum hirtum (page 42) -S14807 (6-Pack) \$33.50 -S22179 (12-Pack) \$50.25 (Ships March 15th–June 30th)

Lavender Mist Seedlings

Easy-to-grow perennials that provide years of relaxing fragrance in your garden and home. All from cuttings.

ABRIALLII* Lavandula x intermedia EDELWEISS* Lavandula x intermedia GOODWIN CREEK GRAY* Lavandula dentata x lanata GROSSO* Lavandula x intermedia HIDCOTE GIANT* Lavandula x intermedia **OLD ENGLISH*** Lavandula x intermedia -S16150 (6-Pack) \$33.50 -S22177 (12-Pack) \$50.25 (Ships April 1st-June 30th)

Pollinator Attracting Seedlings

An eclectic mix of butterfly attractors with varying colors, architecture, height, and time of bloom.

AFRICAN LION'S TAIL Leonotis leonorus (page 26) CAMBRIDGE SCARLET BEE BALM* Monarda didyma cv. LICORICE MINT (ANISE HYSSOP) Agastache foeniculum (page 45) MEXICAN BUSH SAGE* Salvia leucantha ROYAL RED BUTTERFLY BUSH* Buddlea davidii cv. TEXAS HUMMINGBIRD SAGE Salvia coccinea (page 29) *—S22157 (6-Pack) \$33.50 —S22180 (12-Pack) \$50.25* (Ships April 1st-June 30th)

ALL SEEDLING COLLECTIONS CAN BE ORDERED AS 6- OR 12-PACKS. (12-PACKS OFFER A 25% SAVINGS OVER 6-PACKS)





Six intriguing peppers ranging from mild to super hot. Great for stuffing and roasting, fresh or dried. ANCHO/POBLANO Capsicum annuum (page 84) BOLIVIAN RAINBOW Capsicum frutescens (page 84) CZECH BLACK Capsicum annuum (page 84) HUNGARIAN HOT WAX Capsicum annuum (page 85) NUMEX CONQUISTADOR Capsicum annuum (page 85) RING-O-FIRE CAYENNE Capsicum annuum (page 85) -S14804 (6-Pack) \$30.50 -S22185 (12-Pack) \$45.75 (Ships April 20th–June 20th)

Sweet Pepper Seedlings

A marvelous array of colors, shapes, textures, and flavors. Worlds beyond the standard green bell. CORNO DI TORO Capsicum annuum (page 86) NARDELLO Capsicum annuum (page 87) PURPLE BEAUTY BELL Capsicum annuum (page 87) RED RUFFLED PIMIENTO Capsicum annuum (page 86) SUNRISE ORANGE BELL Capsicum annuum (page 87) TANGERINE PIMIENTO Capsicum annuum (page 86) -S14803 (6-Pack) \$30.50 -S22184 (12-Pack) \$45.75

(Ships April 20th-June 20th)

Farm-Favorite Tomato Seedlings After years of tasting hundreds of tomato varieties, these

six rise to the top for quality and taste. AMANA ORANGE Lycopersicon esculentum (page 94) AMISH PASTE Lycopersicon esculentum (page 94) GREEN ZEBRA Lycopersicon esculentum (page 94) MARTIAN GIANT Lycopersicon esculentum (page 96) **PERON SPRAYLESS** Lycopersicon esculentum (page 97) PRIZE OF THE TRIALS Lycopersicon esculentum (page 93) *—S15148 (6-Pack) \$30.50 —S22182 (12-Pack) \$45.75* (Ships March 10th-June 1st)

Heirloom Tomato Seedlings

Enjoy real tomato flavor passed down by our gardening ancestors who cared about the food they ate. BRANDYWINE Lycopersicon esculentum (page 95) COSTALUTO GENOVESE Lycopersicon esculentum (page 96) PINEAPPLE Lycopersicon esculentum (page 95) RED CALABASH Lycopersicon esculentum (page 97) TIGERELLA Lycopersicon esculentum (page 95) ZAPOTEC PLEATED Lycopersicon esculentum (page 95) —S14752 (6-Pack) \$30.50 —S22181 (12-Pack) \$45.75 (Ships March 10th-June 1st)

Top-Seller Tomato Seedlings

It's no mystery why these are perennial favorites with our customers: simply great taste and reliability! **ARKANSAS TRAVELER** *Lycopersicon esculentum (page 95)* CHADWICK CHERRY Lycopersicon esculentum (page 93) CHEROKEE PURPLE Lycopersicon esculentum (page 95) **STUPICE** Lycopersicon esculentum (page 97) WISCONSIN 55 Lycopersicon esculentum (page 97) YELLOW PEAR Lycopersicon esculentum (page 93) *—S14802 (6-Pack) \$30.50 —S22183 (12-Pack) \$45.75* (Ships March 10th-June 1st)













Gourmet Onion Seedlings Allium cepa

Onions are one of the great staple foods of cultures throughout the world. These select gourmet varieties are rarely (if ever) found in the marketplace. Far more productive than growing from onion sets.

(Minimum 80 seedlinas each for the 6-Pack and 160 for the 12-Pack.)

Newburg

SEEDS OF CHANGE ORIGINAL • RARE 3–4 inch, round, yellow bulbs. Spicy flavor and excellent keeper.

—*S16156* (*6-Pack*) \$30.50 -S22214 (12-Pack) \$45.75 (Ships February 1st–April 15th)

Rossa Di Milano RARF

3-4 inch glossy red bulbs. This mildly spicy Italian heirloom stores well.

—S16151 (6-Pack) \$30.50 -S22215(12-Pack) \$45.75 (Ships February 1st–April 15th)

Valencia

4–6 inch, round, light-yellow bulbs. Mild, slightly spicy flavor and moderate keeper.

—S16878 (6-Pack) \$30.50 -S22216 (12-Pack) \$45.75 (Ships February 1st–April 15th)

(See page 82–83 for variety information.)



Getting Started



Efficient High-Output Fluorescent (HOF) Lights

HOF lights emit approximately 3 times the amount of light as standard fluorescent bulbs and operate quietly. 9-bend reflector is of 95% reflective aluminum and increases light intensity 300%. Sleek profile looks great. Cool operation means lights can be hung 8-12 inches from plants for maximum effectiveness. All systems come with a mix of warm and cool bulbs for allpurpose, full-spectrum lighting. (See website for replacement bulbs.)

2x2 High-Output Fluorescent Light Two-foot-long fixture is perfect for a single flat of seedlings. Includes one "cool" 6,500 Kelvin bulb and one "warm" 3,000 Kelvin bulb.

-S18180 System with two 2-foot bulbs \$124 4x2 High-Output Fluorescent Light Four-foot-long fixture will light two standard flats of seedlings. Includes one "cool" 6,500 Kelvin bulb and one "warm" 3,000 Kelvin bulb. -S18176 System with two 4-foot bulbs \$184

4x4 High-Output Fluorescent Light Four-foot-long fixture will light four standard flats of seedlings. Includes two "cool" 6,500 Kelvin bulbs and two "warm" 3,000 Kelvin bulbs.

-S18185 System with four 4-foot bulbs \$299.95



Seedling Heat Mat

Maintaining adequate soil temperature is important for successful germination of seeds. These mats will warm the rooting area 10-20°F over ambient temperature. Helpful seed-starting information is printed on the mat. For more precise control, use the Heat Mat Thermostat in the next column.

-S14821 10 in. x 20 in. \$35 -S14731 20 in. x 20 in. \$56

-S16670 20 in. x 48 in. \$92

Levitate Your Lights Raise and lower your lights in seconds with these ingenious

devices. Tensioners adjust depending on the weight of your fixture so you simply grasp the light and raise to tend plants, then lower for maximum light intensity. No clanking chains or unwieldy cords. (22 lb. max./pair)

-S16819 Light Hangers, set of two \$25.95

Adjustable 3-Foot Light Stand

Simplify indoor seed-starting by bringing light to your plants instead of plants to your light. This powder-coated, 16-gauge-steel light stand is easy

to assemble and eliminates the need for a homerigged hanging system. Included Light Hangers (above) make for easy raising and lowering. Great for high-output fluorescent fixtures, or for highintensity discharge lighting with available extension.

-S18244 \$109.95 -S18214 24 in. Extension \$39

Renewable Growing Medium

We've searched for a high quality, renewable alternative to peat moss, and **GROWCOIR** is it. Produced from coconut fiber, GROW COIR has an exceptional

balance of moisture retention, aeration, low-salt content, and balanced pH. Our Research Farm trials have found it to be a great alternative to peat moss in seed-starting and potting mixes when combined with sand, perlite, and compost. It can also be mixed 50/50 with perlite. Do not use alone for seed-starting. A great companion for Earth Juice. The 14 lb. bale measures 21 x 17 x 3 in. and makes 50 -70 qt.

-S15807 Briquette \$7 -S15810 Bale \$17.25

Soil Scoop

From potting, to planting, to weeding, one of the handiest tools you'll ever own. Serrated sides, pointed tip, sturdy wooden handle. 6 in. long, 3 in. wide. -S15828 Soil Scoop \$20

Heat Mat Thermostat

Where temperatures fluctuate widely, the Heat Mat Thermostat helps maintain the optimum temperatures recommended for certain crops. Easy plug-in operation to the Seedling Heat Mat. Illuminated indicator light. *—S14829 \$54*

www.seedsofchange.com

Heat Mat



SEE ECO-FRIENDLY SEED STARTING PAGE 75 NEW! SOIL BLOCKE

New! SOIL BLOCKERS



Germination Stations

Seeds need heat and moisture to successfully germinate. The Germination Station helps control both temperature and humidity. Includes a Seedling Heat Mat to provide gentle warmth to the planting bed while the clear dome retains moisture and holds in heat. System includes UL-listed, 17 watt, 120-volt waterproof heat mat, a 2.5 in. tall humidity dome, and an 11 x 22 in. watertight base tray with 72-cell seedling insert. Perfect companion for our Earth Plugs!

-S16652 Germination Station \$40.25

Tall Germination Station Same setup but with a spacious 6-in.-tall humidity dome for taller plants. -S16659 \$49.95

Travs & Plugs

Seed-starting is easier than ever with our Earth Plugs formed from composted bark fiber inoculated with beneficial microorganisms. Composted bark fiber contains natural rooting hormones while microorganisms colonize young roots, enhancing nutrient uptake and increasing disease resistance. —S16825 50-Cell Tray with Plugs \$21 —S16820 Bag of 25 Plugs \$10



New! Seeds of Change Row Markers

Keep track of the diversity in your garden with our new wooden row markers featuring the Seed of Life mandala, an ancient symbol of fertility and life. Pack of 10. -S22087 1¹/4 x 12 in. \$2.95





Plant Markers Organic gardens thrive on diversity. Keep track of all your seedling flats and pots with our biodegradeable wooden plant markers, Easy to write on with a pen, pencil or marker. Pack of 24.

Roll Your Own!

With our solid Maple Pot Maker, it's easy and fun to create an endless supply of 21/2 in. starter pots from old newspapers. An eco-conscious alternative to plastic or peat, they can be put right in the ground at transplanting time. We easily made over a hundred in an hour.

-S21750 6 in. \$3

-S14924 Maple Pot Maker \$19



Handheld Seeder

Evenly broadcast cover crops and grains with this adjustable handheld crank seeder. 110 in. capacity, high-impact polyscoop hopper, easy-pull trigger, on/off control, infinite-setting flow

control, and ergonomic grip handle make this the ideal tool for small-scale spreading applications. -S17202 Handheld Seeder \$18



Woodframe Greenhouses

Increase your garden's productivity and enhance your lifestyle with our attractive and functional woodframe greenhouses. You'll get growing earlier and be able to overwinter plants. Our greenhouses are made from rot-resistant redwood, sustainably harvested from privately held second-growth forests, combined with impact- and UV-resistant,

insulated polycarbonate panels. The frames are held together with zinc-coated steel connectors. Kits are easy to assemble with simple tools. Each kit comes with automatic vent openers and a rot-resistant base. Create a warm and inviting space to experience the pleasure of year-round gardening or to simply relax among your plants with a cup of fresh herbal tea and a copy of *Four Season Harvest*. Please visit www.seedsofchange.com for more Woodframe Greenhouse sizes and

-S15840 8x16 Greenhouse \$4,129

Bench Kits.

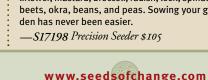
- -S16201 8x16 Work Bench Kit \$299
- -S15849 6x8 Greenhouse \$1,798
- -S16195 6x8 Work Bench Kit \$115

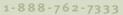
(\$200 additional shipping charge applies to greenhouses, \$10 to work bench kit. Ships separately, freight only, allow 2-3 weeks for delivery.)

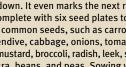


Precision Seeder

The Precision Seeder tames those long rows. This time-tested tool is a favorite of market gardeners and small farmers and is perfect for those of us with large gardens. Saves time, and saves your back too. This one tool furrows the soil, spaces and plants the seeds, covers them with soil, and gently packs it down. It even marks the next row. Comes complete with six seed plates to plant the most common seeds, such as carrot, corn, lettuce, endive, cabbage, onions, tomatoes, cauliflower, mustard, broccoli, radish, leek, spinach, beets, okra, beans, and peas. Sowing your gar-









8 X 16 GREENHOUSE





Heavy Duty Tool Organizer

Eliminate clutter in your greenhouse, garage, or potting shed with this handy tool organizer. Heavy-duty brass grommets are spaced every 16 inches to make for easy mounting on most walls. Eight 30-inch-deep pockets are great for long-handled hoes, forks, and rakes while eight shorter pockets are perfect for hand tools. Various straps make it easy to hang ropes, cords, and tool belts. (Fits perfectly in our Woodframe Greenhouses.) —S16758 \$39.95



SEEDS of CHANGE 2009 FLOWERS



POLLINATOR ATTRACTING COLLECTION T IS THE INTIMATE AND INTERDEPENDENT RELATIONSH BETWEEN PLANTS AND POLLINATORS THAT WE OWE OUR HARVESTS OF FRUITS AND SEEDS TO. ONE PACK EACH OF SWEET ALYSSUM, AMMI VISNAGA, ASCLEPIAS SOULMATE PURPLE QUEEN CLEOME, TALL FERNLEAF FIDDLENECK, KISS-ME-OVER-THE-GARDEN-GATE, AFRICAN LION'S TAIL, HORMINUM AND TEXAS HUMMINGBIRD SAGE. (SAVE 20% OVER INDIVIDUAL PACKS.) -S15176 \$25.79

Y	TA	Tender Annual	0	Drought Tol
	HA	Hardy Annual		Moderate W
	HВ	Hardy Biennial		Frequent Wa
	ΤР	Tender Perennial		
	ΗP	Hardy Perennial	ų.	Full Sun
	R	Reseeding	÷.	Partial Shade
	~	App.SeedCount	0	Founding Se

Conservationist and agriculturalist Howard-Yana Shapiro joined Seeds of Change as Vice President for Agriculture

in 1991 when he moved to ancient farmland on the Rio Grande north of Santa Fe, the current site of our Research Farm and Gardens. A driving force in the development of our seed growers network and co-author of the seminal Gardening for the Future of the Earth Howard helped launch Seeds of Change Organic Foods, and in 2007 received the Lifetime Achievement Award from the Organic **Trade Association.**

Katharine Kagel has been delighting Santa Feans since 1979 with her organic cuisine from New and old Mexico at the James Beard Foundation Award-winning Cafe Pasqual's. As chef and owner, Katharine cultivates her passion for local ingredients and fresh flavors in her home garden using dozens of Seeds of Change varieties.







BLUE BOUOUET AGERATUM AGROSTEMMA

AGERATUM, BLUE BOUQUET

Ageratum houstonianum 20-24 in. HA Clusters of soft, purplish blue blooms lend an airy appearance to fresh or dried floral bouquets. (80–90 days) △ _ S16599 pack (~100 seeds) \$3.69 _ S20774 bulk (~1,000 seeds) \$9

AGROSTEMMA

Agrostemma githago 2-3 ft. HA/R Native to the Mediterranean region, these graceful flowers thrive in full sun and require only limited water and average soil. Lovely cut flower with 1-2 in. blooms. (75-80 days) (-S11017 pack (-150 seeds) \$3.69

ALYSSUM, WHITE SWEET

Lobularia maritima 3-6 in. HA Pure white, honey-scented blossoms attract hoverflies and many other beneficials throughout the summer and fall. A garden favorite that thrives in both cool and hot weather. Ideal ground cover and edging. (50-60 days) (~150 seeds)\$3.69



AMARANTH TA/R

One of the easiest to grow and most fascinating genera of flowers for its rich palette of colors and fantastic flower forms. Let a few go to seed and they'll become reliable old friends in the garden to everyone's delight.

AMARANTH, COCKSCOMB MIX

Celosia cristata 1-2 ft. Mix of velvety-crested combs and plumes in intense crimsons, reds, and oranges. A long-lasting cut flower that also dries beautifully. (70-80 days) 0/00 - S10879 pack (~150 seeds) \$3.29

AMARANTH, ELEPHANT HEAD

HEIRLOOM Amaranthus gangeticus 3-5 ft. Large, deep-red blooms evoke images of elephants' trunks reaching to the sky. This stunning, unusual flower survives today thanks to German immigrants and the venerable seed collector Frances Hoffman. (70-80 days) 👌 / 🍐 🔅 -S10705 pack (~150 seeds) \$3.69 -S20777 1/8 oz. (~4,500 seeds) \$5

AMARANTH, HOPI RED DYE

Amaranthus cruentus x. A. powellii 4-6 ft. Used by the Hopis as a ceremonial food dye to produce red cornbread. Young plants make nutritious steamed greens. Seeds are ground into a high protein, gluten-free flour. (70 days to flower, 110 days to seed) 0/40 -S13444 pack (~400 seeds) \$3.29 -S14903 1/8 oz. (~32,000 seeds) \$13

AMARANTH, LOVE-LIES-BLEEDING

Amaranthus caudatus 4-5 ft. Called "Flower Gentle" by Culpepper, this unique and alluring amaranth forms a cascade of lavish, draping plumes. Stunning in bouquets. (60-70 days) 0/40 -S11086 pack (~150 seeds) \$3.69 - S20780 1/8 oz. (~6,500 seeds) \$7



Order anytime: 24/7



20

Felco 2 Pruners

Unchanged for over 40 years, this is the original Felco bypass pruner. The eplaceable blade, with softwire cutting notch, is precisely paired with a sap-grooved anvil. The hardened locking nut assures exact adjustment. Works smoothly and closes softly. -S12320 Felco 2 \$59.95 -S12319 Felco Holster \$15 -S12340 Replacement Blades \$13.95

Felco 13 Pruners

Extra leverage makes this the ideal tool for performing a multiplicity of tasks. Thick, woody stalks of sunflowers and sorghum are no match for this workhorse. Our preferred tool for pruning apricot, peach, and pear trees. With its longer handles, the "13" serves many of the functions of a small lopper while still fitting neatly in the hand and conveniently into the Felco holster. The favorite pruner on our Research Farm. —*S12336 \$69.95*

New! Deluxe Stainless Bypass Pruner

An economical and attractive alternative in durable stainless steel with hardwood handles. Well-crafted for years of regular use in the home garden. Easily prunes up to ¹/₂-inch-diameter stock.

-S22112 \$23.80

New! Felco Sharpening Tool

Specifically designed for maintaining a keen edge on pruners, This diamond-coated steel plaque is also great for knives, loppers and anywhere a razor-sharp edge is needed. -S22102 \$25.95



COCKSCOMB MI





HOPI RED DYE



LOVE-LIES-BLEEDING







BELLS OF IRELAND

AMMI VISNAGA WHITE SPRAY

Ammi visnaga 3-4 ft. HA Lacey, white flowers on tall, strong, branching stalks make a lovely filler for flower bouquets. Best fall-planted in mild climates or early spring in zone 6 or cooler. (110–120 days) -S17188 pack (~150 seeds) \$3.69 -S20783 1/8 oz. (~3,200 seeds) \$7

ASTER, GIANT PRINCESS

Callistephus chinensis 2-3 ft. HA Exceptionally long-lasting and elegant cut flower. Blooms exuberantly even after light frosts. (75-85

BACHELOR BUTTONS

HEIRLOOM Centaurea cyanus 2-3 ft. HA/R Also known as Cornflower, they have been called "boutonnière flower" for their ability to hold up well in a button hole for a night on the town. Prolific bloomers and a great cut flower, fresh or dried. (80-90 days) pack (~100 seeds) \$3.69 —S15785 1 oz. (~6,000 seeds) \$17

BALSAM, GARDEN

MEDICINAL Impatiens balsamina 2-3 ft. TA/R Adorned with everbearing flowers, this plant asks little, but delivers a lot of color and joy to the garden. Blooms steadily from early summer to first frost. (70-80 days) 4 -50 seeds) \$3.69

BELLS OF IRELAND

Moluccella laevis 2-3 ft. HA An aromatic, old-fashioned favorite that adds striking contrast in the garden and is captivating either cut or dried. Prefers cooler climates. (95-105 days) (~50 seeds) \$3.69

BROOM CORN, HUNGARIAN

Sorghum bicolor var. *technicum* **5-6 ft. TA** Lovely sprays of broom-like tops fill with red seeds at maturity. Tie several together for a terrific broom. Great in dried flower arrangements. Broom corn is an excellent forage

CALENDULA

Calendula officinalis HA/R

With a soothing scent and silky softness, these sturdy annuals have been used in salves since the early 1600s. Blooms prolifically from midsummer to late autumn, withstanding all but the heaviest frosts. Makes an excellent cut flower. Edible petals add interesting color to salads. Start inside for the earliest blooms in cold climates, but grows fine direct-seeded.

CLASSIC

TRADITIONAL • MEDICINAL 18-24 in. A well-loved and reliable favorite for generations. (85–95 days) 4 — S10693 pack (~100 seeds) \$3.29

FLASHBACK

12-18 in. A stunning border plant, named for the unusual rusty-redpurple color on the backside of semidouble petals. A favorite at our Research Farm and trial gardens. (85–95 days) 😂 —S15712 pack (~100 seeds) \$3.29

KABLOUNA MIX

MEDICINAL 18-24 in. Lovely mix of gold, orange, and lemon poly-petaled blooms. (85-95 days) 4 - S11015 pack (-100 seeds) \$3.29

ORANGE ZINGER

MEDICINAL 18-24 in. Vibrant color and long stems are ideal for arrangements. Rich aroma and high resin content work well for tinc--S15211 1 oz. (~1,500 seeds) \$16.25

PACIFIC BEAUTY

MEDICINAL 12-18 in. Sun-loving beauty in pale yellow to golden-orange. (85–90 days) 🔆 —*S10999 pack (~100 seeds) \$3.29*

RED SPLASH

MEDICINAL 12-18 in. A diverse, uniquely colored collection of lovely doublepetaled blooms with red backs and burnt-orange tips. Continues blooming into autumn. (85–90 days) 🛆 — S11060 pack (~100 seeds) \$3.29

ZEOLIGHTS

2-3 ft. Developed by master plant breeder Frank Morton. Great for a kitchen-garden border and compact enough for container gardens. Easy to grow. Use in salves and creams for healthy skin. (85–95 days) -S17441 pack (~100 seeds) \$3.69 -S18036 1 oz. (~2,200 seeds) \$21





FLASHBACK

www.seedsofchange.com



1-888-762-7333



CAMPION, SKY PINK

Silene coelirosa 6-9 in. HA Also known as the Rose of Heaven, this lowgrowing plant displays bundles of charming flowers all summer long.

CANDYTUFT, WHITE PINNACLE

Iberis amara 16-20 in. HA This charming plant is perfect for the edges of gardens and rocky areas, as it is quite drought-tolerant. It yields tight clusters of fragrant, white flowers that can be used in floral arrangements. (75–90 days) (-100 seeds) \$3.99





WHITE PINNACLE CANDYTU

CELOSIA

Celosia cristata (unless noted) TA/R Celosia produces dramatic blooms of either feathery plumes or crested combs with brilliant shades of red, burgundy, pink, yellow, and orange. These upright annuals are heat- and somewhat drought-tolerant. Superb as cut flowers, fresh or dried, or simply enjoyed as a mass planting.

BURGUNDY SUPERCREST

2-3 ft. Beautifully intricate coral-like blooms on tall, sturdy stems. A great cut flower, fresh or dried. Easy to grow. (60-70 days) A/AÖ -S14346 pack (~100 seeds) \$3.29

ORANGE TEMPLE BELLS

2-3 ft. Fantastically crested, 6-8 in., velvety, coral-orange cockscombs. Makes a nice cut flower, fresh or dried. (90–120 days) $\Diamond / \Diamond \Diamond$ -S14293 pack (~100 seeds) \$3.69 -S15769 1/8 oz. (~4,500 seeds) \$24

RED FLAME

2-3 ft. Scarlet leaves distinguish this beautiful cockscomb variety from other red celosias and give it the appearance of a torch with flames emerging from the sides. Great cut flower, fresh or dried. -S20788 1/8 oz. (~3,500 seeds) \$24

SCARLET FIRE

RARE C. plumosa 2-3 ft. Unusual variety with flattened, grooved stems and long-lasting plumes, many with small cockscombs. (80-90 days)

CLEOME, PURPLE QUEEN (SPIDER PLANT)

Cleome hasslerana 4-6 ft. Loved by bees and hummingbirds. Multiple branches yield delicate whorls of pale-pink-to-purple stamens. Cold stratify for 14-30 days and then surface sow. (70-80 days) -S11061 pack (~150 seeds) \$3.29

COREOPSIS, BOUQUET MAGIC MIX

Coreopsis tinctoria 3-4 ft. HA/R A marvelous mix with a wide range of petal forms and colors. Open and airy with elegant, long stems. Attractive in bouquets. Drought-resistant and a prolific bloomer from midsummer to midfall. (85–95 days) (- S13419 pack (~150 seeds) \$3.29

COREOPSIS, MAROON

Coreopsis tinctoria 12-18 in. HA/R Unusual for its intense maroon-red single blooms. Produces 2-3 daisy-like flowers on slender, elegant stems. Young buds have an echinacea flavor. (80-90 days) (~150 seeds) \$3.69

Order anytime: 24/7



GUNDY SUPERCREST CELOSIA



ORANGE TEMPLE BELLS CELOS





RED FLAME CELOSIA

SCARLET FIRE CELOSIA



PURPLE QUEEN CLEOME



BOUOUET MAGIC COREOPSIS

MAROON COREOPSI



BRIGHT LIGHTS COSMOS





MIXED SEASHELL COSMOS

PICOTEE COSMOS





SUNRISE COSMOS

YELLOW GARDEN COSMOS

Cosmos Cosmos bipinnatus (unless noted) HA/R

From the Greek word kosmos, meaning "harmony," this favorite is vigorous and easy to grow. Pinch back the central bud to encourage long side shoots for cut flowers. Usually direct-seeded, but can be started indoors for earlier blossoms. Flowers grace the garden from midsummer through a few light frosts.

BRIGHT LIGHTS

C. sulphureus 3-4 ft. Sunset orange, semidouble flowers with an occasional burnt-red color. Profuse, early bloomer. (70-80 days) -S14508 pack (~150 seeds) \$3.69 -S20795 pack (~425 seeds) \$8.50

MIXED SEASHELL

C. bipinnatus var. cosmicos 4-5 ft. Bushy plants loaded with exquisite, tubular-petaled pastel blooms. (80-90 days) (~150 seeds) \$3.69

PICOTEE

RARE 4-6 ft. Selected by Bill Mollison and Howard Shapiro from a Tasmanian variety. White flowers with distinctive rosy-red edging. A sensational backdrop. (80–90 days) 🖧 —S11121 ¼ oz. (~150 seeds) \$3.69 -S20801 ¹/8 oz. (~425 seeds) \$7.25

SUNRISE

C. sulphureus 4-6 ft. Like a sunrise glow, this fiery cut flower has beautiful frilly foliage. (75-85 days) 4 -S10884 pack (~150 seeds) \$3.29

YELLOW GARDEN

4-6 ft. Uniquely sublime cosmos with partially tubed, 2-3 in. flowers. Late bloomer. Start indoors in short-season areas. (100-110 days) -S14534 pack (~150 seeds) \$3.29 -S20798 1/8 oz. (~525 seeds) \$8.50



DAHLIA, MIXED GIANT

Dahlia hortensis 3-4 ft. HA/TP These giants provide a delightful abundance of color and form. Blooms the first year if started early indoors. Dig up tubers in the fall for planting in spring. Perennial in zones 8–10. (110–120 days) △/♠☆ —S10708 pack (~150 seeds) \$3.69 (limited quantities)

DAHLIA, UNWINS MIX

Dahlia hortensis 2-3 ft. HA/TP Gorgeous in bouquets and generous garden patches. Single to semidouble flowers in lovely hues from pale to vi-(~150 seeds) \$3.69

DAISY

The Shasta Daisy is often the image that comes to mind when we think of a daisy flower. The word "daisy," however, is a rather generic term encompassing the entire Aster family, which is the largest family of dicotyledonous plants with at least 1,300 genera and 22,000 species. This includes sunflowers, marigolds, calendulas, zinnias, asters, lettuces, chicories, thistles, and many other lesser known tribes.

SOUTH AFRICAN PEARL

Arctotis grandis 2-3 ft. tall, 2-3 in. blooms TA A shining pearl in the garden. Silvery petals kissed with a purple blush, soft, graygreen foliage, and long stems make this a great cut flower. A close relative of Zulu Prince Daisy, but with a softer touch. (70–80

ZULU PRINCE

Venidium fastuosum var. alba 18-24 in. HA One of our favorite flowers, Zulu Prince is a delight for the eves and the imagination. Opens in the day, closes at night. Easy to grow, thrives in drought. Stunning and dynamic in a bouquet. (80-90 days) (/ 4: -511002 pack (~150 seeds) \$3.69



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ECHIUM (VIPERS BUGLOSS) HEIRLOOM • MEDICINAL Echium vulgare 18-24 in. HA/R Eye-catching border plant blooms all summer and fall. Splendid bushy herb yields pastel-hued flowers of pink, white, and purple. Used for centuries as a folk cure for fevers and inflammation. Cold stratify 7-14 days. (Invasive, cannot be sold in WA) (55-70 days) ()/ -S11102 pack (~100 seeds) \$3.69

EUPHORBIA KILIMANJARO

Euphorbia marginata 20-28 in. HA Also known as "Snow on the Mountain," this lovely euphorbia is grown for its unique, graygreen foliage with white margins. Long-lived as a cut flower. Exercise care in handling as sap can irritate skin. Droughttolerant. (110–120 days)

EVENING STOCK

Matthiola bicornis 1-2 ft. HA Diminutive flowers open in the evening and fill the air with a heady, intoxicating fragrance. (80-90 days) △/▲○ -S11124 pack (~150 seeds) \$3.29



FOUR O'CLOCK MIX

FIDDLENECK, TALL FERNLEAF (BEE PLANT) Phacelia tanacetifolia 2-3 ft. TA This unique flower is highly attractive to bees and hoverflies, inviting pollinators and beneficial insects to the garden. Soft, lavender-blue flowers open in an unfolding curl that is beautiful and fun to watch. A California native wildflower, it thrives in moist, well drained soil in cooler conditions. Best direct-seeded. (75–85 days) △/▲☆/☆ —S16641 pack (~100 seeds) \$3.29

FLAX, SCARLET

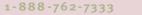
Linum grandiflorum var. rubrum 12-15 in. HA Vigorous and easy to grow. Striking blooms all summer and well into autumn. Grow a generous amount for the best effect. (60-70 days) A: -S14538 pack (~100 seeds) \$3.29

FOUR O'CLOCK MIX (MARVEL OF PERU)

HEIRLOOM • MEDICINAL Mirabilis jalapa 2-3 ft. HA/R or TP Sturdy bushes have heart-shaped leaves and multi-hued blooms that open in midafternoon until morning. Root is traditionally used as a powerful purgative. Perennial in the tropics. (70–80 days) -S15003 pack (~30 seeds) \$3.29



BEAUTY SPIRE MIX







USS-ME-OVER-THE-GARDEN-GAT

KISS-ME-OVER-THE-GARDEN-GATE

Polygonum orientale 5-10 ft. HA/R Bamboo-like stems and 4-5 in.long, drooping clusters of fuchsia-pink flowers make an excellent summer hedge. Lures beneficial pollinators such as bees, wasps, and flies. Flowers from midsummer until frost. Cold stratify 60 days. (70-85 days) (70-85 days) (70-85 days) (70-85 days) (70-85 days)

LARKSPUR

Delphinium consolida (unless noted) HA/R

A member of the buttercup family. Native to southern Europe and the Mediterranean, larkspurs are a reliable cottage garden favorite. They are beautiful in borders and mass plantings and also make a fine cut flower. Enrich soil well for the best blooms and deadhead regularly to prolong flowering.

BEAUTY SPIRE MIX

Consolida ambigua 2-3 ft. HA/R Easy-to-grow and reliable bloomer with a delightful mix of flowers in deep blue, white, and shades of pink. Lovely throughout the summer and fall. (70–80 days) -S14541 pack (~150 seeds) \$3.69 -S20807 1/8 oz. (~1,200 seeds) \$7.05

BLUE DOUBLE

3 ft. Rich deep-blue, fully doubled flowers are beautiful in bouquets fresh or dried. (70-80 days) -S20810 1/8 oz. (~1,200 seeds) \$7.05

BLUE ORCHID

Excellent cut flower with tall spikes of deep-blue flowers lasting up to seven days. (70-80 days)

CARMINE DOUBLE

3 ft. Our favorite larkspur in 2005 due to its dark pink to salmon color. (70-80 days) (-150 seeds) \$3.69

LILAC DOUBLE (See New Introductions, page 5) **ROSE DOUBLE** (See New Introductions, page 5)





BLUE DOUBLE



BLUE ORCHID







SILVER CUP LAVATERA AFRICAN LION'S TAIL

LAVATERA, SILVER CUP Lavatera trimestris 2-3 ft. HA A riot of luscious 3 in. blooms from midsummer to frost. A breath of fresh air for the garden or bouquet. (80-

LION'S TAIL, AFRICAN

RARE Leonotis leonurus 5-10 ft. TA/ TP Whorled showy flowers on tall, upright spikes. Seed heads are striking in dried arrangements. Perennial

LUPINE, MOUNTAIN BLUE

Lupinus pilosus 16-24 in. HA Enchanting spikes of deep purplish blue and white flowers on unique felt-covered foliage. Spectacular as a mass planting. Scarify, then warm soak 24 hours before planting. (80-90 days) 😂 —S14149 pack (~30 seeds) \$3.99









DOUBLE PINWHEEL MIX





NEMATOCIDAI

PESCHE'S GOLD

MARIGOLDS

Tagetes patula (unless noted) HA An easy-to-grow garden mainstay for generations. Marigolds have aromatic foliage and a wide range of plant architecture, flower shapes, sizes, patterns, and colors from the palest yellow, to blazing orange and rich maroon. Perfect for borders, containers, or mass plantings. Interplanted with vegetables, marigolds repel many insect pests.

AFRICAN

T. erecta 3-4 ft. A prolific bloomer, with yellow, orange, and gold -S20816 1/8 oz. (~750 seeds) \$7.55

BUTTER AND EGGS

SEEDS OF CHANGE ORIGINAL • RARE 2-3 ft. A favorite from our breeding program with soft, delicate 11/2 in. flowers. (80-90 days) pack (~100 seeds) \$3.29

CEMPOALXOCHITL

TRADITIONAL T. erecta 4-5 ft. This species (pronounced zem-pul-so-cheetul) originated in Oaxaca, Mexico, where the marigold is honored on The Day of the Dead. Hundreds of brilliant orange flowers with a richly in-

DOUBLE PINWHEEL MIX

SEEDS OF CHANGE ORIGINAL 3-4 ft. A unique medley of intense colors, fantastic patterns, and novel variations. (80-90 days) *—S10617 pack (~100 seeds) \$3.29*

FRANCES' CHOICE (See New Introductions, page 5)

FRENCH BROCADE

12-18 in. The classic brocade variety. Early, prolific and continuous 1–2 in. flowers include golden-yellow, burnt-orange with yellow margins, and reddish orange with distinctive red accents. (60-70 days) -S10713 pack (~100 seeds) \$3.69 -S20855 1/8 oz. (~750 seeds) \$7.55

LEMON GEM

T. tenuifolia 6-9 in. Dwarf variety with lacy foliage and tight clusters of edible flowers. Adds zest to a green salad. Excellent border plant, blooming profusely from midsummer until the first hard fall frosts. (60–70 days) 🔆 —S14543 pack (~100 seeds) \$3.69

MOONLIGHT

SEEDS OF CHANGE ORIGINAL 2-3 ft. Selected by Alan Kapuler, these lacy flowers are especially delightful illuminated by the full moon. (80-

NEMATOCIDAL

RARE T. minuta 7-10 ft. HA/R When planted as a cover crop and tilled into the soil, this marigold will effectively deter harmful nematodes. Rich fragrance and diminutive flowers attract many beneficials. (Invasive, cannot be sold in HI) (105-120 days) (~100 seeds) \$3.29

PESCHE'S GOLD

SEEDS OF CHANGE ORIGINAL 2-3 ft. Bright, striking mixture of golden orange and bright yellow. Selected by Howard Shapiro. (80–90 days) △○ —S10786 pack (~100 seeds) \$3.29

PINWHEEL

HEIRLOOM 2-3 ft. This classic dates back to Curtis' Botanical Magazine of 1791. (80–90 days) 🖧 —S11004 pack (~100 seeds) \$3.29

RED METAMORPH

2-3 ft. A stunning selection by Alan Kapular from the Double Pinwheel lineage. Deep-red petals accentuated by burnt-orange underpetals and orange centers made this our favorite marigold on the Research Farm in 2005. A long-season but valuable contribution to a flower garden or as a complement to a vegetable garden. (75-85 days) -S17181 pack (~100 seeds) \$3.69 -S21817 1/8 oz. (~750 seeds) \$7.55

1-888-762-7333

SPARKLER DOUBLE

3-4 ft. A big bushy plant that produces radiant 2-3 in. marooncolored double flowers with fiery orange tips on the petals. Bred by Seeds of Change co-founder Alan Kapuler. (80–90 days) -S21048 pack (~100 seeds) \$3.69

TANGERINE GEM

T. tenuifolia 6-9 in. Profuse, diminutive, bright orange blooms throughout the summer. Arranged with bachelor buttons, makes a lovely cut flower. Edible blooms make a nice garnish or a colorful ad-





RED METAMORPH MARIGOLD



TANGERINE GEM MARIGO

SPARKLER DOUBLE MARIGOLD

MILLET, FOXTAIL WHITE WONDER

HEIRLOOM Setaria italica 4-5 ft. TA As handsome in the garden as in a bouquet. Seed-packed tops are coveted by the birds. (60–70 days) △/△○ —S11115 pack (~150 seeds) \$3.29

MORNING GLORY, GRANDPA OTT'S

Ipomoea tricolor 6-15 ft. TA Classic variety with rich deep-purple blooms and glowing pink throats. Brought to the U.S. from Bavaria by Diane Whealy's (of Seed Savers Exchange) grandfather John Ott. (85-95 days) 4 - S14977 pack (~50 seeds) \$3.29

MORNING GLORY, HEAVENLY BLUE

Ipomea tricolor 8-15 ft. TA Brightens up the morning with "heavenly" delicate blooms and attractive heart-shaped leaves. (80–90 days) 🕁 🔅 -S10791 pack (~50 seeds) \$3.29



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AZTEC NICOTIANA

NASTURTIUM, MAHOGANY (See New Introductions, page 5) NASTURTIUM, MIX

Tropaeolum majus 12-16 in. TA Spicy edible flowers in various shades of orange, yellow, peach, and cream, several with variegated or dark orange throats. Prefers cool, mild conditions. (55-65 days) -S15930 pack (~50 seeds) \$3.69

NICOTIANA, AZTEC (JASMINE-SCENTED)

Nicotiana alata 3-4 ft. TA Intoxicatingly fragrant from dusk 'til dawn. Used as a trap crop for potato beetles. (80–85 days) 🌢 / 🌢 🌣 -S10719 pack (~150 seeds) \$3.29

NICOTIANA, SYLVESTRIS

Nicotiana sylvestris 4-5 ft. TA Lush, leafy plant terminates in a cluster of pendulous white blooms. Heady fragrance attracts hummingbirds and delights the nose. (80–85 days) Δ/Δ -S11054 pack (~150 seeds) \$3.29



CURIOSITY NIGELLA

LOVE-IN-A-MIST NIGELLA

NIGELLA, CURIOSITY (HISPANICA) *Nigella hispanica* **18-24 in. HA/R** Delicate bracts below the petals, and a spray of stamens above, make this one of the most popular flowers in our gardens. Great in bouquets. (90–100 days) (~100 seeds) \$3.69

NIGELLA, LOVE-IN-A-MIST

Nigella damascena 18-24 in. HA/R (Devil-in-the-Bush) Pleasing blue flowers sit atop a feathery, fine-leafed, fast-growing plant. Flowers are followed by a papery-textured, inflated seed pod which lends airiness to a dried flower bouquet. (90-100 days) -S10888 pack (~150 seeds) \$3.69 -S20819 1/8 oz. (~1,250 seeds) \$6











CORNELEL D RODRY

CALIFORNIA MIX POPPY



HUNGARIAN BLUE BREAD SEED POPPY



ICELAND POPPY

WHITE PESHWAR POPPY

PHLOX, BEAUTY MIX

Phlox drummondii 12-18 in. HA Fine border or bedding plant with a subtle sweet scent and a charming mix of colorful flowers. Blooms from early summer through early fall. Prefers partial shade. Cold stratify 7-14 days. Germinates at 55-65°F. (60-70 days) -S15928 pack (~150 seeds) \$3.29

PINK, CHINESE

MEDICINAL Dianthus chinensis 6-9 in. HA Heat-tolerant, dome-shaped plant with long-standing blooms in shades of rose to magenta. Attractive border plant. (90–100 days) 🖧 —S10927 pack (~150 seeds) \$3.29 (limited quantities)

POPPIES

Papaver somniferum (unless noted) HA/R

A freshly opened poppy flower is a joy to behold in the morning garden. Delicate, papery flowers boast a stunning range of colors and patterns and attract a myriad of insects. P. somniferum, in particular, holds a fascinating place in human history for its profound beauty and ephemeral qualities.

APRICOTIA

P. ruprifragum 12-16 in. A Spanish species with crumpled, velvety blooms. Grows easily into a tight clump and flowers profusely in early summer. (75-85 days) ()/() = S13415 pack (-150 seeds) \$3.29

BLACK

3-4 ft. Dramatic, velvety, deep-purple-black 3-4 in. blooms create a royal display. A truly stunning flower. Best seeded late fall or early spring, as soon as the ground can be worked. (100-110 days) -S16580 pack (~150 seeds) \$3.29

CALIFORNIA MIX

MEDICINAL Eschscholzia californica 12-18 in. HA/TP Intensely colored, mixed golden, yellow, and orange poppies. Beautiful, feathery, bluish green foliage. Perennial in zones 8-10. (80-90 days) \/\\$\\$; -S14294 pack (~150 seeds) \$3.29

CORNFIELD

HEIRLOOM P. rhoeas 18-24 in. Brilliant deep-orange to scarlet-red, delicate single flowers. Grows wild in European meadows. (65-80 days) (/ (-150 seeds) \$3.29

HUNGARIAN BLUE BREAD SEED

HEIRLOOM • RARE 2-3 ft. Saved for generations for its beautiful show of bluish purple flowers, followed by closed pods of blue-gray edible seeds. (80-90 days) 0/4 - S10835 pack (~150 seeds) \$3.99 (limited quantities)

ICELAND

P. nudicaule **16-24 in. HP/HB** A true perennial that is generally grown as an annual or biennial. Brilliant, papery 3 in. blooms in bright yellow, orange, and white have a sweet fragrance. Can be used in arrangements if cut just before opening. Sow thinly over a broad area for a stunning display. Perennial in zones 3-9. (80-90 days)

MIXED CARNATION

HEIRLOOM 1-2 ft. A beautiful Royal Horticultural Society variety with prolific 3-4 in. double blooms, ranging from lilac-pink to deep red. (75-85 days) ()/4: -S10889 pack (~150 seeds) \$3.29

WHITE PESHWAR

1-2 ft. A delicately beautiful, white, ruffled single poppy with crepe-paper-textured petals. (75-85 days) 0/00 -S14553 pack (~150 seeds) \$3.29



close at night and on cloudy days. Succulent foliage. Cold stratify 14-21 days. (60-70 days) (-S14554 pack (~200 seeds) \$3.29

Solanum aethiopicum L. 24-28 in. TA This unusual plant is actually an

ornamental eggplant. When the fruit turns orange, remove all the leaves

and display as a fresh or dried bouquet of flowers. A curiosity certain to

keep your friends and neighbors guessing. Like eggplant, it grows easily

Carthamus tinctorius 3-4 ft. HA Robust and reliable cut flower with

no spines. Used in the past extensively as a dye plant and now grown

widely for its polyunsaturated oil. Also known as saffron thistle or

false saffron. Good as a cut or dried flower for bouquets. (80–90 days)

-S17461 pack (~100 seeds) \$3.29 -S20823 1 oz. (~650 seeds) \$14.85

from transplants. (65-70 days) -S21049 pack (~100 seeds) \$3.69

PORTULACA, DOUBLE MIX

PUMPKIN-ON-A-STICK



Portulaca grandiflora 6-9 in. HA A good selection for a sunny, dry, poor-soil area. Great for borders or rock gardens. Electric blooms

Scabiosa atropurpurea **30-40** in. HA A regal presence in the flower garden or annual border. 2 in, deep maroon-velvet buttons and especially long stems make Ace of Spades a favorite cut flower and a unique element in bouquets. Overwinters in mild climates. (90-100

SOAPWORT, CALABRIAN (See New Introductions, page 5)



HORMINUM SAGE SAGE, HORMINUM

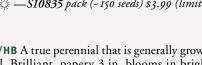
Salvia viridis 18-24 in. HA A native of the Mediterranean to Iran, this sage produces rose, blue, purple, and white bracts. Adds rich textures and subtle contrasts of color to borders, and to herb and kitchen gar-

SAGE, TEXAS HUMMINGBIRD

Order anytime: 24/7

Salvia coccinea 2-3 ft. TP/HA Showy spikes of scarlet attract bees and hummingbirds, nectar-rich sage flowers enhance pollination and add to the overall vitality and diversity of the garden. Prefers sandy, drier soil. Perennial in zones 8-10. (75-80 days) seeds) \$3.69







SAFFLOWER, ORANGE GRANADE



TEXAS HUMMINGBIRD SAGE



ACE OF SPADES SCABIOSA





EBONY SHOO-FLY

EVERLASTING STARFLOWER

SCABIOSA, ACE OF SPADES

SHOO-FLY, EBONY

Nicandra physalodes 4-6 ft. HA/R This extraordinarily robust bush produces bluish lavender flowers reminiscent of datura, petunias, and morning glories. Striking Chinese lantern-shaped seed pods.

STARFLOWER, EVERLASTING

Scabiosa stellata 18-36 in. HA Lacey rose-violet flowers. Seed heads have a magical shape, composed of numerous florets with starlike (~40 seeds) \$3.69

STRAWFLOWER, CRIMSON VIOLET

Helichrysum bracteolatum 30 in. TA Brilliant crimson-violet petals contrast beautifully with the bright-yellow center. A stand out in the garden. Great cut and dried for floral arrangements. Holds its color when dried.

STRAWFLOWER, GIANT

Helichrysum bracteolatum 3-4 ft. TA Large 2-3 in. blooms in a wonderful diversity of intense yellows, oranges, reds, pinks, and whites. One of the most popular everlasting flowers, it retains its color for months. (80-90) (: -S10718 pack (~150 seeds) \$3.69

GIANT STRAWFLOWE

SUNFLOWERS

Helianthus annuus (unless noted) TA/R

A garden delight for young and old, sunflowers are native to North America, where they have become wildly diverse and popular. A smashing summer hedge or back border, "sunnies" also make a marvelous cut flower, especially combined with red amaranths. Often grown for their nutritious edible seeds or as wildlife forage, they are easy to cultivate and drought-tolerant once established.

DISCOVERY MIX

SEEDS OF CHANGE ORIGINAL 6-9 ft. A novel mix combines the intensity and pattern of Gloriosa Polyheaded with several variations of doublepetaled gold, maroon, and copper blooms. 6-15 branches bear a diverse assortment of flowers of superlative color and beauty. (80–100 days) -S11107 pack (~35 seeds) \$3.69 -S18094 1 oz. (~750 seeds) \$6.50

ENDURANCE

SEEDS OF CHANGE ORIGINAL • RARE H. argophyllus x. H. annuus 6-9 ft. Up to 50 branches per plant, each ending in a cluster of 2–5 flowers. From a spontaneous cross of the Israeli and Silverleaf sunflowers. Prolific bloomer. (85–95 days) 4 — S11027 pack (~50 seeds) \$3.29

EVENING SUN

6-10 ft. Velvety, maroon 4–6 in. flowers glow radiantly when backlit by the setting sun. Occasionally with pale-cream edging at the -S18097 1 oz. (~1,600 seeds) \$9

GLORIOSA POLYHEADED

RARE 6-10 ft. Polyheaded plants are as spectacular in the garden as the single-petaled flowers are stunning in bouquets. Red circular markings resemble the Gloriosa Daisy. (80-90 days) pack (~50 seeds) \$3.29

GOLDY DOUBLE

4-5 ft. Like rays of sun, this fully doubled, golden sunflower produces little pollen and is still stunning in bouquets. Very uniform blooms, with five to six lateral stems per plant. (90-100 days) 4 - S20837 pack (-25 seeds) \$3.69 - S18202 1 oz. (~1,250 seeds) \$29.60

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- collection plants Nontoxic seed desiccant keeps seeds fresh
- Twine, bands, and pencil S14521 \$23

HOPI BLACK DYE

TRADITIONAL 6-9 ft. This indigenous variety has a diverse range of flower types. All have golden-yellow single petals and develop dark blue-black centers. Seeds are used for dying baskets and wool and are also edible. Mostly single stalks with occasional polyheads. (90-100

JERUSALEM DWARF

18-30 in. A true dwarf sunflower with a single 4-5 in. flower, unless the central flower bud is pinched back to encourage multiple side shoots. A perfect bedding and container plant. (50–60 days) -S14344 pack (~50 seeds) \$3.29

JERUSALEM SUNRISE LEMON

4-5 ft. Full sprays of distinctive, lemony 4-6 in. flowers on multi--S15792 1 oz. (~1,300 seeds) \$29.60

MEXICAN

Tithonia rotundifolia 6-8 ft. Vibrant, easy-to-grow bush with 2-4 in. intense orange blooms and velvety foliage. Attracts bees and butterflies. A beautiful cut flower. (80-100 days) seeds) \$3.69 -S15296 1 oz. (-2,300 seeds) \$25

MIRIAM EDIBLE

5-6 ft. A great choice for anyone interested in harvesting the edible seeds. The massive seed heads are packed with 1 in. gray seeds with white stripes. Single-petaled flowers are golden-yellow with yellow centers. (60-70 days to flower, 100-110 days to mature seed) -S14343 pack (~35 seeds) \$3.69

RUSSIAN MAMMOTH

HEIRLOOM 9-12 ft. This classic sunflower was first offered in the 1880s. Still widely prized for its gigantic flowers and abundant, nutritious seeds. (100-110 days) 43 -S10846 pack (~25 seeds) \$3.29

SILVERLEAF

RARE H. argophyllus 5-6 ft. Rare and graceful, this south Texas species has silvery-gray, fuzzy leaves and multiflowered spikes of bright yellow blooms with dark centers. (100-110 days) and S13442 pack (~50 seeds) \$3.29

SUNSHINE

SEEDS OF CHANGE ORIGINAL 6-8 ft. This glorious selection has two distinct flower types: one has semidouble golden petals and centers; the other has golden petals with green centers. 4-8 in. blooms. (80-90 days) (510864 pack (~25 seeds) \$3.29

SUPERMANE

SEEDS OF CHANGE ORIGINAL 6-8 ft. A real stunner, this is the largest, thickest polypetaled sunflower we've ever encountered. A spectacular selection from an old Turkish variety found in the ÚSDA collection. When spaced 4–5 feet apart, it produces many smaller side blooms that make great cut flowers. (100-110 days) *△*♡ —*S11105 pack* (~20 seeds) \$3.69

TARAHUMARA WHITE SHELLED

TRADITIONAL • RARE 7-10 ft. Breathtaking, solid-gold flowers. Robust stalks produce one enormous head with delicious edible seeds. (85-100 days) △/△: -S10679 pack (~40 seeds) \$2.59

TIGER'S EYE MIX

SEEDS OF CHANGE ORIGINAL 6-8 ft. A rare selection of intriguing, primarily multicolored double-petaled flowers with single-petaled outer rays, with an occasional fully single or fully double individual. (85-100 days) 4 - S10854 pack (-25 seeds) \$3.69 -S16442 1 oz. (~580 seeds) \$39

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HOPI BLACK DYE

IERUSALEM SUNRISE LEMON





IERUSALEM DWARF





TIGER'S EYE MIX

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CUT AND COME AGAIN





PEGGY'S DELIGHT

PERSIAN CARPET



PURPLE DAHLIA





SWEET PEA, OLD SPICE

Lathyrus odoratus 4-6 ft. HA Fragrances of honey and orange from 1 in. blossoms of white, rose, purple, scarlet, lavender, pink, and cream. Heat-tolerant variety. Presoak seeds prior to germination. Best started as a transplant, then trellis while growing out. (80-100 days) - S20838 pack (~25 seeds) \$3.69 —S20839 1 oz. (~325 seeds) \$6

THOROUGHWAX, GREEN-GOLD (See New Introductions, page 5)

ZINNIAS

Zinnia elegans (unless noted) TA

Easy-to-grow cottage garden favorites, much loved for their prolific, boldly colored blooms. Zinnias flourish throughout the summer until the first fall frost. Sturdy plants are well suited for annual hedges, mass plantings, and containers. Their vibrant colors attract numerous beneficial insects, butterflies, and hummingbirds. A fantastic cut flower. Dries beautifully too.

CANARY YELLOW

3-5 ft. Elegant, single and double, bright yellow 3-4 in. blooms are stunning in big patches. (70-80 days) seeds) \$3.69 -S15783 1/4 oz. (~750 seeds) \$6

CUT AND COME AGAIN MIX

30-36 in. A gorgeous blend of double and single 2–3 in. blooms in a dazzling

DWARF THUMBELINA MIX

18-30 in. This cheery miniature zinnia is a staff favorite and great for small bouquets. Vibrant double and single blooms. (80–90 days) —*S17004* pack (~150 seeds) \$3.29

PASTEL DREAMS

3-5 ft. Selected for its lovely range of pastel colors with an occasional deeper, richer hue. 3–4 in. flowers exhibit diverse petal types. (60–70 days) -S10892 pack (~150 seeds) \$3.69 -S15234 1/4 oz. (~900 seeds) \$7

PEGGY'S DELIGHT

3-4 ft. Selected from original germplasm from Vietnam, this is our rasta version of the traditional zinnia. With dreadlocks of square-edged petals, predominantly a striking orange, this unique zinnia holds color and bloom for a long time. Named in honor of the late Peggy Coyne, a friend and neighbor of Seeds of Change. (80–90 days) -S16631 pack (~100 seeds) \$3.69 -S20847 1/4 oz. (~750 seeds) \$8

PERSIAN CARPET

RARE Z. haageana. 12-15 in. A magical rich tapestry of color to liven up your borders, this unique dwarf variety produces fascinating bicolored, dahlia-like double blooms. (60-70 days) : -S11056 pack (~150 seeds) \$3.69

PURPLE DAHLIA

3-5 ft. A classic with a rich, bright fuchsia to purple color in single and double blooms. (70-80 days)

RIGHTEOUS RED

3-5 ft. Scarlet zinnias in single and double blooms, as well as in different types from Pom Pom to State Fair. (60-70 days) -S11025 pack (~150 seeds) \$3.69 -S18113 1/4 oz. (~750 seeds) \$5

SHADES OF PINK

www.seedsofchange.com

3-5 ft. Stunning single and double 4 in. blooms. Particularly gorgeous in a mass planting for a field of pink. (60-70 days) -S11127 pack (~150 seeds) \$3.69 -S18109 1/4 oz. (~750 seeds) \$6





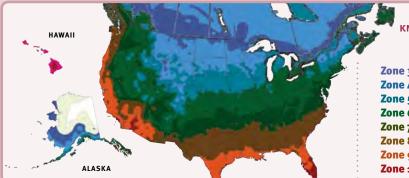
BALLOON FLOWER







PEACH LEAF CAMPANULA

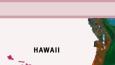


Zone Zone / Zone Zone Zone : Zone 8











Terennial & Biennial

Perennial and biennial flowers are a relatively care free way to provide your garden with color and beauty throughout the growing season and provide much needed habitat for pollinators and other beneficial insects. Most are best sown indoors and transplanted to the garden anytime up to a month or so before the first fall frosts. Add compost annually and mulch to control weeds and retain moisture. Space plants widely to allow for growth and spreading.

ASCLEPIAS, SOULMATE

Asclepias incarnata 3-4 ft. HP Dense clusters of pink blooms adorn this sturdy ornamental milkweed. A superb cut flower from midsummer until frost, and may even bloom the first year if started in January. Cold stratify 21 days. Zones 3-8. 4: -50 seeds) \$3.99

BABY'S BREATH

Gypsophila paniculata 1-3 ft. HP Excellent for cutting and a long-lasting dried flower. Provides a light, airy backdrop for bouquets. Zones 4-9. \/\; -S11050 pack (~150 seeds) \$3.69

BALLOON FLOWER

MEDICINAL Platycodon grandiflora 1-3 ft. HP Known in Chinese medicine as Jie-Geng, these mid-to-late-summer, vibrant blue-violet blooms have traditionally been used to treat sore throats, coughs, bronchitis, chest pain, and tonsillitis. Easy to grow and care for. Zones 3-9. 4/4 - S10881 pack (-150 seeds) \$3.99

BLOODFLOWER

MEDICINAL Asclepias curassavica 4 ft. HA/TP Exquisite ornamental milkweed blooms all summer. Pods host monarch butterflies. Perennial in zones 8–10. Cold stratify 21–30 days. (80–90 days) 🏹 -S13483 pack (~50 seeds) \$3.99 (limited quantities)

CAMPANULA, CANTERBURY BELLS

Campanula medium **2-3** ft. HB This classic bell flower includes a mix of deep-blue, pink-rose, and white blooms on a strong stalk. Makes an excellent cut flower. If planted early it will flower in the first year. In the second year it is a prolific and reliable bloomer from late spring until early fall. Fairly drought-tolerant. -S16948 pack (~150 seeds) \$3.99

CAMPANULA, PEACH LEAF

RARE Campanula persicifolia 2-3 ft. HP Graceful, bell-shaped flowers in blue, pink, or white on slender stems. Leaves are shaped like a peach's. Zones 4-9. (/4: - S13439 pack (~150 seeds) \$3.69

CANDYTUFT, SNOWFLAKE (See New Introductions, page 5)

ZONE CHART FOR PERENNIALS KNOW YOUR HARDINESS ZONE BY ANSWERING THIS QUESTION: HOW COLD DOES YOUR GARDEN GET DURING THE WINTER? FOR MORE INFO VISIT: WWW.SEEDSOFCHANGE.COM

3:	-30°	to	-40°
4:	-20 [°]	to	-30°
5:	-10 °	to	-20 [°]
6:	-0°	to	-10 °
7:	10 °	to	o°
B:	20 °	to	10 °
9:	30 °	to	20 °
10:	40 [°]	to	30°

You will notice zone information for perennial species listed in this catalog. Zones refer to the range of growing areas best suited for wintering over perennial species and are based on minimum winter temperatures in 10°F increments.

This is an approximate guide. Within each growing zone are *microclimates*, which may differ from the general region. Coldframes, south-facing slopes, heavy winter mulches, etc., can allow plants to survive in a colder zone than is indicated





CARDINAL FLOWER ST. JOHN'S CHAMOMILE

CARDINAL FLOWER

MEDICINAL Lobelia cardinalis 2-3 ft. HP One of our most revered wildflowers. Blooms in early fall of its second year, corresponding with the southern migration of hummingbirds, which it has been known to "pull from the sky." Cold stratify for 60 days and then surface sow. Prefers moist soil. Zones 3-9. (potentially toxic) -S13484 pack (~240 seeds) \$3.99

CHAMOMILE, ST. JOHN'S

Anthemis sancti-johannis 24-30 in. HP A unique, bushy perennial daisy with abundant, cheery, bright-orange flowers throughout the spring and summer. Plants have delicate gray-green, fernlike foliage. Excellent cut flower. Blooms continually in its second season. A staff favorite in our Research Farm flower trials. Zones 3–9. (70–80 days) △/△☆ —S16621 pack (~100 seeds) \$3.29

COLUMBINE, MCKANNA'S

Aquilegia vulgaris 2-3 ft. HP An exquisite rainbow of delicate flowers in its second year of growth. Bicolors and solids of white, pink, red, yellow, peach, blue, and purple create a full spectrum of beauty. Excellent cut flower. Cold stratify for 14–21 days. Zones 3–9. 🖉 -S14533 pack (~150 seeds) \$3.29



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DAISY, GLORIOSA

Rudbeckia hirta 1-2 ft. HP Selected from the wild Texas species known as Black-Eyed Susan, so prevalent along roadways. Plants bloom continually in their second season. Zones 3-9. $\Diamond / \Diamond \oslash$ -S10886 pack (~150 seeds) \$3.29

DAISY, SHASTA

Chrysanthemum superbum 2-4 ft. HP The classic daisy. Attracts beneficial insects and makes a great cut flower. Divide plants in



DELPHINIUM, BELLADONNA (BLUE)

Delphinium elatum 2-4 ft. HP Striking, vivid, true-blue flowers bloom from midspring through midfall beginning in second year. Dramatic cut flower for bouquets. Cold stratify 14-21 days. Zones 3-9. △○ / = _S15936 pack (~150 seeds) \$3.69

ERYNGIUM BLAUKAPPE

Eryngium planum var. blaukappe 25-30 in. HP This sea holly is also called "Blue Cap" for its rounded powder-blue flower that looks like a hat. Unique flowers have spiky basal bracts and are born on sturdy stems with leathery, sometimes spiny, dark-green leaves. Outstanding cut and dried flower. Blooms July to September. Zones 4-9. -S17480 pack (~150 seeds) \$3.69

FLAX, BLUE

Linium perenne **12-18 in. HP** Powder blue $1-1\frac{1}{2}$ in. flowers born on delicate stalks. Best appreciated as a mass planting in a garden bed or meadow. Flowers open in the morning and close in the afternoon. Prolific re-seeder is also extremely tolerant of drought and poor soils. Zones 5–9. —S14537 pack (~100 seeds) \$3.29

FOXGLOVE, FOXY

RARE Digitalis purpurea 2-3 ft. HB Unusual for a foxglove because it blooms the first year. Graceful and spectacular with spikes of tubular flowers in complex shades of pink, cream, and white. Zones 4-9. (Toxic) (120-140 days) 4 - S11125 pack (~150 seeds) \$3.69

FOXGLOVE, WILD PURPLE

HEIRLOOM Digitalis purpurea 3-4 ft. HP Originally brought to the Pacific Northwest in the 1800s, this showy plant escaped to the wilds where it has naturalized. Pinkish flowers with an occasional white bloom liven up the early summer garden. Zones 4-9. (Toxic) (110-





ARISTATA GAILLARDIA

GAILLARDIA, ARISTATA

Gaillardia aristata 24-30 in. HP An attractive, drought-tolerant plant for the border with showy, 5 in. yellow and reddish orange flowers. Blooms all summer and into the fall with occasional deadheading. Zones 3-9. (= -S17283 pack (-150 seeds) \$3.29

HOLLYHOCK, CARNIVAL

Alcea rosea 6-8 ft. HB Gorgeous, frilly, semidouble blooms ranging from deep rosy red, to light pink, to ivory and soft yellow. This showy version of an old cottage garden variety was a clear favorite in our variety trials. Flowers in first year if started indoors in early spring. Zones 4–9. (/4: -50 seeds) \$3.69

HOLLYHOCK, SINGLE MIX

HEIRLOOM Alcea rosea 5-7 ft. HB Essential for the classic cottage garden. Lovely profusions of pink, purple, crimson, and white flowers. Blooms in the first year if started indoors in late winter, but expect a spectacular show in the second summer. Zones 4-9. $\triangle/\triangle \bigcirc$ -S14579 pack (~60 seeds) \$3.69



SINGLE MIX HOLLYHOCK

ARNIVAL HOLLYHOCK INDIGO, FALSE BLUE

HEIRLOOM Baptisia australis 3-5 ft. HP Lovely spikes of pea-like, edible indigo-blue flowers on erect, strong, gray-green stems. After frost, the dark gray seed pods of this leguminous plant are fun in dry floral arrangements. Scarify, then warm soak for 24 hours. Do not transplant. Zones 3-8. (-50 seeds) \$3.69 (not pictured)



LAMB'S EARS

LYCHNIS, MALTESE CROSS Lychnis chalcedonia 18-24 in. Bears large, clustered heads of brilliant, 1 in. scarlet-orange flowers. Hardy, easy-to-grow, and will bloom the first year if started early. Zones 4–9. \$3.69 (limited quantities) (not pictured)

MULLEIN, PURPLE-THROATED Verbascum chaixii 3-5 ft. HB/HP Buzzing with bees, these striking spikes are covered with purple-throated yellow or white flowers atop a broad green leafy base. Flowers in the first year if started indoors and transplanted in early spring. Later plantings will flower in their second season. Zones 3-9. (90-100 days) (- S16647 pack (~150 seeds) \$3.99



1-888-762-7333









Stachys byzantina 12-18 in. HP/R Spreading plant with delightfully woolly leaves and flower spikes bearing delicate, sweet purple flowers. Popular dried flower. Zones 4-9. (- S10741 pack (-150 seeds) \$3.29

LILY, BLACKBERRY

Belamcanda chinensis 2-3 ft. HP Exotic flowers bloom profusely in the second year. Shiny black seeds follow in September. Tubers from mature plants move easily. Actually an iris, not a lily. Cold stratify

LILY, CANDY

Pardancanda norrisii (Belamcanda flava x Pardanthopsis dichotoma) 2-3 ft. HP Unusual cross between two genera. Swordlike leaves and a dazzling range of multi-toned flowers in rich burgundy, burnt orange, rusty gold, pinkish lavender, and lemon yellow. Cold stratify 14-21 days.

LYCHNIS, CERISE (See New Introductions, page 5)

MULLEIN, PHOENICIAN

Verbascum phoeniceum **3-4 ft. HP** This rarely offered mullein is a perfect addition to the herbaceous border. Beginning in early summer it produces long spikes of delicate mauve flowers above large, crinkled, dark

PHOENICIAN MULLEIN

PURPLE-THROATED MULLE



ROCKY MOUNTAIN PENSTEMON ORIENTAL SCARLET POPPY

OATS, NORTHERN SEA

Chasmanthium latifolium 2-4 ft. HP Stunning, wispy seed heads that move with the wind in your garden. This clumping, deciduous grass with showy golden flowers can be added to any bouquet. Decorative

PENSTEMON, ROCKY MOUNTAIN

Penstemon strictus **2-3 ft. HP** Native to the alpine meadows of the western U.S. Tall, showy spikes of intense blue-purple flowers last for over a month in late spring. One of the longest-lived and most easily grown of the penstemons. Prefers cool climates. Zones 4–9. 👌 —S14550 pack (~100 seeds) \$3.69

POPPY, ORIENTAL SCARLET

Papaver orientale **3-4 ft. HP** Radiant, scarlet, papery blooms with black eyes are highlighted against fuzzy, coarsely cut leaves. This extremely long-lived poppy goes dormant in the heat of summer. Zones 3-7.



MIDWEST EVENING

PRIMROSE, EVENING

TRADITIONAL • MEDICINAL Oenothera biennis 2-4 ft. HP Fragrant flowers grace the evening garden from June until September. The seeds contain a high concentration of the essential fatty acid GLA. A carefree plant with edible leaves and flowers. Nutritious, fleshy roots are used to treat menopausal problems, skin ailments, asthma, migraines, and arthritis. Zones 4-9. \/ \ \ \ -S10709 pack (~150 seeds) \$3.29

PRIMROSE, MIDWEST EVENING

MEDICINAL Oenothera lamarckiana 5-7 ft. HP Fragrant, edible flowers. Finely flavored leaves and roots. Similar medicinal qualities as O. biennis. Zones 4-9. (-150 seeds) \$3.29

ROCKROSE, WHITE

Cixtus ladanifer 3-4 ft. TP Tissue-paper flowers cluster atop this stunning shrub with mildly aromatic foliage. 2-3 years to flower from seed, but worth the wait. Zones 8-10. 0/00 -S10855 pack (~150 seeds) \$3.69

RUDBECKIA, DOUBLE GOLD

Rudbeckia hirta 2-3 ft. HP A profusion of brilliant 5-7 in. doublepetaled blooms from early summer through autumn, beginning in its second year. An excellent long-stemmed cut flower. Zones 3-9. ○/△○ —S15044 pack (~100 seeds) \$3.69







SILVER DOWNEY LEAF SAGE

SAGE

This engaging family of earthy-scented perennials has long been revered for its medicinal and ornamental qualities. Sages add rich textures and subtle contrasts of color to borders and to herb and kitchen gardens. Seductive to bees and hummingbirds, nectar-rich sage flowers enhance pollination and add to the overall vitality and diversity of the garden.

JERUSALEM (See New Introductions, page 5)

N E M O R O S A

RARE Salvia nemorosa 2-3 ft. HP Glorious spikes of purple flowers on stems of slender 4 in. leaves. Blooms early summer to fall. Zones 4-9. △/△○ —S13441 pack (~150 seeds) \$3.29

SILVER DOWNEY LEAF

Salvia chamaedryoides 2-3 ft. HB Gorgeous ornamental with lowgrowing downy leaves the first year and stunning 3 ft. spikes with pink bracts in its second summer. Zones 5-9. ()/ (~150 seeds) \$3.99 (limited quantities)

VICTORIA

www.seedsofchange.com

Salvia farinacea 2-3 ft. TP/HA Long-standing spikes of regal flowers make this an exceptional border plant. Moderately fast-growing with green, lance-shaped leaves covered with fine hairs. Perennial in zones

SNAPDRAGON, ROCKET MIX

Antirrhinum majus 2-3 ft. HA/TP Long flower spikes in red, deep maroon, rose, bronze, yellow, white, and pink produce a fancy, longlasting profusion of flowers from July until a hard frost. Makes a splendid cut flower. Gorgeous in large blocks. Perennial in zones

SNAPDRAGON, SCARLET GIANT

Antirrhinum majus 2-3 ft. HA/TP The deepest, richest scarlet we have found. Sure to dazzle even the most discriminating flower lover. This extra-tall snapdragon makes an outstanding cut flower. It is also an excellent container plant that will flower throughout the winter in the greenhouse. Perennial in zones 8–10. (105–110 days) -S16590 pack (~150 seeds) \$3.69









VEDRENA RONADIENSIS

SUNFLOWER, MAXIMILIAN

Helianthus maximiliani 6-8 ft. HP Perennial hedge of cheery 2-3 in. flowers on single stalks, with unique foliage. Easy to grow. Droughttolerant. Zones 6-9. 0/00 -S11104 pack (~50 seeds) \$3.29

SWEET WILLIAM, INTENSE PURPLE

Dianthus barbatus 16-20 in. HP Planted en masse, the early spring blaze of brilliant magenta-purple ushers in the season with a bang. Blooms

VERBENA BONARIENSIS

Verbena bonariensis 2-4 ft. HA, up to 8 ft. TP Lovely cut flower and border plant. Multiple branches produce tight clusters of tiny, light-purple flowers. Grown as an annual, it flowers from early summer through fall. Perennial in zones 8–10. (90–100 days) 🛆 -S15922 pack (~150 seeds) \$3.69

YARROW, COLORADO MIX

Achillea milefolium 2 ft. HP Finely cut leaves topped with rich, soft pinks, roses, apricots, whites, and yellows. Great in a mass planting and as a cut

YARROW, PARKER'S VARIETY

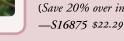
Achillea filipendulina 4 ft. HP This stout plant from the Caucasus has feathery, gray-green foliage and 5-6 in. flat-topped inflorescences consisting of tight clusters of tiny, yellow flowers. Superb cut flower.



PARKER'S YARROW









Stylish Gardening Chaps



Totally hip, vet practical Designed by women for women, these chaps, crafted from high-quality wax-coated, 100% cotton canvas, impressed our farm staff. Lightweight, durable, weatherand dirt-resistant. they are mid-calf length and fasten quickly with

Velcro tabs. Two neoprene pockets on the front hold a pair of Felcos or gardening gloves. (Please specify size: S, M, L) -PS17391 Gardening Chaps \$51.75



Way Cool!

This lightweight classic keeps the sun off while allowing a free flow of air. Replaceable cloth band adds comfort and keeps sweat off your brow. Steve Peters is rarely seen around the Research Farm without his well-worn garden hat. -S12302 Durable Garden Hat \$26





Custom Toolbelt

A tool belt for all your needs from the hard-working women at Lola's Ranch. Specialized pouches easily carry tools and seeds as well as a spray bottle, cell phone, sunglasses, water bottle, and just about anything else you might need for an afternoon of gardening. A leaf bag attaches with Velcro loops for easy emptying. Durable nylon construction is perfect for the rooftop gardener or professional grower. Pewter-green with lemon trim. Fully adjustable length with 4 removable attachments. —*S17402* \$23



Garden Ecology Collection

The ecological garden is a productive garden. These 8 varieties have been carefully selected by our researches to provide habitat for pollinators, butterflies, hummingbirds, and other beneficials, while confusing garden pests. Interplanted with your vegetable crops, these plants add beauty and diversity to the garden and help support the overall ecology. Borage, Butterfly Weed, Red splash calendula, dukat dill, foxtail white wonder millet, licorice mint (anise hyssop), Purple throated mullein, and yarrow.

(Save 20% over individual packs.)

New! Natural Garden Twine

Three-ply jute twine has dozens of uses around the garden and home. Especially handy for trellising vining crops and laying out rows. 325 feet of sturdy twine in a handy dispenser can with built-in cutting blade. *___S22049 \$6.50*



SEEDS of CHANGE HERBS



ALAN ADESSE OF HANDS ON ORGANICS IN OREGON (ABOVE) AND SEEDS OF CHANGE'S PRODUCT DEVELOPMENT MANAGER STEVE PETERS AT THE RESEARCH FARM IN EL GUIQUE, NEW MEXICO



HERBES DE PROVENCE WITH A TWIST SEED COLLECTION

VELVETY SAGE IS GENTLE TO THE TOUCH, FRESH OREGANO LIVENS UP ANY DISH, LAVENDER AROMA RELAXES, ROSEMARY COLORS THE GARDEN WITH RICH HUES... INCLUDES ONE PACK EACH OF BRUSSELS WINTER CHERVIL, MUNSTEAD ENGLISH LAV ENDER, LOVAGE, GREEK OREGANO, ROSEMARY GARDEN SAGE, SUMMER SAVORY, ENGLISH THYME, SWEET MARJORAM. (SAVE 20% OVER INDIVIDUAL PACKS.) — S17197 \$24.29

			01/1// +
TA	Tender Annual	0	Drought Tolera
	Hardy Annual		Moderate Wate
	Hardy Biennial		Frequent Wate
TP	Tender Perennial		
HP	Hardy Perennial	, Ņ	Full Sun
	Reseeding	÷	Partial Shade
	App.SeedCount	0	Founding Seed

A renowned herbalist, wildcrafter and a pioneer of the organic seed movement, Alan Adesse has produced

seed for Seeds of Change since our inception in 1989. After working with Alan Kapuler to produce some of our original stock seed, Adesse went on to establish his own seed growing operation. He has since grown seed for nearly ten percent of our offerings including many rare and difficult-to-produce species, training many in the art of seed production along the way.

For the last 13 years, Alan worked with **Production Manager Steve Peters to restore** genetic integrity to many heirloom and traditional lines, while assisting in the development of robust new cultivars. With Steve's new role as Product Development Manager, we look forward to more collaborations with eminent seed people to conserve, evolve, and disseminate important aspects of our endangered genetic heritage.







BASIL Ocimum basilicum (unless noted) TA

Origin: India, Africa, and Asia. Basil is essential to many world cuisines. Used in aromatherapy, as a fragrant ornamental, and medicinally in teas as an aid to digestion. Easy to cultivate, basil prefers full sun and rich, moist, well-drained soil. Pinch tops to slow flowering and increase leaf production.

AROMATTO

14-18 in. Distinctive basil with purple leaves and flowers—less than 5% greening to start, more as it ages. Slightly spicy flavor and aroma, beautiful in aromatic bunches and even in flower arrangements. (70-85 days) (70-85 days) (70-85 days) (70-85 days) (70-85 days)

CARDINAL

18-24 in. A unique and aromatic addition to your garden. A valued favorite due to its low-growing, tight purple flowers and purple stem with smooth, succulent-like green leaves. Use as a horticultural contribution to accent your garden, as a cut flower, or as an unusually flavorful variety that is slightly sweet with a hint of licorice. (70-80 days) 4 - S17178 pack (~100 seeds) \$3.29

CINNAMON (MEXICAN SPICE)

1-2 ft. Wonderful fragrance and distinctive cinnamon flavor. Among the world's finest tea basils for hot drinks and with fruits. (75-90 days) △:: —S10850 pack (~100 seeds) \$3.29

FINO VERDE

O. basilicum subsp. Minimum 6-8 in. An attractive, compact, smallleafed bush basil. Ideal for container gardening or borders. Excellent for cooking or in salads, it retains its sweet flavor even after flowering. (60-70 days) (-100 seeds) \$3.29

CARDINAL







CINNAMON (MEXICAN SPICE)



LETTUCE LEAF

HOLY



KEY

LIME

GENOVESE SWEET

14-20 in. Classic pesto basil with concentrated flavor and fine, sweet fragrance. Spicy flowers accent a salad. Grows well on a sunny windowsill. Uniform, slow to bolt. (65-75 days) 🕁 🔅 -S10690 pack (~100 seeds) \$3.29

GREEK

HOLY

O. basilicum subsp. Minimum 6-9 in. Compact, umbrella shape with a strong, sweet scent. Popular container plant throughout Greece. Great in borders and small gardens. 1/4-1/2 in. leaves. (65-75 days) -S14332 pack (~100 seeds) \$3.29

MEDICINAL O. sanctum 8-12 in. A revered herb of the Hindu religion, also known as sacred basil or Tulsi. An immune-system-stimulating tea herb, as well as a valued companion plant and ornamental. Fuzzy 2 in. leaves have a uniquely pleasant aroma. (65–75 days) -S10848 pack (~100 seeds) \$3.29

LEMON

HEIRLOOM O. basilicum cv. Citriodorum 10-16 in. Intensely fragrant 11/2 to 2 in. leaves delightfully meld the flavors of lemon and basil. Makes an invigorating tea and is great in salads, dressings, or potpourris. Mentioned in the 1597 edition of John Gerard's The Herball. (60-70 days) -S10849 pack (~100 seeds) \$3.29

LETTUCE LEAF

HEIRLOOM 2-3 ft. A favorite for pesto with its extra-large (3-4 in.), savoyed, fragrant leaves. Slow to bolt. Spicy flowers are edible too.

O. americanum 14-18 in. Potent lime aroma characterizes this unique basil. A gourmet touch for soups, salads, and fish. (60-70 days) △☆/☆ —S14333 pack (~100 seeds) \$3.29

OPAL PURPLE VARIEGATED

20-30 in. Vivacious with a delicate, sweet, anise-like fragrance and flavor. Attractive garden bush with deep-purple 2 in. leaves, occasionally variegated with dark green. (80-90 days) and -S10961 pack (~100 seeds) \$3.29



FINO VERDE







OPAL PURPLE VARIEGATED



PERSIAN ANISE







PERSIAN ANISE

24-30 in. An aromatic, anise-like flavor makes this variety a wonderful dried cooking herb. Makes a nice tea too. (75–80 days) -S11033 pack (~100 seeds) \$3.29

POPPY IOE'S

SEEDS OF CHANGE ORIGINAL 18-24 in. Robust, high-yielding Genovesetype basil was developed for exceptional fusarium resistance, which can be a serious problem in moist climates. Produces aromatic, bright green leaves with superb culinary qualities. Bred by Rutgers University for Seeds of Change as a PVP (Plant Variety Protection). Gardeners and farmers may save the seed, but other companies cannot sell it for a

RED RUBIN

10-16 in. The most consistently deep-purple leaves of all the basils we've tested. Fine traditional flavor and aroma with beautiful lavender flowers. An outstanding culinary and ornamental

SUPER SWEET CHEN

24-30 in. A thinner-leafed, very profuse Italian large-leaf basil. Bright green, glossy, savoyed leaves. A slow-bolting variety with a strong aroma and good flavor. Very disease-resistant and great for

ΤΗΑΙ

16-20 in. Offers an intensely sweet, anise-like fragrance with a hint of mint and citrus. $1\frac{1}{2}$ to $2\frac{1}{2}$ in. leaves are green at the base of the plant and grow purple towards the flowers. (75–80 days) pack (~100 seeds) \$3.29

BERGAMOT, LEMON

TRADITIONAL Monarda citriodora 24-30 in. HA Whorls of pink and purple blooms and edible leaves, with a trace of lemon and oregano fragrance. Native to the southern U.S. (90-100 days) -S10692 pack (~100 seeds) \$3.69

CHIA, TARAHUMARA

TRADITIONAL • RARE Salvia tiliafolia 4-6 ft. TA Chia seed is a traditional food crop of the Tarahumara of Mexico, whose fabled distance runners still use it to build endurance. With water, the roasted and crushed seeds make a gel that is prized as a highly concentrated source of energy. Blue flower spikes are vibrant atop beautifully textured leaves. (110-120 days) 4 - S10834 pack (~100 seeds) \$3.69



LEMON BERGAMOT

TARAHUMARA CHIA

1-888-762-7333

CHIVES, GARDEN

Allium schoenoprasum 8-12 in. HP Dense clusters of grass-like foliage yield 1-2 in. lavender flowers, which bees love. Mildly onionflavored, chives are rich in vitamin C and iron and promote digestion. Flowers and stems are great in salads, soups, and stir-fries.

CHIVES, NIRA

Allium tuberosum 12 in. HP A stunning, flat-leaf garlic chive that can be harvested several times throughout the season to flavor countless dishes. It also adds delicate accents of white flowers to your







CILANTRO (CORIANDER SEED)

HEIRLOOM Coriandrum sativum 2-3 ft. HA/R Appreciated worldwide, the fresh leaves are especially prized in Mexican, Caribbean, and Asian cooking. The dried seed (coriander) is a key ingredient in East Indian cooking. Direct-seed. (65-70 days) and mark (~100 seeds) \$3.29

CILANTRO, SLOW BOLT (SANTO CILANTRO)

Coriandrum sativum 2-3 ft. HA/R Bred for maximum leaf production, without bolting in the heat. In mild climates, sow in the fall for spring harvest. Always direct-seed. (45–70 days) △♂/÷ —S11046 pack (~100 seeds) \$3.29 —S18136 1 oz. (~2,200 seeds) \$6

CUMIN, BLACK (See New Introductions, page 5)

DILL

Anethum graveolens HA/R

Dill has been cultivated since 400 B.C. for medicinal and culinary purposes. Native to the Mediterranean, but primarily grown in northern Europe, its versatility in cooking has made it popular worldwide. An easy-to-grow herb, the fresh seed heads are used to flavor pickles and vinegars, while the fresh leaves can be used to flavor dips, salads, fish, and soups. Dill prefers full sun and moist, light soils.

BOUQUET

30-36 in. A compact, attractive variety with a lovely aroma. Larger leaves than other dills. The best for collecting seed. (60-70 days) —*S10856* pack (~100 seeds) \$3.29

DUKAT

18-24 in. Aromatic and never bitter or overly pungent, the sweetest of the dills. Delicate fragrance. Stays leafy longer than other varieties. (60-70 days) (-100 seeds) \$3.29

МАММОТН

3-5 ft. The largest of our dill varieties, it holds its own in any garden. The leaves, mature seeds, and immature flower tops are great for





















PERFECTION FENNEL

FENNEL Foeniculum vulgare HB (unless noted)

Also called finocchio, bulbing fennel was introduced from Italy over a century ago. Bulbs are delicious roasted and are a common ingredient in Italian cuisine. They can also be thinly sliced or shredded for salads. Foliage and seeds of both bulbing and non-bulbing types are also a delicacy. Feathery leaves are great in salads and as a seasoning fresh or dried. The seeds are used extensively in Indian cooking. Easy to grow in rich garden soil.

BRONZE

F. vulgare var. rubrum 30-36 in. HP Similar in appearance to dill, but with an attractive bronze cast to its aromatic lacy foliage. Does not form a bulb. Zones 4-9. (50-60 days) —*S10925* pack (~100 seeds) \$3.29

PERFECTION

20-30 in. An improved, bulbing Zefa Fino-type fennel with larger bulbs, greater vigor, and better bolt-resistance. The fennel of choice at Gathering Together Farm, one of our on-farm trial growers. Zones 4–9. -S16605 pack (~150 seeds) \$3.29 -S18163 1/2 oz. (~2,100 seeds) \$17

ZEFA FINO FLORENCE

HEIRLOOM 18-24 in. Vigorous plant forms medium to large bulbs with a sweet, anise-like flavor. Zones 4–9. (80–90 days) pack (~150 seeds) \$3.29 __S12685 ½ oz. (~3,200 seeds) \$12

MARJORAM, SWEET

Origanum majorana 12-24 in. HA/TP Popular in southern France where its leaves and shoots are used for seasoning. Similar to oregano, but sweeter and milder. Blooms from late June through August. Perennial in zones 8–10. (60–80 days) A. S11065 pack (~100 seeds) \$3.29

MARJORAM, SYRIACA ZAATAR

Origanum syriaca 12-24 in. HA/TP From the Mediterranean wild, this relative of oregano has flavor hints of thyme, sweet marjoram, and oregano. Minced leaves are tasty on fresh tomatoes or delicious in a dip with feta cheese and chopped tomatoes. Perennial in zones 8-10. (90-100 days) —S20765 bulk (~250 seeds) \$4.90



SWEET MARIORAM

SYRIACA ZAATAR MARIORA





OREGANO, GREEK

HEIRLOOM Origanum hirtum 12-18 in. HP This variety has the strongest oregano flavor and, as one of the earliest-producing, was known as Winter Marjoram in 18th century English gardens. Abundant fragrant leaves for seasoning. Tiny pink and white flowers are best viewed with a loupe. Zones 5-9. 4 - S10702 pack (~100 seeds) \$3.29

PARSLEY Petroselinum crispum HB

Origin: Southeastern Europe and western Asia. The most popular fresh herb in North America, parsley has been cultivated widely for many centuries. When used generously, parsley can provide significant nutrients. Especially rich in vitamins A and C, and the amino acids glutamine and aspartic acid. The key to growing parsley from seed is patience. Slow to germinate, but worth the wait!

FOREST GREEN

12-18 in. Finely curled, compact, garnishing and bunching variety. Long stems bear dark green, double-curled leaves. Zones 4-9. (75-85 days) △☆/☆ -S10703 pack (~100 seeds) \$3.29

ITALIAN FLAT LEAF

HEIRLOOM 12-18 in. Our favorite for seasoning and drying. Introduced to the U.S. in 1806. Large leaves with concentrated flavor. Zones 4-9. (75-85 days) △☆/☆ —S10866 pack (~100 seeds) \$3.29

ROSEMARY

HEIRLOOM Rosmarinus officinalis 2-7 ft. HP/TP The venerable herb of remembrance. Attractive evergreen shrub with rich aromatic foliage and delicate blue flowers. Use fresh or dry for culinary, medicinal, ornamental, and cosmetic applications. Stronger flavor and aroma than standard varieties grown from cuttings. Bring indoors if temperatures drop below 10°F. Perennial in zones 7–10. ⊖⇒/☆ -S15086 pack (~100 seeds) \$3.29

SAGE, GARDEN

HEIRLOOM Salvia officinalis 2-3 ft. HP The classic sage grown for centuries as a culinary herb. Fragrant leaves are used fresh or dried for winter seasonings. Abundant leaves and purple flowers. Alluring to



SUMMER SAVORY PURPLE SHISO



SAVORY, SUMMER

HEIRLOOM Satureja hortensis 1-2 ft. TA Introduced from Europe several centuries ago, this flavorful, easy-to-grow herb has a taste similar to that of thyme, though milder. Widely used in salads, soups, and bean dishes, it is delicious in a stir-fry with summer squash. Use fresh

SHISO, PURPLE

Perilla frutescens 2-3 ft. TA/R Fragrant leaves make a fine tea herb and are traditionally used to color daikons and umeboshi plums. Rich purple foliage and pink flowers provide a striking accent in the garden. (80 days) 4: -S11108 pack (~100 seeds) \$3.69

STEVIA

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Stevia rebaudiana Bertoni 2-3 ft. HA/TP The dried leaves of this interesting shrub from Paraguay and Brazil are used to sweeten drinks. It is legal to grow and sell stevia, which is 300 times sweeter than sugar, but not to call it a sugar substitute. The FDA has regulated it as a "dietary supplement." Tricky to germinate, it must be surface sown in warm $(80-85^{\circ}F)$ soil. Can be grown as a perennial in zones 8-10. S21050 pack (~100 seeds) \$3.69

THYME, ENGLISH

Thymus vulgaris 10-15 in. HP Essential to every herb garden, this small, upright shrub is the classic culinary variety. Strongly aromatic in the garden, it attracts many honeybees. Known to be good for asthma and hypertension. Zones 5-9. $\Delta \odot / \odot$ -S14169 pack (~150 seeds) \$3.29

THYME, GERMAN WINTER

Thymus vulgaris 10-15 in. HP Classic culinary herb with small, round evergreen-like leaves on woody stems. Also suitable for ornamental and medicinal purposes. Hardier than English thyme. Zones 3-9



1-888-762-7333







LAVENDER BERGAMOT

A S H WA G A N D A

RARE Withania somniferum 2 ft. HA/TP Known as the wonder herb of India, Ashwaganda is celebrated Ayurvedic tonic herb. It bears small, currant-sized, edible red fruits but is grown primarily for its roots. Used to treat memory loss, nervous exhaustion, loss of muscular energy, anxiety, depression, and infertility. Perennial in zones

BERGAMOT, LAVENDER

ASHWAGANDA

TRADITIONAL Monarda fistulosa 3-4 ft. HP Citrus-and oregano-scented leaves and flowers make a soothing tea, sometimes used for influenza and bronchial infections. Native to the western U.S. Nectarrich flowers court butterflies and hummingbirds. Flowers from July-September. Zones 3–9. 4: / = -S10851 pack (~100 seeds) \$3.29





BORAGE

BORAGE

Borago officinalis 18-24 in. TA/R According to Culpepper's 17th century Herball, "the leaves, flowers and seed ... are good to expel pensiveness and melancholy." Tasty, azure 1 in. flowers are great in teas (-100 seeds) \$3.69 -S21309 1 oz. (-6,300 seeds) \$10.90

BUTTERFLY WEED, PLEURISY ROOT

TRADITIONAL Asclepias tuberosa 2-3 ft. HP Striking clusters of orange flowers lure swallowtails and other butterflies. Native to the Americas, pleurisy root has been used in teas or tinctures to treat asthma, bronchitis, and other lung disorders and as a poultice to treat bruises, swelling, rheumatism, and sores. From the Greek "Asklepios," the god of healing. Blooms the second year. Zones 4–9. -S11036 pack (~100 seeds) \$3.69





CATNIP

HEIRLOOM Nepeta cataria 2-3 ft. HP One of the easiest herbs to grow from seed. Euphoric treat for cats and a mild sedative for us. European -S10852 pack (~100 seeds) \$3.29 -S21311 1/2 oz. (~2,100 seeds) \$12

CATNIP, LEMON

Nepeta cataria var. citriodora 2-3 ft. HP Known as a digestive and sleeping aid, lemon-scented leaves make a fine tea and bring pleasure to your feline friends. Drought-tolerant once established. Zones 3-9. \/\\$ \\$ /\\$ -S10694 pack (~100 seeds) \$3.29



GERMAN CHAMOMILE

CHAMOMILE, GERMAN

HEIRLOOM Matricaria recutita 18-30 in. TA/R Revered for its medicinal qualities by the ancient Romans and Greeks, and even in early Egypt where it was dedicated to the sun god Ra. The dried flowers make a wonderfully soothing tea to calm the nerves, settle the stomach, and promote digestion. Also used topically to treat minor abrasions and

CHASTE TREE

Vitex agnus castus 10-15 ft. TP/HP Spreading deciduous shrub shows off lovely spikes of lilac blooms from July through September. Its ripe berries and other plant parts have been used for centuries to treat menstrual disorders, ease PMS, increase lactation, and as a general tonic for women. Naturally low germinator. Perennial in zones 7–10. -S10853 pack (~50 seeds) \$3.29

CHERVIL, BRUSSELS WINTER

HEIRLOOM Anthriscus cerefolium 12-18 in. HA Lacy leaves are sweet with a hint of anise. Tender leaves for salad, or a beautiful garnish. Culpepper cites it as being useful for dissolving bruises. Resistant to heat and cold and slow to bolt. (85–95 days) 🖉 -S11047 pack (~100 seeds) \$3.29 -S13594 1 oz. (~6,300 seeds) \$19





GARLIC CHIVES (CHINESE LEEKS)

CULVER'S ROO

CHIVES, GARLIC (CHINESE LEEKS) HEIRLOOM Allium tuberosum 1-2 ft. HP Commonly used in Chinese medicine to warm the kidneys and to treat pain in the lower back and knees. Popular in Europe since the 16th century for flavoring soups and salads, garlic chives were also hung inside homes to ward off malevolent spirits. Leaves and flowers add spicy flavor. Green seeds impart rich flavor to cooking oils. Zones 3-9. —*S10858* pack (~100 seeds) \$3.29

CULVER'S ROOT

Veronicastrum virginicum 4-5 ft. HP This energetic and engaging plant is a delicious attraction for everything that flies. Multiple flower stalks send up a candelabra of tubular pink and white flowers in June. A prairie native, it can be direct-seeded or transplanted, and is also easily propagated by root division in the fall. Used by Native Americans as a purgative and liver stimulant. Use dried root in low dosage. Surface sow. If no germ after 4 weeks, cold stratify 14-30

ECHINACEA (CONEFLOWER) TRADITIONAL HP

These robust and striking perennials have been valued for centuries for their medicinal qualities by Native Americans from the Great Plains to eastern North America. A hardy, long-lived wildflower, echinacea is said to stimulate the immune system's production of white blood cells (T-cells) and increase lymphatic filtration, thereby helping to fight viral and bacterial infections. It is also reported to have tumor-inhibiting properties. (Cold stratify for best germination.)

NARROW-LEAF

Echinacea angustifolia 1-3 ft. Handsome pale-purple flowers with dark centers. The most potent echinacea, it is highly prized for its central taproot. Cold stratify for 60 days. Zones 4–9. —S10883 pack (~100 seeds) \$3.69

PALE PURPLE

E. pallida 3-4 ft. Showy, large flowers have narrow, pale-pink to vibrantpurple petals surrounding large, dark purple and brown centers. Cold stratify for 60 days. Zones 4-8. 4. 511037 pack (~100 seeds) \$3.69

PURPLE

E. purpurea 2-3 ft. Easiest to grow from seed as no stratification is required. Blooms from July to September. A long-lasting cut flower.

TENNESSEE

E. tennesseensis 2-3 ft. Declared endangered in 1979, it survives in only 5 wild populations in central Tennessee's cedar barrens. The leafy, softly haired coneflower has long, light purple, upturned petals that surround a dark central cone. The roots are used to treat upset stomach, lower cholesterol, and prevent bacterial infections. Cold stratify

YELLOW

E. paradoxa 2-3 ft. The paradox with this plant, and thus its Latin name, is that it's the only echinacea with yellow flowers. Native to the Ozarks of Arkansas and Missouri. Cold stratify for 60 day. Zones 4-9. 4. - S11029 pack (~100 seeds) \$3.69



ELECAMPANE

HEIRLOOM Inula helenium 4-6 ft. HP Used since early Roman times to treat a wide variety of respiratory ailments and topically as a bactericide to treat wounds. Roots are typically dug in the fall from 2-3year-old plants. Tolerates wet soils and partial shade. 3 in. flowers. Zones 3-9. 40/ -S10857 pack (-150 seeds) \$3.29

ΕΡΑΖΟΤΕ

TRADITIONAL • RARE Chenopodium ambrosioides 30-36 in. HA Also called "Mexican Tea," this rare aromatic herb enhances the taste of black beans and aids digestion. Medicinally it is known to kill intestinal worms. Heat- and light-dependant germinator. (45-65 days) -S11084 pack (~100 seeds) \$3.29 -S21319 1/4 oz. (~1,000 seeds) \$9

FEVERFEW

HEIRLOOM Tanacetum parthenium 2-3 ft. HP Originally known as featherfew, its lacy leaves have a strong camphor smell. Used since the early 1800s for migraines, arthritis, psoriasis, and tension. Pick as a cut flower in July and August. Easy to grow. Zones 3-9. -S11040 pack (~100 seeds) \$3.29



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PALE PURPLE









HYSSOP

HEIRLOOM Hyssopus officinalis 18-24 in. HP Attractive, easy-to-grow border plant with pine-musk-scented leaves. Revered since biblical times, its name is derived from the Greek word azob which means "holy herb." Traditionally an aid to digestion and asthma relief, and an external stimulant to speed healing. Essential oil is used in perfumes. Zones 3–9. △☆/☆ -S10859 pack (~100 seeds) \$3.29

LAVENDER, MUNSTEAD ENGLISH

HEIRLOOM Lavandula angustifolia 12-14 in. HP Blooming in midsummer of its second year, this is our earliest-blooming lavender grown from seed. Dwarf, gray-green foliage produces an abundance of fragrant 1–2 in. purple flower spikes. Cold stratify 14-40 days. Naturally low germinator. Zones 4–9. 4. - S11041 pack (~100 seeds) \$3.99

LAVENDER, YELLOW

RARE Lavandula viridis 24-30 in. HA/TP Concentrated menthol properties make this a powerful medicinal for treating respiratory ailments. Also makes a fine tea. Pale-yellow flowers are inconspicuous but come to life with the aid of a hand lens. A nice complement to purple varieties. Cold stratify 14-40 days. Perennial in zones 8-10. S16132 pack (~100 seeds) \$3.99 (limited quantities)



LEMON BALM **GREAT BLUE LOBELIA**

LEMON BALM

HEIRLOOM Melissa officinalis 18-24 in. HP One of our most prized summer herbs, lemon balm has been used to aid digestion and calm nerves. An extract in ointment form has been shown effective in the treatment of cold sores. The fresh lemon-scented leaves make a wonderfully refreshing tea. When crushed and rubbed on the skin they make an effective insect repellent. Cold stratify 14-21 days. Zones 3-9. -S10698 pack (~100 seeds) \$3.29 -S21321 1/4 oz. (~1,000 seeds) \$9

LOBELIA, GREAT BLUE

Lobelia siphlitica **2-3 ft. HP** Lovely blue flower spikes proliferate into late summer. Planted with cardinal flower, the two lobelias are breathtaking. Traditionally used to induce sweating and urination. (Potentially Toxic) Zones 4–9. 🚔 — S13488 pack (~300 seeds) \$3.99

LOVAGE

HEIRLOOM Levisticum officinale 3-6 ft. HP Culpepper wrote of lovage in the 1600s, "It is a known and much praised remedy." Grown for its seeds and young stems, which are used as tasty confections. Celery-like leafstalks are blanched and eaten as a vegetable, while the roots are said to be



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IOVAGE



TRADITIONAL Monarda punctata 2-3 ft. HPA strongly flavored, thymescented herb with one of the highest known plant sources of thymol, an immune stimulant, germicide, and bactericide. Traditional uses include treatment of upset stomach, colds, diarrhea, neuralgia, and kidney disease. Makes a pleasing aromatic tea. Cold stratify 40-60 days. Zones 4–9. 4. -S11035 pack (~100 seeds) \$3.29

MINT, KOREAN LICORICE

MINT, DOTTED

Agastache rugosa 2-4 ft. HP Aromatic, mint-licorice leaves and 2–6 in. spikes of purplish blue flowers make this a highlight of the herb garden and a haven for bees. Steeps into a delicate, refreshing tea. Thicker and larger leaves than A. foeniculum. Zones 5-9. -S10968 pack (~100 seeds) \$3.29

MINT, LICORICE (ANISE HYSSOP)

TRADITIONAL Agastache foeniculum 2-3 ft. HP Clusters of bluish purple spikes buzz with bees all summer. Leaves and flowers add a zesty flavor to salads and make a wonderful tea. Used in Chinese medicine for stomach disorders. Zones 4-9. 40 -S10700 pack (~100 seeds) \$3.29 -S15246 1/4 oz. (~1,000 seeds) \$16



KOREAN LICORICE MIN



MOTHERWORT **MOTHERWORT**

ORIENTAL MUGWORT OLYMPIC MULLEIN YELLOW MULLEIN

HEIRLOOM Leonurus cardiaca 3-6 ft. HP Used traditionally since Roman times for calming physical stress due to anxiety and as a tonic to strengthen the heart. Displays delicate, pink-purple flowers in whorls at the top 2 feet of the plant. Zones 3-9. (-100 seeds) \$3.29

MUGWORT, ORIENTAL

TRADITIONAL Artemesia japonica 3-5 ft. HP Historically used for calming nerves and treating insomnia and stomach disorders. Showy plant with unique 6–9 in. reddish purple leafstalks. In Japan they are used to give flavor and color to festival rice cakes, dango, and mochi. Zones 4–9. 🛵 / – S11042 pack (~100 seeds) \$3.29

MULLEIN, OLYMPIC

Verbascum olympicum 5-7 ft. HP From a neat rosette of fuzzy, graygreen foliage, rises a spectacular "candelabra" stalk with golden-yellow flowers. Blooms prolifically from early summer to midautumn. Zones 3-9. 4/4 -514983 pack (~150 seeds) \$3.29

MULLEIN, YELLOW

Verbascum thapsus 6-8 ft. HP/R Vastly underrated as a landscape element, mullein is one of our favorites. First year shows remarkable large flannel leaves. Second summer brings a spectacular yellow flower spike. Naturalizes well, returning like an old friend. Remove seed heads to keep from spreading. Effective expectorant, used to treat lung ailments. (Invasive, cannot be sold in HI) Zones 3-9. -S13489 pack (~150 seeds) \$3.29

NETTLE, STINGING (See New Introductions, page 6)



PENNYROYAI PENNYROYAL



HEIRLOOM • RARE Mentha pulegium 6-12 in. HP Strongly aromatic with a menthol-mint aroma. A hardy ground cover used since early Greek times as an insect repellent. Tiny pale-purple flowers bloom from July to August. Zones 5–9. 40/ - S10867 pack (~100 seeds) \$3.29

OUILLOUIÑA

QUILLQUIŃA

TRADITIONAL • RARE Porophyllum ruderale 4-5 ft. HA Called Killi by the Quechua people of South America's high Andes where it is a staple crop. Unique taste and pungent aroma is somewhere between arugula, cilantro, and rue. Prolific purple leaves are harvested from July to hard frost. Combined with chiles, it is used to treat liver ailments and high blood pressure. (60-70 days) (~100 seeds) \$3.69 (limited quantities)

RUE

HEIRLOOM Ruta graveolens 18-24 in. HP Dense, fragrant foliage and pretty yellow flowers are an attractive border. Old European culinary and medicinal herbs said to relieve nervous disorders, cramps, and irregular menstruation. (Handling it fresh causes dermatitis for some. Do not use during pregnancy.) Zones 5–9. —*S10868* pack (~100 seeds) \$3.29



SAGE, CLARY

HEIRLOOM Salvia sclarea 2-3 ft. HB/HP/R An attractive and aromatic plant with 18 in. pale-purple flower spikes. Leaves were often distilled and used as a fixative in potpourris. The seeds, soaked in water, were once used to make an eye bath, hence its name "clary" or "clear eye." (Invasive, cannot be sold in WA) Zones 5-9. -S10870 pack (~100 seeds) \$3.29

SHISO, GREEN (BEEFSTEAK PLANT)

Perilla frutescens 2-3 ft. TA/R An unusual and sturdy addition to the herb garden with uniquely scented white, lavender, or purplish flowers. Ruffled green leaves add a distinct flavor to salads and are common in Japanese cuisine. Uniformly vigorous and resistant to many pests. Seeds used to treat lung ailments. (80 days) -S13482 pack (~100 seeds) \$3.29

SKULLCAP, AMERICAN

Scutellaria lateriflora 24-30 in. HP A powerful medicinal, skullcap was passed on from Native Americans to early European settlers. A spreading plant with small purple flowers. Best direct sown in fall. Slow-growing. Zones 4-8. Slow-growing. Zones 4-8.



PARA CRESS

SPILANTHES, PARA CRESS

Spilanthes oleracea 4-6 in. HA/TP Similar to S. acmella, it is milder in flavor with larger purple leaves bearing buttonlike yellow-andred flowers. Ornamental and medicinal, its leaves can be harvested throughout the growth cycle. Flowers in its first year under good growing conditions. Perennial in zones 7-10. (80 days) -S11044 pack (~100 seeds) \$3.29

SPILANTHES, SALAD CRESS (TOOTHACHE PLANT) Spilanthes acmella 4-6 in. HA/TP Semitropical plant from South America, it is reputed to have antiviral, antifungal, and immune-systemenhancing properties. Similar to echinacea in flavor and common medicinal properties. Causes numbing and tingling of the tongue. Used sparingly, adds zest to salads. Perennial in zones 7-10. (50-60

ST. JOHN'S WORT

HEIRLOOM Hypericum perforatum 24-30 in. HP Used medicinally for centuries, this bushy herb was possibly named after the Knights of St. John of Jerusalem who used it to treat wounds on the battlefields of the Crusades. Recently a popular remedy in Europe and the U.S. for treating mild depression. Fresh flowers infused in olive oil make an antibacterial balm. 1 in. yellow blooms from early-to mid-summer. (Invasive, cannot be sold in CA, CO, HI, ID, ND, NV, MT, OR,

SWEET ANNIE

HEIRLOOM Artemesia annua 4-6 ft. HA Old-fashioned garden variety also known as ambrosia. Valued for its feathery yet pungently fragrant foliage. Useful in potpourris and dried arrangements. Used in China to treat malaria. Thrives even in poor, dry soil. (85–95 days)

TARRAGON, MEXICAN (SWEET MACE)

TRADITIONAL Tagetes lucida 12-18 in. HA/TP Prized both as a culinary and medicinal herb, its aromatic, anise-flavored leaves are used in seasoning sauces, soups, teas, and vinegars. The dried leaves and flowers make a pleasing, anise-flavored tea. Traditionally used to treat colic and malaria or made into a poultice for rattlesnake bites. Perennial in zones 8-10. (/40 -S11045 pack (-100 seeds) \$3.69

THISTLE, BLESSED

MEDICINAL Cnicus benedictus 1-2 ft. HA Bushy plant with slightly prickly leaves, produces bright yellow thistle-like flowers. Native of the Mediterranean and Asia Minor, it thrives in dry, sunny conditions, and tolerates stony, low-fertility soil. Long revered as an effective herbal, it is particularly useful for stimulating the appetite and curing digestive problems.

TOBACCO, SCHERAZI

Nicotiana tabacum 4-5 ft. TA Regal plants adorned with sprays of captivating, pink, trumpet-shaped flowers. Leaves make a strongly flavored, premium-quality smoking tobacco used ceremonially by Iranians. (85–90 days) 40/4 -S10875 pack (~100 seeds) \$3.29

TOBACCO, HOPI CEREMONIAL

TRADITIONAL Nicotiana rustica 18-24 in. TA Used for centuries in rituals and religious ceremonies. The dark green, large, round leaves contain exceptionally high concentrations of nicotine. Clusters of pendulous greenish white flowers open in early evening and emit a rich, jasmine-like aroma. More cold-hardy than other tobaccos.

VALERIAN

HEIRLOOM • RARE Valeriana officinalis 4-5 ft. HP Used for centuries for insomnia and as an antispasmodic, valerian is said to calm the central nervous system with chemicals called valepotriates. White, sweet-scented flowers tinged with pink bloom in late May. Roots can be used medicinally in the second year. Zones 3–9.

VETCH, MILK

Astragalus membranaceous 2-3 ft. HP Known as Huang Qi in traditional Chinese medicine, milk vetch is one of the superior tonic roots used to treat poor appetite, fatigue, and colds. Sprawling plant blooms with light-yellow flowers similar to a pea. Prefers deep, sandy, well-drained soil. Zones 3-8. (Invasive, cannot be sold in ĤI) -S11112 pack (~50 seeds) \$3.69

YARROW

HEIRLOOM • MEDICINAL Achillea millefolium 2-3 ft. HP As the Greek myths describe it, Achilles discovered the virtues of this herb from his master Chiron the Centaur. Feathery leaves and white flowers are traditionally prepared to heal wounds and stop bleeding. Containing over 120 active compounds, it is known throughout the world as a potent medicinal. Early summer bloom in the 2nd year. Zones 4–8. -S10926 pack (~150 seeds) \$3.29







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MEXICAN TARRAGO



BLESSED THISTLE









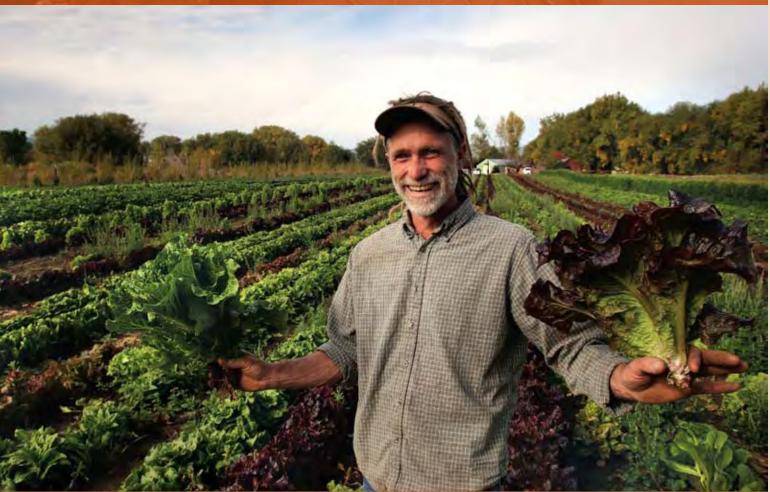
MILK VETCH



YARROV

SEEDS of CHANGE

GOURMET GREENS



JCE IN BOULDER, CO. AND CELEBRITY CHEF AND CHICAGO RESTAURATEUR RICK BAYLESS (BELOW) IN HIS URBAN BACKYARD "FARM." (SEE PAGE 57 FOR MORE



ASIAN GREENS SEED COLLECTION ADD A SPICY TANGY FLAVOR TO FRESH SALADS, SAU AND STIR-FRIES. EXTREMELY NUTRITIOUS GREENS **PROVIDE NECESSARY PROTEIN AND BIOFLAVENOI** INCLUDES BAU SIN AND RED GIANT MUSTARDS, SHUNGIKU EDIBLE CHRYSANTHEMUM, KOMATSUNA, TAI SAI AND CHINA CHOY CHINESE CABBAGES. TATSO AND MIZUNA. (SAVE 20% OVER INDIVIDUAL PACKS.) -S17193 \$20.99

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No one has grown more seed for Seeds of Change than Rich Pecoraro. Rich was the manager of our first farm

in Gila, New Mexico and has been growing eeds ever since. With his wife Shannon, Rich now farms 40 acres near Boulder, CO where they have revolutionized the local agricultural scene through their bountiful, diverse farmers' market presence, a burgeoning CSA, and other local farming and seed initiatives.

From considerably less than 40 acres, Chef Rick Bayless' backyard gardens supply hundreds of pounds of super-fresh gourmet greens and herbs to his signature Topolobampo restaurant and Frontera Grill in Chicago each year, many from Seeds of Change seeds. "Great cuisines spring only from healthy local agriculture," Bayless states. His Frontera Farmer Foundation supports organic farmers to make sure that great cuisines will thrive far into the future.



AMARANTH Amaranthus spp.

Young amaranth plants make excellent salad and braising greens that are rich in protein, especially the amino acid lysine, as well as several vitamins, minerals, and dietary fiber. (See page 59 for amaranth varieties.)



OUFTTE SALAD

ARUGULA

Eruca vesicaria var. sativa (unless noted) HA/R This spicy salad and braising green has been cultivated for more than a century for its hardiness and versatility. For a savory treat, try it lightly braised with toasted pine nuts and parmesan cheese over pasta. Arugula loves cool weather, so plant in early spring and late summer. Bolts quickly in summer heat. Use row cover to control flea beetles.

ROQUETTE SALAD

HEIRLOOM 3-6 in. The standard variety with uniquely flavored, deeply cut, arrow-shaped leaves that get spicy as they get older. Zesty white flowers make a great garnish. (35–45 days) i = -S10637 pack (-600 seeds) \$3.29

SPUTNIK

8-10 in. Milder tasting and faster growing than our original Roquette Salad. Great raw in salads, wilted, or lightly braised. (35-45 days) △☆/☆ -S17499 pack (~600 seeds) \$3.29

SYLVETTA (ITALIAN RUSTIC)

Diplotaxis muralis 3-5 in. HA/R or TP This tender perennial variety has classic arugula taste with a slightly sharper, peppery flavor. Yellow flowers make an attractive, edible garnish. Slightly smaller and slower growing than garden arugula, sylvetta tolerates heat, but thrives in cooler weather. Perennial in zones 6–10. (45–55 days) 🛆 🔅 / 🚔 -S15919 pack (~600 seeds) \$3.29 -S21580 1 oz. (~9,000 seeds) \$16

BEETBERRY

Chenopodium capitatum 12-16 in. HA/R Edible 1/2 in. red berries are mildly sweet, and both berries and leaves are great in salad. Plant is sprawling in nature, and its dark green leaves snuggle the fruits amongst



Order anytime: 24/7

Chicory is an easy to grow, robust, and versatile green that is one of our first fresh foods from the spring garden. Use young leaves in salads and larger leaves in braising blends and soups. Rich in vitamins C, A, E, and B6 as well as calcium, iron and potassium.

CATALOGNA FRASTAGLIATA 10-18 in. Long, narrow, serrated dandelion-like leaves on a straight, upright plant with white ribs. (70-100 days) $\Delta \odot = S21045$ pack (-250 seeds) \$3.29

SPADONA (See New Introductions, page 6)

CHRYSANTHEMUM, SHUNGIKU EDIBLE Chrysanthemum coronarium 3-4 ft. HA Also known as the garland chrysanthemum or Chop Suey Shungiku. Tender edible greens have a unique zesty flavor. Lovely 1–2 in. flowers make a nice edible garnish and are used to make garlands. Harvest at 6-9 in. to use the whole plant, or clip leaves and flowers from mature plant. (45-80



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Classic Salad Spinner

Just when we thought that Zyliss couldn't improve on their salad spinner, they've made it even more attractive and functional. With their easy-spin mechanism, braking button, and slender, flat-top design for easy stacking, it's easier than ever to have clean, crisp greens in a flash. Take the basket right out to the garden, fill it up, and rinse well. A few tugs on the cord and you've got a crisp fresh salad. Use the one that works, now even better! $(10\frac{1}{2} \text{ in. wide x 6 in. high}) - S16678 \24.95

BROCCOLI RAAB

Brassica rapa 1-2 ft. HA/R Tender young leaves and stems form small florets with a mild flavor reminiscent of broccoli and turnip. A good source of protein as well as many vitamins and minerals. (40-60 days) △♡ —S14357 pack (~130 seeds) \$3.29

CHICORY

Cichorium intybus (unless noted) HB/R

WILD GARDEN

RARE 10-12 in. Diverse in leaf color and shape, this selection was created by crossing eight different varieties of Italian chicories. This coldhardy mix readily naturalizes along margins, pathways, and compost areas. Delicate blue flowers attract pollinators, and goldfinches love the seeds. (70–100 days)

SHUNGIKU EDIBLE CHRYSANTHEMUM



CRESSIDA CRESS PERSIAN GARDEN CRESS

CRESS

Lepidium sativum (unless noted) HA

A mustard family member among the earliest of the spring-sown greens. Can also be fall-planted. Rich in calcium, phosphate, iron, and copper, as well as vitamins A and C. L sativum is great for tangy sprouts or micro-greens.

CRESSIDA

8-10 in. A vigorous, mildly spicy cress also known as peppergrass. Great in salad and as a garnish (60-70 days) \bigcirc -S21062 pack (-200 seeds) \$3.29

PERSIAN GARDEN

8-10 in. A mustard family member, this peppery seasoning has a mild almost sweet flavor. Excellent garnish or salad leaf. Best sown early spring and fall. (20-45 days) 40/4 -S11066 pack (-200 seeds) \$3.29

UPLAND

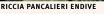
Barbarea verna 8-10 in. Dryland, watercress-like, dark green rosettes are easy to grow. Slow to bolt and long-standing, this plant is sometimes referred to as "creasy greens" by those below the Mason-Dix-













MARAICHÈRE FRISÉE TRÈS FIN ENDIVE

ENDIVE

Cichorium endivia

An easy-to-grow essential for salad mixes, endive grows well in most soils, preferring cool conditions and good air flow between plants. For blanched leaves without bitterness, uproot mature heads, prune severely, and plant again in darkness for two to three weeks.

BELLESQUE

10-16 in. Beautiful rosettes of broad green leaves with a ruffled outer edge and sweet white midribs. Ideal eaten as a full head or at a younger stage in a mesclun salad mix. Bred by John Navazio for spring or fall production, this variety has been selected for good winter growth in cool, mild climates. (45–60 days) 4 = -S16615 pack (-150 seeds) \$3.29 - S17997 1/4 oz. (-6,000 seeds) \$8.50

EROS

8-12 in. Early, upright plant with broad green leaves, a yellow heart and white midribs. Grown for summer and autumn harvest, and has good bolting tolerance. (45-60 days) -S21065 pack (~150 seeds) \$3.29 -S17998 bulk (~1,000 seeds) \$39

RHODOS

8-10 in. Très-fin-type endive with deeply cut, pale green leaves. (45-60 days) 4 - S21066 pack (~150 seeds) \$3.29 - S20509 1/4 oz. (~1,000 seeds) \$39

RICCIA PANCALIERI

8-10 in. Bright green, finely cut, fringed and curled leaves with unique rose-pink petioles. Adaptable to heat and cold and capable of year-round production in milder climates. (45-60 days) -S21046 pack (~150 seeds) \$3.29 -S20514 1/4 oz. (~6,000 seeds) \$9

MARAICHÈRE FRISÉE TRÈS FIN

8-12 in. This French endive forms a heart of finely cut, frilly leaves that are mild, slightly bitter, and delicious. Grows well in most soils and prefers cool conditions, similar to lettuce. (45–60 days) —*S10739* pack (~150 seeds) \$3.29

HUAZONTLE (RED AZTEC SPINACH)

TRADITIONAL Chenopodium berlandieri 1-4 ft. HA Succulent leaves resemble lambsquarter and are eaten raw when young. Thrives in hot weather without bolting. When the plant matures the leaves turn fiery red and can be harvested with the immature seed head for braising. The bright red color is retained after cooking. (30–40 days for raw greens; 60–100 days for cooked greens and tops) -S16159 pack (-250 seeds) \$3.69



1-888-762-7333



KOMATSUNA

Brassica rapa 4-12 in. HA Excellent for salad as tender leaves remain delicious even when plants are large. Delicate mustard flavor makes it nice for braising too. Calcium-rich. (30-40 days) pack (-200 seeds) \$3.29

LAMBSQUARTER, MAGENTA SPREEN

RARE Chenopodium giganteum 6 ft. HA/R A wild edible plant related to spinach. Leaves are a striking combination of lilac, purple, and magenta. Tasty raw in salads or steamed like spinach. (40-55 days) *△○/♀* — S10742 pack (~250 seeds) \$3.29

MARUBA SANTOH

Brassica rapa 18 in. HA Non-heading with large, light-green leaves and succulent, broad white stalks. Does well in high heat and humidity. Originally from Japan. Act / -200 seeds) \$3.29





SPICY MESCLUN SALAD MIX

MESCLUN, SALAD 4-8 in. HA A potpourri of color, shape, taste, and texture. Harvest a new combination each day. Early greens (Arugula, Osaka Purple Mustard Greens, Persian Garden Cress, Red Russian Kale, and Très Fin Endive) complement an assortment of lettuces (Brune d'Hiver, Ruben's Red Romaine, Pirat, Formidana, Simpson's Black-Seeded). Easy to grow through the season. seeds) \$3.29

MESCLUN, SPICY SALAD

6-10 in. HA Diverse in color, shape, and texture, the tender young greens make a zesty salad, while the mature greens are excellent for soups and braising. Includes Green Wave, Mizuna and Osaka Purple mustards, Arugula, Komatsuna and Persian Garden Cress. 60/ - S15735 pack (~600 seeds) \$3.29

BAU SIN

MIZSPOONA

MIZUNA 10-15 in. baby, 1-2 ft. mature Slender stalks bear feathery, mildly spicy leaves. Zesty in salads and stir-fries. Japanese nonheading type. Vigorous and cold-hardy. (20–25 days baby, 40–50 days mature) -S10744 pack (~250 seeds) \$3.29

50











MIZUNA MUSTARD

OSAKA PURPLE MUSTARD

MUSTARD GREENS Brassica juncea HA

A staple of Oriental cuisines, mustard greens add color and zest to salads when young and make a savory addition to stir-fries and soups when mature. They are a good source of protein, thiamin, riboflavin, magnesium, phosphorus, and copper, and an extremely rich source of dietary fiber, vitamins A, C, and B6, folate, calcium, iron, and potassium. Purple and red "greens" contain anthocyanin, a compound thought to protect cells and inhibit certain cancers.

10-16 in. A mild, sweet Indian mustard with glossy, golden-green leaves with a trace of red veining. Young leaves are fine for salads, and are high in pro-vitamin A and ascorbic acid. Plants mature to a beautifully folded heart prior to bolting. Stems and mature leaves are sweet, crisp and tender—great for braising. $(30-45 \text{ days}) \triangle / \triangle \Rightarrow$ -S16620 pack (~250 seeds) \$3.29

GREEN WAVE

4-6 in. baby, 1-2 ft. mature Spicy and hot, these deeply frilled, finely cut leaves are vibrant yellow-green. Upright plants are very boltresistant. Harvest as baby greens for salad and braising mix when mature. (20–25 days baby, 40–50 days mature) 40–50 days mature) pack (-250 seeds) \$3.29

8-15 in. An extremely vigorous, cold-hardy mix derived from a cross of mizuna and tatsoi. (50-60 days)

OSAKA PURPLE

1-2 ft. Large purple leaves are beautiful, pungent and sharp. Often used as a companion plant to repel aphids. A cool-weather crop that is boltresistant in the heat. (20-25 days baby, 40-50 days mature) -S10658 pack (-250 seeds) \$3.29





PURPLE WAVE

SEEDS OF CHANGE ORIGINAL 4-6 in. baby, 1-2 ft. mature Beautiful cross between Osaka Purple and Green Wave Mustard that took Alan Kapuler five years of field-selection to turn into a stable open-pollinated cultivar. Light-purple leaves with green edging and semifrilled leaf margins make this a stunning addition to your garden. Robust, hot, and spicy. (20-25 days baby, 50-60 days mature)

RED GIANT

4-6 in. baby, 1-2 ft. mature An attractive, flavorful, oversized mustard. Highly productive, slow to bolt, and extremely winter-hardy. (20-25 days baby, 50-60 days mature)

TATSOI SPOON

3-5 in. baby, 8-12 in. mature Delicate, mild flavor in salads or stir-fries. Attractive and prolific miniature Oriental vegetable forms dense rosettes that can be harvested even after snowfall. Sow in early spring or in late summer for biggest and best plants. (20-25 days baby,



RUBY ORACH SPINACH ERECT LARGE LEAF PURSLANE

ORACH, RUBY (MOUNTAIN SPINACH)

GOLDEN PURSLANE

HEIRLOOM Atriplex hortensis 4-6 ft. HA Cultivated since the 19th century. Grows well in warm weather when true spinach does not. Magenta leaves turn green when cooked. Good crop for coastal areas as it tolerates salt and wind. (60-70 days) pack (~130 seeds) \$3.29 __S20485 1 oz. (~6,000 seeds) \$17

PURSLANE, ERECT LARGE LEAF

Portulaca oleracea var. sativa 16 in. HA Originally selected from a "matweed" in Europe, these erect, tangy, small, succulent stems are high in vitamin C. Leaves contain the highest concentration of omega-3 fatty acids found in land plants—five times more than spinach and ten times more than lettuce and mustards. Popular in Greek salads. Tasty steamed or in a stir-fry. (50-60 days) pack (~500 seeds) \$3.29

PURSLANE, GOLDEN

Portulaca oleracea var. sativa 12-16 in. HA Succulent, golden-yellow leaves add zest and diversity to salads and stir-fries. Purslane is rich in vitamin C and the highest known plant source of omega-3 fatty acids. Upright stature makes for easy harvest. (60-70 days) -S15913 pack (~500 seeds) \$3.29





FARLY PALLA ROSSA RADICCHIO





INDIGO RADICCHIC

RADICCHIO Cichorium intybus HB

Radicchio is a red chicory that adds flavor and texture to mixed-green salads and is superb wilted or braised with garlic. Cooler weather inspires the most intense leaf colors. Suitable for spring planting, but can also be planted during the summer if protected from intense heat.

EARLY PALLA ROSSA

8-12 in. An Italian favorite. Red chicory that forms loose leaves and heads. (85–100 days) 4:/ - S11068 pack (-250 seeds) \$3.29

EARLY TREVISO

10-14 in. Long, upright leaves. Green in summer and pink to deep red in cooler weather. Tender, slightly bitter, pleasant tasting leaves and heart. Very uniform for an open-pollinated variety. (80-90 days)

INDIGO

4-5 in. Early, round heads with brilliant red inner leaves. Perfect raw in a salad mix or lightly sautéed to reduce bitter flavor. (65–70 days)

LEONARDO

4-5 in. Extremely vigorous, round, dense heads that strongly resist bolting. Longer season than Indigo radicchio. (80-85 days) 🛆 / 🔅 -S21079 pack (~75 seeds) \$3.29

SORREL, GARDEN HEIRLOOM Rumex acetosa 8-14 in. HP High in vitamin C, these tart, lemony leaves accent a salad and make a savory soup. Traditionally cooked with Ruby Orach. Pointed leaves form thick clumps. When plants get "scruffy," scythe to the ground for fresh growth. Zones 4-8. (80-90 days) △○ —S13443 pack (~100 seeds) \$3.69 - S21286 1 oz. (~1,500 seeds) \$16

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GARDEN SORREI

1989 SEEDS OF CHANGE 2009 FOUR SEASON GROWING

Every organic gardener knows the joy of picking seasonal fresh produce minutes before preparing it. What many don't realize is that this can be extended throughout the year, or nearly so, by selecting the appropriate varieties, planting at the right time, and using some simple season-extension techniques.

VARIETIES & TIMING



Braising Greens:

"Fast Food" for Cold

Our Braising Greens Seed Col-

lection is a fun and economical

way to explore four-season gar-

dening. It features 10 of our fast-

growing varieties that are cold-

hardy, versatile, nutritious, and

delicious. Baby greens will be

available in as little as 3 weeks

after sowing and are great ad-

ditions to salads, while mature

plants are perfect for steaming,

stir-frying and soups. Contains

one pack each of Broccoli Raab,

Komatsuna, Red Ursa Kale, Bau

Sin Mustard, Osaka Purple Mus-

tard, Purple Top White Globe Tur-

nip, Maruba Santoh, Beetberry,

Catalogna Frastagliata Chicory,

and Sputnik Arugula. (Save 20%

over individual pack prices.)

Weather

Many popular vegetables are adapted to the cold, low light conditions of the late fall and winter garden. If temperatures stay above 20° F most need no additional protection. Below 20° F, cold frames, row covers, and deep mulch will be required. Start sowing your winter garden in midsummer in well-drained soil with full winter sun. Experiment with varieties and timing to see what works best for your bioregion and microclimate.

Arugula, chicory, endive, kale, radicchio, and shungiku are generally the most cold-hardy greens, surviving to nearly 0° F. Chard, collards, mustard greens, and spinach can handle 10° F, while lettuce and Chinese cabbage tolerate 20° F. Frost generally induces sugar production and enhances flavor. Late summer-sown greens can overwinter for early spring harvest. Broccoli, brussels sprouts, cauliflower, European cabbage, and Chinese Napa cabbage can be harvested throughout the coldest months with protection below 20° F, and even down to 10° F if robust, large-framed plants are established before the onset of hard freezes.

Beets, carrots, parsnips, radishes, rutabagas, and turnips also thrive and become sweeter in cool soils. Sow in late summer and mulch deeply once established for harvest down to -20° F. Leeks, bunching onions, and chives can be also be harvested through the colder months. Peas, garbanzos, and fava beans all thrive down to 20° F and in milder climates can be fall-sown for spring harvest. In colder regions spring-sow as early as the soil can be worked for an early summer harvest.

Perennials such as bergamot, campanula, columbine, delphinium, echinacea, hyssop, lavender, lemon balm, dotted mint, penstemon, Oriental poppy, rudbeckia, and snapdragon and cold-hardy annuals including bachelor buttons, calendula, flax, larkspur, nigella, poppy, and sweet pea can all be fall-sown in the garden. Cold, moist conditions will naturally stratify the seed for better germination. Protect from birds with chicken wire or screen.

CREATE A MICROCLIMATE

Cold frames, portable greenhouses, cloches, tunnels, and row covers (see page 106) can nurture the most cold-sensitive plants through early, light frosts, or help a bed of hardy greens overwinter in the harshest of climates. Find sunny protected areas, utilize windbreaks and apply deep mulches under row covers to create environments that can add months to a plant's life. Through close observation, a few simple techniques, thoughtful variety selection and good timing, the dream of a year-round harvest can be a reality.

LEARN MORE ABOUT FOUR SEASON GROWING ON OUR WEBSITE.

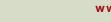


Still the best book available for year-round growing in cold climates. Presents simple, inexpensive designs for cold frames, unheated mobile greenhouses, and root cellars. This best seller also includes chapters on living soil, compost, planning and preparing your garden,

Four Season Harvest

planting and cultivating, indoor harvesting, and pest control. Coleman provides terrific growing tips for 50 vegetable crops and a section at the back listing resources. —*S12265* (*softcover*, *224 pages*)\$22

By Eliot Coleman





A frost blanket is an easy way to start extending your season. See page 106.



Beat the cold with our Deluxe Coldframe with vent opener, and our Collapsible and Woodframe Greenhouses. See page 19 & 106 for these and more.

Fertilizer & Potting Mix

Down to Earth

For optimum growth, plants need a balanced diet. Nutrients are made available to plants

when organic matter and minerals are broken down by soil microbes. Good crop rotation, cover crops, and generous additions of compost can provide most of a plant's needs, but many gardeners don't have time or space for cover-cropping or the means to create enough compost to meet the nutrient demands of intensively planted crops. Our farm-tested organic fertilizers contain the finest ingredients from sustainable sources, and are an excellent way to build soil fertility and add missing essential nutrients. Approved for organic production by **OMRI (Organic Materials Review Institute).**

PLEASE SEE OUR WEBSITE FOR LARGER SIZES.

New! All Purpose Mix (4-6-2)

A gentle, non-burning, balanced source of organic nutrients. Stimulates and feeds the soil microbiology to grow healthy plants naturally. Use up to 1 pound per 10 square feet in poor soils.

-S21735 25 lbs. \$34 -S21736 50 lbs. \$56

New! Bio-Fish Blend (7-7-2)

A workhouse fertilizer made with high-quality fish byproducts and other natural ingredients. Great for heavy feeders like brassicas, squash and corn. Natural calcium loosens tight soils.

-S22006 5 lbs. \$12 -S21737 25 lbs. \$39

New! Rock 'N Chicken (2-4-2)

A unique pelletized combination of Idaho rock phosphate and top quality composted chicken manure is perfect for every year use. Great for perennial flowers and green, eco-healthy lawns. -S22054 6 lbs. \$8.50 -S21739 25 lbs. \$15

New! Transplant Mix (4-3-3)

Formulated for slow, even growth and complete nutrition of tender young transplants. Mix 1–2 cups into 5 gallons of potting soil.

-S22078 6 lbs. \$8.50 -S22077 25 lbs. \$24

Vegan Mix (3-2-2)

Made with no animal byproducts. Should be used in combination with a good organic compost, as nutrient availability is medium- to long-term. Contains soybean meal, alfalfa meal, soft rock phosphate, langbeinite, kelp meal, greensand, and ground basalt stonemeal.

-S22080 6 lbs. \$11.95 -S22079 25 lbs. \$33.95

New! Worm Compost

Oregon-produced vermicompost. Rich in micronutrients and microorganisms. Blend half and half with potting soil for a superior organic growing mix. — S21743 I cu. ft. \$21



New! Bat Guano (8-3-1) One of the best natural sources of readily available

nitrogen. Indispensable when cool soil temperatures slow down nutrient release. Mix with potting soil or dilute with water for a seedling booster.

-S22001 2.75 lbs. \$10.95 -S22000 10 lbs. \$37.50

New! Feather Meal (12-0-0)

Steamed and powdered feather meal is an effective and economical source of readily available nitrogen. 1 cup per 5 row feet yields amazing results for heavy feeders like lettuce and other greens.

______S22030 6 lbs. \$12.50 _____S22031 20 lbs. \$34.90

New! Fish Bone Meal (3-16-0)

High-phosphorus fertilizer perfect for flowering and fruiting stages in garden plants. Quick-release compared to rock-based phosphorus. No preservatives. -S22033 6 lbs. \$10.95 -S22034 25 lbs. \$34.95

New! Kelp Meal (1-0.1-2)

A rich source of potash, trace minerals, amino acids and natural plant hormones. Use in potting soils to stimulate roots and prevent transplant shock. Improves flower set, seed yields and quality. -S22043 5 lbs. \$11.95 -S22045 20 lbs. \$49

New! Greensand (0-0-3)

A time-tested, slow-release source of iron, potash and soil-structure-building silicates. 1 cup per 5 gallons, greatly improves water retention in potting soils.

-S22039 7 lbs. \$11.50 -S22040 25 lbs. \$23.95

New! Neem Seed Meal (5-1-2)

Naturally rich in trace minerals and an effective anti-fungal compound. Very beneficial in foliage growth and bud set. 100% plant-based.

—S22050 6 lbs. \$14.50 —S22234 20 lbs. \$42

New! Seabird Guano (12-8-2)

A sustainably collected, power-packed organic fertilizer, rich in trace minerals. Use dry, or 1 cup per gallon of water, for side-dressing transplants. A favorite for giant pumpkin growers and corn lovers.

-S22060 5 lbs. \$20.50 -S22058 20 lbs. \$55.50

Corn Weed Blocker (9-1-0)

Your lawn and garden will love this weed blocker. Harmless to people, pets, groundwater, and soil microorganisms, this natural, allelopathic compound is derived from corn gluten. Effectively controls emerging weeds in existing lawns, gardens, flower beds and shrubbery, without damaging established plants. Contains 9% nitrogen for slow-release fertilization. (7 lbs. box treats approx. 350 sq. ft.) -S18011 \$15

New! Black Gold Seedling Mix

Ideal for strong seedling development. A finely sifted blend to provide excellent air flow and moisture retention for strong seedling growth. Our choice for ³/₄ inch soil blockers.

-S22066 8 qts. \$6.95 -S22067 16 qts. \$10.95

New! Black Gold Potting Soil

Universal mix for vegetables, flowers and all potted plants. A carefully blended organic formula that provides a full season of nutrition. Just the right texture for the larger soil blockers. -S22062 4 qts. \$5 -S21748 8 qts. \$9

New! Pro-Organic Mix

This professional mix is blended using only the highest-grade organic ingredients to provide superior nutrition and root aeration for growing plants. Great for soil blocks. —S22235 2.8 cu. ft. \$29

Organic Gem® Liquid Fish Fertilizer

Transforms 70 trace minerals and micro nutrients into a form that can be easily assimilated through a plant's root system, while providing generous amounts of nitrogen and phosphorus. It also makes an excellent foliar feed. Due to its unique process (unlike common fish emulsions), Organic Gem assimilates quickly and its odor dissipates rapidly in the field. Organic Gem is suitable for all organic applications and leaves your yard and garden safe for people and pets.

—*S16252 1 gal.* \$27 (\$4 addl. shipping charge. UPS Ground only.) -S16256 5 gal. \$80

(\$9 addl. shipping charge. UPS Ground only.)

Liquid Lunch for Your Plants



fertilizers and foliar sprays. Highly concentrated and easy to use. Great for seedlings, transplanting, container gardens, and hydro-organic Systems. Visit our website for more information and for more Earth Juice products.

Farm-tested liquid organic

(\$1 addl. shipping charge. UPS Ground only.)

Earth luice Grow

Formulated for vigorous vegetative growth. A superb all-purpose fertilizer for all stages of plant development, from seedling through maturity. 2-1-1. __S15813 Grow, I gal. \$33.50

Earth Juice Bloom

Promotes flowering and fruiting to increase vields. Use alone or combined with EARTH JUICE GROW. Great for phosphorus-loving plants like cacti. 0-3-1. -S15815 Bloom, 1 gal. \$33.50

The Seeds of Change® Difference

WHY WE GROW OUR SEEDS ORGANICALLY

While it is often easier and quicker to grow seed using chemical inputs, we are committed to safeguarding your health and that of the earth. Organic and sustainable agriculture works to build healthy soil, naturally rich and balanced in the nutrients and minerals plants need. For a healthy planet and future for us all, we therefore are committed to growing 100% of our seeds organically on our own certified organic Research Farm and throughout our unique network of certified organic family farms.

Our Guarantee

We guarantee all of our products unconditionally. Our return policy is hassle-free. If any purchase fails to meet your standards or satisfaction, simply return it for an exchange or full refund of the purchase price.

As gardeners and farmers, we know the importance of high quality. Our growers take the utmost care in all phases of organic seed production. We rigorously inspect, hand-clean, and constantly germination-test all of the varieties we carry. All seed is grown in accordance with the National Organic Program Standards.

Shipping and Handling

Order anytime: 24/7

Please include both your billing and delivery addresses as UPS does not ship to P.O. Boxes. In-stock orders will usually ship within 48 hours. Orders typically arrive within 7 to 10 business days. 2-day air is also available for most of our products.

Live plants are shipped when ready to plant. Please add separate shipping charges for each item to be shipped and see the Live Plants shipping chart for timing of shipments and shipping method. Oversized products may require an additional charge when shipping to Alaska, Hawaii, U.S. Territories and Canada. Please call for rates. We ship only to the U.S., U.S. Territories, and Canada.

WHY WE OFFER HEIRLOOM, TRADITIONAL, AND RARE VARIETIES Heirloom and traditional varieties have been saved for generations because of their treasured traits. This tradition is an important feature of our seed list. Rare means few other sources exist in the world and need to be preserved.

WHY OFFER OPEN-POLLINATED AND HYBRID SEEDS

Global seed diversity is being lost at an alarming rate, jeopardizing the range of available food crops for future generations. OP seed varieties allow gardeners to save their own seed and take an active role in preserving genetic diversity. In response to popular demand, we now offer a limited selection of organic hybrid varieties

Back Orders

We do our very best to avoid back orders. You will be notified if an item is temporarily unavailable, and will not be charged for any additional shipping costs resulting from that back order.

Crop Failures

Unlike other seed companies that purchase their seed on the vast international commodity market, we grow all our seed on our own Research Farm and with a dedicated network of family-owned, certified organic farms. Because of our complete reliance on Mother Nature, we will occasionally experience a crop failure and be unable to fulfill your order for a particular seed, seedling, or tree. Thank you for understanding.

Pricing

Prices in this catalog are subject to change and are superseded by the next year's catalog.

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Signature
Please check here if you DO NOT wish to receive mailings from the selected mailers and non-profits with whom we sometimes exchange



for their superior performance under certain conditions, however we are still committed to the concept that widely disseminated OP seed remains the foundation of a secure and sustainable agriculture.

OUR SEEDS AND LIVE PLANTS ARE:

- 100% USDA Certified Organically Grown in accordance with National Organic Standards and meet or exceed Federal germination requirements.
- 100% GMO-free.
- 100% Grown by Seeds of Change and our network of certified organic family farms and nurseries.



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Each year we donate thousands of seed packs to schools, relief efforts, and community garden programs. If you or someone you know is interested, please see our website or call 1-505-438-8080.

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A fail-safe gift for your favorite gardeners.

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SEEDSof	CHANG
6	A COLORADO
CERTIFIED	ORGANI

FOR LARGER ORDERS. PHOTOCOPY FORM OR USE LINED PAPER FAX TO: 1-800-392-2587

MAIL TO: Seeds of Change, C/O Marketing Concepts, PO Box 152, Spicer, MN 56288 QUESTIONS? Call 1-888-762-7333

Seeds 8	Merchandis	e (See below	for merchandise with additional shipping charges.)				
Pg		Quantity	Description	Color	Size	Price Per Item	Total
				1-4 A			
;	1.1.1.1				3-		
,		0.557		12.00		$I \ge 0$	

• Yes, please substitute a similar variety if my SEED selection is unavailable. Seeds & Standard Merchandise Subtotal :

Live Plants (Apple Trees, Asparagus, Garlic, Oca, Potatoes, Rhubarb, Seedlings, Strawberries & Yacon)

	Pg #	Item #	Quantity	Description	Color	Size	Price Per Item	Total
1						120	$A \times Y$	
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• Yes, please substitute a similar variety if my GARLIC selection is unavailable.

Live Plants Subtotal :

Merchandise With Additional Shipping Charges (Coldframes, Greenhouses, Rain Barrels & Others Items Noted In Catalog)								
	Pg #	Item #	Quantity	Description	Color		Price Per Item	Total
1			153112		12.1	12	1. 19	
2						1.97		
3			10000		6 1990			

www.seedsofchange.com

Merchandise With Additional Shipping Charges Subtotal :

Special Shipping Requirements

Call 1-888-762-7333 for rates on overnight delivery. PLEASE NOTE: We are only able to ship seeds to U.S. territories

and Canada. For shipments to other locations or for special delivery options, please call 1-866-762-7333.

Shipping & Handling Charges

For EACH delivery address & seasonal ship date						
PURCHASE AMOUNT	2-DAY UPS	USPS/UPS GROUND				
Under \$6.00	\$12.96	\$2.56				
\$6.01 to 15.00	15.84	4.75				
15.01 to 35.00	18.72	9.14				
35.01 to 50.00	21.60	11.70				
50.01 to 75.00	24.48	13.53				
75.01 to 95.00	25.92	15.72				

PURCHASE AMOUNT	2-DAY UPS	USPS/UPS GROUND
Under \$6.00	\$12.96	\$2.56
\$6.01 to 15.00	15.84	4.75
15.01 to 35.00	18.72	9.14
35.01 to 50.00	21.60	11.70
50.01 to 75.00	24.48	13.53
75.01 to 95.00	25.92	15.72
95.01 to 150.00	27.60	18.29
150.01 and over	33.61	21.94

Live Plants Seasonal Shipping

Apple Trees ship January-April via Ground. Asparagus ships December-June via Ground or 2-Day air. Garlic ships September–December via Ground or 2-Day air. Oca ships February-May via 2-Day air. Potatoes ship March-May via 2-Day air. Rhubarb ships December-May via 2-Day air. Seedlings ship February-June via 2-Day air. Strawberries ship December-April via 2-Day air. Yacon ships February–May via 2-Day air.

Your Order		
Seeds & Merchandise	Subtotal :	
	Shipping & Handling Charges : – –	
Live Plants	Subtotal :	
	Shipping & Handling Charges : -	
(Shipping charges apply for each is	tem. Please see Live Plant chart for shipping	methods to the left.)
Merchandise With Addition	nal Shipping Charges Subtotal :	
	Shipping & Handling Charges :	
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5	eed and Merchandise Subtotal :	
Credits/Gift Certificates (p	lease enclose and subtract from total): -	
Mail Order Handling Charge		\$1.50
New Mexico	Delivery, add 7.9375% sales tax :	
	TOTAL ORDER AMOUNT:	

SEE PREVIOUS PAGE FOR ADDRESS INFORMATION. Please Mail Your Order Form To:

Seeds of Change, ^C/o Marketing Concepts, PO Box 152, Spicer, MN 56288





CITY FARM DIRECTOR TIM WILSON TENDS AN OASIS OF VEGETABLES IN JIRBAN CHICAGO

CITY FARM, CHICAGO

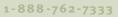
As the movement toward locally grown and seasonal cuisine picks up steam, organic gardening and farming are beginning to flourish in our cities. Many permaculturists and other ecology-minded activists have begun to capitalize on the vast amounts of organic "waste" generated in our population-dense areas and are recycling it into an abundance of healthy food, while creating community and remediating blighted areas.

City Farm, wedged between one of Chicago's most notorious public housing projects and the city's wealthiest neighborhood, is an outstanding example of how urban agriculture can change the way city dwellers think about food and ecology, while reducing their dependence on imported food. A project of the Resource Center, which was established in 1975 as a recycling program, City Farm was launched in 2000. On a one-acre vacant lot leased from the city, three full-time growers and dozens of volunteers intensively grow and market produce to everyone from Chicago's finest chefs to the farm's diverse neighbors. Contaminated soils are sealed off with clay from local excavation projects and two feet of Resource Center-generated compost is imported to support a diversity of crops. When leases lapse, the whole "farm" can be scooped up and moved to revitalize a vacant lot in another neighborhood.

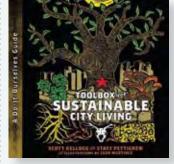
In addition to the hundreds of pounds of heirloom tomatoes, gourmet greens and other crops produced weekly, the farm organizes programs to educate a new generation of growers and consumers while providing summer jobs for local high school students. Urban farming and gardening will play an essential role in developing a sustainable food system. City Farm's innovative model is a blueprint for action.



(LEFT) THE ROOFTOP GARDENS AT RICK BAYLESS'S FRONTERA GRILL. (RIGHT) GARDENER BILL SHORES (L) WITH BAYLESS IN HIS BACKYARD MINI-FARM WHERE THEY PRODUCE GOURMET GREENS FOR BAYLESS'S EXCLUSIVE TOPOLOBAMPO RESTAURANT



CHICAGO'S CITY FARM PRODUCES MANY TONS OF HIGH-OUALITY ORGANIC PRODUCE ANNUALITY



Thriving in the City Toolbox for Sustainable City Living, A Do-It-Ourselves Guide outlines a permaculture-based approach to city dwelling. Food, water, shelter, energy, and waste are all thoughtfully explored. (Softcover, 246 pages) -S22224 \$16



FRONTERA FARMER FOUNDATION

The Frontera Farmer Foundation, started by Chef Rick Bayless (see page 48), is a nonprofit organization committed to promoting small-scale, sustainable farms serving the Chicago area. The Foundation envisions a year-round interchange between sustainable farmers and consumers in which seasonal, local agriculture provides the basis for a sustainable regional cuisine.



Frontera Farmer Foundation 445 North Clark Street Chicago, Illinois 60610 (312) 661-1434 www.rickbayless.com/foundation farmerfoundation@fronteragrill.net

SEEDS of CHANGE 2009 VEGETABLES





CHILDREN'S VEGETABLE COLLECTION GIVE THE CHILDREN IN YOUR LIFE THE GIFT OF GARDEN ING. THESE EASY-TO-GROW VARIETIES WILL EXCITE AND ENCOURAGE. INCLUDES ROYAL BURGUNDY BUSH BEAN, Encourage. Includes royal burgundy bush bean, lemon cucumber, oxheart carrot, red ridinghood lettuce, tom thumb lettuce, dakota black pop popcorn, jack-o-lite pumpkin, matt's wild cherry tomato, and sugar baby waternelon. (Save 20% over individual packs.) — $S17167 \pm 23.69$

	Tender Annual	0	Drought
	Hardy Annual	\triangle	Moderat
	Hardy Biennial		Frequent
	Tender Perennial	ö	Full Sun
	Hardy Perennial		
2	Reseeding		Partial Sl

Water

Water

App.SeedCount _____ Founding Seeds

Sustainability and local food production are epitomized at Bluebird Farm. On ten verdant acres nestled in the

Siskyous of southern Oregon, Chi and Michelle Sherer grow thousands of pounds of carrots, beets, lettuce and other crops for their regional food cooperative. For nearly two decades they've produced seeds and seed garlic for Seeds of Change, along with diverse cover crops and flowers to feed the soil and native pollinators. They call it "green farming," we call it the future of agriculture.

Essential to tomorrow's food future will be an abundant supply of high quality seeds adapted to low-input organic systems. No one works harder to make that supply a reality than seasoned seed veteran Joel Reiten. We're as delighted to have Joel join our team as Seed Production Manager, as you will be with the seeds he and his growers produce.



AMARANTH

Amaranthus hypochondriacus (unless noted) TA/R

Origin: Mexico. Revered by the ancient Aztecs, the easily threshed seeds of this grain species contain 14-18% protein with a balanced blend of amino acids, especially rich in lysine. The seeds also contain generous amounts of calcium, phosphorous, iron, and fiber. Use amaranth as a healthy and tasty addition to breads, hot breakfast cereals, and muffins. The young leaves are highly nutritious too, great in salads or lightly steamed. Along with their nutritional value, amaranths are regal in the garden and make magnificent bouquets with sunflowers. This genus has become widely adapted, growing well in most North American climates and soils. See eNewsletter 38 at seedsofchange.com for "Growing and Harvesting Quinoa and Amaranth."

BURGUNDY

6-8 ft. Elegant, long burgundy plumes bear plentiful white seeds. Leaves are intense reddish purple and add color and nutrition to salads. (100–110 days) 40 -510833 pack (~500 seeds) \$3.29

GOLDEN GIANT

6-7 ft. Young leaves are flavorful and nutritious in salads. At maturity, this handsome plant has golden stems and leaves, yielding several ounces of tasty white seeds per plant. (100-110 days) pack (~500 seeds) \$3.29

GREEK

HEIRLOOM • RARE A. gangeticus 5-7 ft. Light-green foliage gives way to beautiful, multiheaded flower plumes yielding dark purple, edible seeds. An early maturing species, Greek Amaranth is a unique, stoutly branched plant that produces delicious leaves, favored as a steamed vegetable in Greece. (55-70 days) -S11024 pack (~500 seeds) \$3.29

MANNA DE MONTANA

TRADITIONAL • RARE 4-6 ft. A uniform and dependable variety that yields bountiful harvests of delicious orange-gold seeds, wonderful for whole-grain cereals, bread flours, or popping. (95–105 days) -S11023 pack (~500 seeds) \$3.29

MERCADO

TRADITIONAL • RARE 7-9 ft. An unusual, great tasting variety from southern Mexico. Prolific bearer of tan seeds on thick, green tops. Very lodge-resistant. Adaptable to northern gardens if started early. (125 days) (125 days)

WARIHIO

TRADITIONAL • RARE 6-8 ft. Used for ceremonial purposes on the Mexican Day of the Dead, this beautiful variety has dark green foliage, red stems, and large burgundy heads full of dark purple seeds. Native staple of the Sonora region. (105 days) (~500 seeds) \$3.29

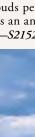




Order anytime: 24/7



KEY





ARTICHOKE, IMPERIAL STAR

Cynara scolymus TP/HA Bred for producing chokes in first season, so must be planted no later than February. Shortest vernalization period required (~500 hours below 50° F) of all varieties yielding in first year. Rounded, nearly spineless, 3-4" flower buds, with 6-8 mature buds per plant. A perennial in zones 7–10. All colder zones treat as an annual. (80–90 days) 🖉 — S21052 pack (~20 seeds) \$3.29 -S21523 bulk (~65 seeds) \$8.70

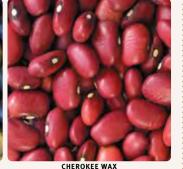


WARIH



MANNA DE MONTANA















RED MEXICAN

TIGER'S EYE

SWEDISH BROWN

BEANS

Phaseolus vulgaris (unless noted) TA

Origin: Mexico, Central and South America. A food staple for thousands of years for their high nutrition and adaptability, beans can be enjoyed in the fresh snap, green shell, or dry mature stages. Traditionally used as both food and currency, the seeds come in a nearly infinite array of colors, patterns, and shapes.

Dry Soup Bush Beans

BLACK COCO

HEIRLOOM 20-24 in. Delightful three-stage bean, edible as an early snap bean, then as a shell bean, and finally as a plump, black, quick-cooking dry bean. New Mexican favorite for refried beans. Fresh (50-60 days) Dry (80–95 days) 😂 / 🚔 —S10953 pack (~70 seeds) \$3.29

CHEROKEE WAX

18-24 in., 6-7 in. pod Tender and stringless in all stages, Cherokee's rich flavor makes it a culinary favorite. Good soup bean. Vines bear straight, flat, deep golden-yellow pods. (55–60 days) ightarrow = -S14122pack (~70 seeds) \$3.29

HUTTERITE

HEIRLOOM 2-3 ft., 6-7 in. pod The Hutterites, an Austrian/Christian sect, moved to North America in the 1760s, bringing this valuable bean as a staple food. Vigorous and productive, it cooks up into a delicious, creamy chowder. (75-85 days)

INDIAN WOMAN YELLOW

TRADITIONAL • RARE 20-24 in. A delicious soup bean, these early maturing, extremely productive yellow dry beans are perfect for short

JACOB'S CATTLE

HEIRLOOM 20-24 in., 6-7 in. pod Similar to the southwestern Anasazi bean, this is a high-yielding gem of a bean with an ancient origin. Popular in New England and other cooler, short-season areas. Wonderful for baking. (80–100 days) 🖨 —S10954 pack (~70 seeds) \$3.29 -S21185 1/2 lb. (~750 seeds) \$5

PAINT DRY

16-20 in. An offshoot of the Yellow Eye bean with three distinct patterns. A great short-season dry bean like Jacob's Cattle. Beautiful for -S21204 1/2 lb. (~750 seeds) \$5

PAWNEE SHELL

TRADITIONAL 16-20 in., 4-5 in. pod The uniqueness of the patterns on bean seeds is one of the joys of the annual harvest and of backyard gardening. These deeply marked seeds are brown on beige with an appearance like Jacob's Cattle. Reliable and productive. (85–90 days) -S14125 pack (~70 seeds) \$3.29 -S21212 1/2 lb. (~750 seeds) \$5

RED MEXICAN

HEIRLOOM • RARE 12-15 in. Introduced in 1855, and also known as "Montezuma's Red," this premium, prolific dry-land bean is outstand-

SWEDISH BROWN

HEIRLOOM 12-15 in. A popular Scandinavian variety brought to the U.S. by early Swedish immigrants, this hardy bush dry bean will thrive almost anywhere. Nutty flavor is great for baking or soups. (85-95 days) △☆ / ☆ -S10960 pack (~50 seeds) \$3.29

TIGER'S EYE

HEIRLOOM 3-31/2 ft. Gorgeous orange with dark-maroon swirling stripes. Similar taste to a pinto bean, but creamier in texture. Easy to grow and harvest. Also eaten as a green snap bean. (85–95 days) -S17510 pack (~70 seeds) \$3.29 -S21208 1/2 lb. (~750 seeds) \$12

Fresh Snap Bush Beans

BACCICIA SNAP

HEIRLOOM 18-24 in., 6-7 in. pod An Italian home-gardening favorite. Predominantly red seeds with white speckles produce high quality, thick and flavorful green beans. (55–60 days) 🖉 —S11110 pack (~70 seeds) \$3.29

BEURRE DE ROQUENCOURT WAX

HEIRLOOM 14-16 in., 6 in. pod Bountiful, old-time yellow wax bean produces elegant and delicious, stringless pods. Vining tendencies. Adapted to northern climates. (55–60 days) Adapted to S10823 pack (~70 seeds) \$3.29

BLUE LAKE

15-18 in., 6-7 in. pod The best tasting green bean in our trials for several years. A vigorous, productive and rather small bush yields tender, sweet, round, stringless, straight green pods. Good choice for small gardens. Great for canning and freezing. (55–60 days) pack (~70 seeds) \$3.29 -S21188 1/2 lb. (~750 seeds) \$6.40

BOUNTIFUL STRINGLESS SNAP

HEIRLOOM 18-24 in., 6-7 in. pod Introduced to Genesee County, New York in 1898, this reliable, heavy-yielding variety has straight, slightly flattened tender pods on a semi-vining bush. The classic green bean. (50-55 days) in -S10615 pack (~70 seeds) \$3.29

FLACO

SEEDS OF CHANGE ORIGINAL 16-20 in., 4 in. pod These slender, round, green pods remain tender and straight throughout duration of har-1/2 lb. (~750 seeds) \$6

GOLDEN LUMEN WAX

16-20 in., 5 in. pod Early bearing, crisp, stringless, golden-yellow pods with white seeds. Mosaic-tolerant. Heavy yielder. Mix with Bountiful Stringless and Royalty Purple for a beautiful raw bean salad. (50-55 days) 40/4 -S10824 pack (~70 seeds) \$3.29

GOLD RUSH

16-20 in., 5-51/2 in. pod Very early, strongly determinate plant produces one main, heavy picking of 5-51/2 in. round, golden-yellow, straight, seeds) \$3.29 - S21193 1/2 lb. (-750 seeds) \$7.90

HARICOT VERT "MAXIBEL"

20-24 in., 7 in. pod Upright plants with pencil-thin, stringless gourmet green beans, with excellent flavor and prolific yield. Grown more for fresh eating than canning or freezing. (50–55 days) -S14279 pack (~70 seeds) \$3.29 -S21191 1/2 lb. (~1,100 seeds) \$7.90

KEBARIKA

TRADITIONAL 16-20 in., 6 in. pod From Kenya, these dark purple, whitemottled seeds produce vigorous, upright green snap beans with thick, flattened pods. (70-80 days) (-70 seeds) \$3.29

MAGPIE

HEIRLOOM • RARE 24-28 in., 7 in. pod A French green bean from the early 1900s. Thin pods are delicious raw or lightly steamed. Black and white seeds are delightfully reminiscent of a magpie's plumage. (60-65 days) 4 - S11111 pack (~70 seeds) \$3.29

PALERMO

16-20 in., 5-51/2 in. pod Sturdy plant with green, round pods produces over an extended harvest. Slower seed development inside the bean makes for a long harvest window. (55–60 days) pack (~70 seeds) \$3.29 -S21190 1/2 lb. (~750 seeds) \$6.50

PROVIDER SNAP

Order anytime: 24/7

16-18 in., 5-8 in. pod Productive, early, round bean. A favorite because of its upright growth, virus resistance, and high productivity in a variety of climates. Can also be eaten as a dry soup bean. (50–55 days) -S10820 pack (~70 seeds) \$3.29 -S21187 1/2 lb. (~750 seeds) \$5.40



60



BACCICIA SNAP













HARICOT VERT "MAXIBEL



















TAVERA



TENDERGREEN



CASCADE GIANT

BLACK-SEEDED YARD LONG

Fresh Snap Bush Beans (Continued)

ROBERT'S ROYALTY (See New Introductions, page 6)

ROC D'OR YELLOW WAX

16-20 in., 6-8 in. pod Classic tender, crisp French variety with honest yellow color and a delicious buttery flavor to match. Compact bush is mosaic virus- and anthracnose-resistant. (55–60 days) 🕁 🖉 / 👾 -S10825 pack (~70 seeds) \$3.29 -S21194 1/2 lb. (~700 seeds) \$6

ROMA 2

14-18 in., 5-7 in. pod A smooth, flat, and very flavorful Romanotype green bean on a sturdy plant. An improved selection over the original bush Romano bean. (55–60 days) seeds) \$3.29 - S21196 1/2 lb. (~750 seeds) \$9

ROYAL BURGUNDY

16-20 in., 5-7 in. pod Delicious, round, stringless, deep-purple pods are supported by stocky bushes with excellent "standability." Produces early and prolifically, even in cooler conditions. Turns green when cooked. (50-55 days) 40/ / # -- \$14980 pack (~70 seeds) \$3.29 -S21195 1/2 lb. (~700 seeds) \$5.55

ROYALTY PURPLE

16-20 in., 4-6 in. pod Tasty, easy-to-grow, unusual purple snap bean. Delicious raw in salads, adding a touch of color. Bushes have short runners and colorful purple flowers. Tolerates cool soil and partial shade. Pods turn green when steamed. (50–55 days) -S10821 pack (~70 seeds) \$3.29

SEQUOIA

RARE 16-20 in., 5-6 in. pod An attractive and delicious Romano-type variety with deep-purple pods. It tolerates cool weather and works well in short-season areas. (55-60 days) seeds) \$3.29

TAVERA

16-20 in., 4-5 in. pod Extra slender, stringless, dark green French Filet bean. Very popular with commercial fresh bean growers for its outstanding flavor and uniformly thin pods throughout the harvest period. (55-60 days) 4 - S21034 pack (~70 seeds) \$3.29 -S21192 1/2 lb. (~1,100 seeds) \$7

TENDERGREEN

HEIRLOOM 16-20 in., 5-6 in. pod A green, round-podded, stringless and tasty bush bean with slight flecks of purple. A very heavy yielder over a short period, even during hot weather. A great mainstay for the

Fresh Snap Pole Beans

BLACK-SEEDED BLUE LAKE

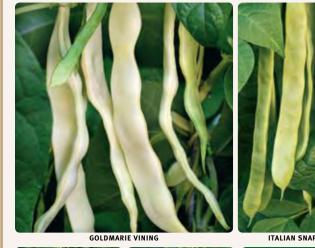
6-8 ft., 6-7 in. pod This stringless green bean has a dedicated following. Exceptional for fresh eating as well as freezing or canning, the vigorous vines produce abundant yields of straight beans. Far more productive than any bush bean. (55-65 days) Sight = -S10826pack (~70 seeds) \$3.29 -S21532 1/2 lb. (~750 seeds) \$8

BLACK-SEEDED YARD LONG

Vigna unguiculata 7-10 ft., 12-18 in. pod Fast-growing, high-yielding vining bean from subtropical Asia that thrives in the heat. Each vine yields dark green, slender pods that contain 10-20 black seeds. These sweet, crunchy pods are stringless and wonderfully unique.

CASCADE GIANT

6-8 ft., 8-10 in. pod Perfect for the home gardener, these vines yield a profusion of straight, dark green pods mottled with purple. Great for canning. This stringless selection from the Oregon Giant Pole bean is fairly drought tolerant and adaptable to cool, damp weather as well. (60-65 days) $\Delta \odot / \odot - S10957$ pack (~50 seeds) \$3.29





For maximum vields. don't forget to inoculate your beans with our pean and pea inoculant It's easy to do; just ampen your seed in a bowl, dust with inoculant, and sow. (See page 101)

JACK AND THE BEANSTALK KENTUCKY WONDER

DOW PURPLE PODDED

HEIRLOOM • RARE 6-8 ft. One of the choicest pole beans available. Emerges well from cool wet soils. Produces tasty, dark purple, flat beans through a long season. Rare seed originally from Illinois. (75-80 days) 4: / = -S10827 pack (-60 seeds) \$3.29 (not pictured)

GOLDMARIE VINING

RARE 6-8 ft., 8-9 in. pod Bright, golden-yellow, flattened pods with excellent flavor remain succulent, even when large. Vigorous vines produce abundantly. Nearly lost commercially, but preserved by backyard seed savers. (55-60 days) 2 -S14128 pack (~70 seeds) \$3.29

ITALIAN SNAP

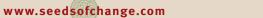
RARE 6-8 ft., 7-8 in. pod Of all the Romano-type beans we tested at the Research Farm, this white-seeded strain was the most tender and flavorful. Extremely productive. Highly recommended. Vines bear wide, long flat pods. (60-70 days) 4/ - S10956 pack (~50 seeds) \$3.29 -S21533 1/2 lb. (~500 seeds) \$9

JACK AND THE BEANSTALK

HEIRLOOM • RARE P. multiflorus 10-20 ft. You could just about climb this Polish heirloom to the giant in the clouds. Perhaps best enjoyed in the green (immature) shelling stage, the large white seeds make a sumptuous soup. A tribute to the value and wonder of heirlooms. (80–85 days) ♦ — S13435 pack (~15 seeds) \$3.29 (limited quantities)

KENTUCKY WONDER

HEIRLOOM 6-8 ft., 8 in. pod Introduced before 1864 in Kentucky, this classic brown-seeded strain produces silvery green, fleshy pods with a distinctive flavor. (60-65 days) 40/4 -S10618 pack (~70 seeds) \$3.29 -S21561 1/2 lb. (-750 seeds) \$7.15



BLACK-SEEDED BLUE LAKE

FAVA BEANS Vicia faba HA

Origin: Mediterranean. Grown during the winter in Mediterranean climates, and in spring to early summer in colder temperate regions, these plants are bushy, erect, and cold-hardy. In the green shell stage they are great in soups. As a dry bean they can be ground into flour and used to make hummus. Favas are also exceptional nitrogen-fixing plants.

BROAD WINDSOR

3-6 ft. This is the classic, large-seeded English fava with strong, upright plants bearing 4-7 very large, tender, light-green seeds for fresh shelling. The mature, light-brown seeds are excellent in soups and hummus. (80–140 days) 🖧 / 🚔 — S21090 pack (~15 seeds) \$3.29 -S21224 1/2 lb. (~250 seeds) \$9

IANTO'S YELLOW (See New Introductions, page 6)

SWEET LORANE

3-6 ft. A delicious, small-seeded, exceedingly productive fava bean developed for its edibility, disease resistance, and winter hardiness by Steve Solomon, who founded Territorial Seed Company. This variety combines the virtues of a fine green manure crop that thrives during cold, wet winter and spring conditions, and a tasty, high-protein culinary



BROAD WINDSON

SWEET LORANE

GARBANZO BEANS HA

BLACK KABOULI

Cicer arietinum 18-24 in. Cultivated in the Fertile Crescent over 6,000 years ago. Great flavor and high protein. Cultured like peas, this spring planted, black-seeded variety produces an abundance of two-seeded pods. (95-105 days) A -S10817 pack (~70 seeds) \$3.29

LIMA BEANS TA

SIMMONS RED STREAK

Phaseolus lunatus 18-24 in. An easy going, short runner plant that needs no trellising. Produces a bounty of flat, red-and-white-speckled limas that are fanciful for beading and delicious for eating. (95–105 days) (-20 seeds) \$3.29



BLACK KABOULI

SIMMONS RED STREAM



RUNNER AND HALF-RUNNER BEANS Phaseolus coccineus (unless noted) TA

AZTEC HALF-RUNNER

TRADITIONAL • RARE 3-4 ft., 6-7 in. pods Plump, large white beans make a hearty, thick soup. Pods are particularly succulent and delicious raw or cooked. (60–75 days) 🖧 —S10816 pack (~15 seeds) \$3.79 -S21790 1/2 lb. (~160 seeds) \$7.90

BLACKCOAT

P. lunatus 4-6 ft. Gorgeous, pitch-black glossy seeds. This gourmet bean has a firm texture and great flavor. Excellent in soups, salads, and

CANNELLINI SOUP

HEIRLOOM • RARE P. vulgaris 3-6 ft. First grown in the U.S. in the 1820s, this classic Italian is perfect for minestrone. Large kidney-shape with a nutty flavor, makes delicious Italian-style baked beans. Productive half-runner plant grows well even in cool weather. (80–85 days) -S10622 pack (~20 seeds) \$3.29 -S21220 1/2 lb. (~200 seeds) \$9.45

SCARLET EMPEROR

TRADITIONAL 6-10 ft. Ornamental and ceremonial bean used by indigenous cultures of the Southwest and Mexico. Large vines with stunning scarlet flowers attract bees and hummingbirds. Stringless, fleshy and delicious pods hold savory, purple-and-black mottled 1 in. beans. Called "jewelry beans" for their gorgeous markings. (90–95 days) 🕁 🚎 / 🔅 —S10955 pack (~25 seeds) \$3.29 —S21216 1/2 lb. (~250 seeds) \$14



EDAMAME SAYAMUSUM

SHIROFUMI SOYBEAN

SOYBEANS Glycine max TA

EDAMAME SAYAMUSUME

16-20 in. Most productive and flavorful edamame type in our ongoing field trials. Buttery, sweet flavor. Vivid green pods have three large beans each. Highly nutritious food, rich in protein, calcium, potassium, phytoestrogens, and many vitamins. (75-85 days) pack (~150 seeds) \$3.29 __S21228 1/2 lb. (~1,600 seeds) \$10.75

SHIROFUMI

24-30 in., 4 in. pod A white-flowered, green-podded soybean producing prolific pods, each containing 3-4 beans. Warm day and cool night temperatures are important for good results. Boil pods in salted water and serve cooked beans, edamames, as an appetizer. Rich in protein, calcium, and vitamins A and B. (70 days) pack (~150 seeds) \$3.29



SPROUTING BEANS Vigna radiata (unless noted) TA

МОТНЕ

RARE 15-24 in., 2-3 in. pod Sprawling, mat-forming plants thrive in hot weather. Hairy branches yield yellow flowers and smooth pods, each containing 5-9 seeds. The young, tender pods are eaten in India as a vegetable, while the dry beans, which contain 20-24% digestible protein, are prepared like lentils in soups and stews. (95 days) △☆ —S13445 pack (~440 seeds) \$3.29

MUNG

15-24 in. Bushes produce many erect pods with small green seeds. The seeds germinate in 2-3 days, producing nutritious sprouts that are used extensively in Asian cooking. (90-130 days) pack (~500 seeds) \$3.29

URD

RARE V. mungo 15-20 in. Bountiful yielders tolerate bean beetles and drought. Plants grow much like Mung beans but mature earlier and are more prolific. Small, net-patterned gray seeds. (85–95 days) -S10830 pack (~70 seeds) \$3.29



TEPARY BEANS

Phaseolus acutifolius TA

BLUE SPECKLED

TRADITIONAL 2-3 ft. Traditional, high-protein staple in the Sonoran Desert and Colorado plateau, these beans have a smooth flavor. Drought-tolerant, plump seeds are adaptable to intense heat and dry conditions. (60-90 days) () (S10828 pack (~70 seeds) \$3.29

MITLA BLACK

TRADITIONAL 2-3 ft. An exceptionally flavorful variety from Oaxaca, Mexico. Drought-tolerant bean is extremely adaptable, growing well in a wide range of latitudes. Also makes a beautiful blue-black dye. (60-90 days) △/ △☆ -S10829 pack (~70 seeds) \$3.29

SONORAN GOLD

TRADITIONAL 2-3 ft. Native to the Sonoran Desert, one of the most diverse ecosystems in North America. Delicious drought-tolerant soup bean developed by the Papago tribe. Seeds contain over 30% protein. Rambling, productive plants perform well in moist conditions when given ample



Beta vulgaris HB

Origin: Europe. Beets are grown as a source of sugar and are tasty steamed or cooled and added to salads. Raw or steamed beet greens are high in vitamin A, calcium, and phosphorus. Can be sown throughout spring and summer as they are adapted to a wide range of temperatures. Throw a few in the juicer with your carrots for added nutrition and luscious color.

BULL'S BLOOD

HEIRLOOM 10-14 in. plant, 4-6 in. baby beet greens Grown primarily for its tender and sweet, stunning dark red leaves. Also produces a tasty beet when harvested young (2-3 in.). (35-40 days for greens; -S17644 1 oz. (~1,700 seeds) \$5.45

CHIOGGIA

HEIRLOOM 2-4 in. root The sweetest and mildest of red beets when cooked, the "Bull's Eye Beet" is an old Italian favorite. Smooth, mild-flavored tops are medium height and solid green. Makes an impressive garnish when grated. (55-65 days) pack (~90 seeds) \$3.29 -S20873 1 oz. (~1,750 seeds) \$5.75

DETROIT DARK RED

HEIRLOOM 2-4 in. root A favorite since 1892, this deep-red beet is colorful raw in salads and sweet flavored whether steamed or baked. Makes a wonderful borscht soup and the red-stemmed greens are very flavorful. Outstanding keeper. Downy-mildew-resistant. (60–70 days) 🛆 🔅 / 🚔 -S10915 pack (~90 seeds) \$3.29 -S11544 1 oz. (~2,000 seeds) \$5

LUTZ SALAD LEAF

2-6 in. root Produces lush, chardlike, 14-18 in. greens of excellent eating quality and big, flavorful red beets. Tapered roots remain tender and sweet even when large. Perhaps the best storage beet. (60-80

PRONTO

3-4 in. root A delicious burgundy beet with a flattened to round shape that tapers subtly, and retains a uniform size long after it is ready to harvest. The Pronto also boasts tasty, dark green leaves with deep red petioles. Faster growing than most red beets. (55-65 days) 🛆 / 🌢 🚔 -S16625 pack (~90 seeds) \$3.29 -S17475 1 oz. (~2,500 seeds) \$7.05

SHIRAZ TALL TOP

SEEDS OF CHANGE ORIGINAL 10-14 in. plant, 3-4 in. root Very uniform producer of round roots with exceptionally smooth skin. Fruit has an external burgundy to purple color, with an internal dark-red color. Tall, tender, green leaves are an excellent source of nutrition. Rhizoctonia-resistant. (55-60 days) A: -S16947 pack (~90 seeds) \$3.29 -S17495 1 oz. (~2,500 seeds) \$5.90

TOUCHSTONE GOLD

Order anytime: 24/7

2-4 in. root Sweet, round golden roots are very unique. The attractive, deep green-leafed tops with contrasting yellow stems are mildflavored when cooked. (45 days baby size; 60 days full size). -S21058 pack (~90 seeds) \$3.29 -S17662 1 oz. (~1,700 seeds) \$11

YELLOW INTERMEDIATE MANGEL

HEIRLOOM 2-8 in. root These orange-yellow tapered roots have a milder, more subtle flavor than red beets. Extremely productive and can grow up to 10 lbs. without getting fibrous! The 12-18 in. leaves provide generous amounts of chardlike steamed greens. A reliable keeper. (65–75 days) 😂 / 🚔 —S10620 pack (~90 seeds) \$3.29

CHILDREN'S VEGETABLE SEED COLLECTION

SEE PAGE 58 FOR OUR NEW SEED COLLECTION FOR CHILDREN. NINE EASY-TO-GROW VARIETIES TO ENCOURAGE YOUNG GARDENERS (SAVE 20% OVER INDIVIDUAL PACKS.) -S17167 \$23.69











DETROIT DARK RED









TOUCHSTONE GOLD



YELLOW INTERMEDIATE MANGEI



DF CICCO

ALABRESE





EARLY GREEN

BROCCOLI Brassica oleracea HA

Origin: Europe. A reliable and nutritious garden favorite, broccoli is rich in vitamins A, B, and C, potassium, phosphorus, and iron, while containing moderate amounts of protein, calcium, and thiamin. It prefers cool weather and can be planted in the spring for a summer harvest or in late summer as a fall/winter crop. Harvest whole heads, which will be followed by tender side shoots.

CALABRESE

HEIRLOOM 18-28 in., 3-6 in. head Arrived in the U.S. with Italian immigrants in the 1800s. Dozens of delicious side shoots until hard frost. (60–90 days) 40/ -S10933 pack (~130 seeds) \$3.29

DE CICCO

HEIRLOOM 18-24 in., 3-6 in. head Old Italian variety introduced in 1890. Marvelous for spring and fall gardens. Non-uniform maturity produces continuous tender side shoots encouraged by cutting the main head.(60-70 days)

EARLY GREEN

18-24 in., 5-7 in. head Short-season variety yields a large, tight head followed by an abundance of succulent side shoots. (60–70 days) -S10947 pack (~130 seeds) \$3.29

NUTRI-BUD

SEEDS OF CHANGE ORIGINAL 16-20 in., 6-8 in. head Early maturing variety developed by Alan Kapuler. High in free glutamine, a building block of protein and an important healing nutrient. Large central heads with medium-sized shoots on vigorous and attractive plants. (55-70 days) -S11073 pack (~130 seeds) \$3.29

WALTHAM

66

18-24 in., 4-6 in. head This old favorite is best for late summer or fall harvest. Tolerant of short dry spells and chilly fall weather. The stocky plants have dark blue-green heads and large crops of side shoots. A known cultivar since 1951. (60–90 days)



BRUSSELS SPROUTS Brassica oleracea HB

LONG ISLAND

24-30 in. Vigorous, compact plant loads up with 11/2 in. round, tight, dark green sprouts that are succulent and tender when steamed. Best for late fall and winter harvests as a few frosts will improve the flavor. Good

BURDOCK Arctium lappa HB

TAKINOGAWA GOBO

MEDICINAL • RARE 4-6 ft. A premier selection for large, straight roots. This is the most popular variety in Japan and has a mild, somewhat earthy flavor. Known as a blood purifier, the young roots can be used in salads like radishes. Older roots are satisfying and nutritious in stir-fries and impart a unique flavor to soups. Dried roots make a fine tea. (110–130 days) 🖧 / 🚔 —S10756 pack (~200 seeds) \$3.29

CABBAGE Brassica oleracea HB

FAMOSA (See New Introductions, page 6)

FARAO (See New Introductions, page 6)

IANUARY KING

HEIRLOOM 4-6 lb. head Venerable late-Victorian English variety tolerates extreme cold vet grows well in the summer months. Dense, green, round to slightly flattened heads have attractive, semi-savoyed, purple-tinged wrapper leaves. (100-120 days) (~150 seeds) \$3.29

RED EXPRESS (See New Introductions, page 6)

CARDOON Cynara cardunculus HB

CARDOON

www.seedsofchange.com

4-6 ft. Cultivated for centuries, Cardoon is a close relative of the Globe Artichoke with spinier leaves and a nonedible lavender flower head. When blanched the stalks and roots are tender and delicious. Used in stews and soups. A great cut and dried flower. (60-110 days)





CARROTS Daucus carota var. sativus HB

Origin: Central Asia, Near East. A staple of the vegetable garden, carrots are rich in beta carotene, vitamin C, and potassium, and are a good source of dietary fiber. Eaten fresh from the garden-raw, cooked, or juiced-they add flavor, beauty, and nutrition to our diets. Best cultivated in sandy loam soils. Sow from early spring through midsummer for extended harvest.

DRAGON

6-8 in. A strikingly beautiful and refined purple carrot bred by John Navazio. Deep reddish purple with a yellow-orange interior, makes for an interesting contrast when sliced or peeled. Sure to be a hit with

JAPANESE IMPERIAL LONG

10-24 in. Slender, extra-long carrot with exceptionally fine flavor. Holds the record for the world's longest carrot, growing up to three feet in sandy loam soils. Deep orange, close to red at times. (90-100 days) ↓☆ / ☆ —S10914 pack (~600 seeds) \$3.29

KUROTA CHANTENAY

5-8 in. Sweeter than other Chantenays when first harvested. An exceptional keeper that does well even in heavy soils. (80-90 days) -S10913 pack (~600 seeds) \$3.29

LITTLE FINGER

3-5 in. An extra-early, tender, sweet baby gourmet carrot. This golden-orange Nantes-type is a nearly coreless carrot developed in France for canning and pickling whole, but is also delicious raw. (50-65 days) inter-S13448 pack (~1,000 seeds) \$3.29 (limited quantities)

NANTES CORELESS

6-8 in. Almost coreless and brilliant orange throughout the root. Good for fresh eating and a fine freezer as well. (70–80 days) -S10911 pack (~700 seeds) \$3.29

OXHEART

SEEDS OF CHANGE SELECTION 4-5 in. Introduced from France prior to 1884. Excellent keeper with great taste. Broad-shouldered, robust carrot produces up to 1 lb. roots. Thrives in heavy soils. Reselected and improved strain. (65-75 days) 4: / - S10919 pack (~600 seeds) \$3.29

RED CORE CHANTENAY

5-7 in. A standard since 1929, it was judged the best tasting carrot in our trials. Tasty raw, cooked, or juiced. Strong tops make for easy pulling. A good winter keeper. (65-75 days) 4: / - S10908 pack (~650 seeds) \$3.29

2009 DISCOVERY SEED COLLECTION

SEE PAGE 4 FOR NINE OF OUR EXCITING NEW OFFERINGS, INCLUDING SEEDS OF CHANGE

CASSIUS







SCARLET KEEPER

RARE 7-10 in. Perhaps the finest storage carrot available, it is also ideal for juicing and freezing. Dark orange with exceptionally strong tops and broad-shouldered roots that taper slightly to a blunt tip. Seed lot grown at the Research Farm and selected for superior uniformity and

vigor. (80–90 days) 😂 / 🚔 —S14133 pack (~600 seeds) \$3.29

SCARLET NANTES

6-8 in. Sweet and crisp, this superb carrot is great for bunching, storing, and as a baby gourmet vegetable. Highest number of amino acids in our nutritional research. Nearly coreless. (65–75 days) 🛆 🤅 / 👙 -S10912 pack (~750 seeds) \$3.29

ST. VALERY

HEIRLOOM 8-12 in. Complex flavor without a hint of bitterness, although not as sweet as most Chantenay or Nantes types. High in free arginine, an essential amino acid that contributes to the health of the circulatory system. (80–90 days) 🚖 —S10975 pack (~950 seeds) \$3.29

YELLOWSTONE

6-8 in. This solid-yellow Danvers-type variety has broad, square shoulders, a pointed tip and large tops. Selected for a uniform shape. Nearly as sweet as traditional orange carrots, with a mild, pleasing flavor. Vigorous and widely adaptable. (70-75 days) pack (~600 seeds) \$3.29

CAULIFLOWER Brassica oleracea HB

Origin: Europe & Asia Minor. Grown for their tender, creamy white head, or curd, comprised of under-developed flower buds. Successful cultivation requires a long, cool, and moist growing period. One of the most nutritious vegetables, it contains compounds that prevent cancer and rheumatoidal arthritis and is an excellent source of vitamins C, K, several B vitamins, dietary fiber, and many essential minerals.

ALL-THE-YEAR-ROUND HEIRLOOM 24-30 in. This old English favorite is ideal for cold frames. Best planted in summer and overwintered for harvesting the following year. Vigorous plants with tight 6-8 in. heads. Keeps well. Excellent for freezing. (70–90 days) 😂 —S14134 pack (~150 seeds) \$3.29

(See New Introductions, page 6)



ALL-THE-YEAR-ROUND



CELERY Apium graveolens HB

Origin: Southern Europe and Mediterranean. Celery provides high amounts of natural sodium, chlorine, silica, and manganese. Growing celery requires rich loamy soil, lots of water, and patience. The work is well worth the crop. It's the veggie kids will eat raw more often than most.

CELEBRATION

RARE 18-22 in. Succulent, broad-stemmed, dark green celery. Highly flavorful and hardy. (100–110 days)

EARLY DELL

16-20 in. An early celery, with sweet, tender flavor. Vigorous, open growth with dark green leaves and tight leaflets. Disease-resistant and slow to bolt. (85–110 days)

FRENCH DINANT

12-18 in. Unlike most, this is a multi-stalked celery that can be picked by the stalks without harming the ongoing growth of the plant. Stalks are slender and flavorful. (85–110 days) 🌢 🔅 / 🔅

RED STALK

HEIRLOOM • RARE 16-20 in. An 18th-century English heirloom with rich celery flavor. Stays red when cooked. Widely branching plants are hardier than green types. (100–120 days) 62/ -S10751 pack (~250 seeds) \$3.29

RED VENTURE (See New Introductions, page 6)

CHARD

Beta vulgaris **HB**

Origin: Spain and Portugal. Closely related to beets, chard has been cultivated for centuries. It is highly nutritious with generous amounts of vitamins A, C, E, and B6, as well as a broad range of minerals, including calcium, zinc, and iron. Tender and delicious when lightly steamed or stirfried. Easy to grow and adaptable to summer heat as well as colder fall conditions. Harvest continuously throughout the season.

BROADSTEM GREEN

20-24 in. Large, generous leaves with wide, white, succulent midribs and long stems. (50-60 days)

GOLDEN

20-24 in. Luminescent, bright golden leaf petioles are as striking in the garden as they are on your plate. Semi-savoyed leaves range from light to dark green. (50-60 days)

ORANGE FANTASIA

Bright orange stalks and contrasting dark green, shiny leaves on a gorgeous plant. We offer this new color in the rainbow of Swiss chard varieties. Robust and upright growth. Suitable for baby greens or full sized. (50-60 days) 4 - S21060 pack (~200 seeds) \$3.29

RHUBARB

Abundant deep-green leaves accented with brilliant red venation and stalks. Plant with golden and green varieties for a colorful assortment. Prefers cool weather. (50–60 days) 🖉 / 🚔 –S10972 pack (~200 seeds) \$3.29

SILVERADO (See New Introductions, page 6)

WITERBI MANGOLD

20-26 in. Dramatic with large, white-veined, savoyed leaves and short, broad stems. (60-70 days)



BROADSTEM GREEN



CHINESE CABBAGE Brassica rapa HA

CHINA CHOY

14-18 in. An excellent staple green for stir-fries, China Choy has thick, succulent stalks and dark green leaves forming a loosely headed rosette. Sow in early spring or late summer, 6-8 weeks before expected frost. (65–75 days) 🖧 🖉 / 🚔 —S10937 pack (~450 seeds) \$3.29

NIKKO (See New Introductions, page 7)

TAI SAI

www.seedsofchange.com

14-18 in. Nonheading, leafy Bok Choy-type with a delicate taste and texture. Light green leaves with a white midrib. Sow in spring or early autumn. Longer, whiter stalks and more tender texture than most other Bok Choy varieties. (50-60 days) in -S11123 pack (~450 seeds) \$3.29





CHINA CHOY

TAI SAI

COLLARDS

Brassica oleracea HB

Origin: Europe and Asia Minor. This dark green leafy plant is the most heat-tolerant member of the Brassica family, and has long been a staple in the southern U.S. It also thrives in relatively cool conditions. Like its cousins cabbage, kale, broccoli, and cauliflower, it is a highly nutritious food that is rich in cancer-preventing compounds, and also contains abundant levels of vitamins A and C, dietary fiber, calcium and the trace element manganese, an important antioxidant.

GEORGIA SOUTHERN

24-30 in. Southern classic with tender, nutritious leaves that grow sweeter with fall frosts. Great flavor, with no bitterness. Heat-tolerant and very frost-hardy. A great autumn staple.(55–65 days) -S15903 pack (~150 seeds) \$3.29 (limited quantities)

VATES CHAMPION

Order anytime: 24/7

24-32 in. Robust collard with broad, thick dark blue-green leaves. Bolt-resistant and tolerant of temperature extremes. (65-80 days)



VATES







CORN Zea mays TA

Origin: Central America and Mexico. A living tribute to ancient peoples, corn provides sustenance for body and soul. One of the three most important food crops of humankind, corn has evolved into many varieties: sweet, starch, parch, flint, dent, popcorn, and ornamental. It produces best in soils amended generously with compost. After danger of frost, plant in blocks, clusters, or spirals to insure wind pollination. Traditionally, corn has been companion planted with pole beans and squash.

Sweet Corn

TRADITIONAL 6 ft. Introduced into the seed trade in the 1860s by seedsman John Gregory, this classic variety is a vigorous sweet and flour corn. 8 in. ears are white in milk stage, deep-blue-black when dry. Cornmeal makes a delicious purple cornbread. (70–95 days) -S10626 pack (~100 seeds) \$3.29 -S21562 1/2 lb. (~1,000 seeds) \$9

BROCADE (See New Introductions, page 7)

CHIRES BABY

BLACK AZTEC

RARE 4-5 ft. Miniature corn, ubiquitous in Chinese cuisine. Up to 20 ears per multistalked plant. Harvest 5 days after silks appear for fresh stir-fry, or dry for popcorn. Add a perfect touch in wreaths for fall deco-

HOOKER'S

HEIRLOOM 4-5 ft. An early variety grown for over 50 years by Ira Hooker of Olympia, Washington. Flavorful, white, 5-6 in. ears mature to dark purple. Great for small spaces. Prefers a mild sum--S21567 1/2 lb. (~1,000 seeds) \$9

MARTIAN JEWELS (See New Introductions, page 7) PAINTED HILL (See New Introductions, page 7)



CHIRES BABY

HOOKER







RAINBOW INCA

SEEDS OF CHANGE ORIGINAL 7-9 ft. This robust variety, selected by Alan Kapuler in the mid-1970s, is a fascinating cross between: a large, white, flat-seeded Peruvian Indian chokelo variety; multicolored Southwest native corns; and heirloom sweet corns. Delicious raw or cooked. 8–9 in. ears increase in color as they grow, making a superb flour corn when mature. (75–80 days, sweet; 80–95 days, starchy for roasting; 120 days, mature dry seed) \$3.29 -S21565 1/2 lb. (~1,000 seeds) \$9

Sweet Corn (Continued)

STOWELL'S

HEIRLOOM 8-10 ft. Introduced in 1848 by Nathan Stowell of NJ. A cross between Menomoni Flour and Iroquois Northern Sugar Corn. Each plant produces 2–3 plump, sweet, white-kerneled 8–9 in. ears. Holds in storage much better than most sweet corns, making it a good choice for the market garden. Excellent for chicos (dried sweet

SUGAR PEARL (See New Introductions, page 7)

TRIPLE PLAY

RARE 4-5 ft. This selection of Hooker's produces tricolored, multiple ears-white, yellow, and blue. A delicious, short-season corn that tolerates cool soil. "When the yellow shows it's ready to eat, blue showing and it's really sweet." (60-70 days) (~100 seeds) \$3.29 -S21569 1/2 lb. (~1,000 seeds) \$9

TRUE GOLD

SEEDS OF CHANGE ORIGINAL 6 ft. A longtime favorite for its truly delicious, buttery rich flavor. 7-81/2 in. ears with golden-yellow kernels and long-standing sweetness. Productive plants resist lodging. Excellent for chicos. (70-80 days) 4 - S10627 pack (~100 seeds) \$3.29 __S12671 1 lb. (~2,000 seeds) \$13.50

TRUE PLATINUM

SEEDS OF CHANGE ORIGINAL 6 ft. Intense purple plant bears very tender and tasty white kernels wrapped in burgundy-purple husks. Averages 2 ears per plant, 7-8 in. long. Fairly tolerant to blight, rust, -S12853 1 lb. (~2,000 seeds) \$14

Parching Corn

SEEDS OF CHANGE SELECTION 5 ft. This excellent parching (dry roasted on a skillet) corn was selected by Alan Kapuler and Carol Deppe. A pocketful of these kernels with a dash of salt or chile has sustained us on many an afternoon in the field. (105–115 days) pack (~100 seeds) \$3.29

SUPAI RED

MAGENTA

SEEDS OF CHANGE SELECTION 6-7 ft. Another wonderful selection from Kapuler and Deppe. Kernels have a distinctive starburst pattern and parch to a satisfying snack. One or two 8 in. ears per stalk. (105–115 days) (: -S10977 pack (~100 seeds) \$3.29 -S20443 1/2 lb. (~1,500 seeds) \$10



SUPAI RED

Popcorn

DAKOTA BLACK POP POPCORN

TRADITIONAL 4-6 ft. A truly unique, long-maturing corn with nearly black, pointed seeds that make a delicious white popcorn with black centers. This variety must dry fully in the field for maximum pop-1/2 lb. (~1,500 seeds) \$9

JAPANESE HULLESS POPCORN

4-5 ft. A tender, flavorful popcorn with an excellent nutty flavor. Hulls virtually disappear when popped. Three to six 4 in. ears per plant. (95-105 days) 2 - S10726 pack (~100 seeds) \$3.29



www.seedsofchange.com

Dry Corn (Flour and Ornamental)

ANASAZI

TRADITIONAL • RARE 6-9 ft. Stunning variety from the ancient Anasazi tribes of the Southwest. Contains every color we've seen in native seeds) \$3.29 - S21557 1/2 lb. (-1,000 seeds) \$9

HICKORY KING DENT

HEIRLOOM 8-12 ft. A favorite heirloom from the hills and hollows of Virginia, dating back to 1875. Traditionally made into hominy grits, and ideal for grinding into cornmeal. Tolerates both northern and southern

HOPI BLUE

HEIRLOOM Widely adaptable and drought-tolerant, this venerable and beloved flour corn has been raised by the Hopi people of northern Arizona for over 800 years. The bushy plants produce 6-10 in. ears of dark blue/purple kernels that make a deliciously sweet cornmeal. (85-100 days) (5 - S21035 pack (~100 seeds) \$3.29 - S21179 1/2 lb. (~1.000 seeds) \$10

HOPI PINK

TRADITIONAL • RARE 5-6 ft. A long taproot helps make this a productive, drought-tolerant variety. Bushy plants produce 8 in. ears with 12 to 14 rows of lovely pink kernels. (85–95 days) A: -S10843 pack (~100 seeds) \$3.29 -S21573 1/2 lb. (~1,000 seeds) \$10

HOPI PURPLE

TRADITIONAL • RARE 5-6 ft. This ancient strain makes a flavorful, rich tasting cornmeal. A wonderful addition to pancakes, muffins, and other baked goods. Drought-tolerant and adaptable to temperature extremes, although not tolerant of high humidity. 8 in. ears. (80-90

MANDAN RED

TRADITIONAL 4-5 ft. From the Mandan Indians of the North Central Plains area. Pale yellow and highly edible in the milk stage, it matures to a deep red when dry. Two or three 6 in. ears per stalk. (80-85 days) 3.29 -S14142 pack (~100 seeds) \$3.29 -S21571 1/2 lb. (~1,000 seeds) \$9

OAXACAN GREEN DENT

TRADITIONAL 5-6 ft. An early producer, grown for centuries by the Zapotecs of southern Mexico to make green flour tamales. Thrives in northern bioregions and makes a great cornbread with roasted chiles. 6 in. ears with emerald green, mostly dented kernels. (70-75 days) 40 -- S10845 pack (~100 seeds) \$3.29 (limited quantities)

WACHICHU FLINT

RARE 7-9 ft. Slender 9–11 in. ears exhibit a spectacular range of colors and patterns. Kernels have a hard, translucent seed coat. Vigorous, bushy plants with lots of side tillers make an effective wind break and an excellent forage for animals. Tolerant of cold soils. (90-105 days) -S16134 pack (~100 seeds) \$3.29 -S20439 1/2 lb. (~1,500 seeds) \$9



The Vegetable Growers Handbook By Frank Tozer

A gold mine of useful information for growing and enjoying over 80 different plants, from amaranth to wheat, and several plant types (including edible flowers, microgreens, and herbs). Provides guidance on soil preparation, care, watering, pests, seed saving, nutritional content, cooking, and more. The cover says it best: "A user's manual for the vegetable garden." (Softcover, 216 pages) - S22222 \$22.95

Order anytime: 24/7















DAXACAN GREEN DEN













SMART PICKLE

CUCUMBER

Cucumis sativus (unless noted) TA Origin: East Indies. Cucumbers have been cultivated for over 3,000 years for their versatility and reliability. Commonly used fresh in salads, sliced as an appetizer, or pickled. When puréed they make great cold soups or salad dressings. Easily cultivated in a wide range of soil types.

ARMENIAN

HEIRLOOM C. melo 12-18 in. Introduced from Armenia to Italy in the 1400s, this attractive, crisp cuke stays sweet even when the fruit is large. Thin-skinned with dense flesh, few seeds, and a pleasant, mild flavor. Botanically, a close relative of the honeydew melon. Thrives in hot weather. (60-70 days) \$3.29

BUSH CHAMPION

8-10 in. A champion slicer that doesn't take much space, this is a great choice for small gardens. Abundant fruits are born on compact bushes. (60-70 days) *(limited quantities)*

EARLY RUSSIAN

HEIRLOOM 5-7 in. First offered in 1888, this pickler starts producing early and keeps going until autumn frosts. Mild and never bitter, these stocky, medium-green fruits are perfect for the short seasons you'd imagine in Russia. A time-tested favorite at our Research Farm. (50–55 days) 400 / € - S10979 pack (~85 seeds) \$3.29

LEMON

HEIRLOOM 3-4 in. Dating back to the 1890s, these oval to round, yellow cukes are juicy and sweet. Thin, tender skins and succulent white flesh make them a joy to eat whole—like an apple—right from the garden. Great for slicing or pickling. (70–75 days) -S10631 pack (~50 seeds) \$3.29

MIDEAST PROLIFIC

5-7 in. Excellent flavor whether pickled or fresh. Thin-skinned and never bitter. Our best-flavored salad cuke. Vines bear extremely



early and are highly productive. Adaptable to a variety of climates. (50-60 days) 4 / = -S10632 pack (~50 seeds) \$3.29

NORTHERN PICKLING

3-5 in. Early and prolific for short-season gardens. Heavy yields of quality, uniform cukes, perfect for pickling by the peck. (50–55 days) -S10763 pack (~50 seeds) \$3.29

SATSUKI MIDORI

RARE 10-16 in. A very rare Asian variety. Long, slender fruits have tender skin and few seeds. Extremely delicious and never bitter, this has quickly become one of our favorite slicing cukes. (60–70 days) △☆/♥ -S16136 pack (~50 seeds) \$3.29

SMART PICKLE

3-5 in. A crunchy classic, this is a productive, early-maturing pickle variety. This selection comes from the old processing standard, Wisconsin SMR-58, which is resistant to scab and cucumber mosaic virus.

STRAIGHT EIGHT

6-8 in. A reliable standard since 1935. Deep green, smooth-skinned slicing variety is early and prolific. Resists cucumber mosaic virus. (55-65 days) ↓ / ÷ -S14572 pack (~50 seeds) \$3.29

SUYO LONG

10-16 in. Remarkable Chinese variety produces quantities of long, curvaceous fruits. Spiny skin protects the delicious, nonbitter flesh. A staff favorite. Almost seedless, the fruits are burpless, crisp, and ten-

SWEET MARKETMORE

6-8 in. One of the most widely grown slicer/salad varieties. 4-6 ft. vines produce consistently in hot or cool weather until a hard freeze. Virus- and disease-resistant. (60–65 days) rightarrow = S10633 pack(~50 seeds) \$3.29

EGGPLANT

Solanum melongena (unless noted) TA

Origin: East Indies. A versatile staple in Italian and Southeast Asian cuisines, eggplant can be baked, roasted, pickled, mashed, or dried. Native to the tropics, it thrives in hot, humid climates. Fruits display a beautiful diversity of shapes, textures, colors, and flavors.

BLACK

18-22 in. An early-maturing variety for northern climates. Sweet, productive, and delicious. 4–6 in. long fruits.(70–75 days) -S10635 pack (~50 seeds) \$3.29

IMPERIAL BLACK BEAUTY

HEIRLOOM 18-24 in. Introduced around 1910, this popular variety maintains rich flavor even after being pickled. Plump 4-5 in. in diameter fruits are excellent for eggplant parmesan. (80–85 days) -S11018 pack (~50 seeds) \$3.29

ITALIAN PINK BI-COLOR

RARE 28-32 in. Large, bell-shaped fruits are a creamy, purple-lavender with rose-pink vertical stripes. Sweet and tender. 3-4 in. long, 4-5 in. diameter. (80-90 days) 4 -5 -510636 pack (~50 seeds) \$3.69 (limited quantities) (not pictured)

ITALIAN WHITE

RARE 18-24 in. Creamier and less bitter than purple types, this slightly oval, plump, white to pale green eggplant is extremely productive and the earliest maturing in our field trials. 5-6 in. long, 4-5 in. diameter. (70-75 days) 4 -50 seeds) \$3.29

JAPANESE PICKLING

22-26 in. An attractive, early maturing variety with long, slender, slightly curved purple fruit. Sweet and mild flavored. 10-16 in. long, 1-2 in. diameter. (70-75 days) 4: -50 seeds) \$3.29

LITTLE FINGER

22-26 in. Slender 4–6 in. fruit with a glossy black skin and green calyx. Harvest when fruit is young and cook quickly for delicate flavor. (60-65

LOUISIANA LONG GREEN

HEIRLOOM 24-30 in. Up to 8 in. long, mildly sweet, pale green fruits on very productive plants. Excellent for ratatouille. (90–100 days) -S15900 pack (~50 seeds) \$3.29

ROSA BIANCA

HEIRLOOM 18-24 in. A gorgeous Italian variety with a delicate, mild flavor, creamy consistency, and no bitterness. Considered one of the best by gourmets and gardeners alike. 4–6 in. long, 4–5 in. diameter. (80–90 days) -S14146 pack (~50 seeds) \$3.29

SNOWY WHITE

5-8 in. Native to India. Small, with smooth white skin, it is one of many unique domesticated eggplants. Italian-style shape and creamy texture. (65-80 days) 4: -50 seeds) \$3.29

TURKISH ORANGE

S. gilo 18-24 in. Unique, brilliant orange fruits are great for stuffing. Sweet and fragrant when freshly cut, tennis ball sized fruits are best eaten when slightly orange with green striping. Vigorous bush bears 15-25 fruits. (85-90 days) 4: -50 seeds) \$3.29

VITTORIA (See New Introductions, page 7)

GARLIC (BULBS) See page 12

SEE ENEWSLETTER 37 AT WWW.SEEDSOFCHANGE.COM FOR EXTENSIVE INFORMATION ON GROWING GREAT ORGANIC GARLIC.











IMPERIAL BLACK BEAUTY



IAPANESE PICKLING





LOUISIANA LONG GREEN



ROSA BIANCA





TURKISH ORANGE





BIRD'S NEST/BOTTLE GOURD

GOURDS Lagenaria siceraria TA

Cultivated by humans for more than 5,000 years, gourds can be fashioned into musical instruments, seed containers, ceremonial rattles, and kitchen utensils. They grow vigorously on rampant vines with attractive white flowers and form multitudes of unique shapes. The immature fruits have provided sustenance to many indigenous people.

BIRD'S NEST (BOTTLE)

7-14 in. long fruit Traditionally used for cups, bowls, and bird houses. Slender neck is either straight or curved atop a bulbous base. 1/2 in.-=thick skin dries to a hard tan shell. Vines spread to 20 ft. (110–120 days) 🖧 — S11019 pack (~25 seeds) \$3.69

DINOSAUR

Up to 2 ft. long fruit Also known as Cave Man's Club, this truly bizarre and wonderful gourd looks like it belongs in the Jurassic Period. Needs a long season for full maturity. (120–140 days) -S14540 pack (~15 seeds) \$3.69

GROUNDCHERRY, GIANT

Physalis peruviana 4 ft. TP These rarely offered semi-erect plants from the nightshade family produce 1 in. spherical, tomato-like fruits encased in a papery husk. (70-80 days) (-50 seeds) \$3.69



GIANT GROUNDCHERRY







KALE

Brassica napus (unless noted) HB

A stalwart of the fall garden, kale is cold-hardy and a prolific producer of nutritious greens. Use baby leaves raw in salads or sauté mature leaves with a little olive oil and a lot of garlic. Great over pasta! Kale is a good source of dietary fiber, protein, thiamin, riboflavin, folate, iron, magnesium and phosphorus, and is very rich in vitamins A, C, and B6, calcium, potassium, and copper.

DINOSAUR (LACINATO BLUE)

HEIRLOOM 2-3 ft. B. oleracea Fondly known on the Research Farm as "Dino Kale," the leaves of this extremely winter-hardy variety become sweeter after a hard frost. Delicious and tender when stir-fried or steamed. (50-60 days)

RED RUSSIAN

HEIRLOOM 24-30 in. An old favorite for its tenderness, sweet flavor, and nutritive value. Attractive, prolific plant is tasty steamed, stir-fried, or in salads when young. Retains its sweetness during warm weather and tolerates extreme cold. (50–60 days) -S10642 pack (~300 seeds) \$3.29

RED URSA

RARE 24-30 in. This cross between Red Russian and True Siberian is the most bolt-resistant and heat-tolerant of all varieties we have grown. Similar to Red Russian but leaves are more rounded and curled at the ends. (55-65 days)

TRUE SIBERIAN

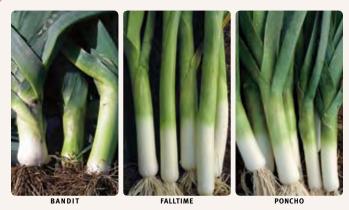
24-30 in. Large, frilly blue-green leaves identify this fast-growing, exuberant kale. Slow to bolt in summer, it withstands hard frosts, which improve its texture and flavor. (60-70 days) -S10643 pack (~300 seeds) \$3.29

VATES BLUE CURLED (See New Introductions, page 7)

WHITE RUSSIAN

www.seedsofchange.com

10-14 in. Bred by Frank Morton by crossing Red Russian with True Siberian. Selected for flattened and dissected leaves with white stems and veins. Tender leaves can be enjoyed all summer and fall. Cold-hardy to 10°F or less. (50–60 days)





LEEKS Allium ampeloprasum HB

Origin: Mediterranean. An extraordinary food, rich in vitamins A and C, folate, iron, and magnesium. Similar to onions, leeks provide a heartier texture to soups and hold up well in sautés and stir-fries. The tops are excellent steamed-reminiscent of asparagus. Extremely hardy, many varieties will overwinter with a good mulch. Leeks love rich, loamy soils and full sun, and thrive in most climates.

BANDIT

12-13 in. Blue-green, with erect flag and very thick shanks that exhibit no bulbing. Harvest during autumn or winter. Extremely winterhardy. (130-140 days) 4: / - S21067 pack (~300 seeds) \$3.29

FALLTIME

3 ft. The longest, most tender of the leeks we've grown. Delicious shanks grow up to 3 ft. long. Considered a summer leek, it will not winter well in hard-freezing climates. (80–90 days) pack (~340 seeds) \$3.29

PONCHO

6-8 in. High quality summer leek. Consistent and tasty producer. (100–110 days) ♦; / ÷ —S10860 pack (~340 seeds) \$3.29

PRIZETAKER

HEIRLOOM 8-10 in. This venerable classic, also known as Lyon, is extremely cold-hardy with tender, solid shanks of excellent eating quality. (110–135 days) (3.29) (110–135 days) (110–135 days)

SCOTLAND

HEIRLOOM • RARE 6-8 in. From a Scottish farmer whose family had planted it for generations. Hardy, short-shanked with wonderful flavor and texture. Of ten varieties we trialed, this overwinters best. (85–90 days) △☆ / ₩ --S11091 pack (~340 seeds) \$3.29

SHERWOOD

2 ft. Shanks can grow 1 ft. before leafing. Dependable summer and fall variety has mild, sweet flavor, and high yields. Withstands frost, but not an overwinterer. (75-85 days) (-340 seeds) \$3.29



1-888-762-7333





Stand up while efficiently creating large volumes of blocks with these simple yet ingenious machines. Produce vigorous seedlings for on-farm and market without the expense and waste of disposable pots. A workhorse for the market grower. Zinc plated steel, 31 in. tall. Multi 20 Makes twenty 1.5-in.-square blocks. —21774 \$205 Multi 12 Makes twelve 2-in.-square blocks. —21773 \$215



New! SOIL BLOCKERS FOR HEALTHY SEEDLINGS

This time-tested line of thoughtfully engineered and ruggedly constructed soil blockers makes the ancient art of soil blocking simple, fast, effective and fun. Blocking is economical, saves space, reduces plastic waste, saves time when transplanting, diminishes transplanting shock, and most important of all, produces the healthiest seedlings of any method we've tried.

After a little trial and error you'll be able to make over a hundred blocks in an hour with the mini blockers and close to a thousand with the multis. A great combination with our Black Gold Potting Soil or Pro Organic Mix (see page 54.)



Micro 20 Makes twenty ³/₄ in. x ³/₄ in. blocks. Allows lots of plants to be germinated in a small space before "potting up" to 2 in. blocks. For best results us a finer, sifted mix like our Black Gold Seedling Mix. —S22089 \$35

Mini 5 Makes five 1.5 in. x 1.5 in. blocks. Great for lettuce, and other fast-growing plants that will move quickly into the garden. —*S22090* \$35

Mini 4 Makes four 2 in. x 2 in. blocks. Ideal for "potting" up" micro blocks and for brassicas, tomatoes, peppers and anything that needs more time in the greenhouse. A great choice for getting started with soil blocking. -S22091 \$32

Maxi 1 Makes one 4 in. block with a 2 in. x 2 in. cavity. Transplant your 2 in. blocks directly into these mammoth blocks for containerless, "container" growing or for producing extra-large transplants. —S22092 \$130

3/4 Inch Cube Inserts (Set of 4) Use with the Mini 4 or Multi 12 to make a perfect cavity for micro blocks. —22096 \$7.95

3/4 Inch Dowel Pins (Set of 4) Longer pins for larger seeds. -22097 \$5.95 Replacement Seed Pins (Set of 4) -22095 \$2.95

New! PROFESSIONAL SOIL BLOCKERS

Multi 6 Six 2.5 x 3 in. blocks. Cavity for micros. —21775 \$215



New! Propagation Flats

Ideal for soil blocking. Air pruning of roots occurs on all sides of the block. 17 x 17 x 2.5 in. —*S22098* (5) \$10.50



LETTUCE

Lactuca sativa HA

Origin: Near East and Mediterranean. An amazingly diverse species with a multitude of shapes, colors, and textures. Contrary to popular belief, fresh lettuce can be quite nutritious, containing substantial amounts of vitamins A, C, and B6, as well as thiamin, riboflavin, calcium, and other minerals. Hardiness and resistance to bolting will vary between varieties, but in general lettuce loves cool-to-moderate weather, so plant in early spring or late summer.

Buttercos

BLUSHED BUTTERCOS (See New Introductions, page 7)

BRUNE D'HIVER

HEIRLOOM 8-10 in. head A gourmet salad lettuce introduced in 1855, this upright French variety has wrinkled green leaves with amber-red edges. Cold brings on rich brownish red color, thus the name "Brown Winter." (55-60 days) 4: / -S10967 pack (~550 seeds) \$3.29

ROUGE D'HIVER

HEIRLOOM 8-12 in. head Another fine French strain from the 1800s. Extremely attractive with delicious sweet leaves of a more buttery texture than most. Cold- and heat-tolerant. (60–65 days) 👍 / 🚔 -S10646 pack (~450 seeds) \$3.29

SUCRINE

5-7 in. head Compact, semi-romaine type with a buttery texture and excellent flavor. Sucrine means "sugar" in this gourmet French variety. Cold-resistant. Sow for fall or winter harvest. Perfect for small

WINTER DENSITY

8-10 in. head Upright heads with a crisp texture. Withstands light frosts.





BRUNE D'HIVER



SUCRINE

WINTER DENSITY

Butterhead

BRONZE MIGNONETTE

HEIRLOOM 8-10 in. head Turn-of-the-century variety, this is a distinctive loose-leaf butterhead. Hardy and somewhat drought-resistant. Does well in hot climates. Slow to bolt. (55-60 days) -S10734 pack (~450 seeds) \$3.29

BUTTERCRUNCH

6-8 in. head A classic green butterhead with textured leaves and dense heads. Slow to bolt. Retains sweetness in heat. (50-55 days) *△*; / ; —*S10644* pack (-450 seeds) \$3.29

BUTTERKING

8-10 in. head Huge and green with soft-textured leaves and marvelous flavor. An All America Selections Winner in 1966, it remains vigorous and sweet even in hot weather. (55-60 days) -S10730 pack (~550 seeds) \$3.29

CAPITAINE

RARE 7-9 in. head Generous, tight, light-green heads are similar to Butterking but more curly leafed with a delicate, soft texture and fantastic buttery flavor. Does well in cooler coastal areas, but also resists

CARMONA RED

10 in. head This is a scrumptious, big, red, and beautiful butterhead lettuce. It is as gorgeous in the garden as it is in the salad bowl. Dis--S20963 bulk (~1,000 seeds) \$5.90

FOUR SEASONS

HEIRLOOM 6-10 in. head Introduced from France in the 1880s, this classic has deep-red outer leaves cradling a velvety-textured heart. Fast-maturing, all-season variety is compact and cold-tolerant. (60-70 days) 40/ - S10731 pack (-450 seeds) \$3.29

OPTIMA (See New Introductions, page 7)

PIRAT

6-10 in. head Tender, tasty, and compact, with a round, buttery heart. A descendant of Four Seasons. (55-60 days) (-450 seeds) \$3.29

RED RIDINGHOOD

6-10 in. head This Boston-type butterhead has large savoyed leaves and withstands light frosts. A real beauty. (60–65 days) 🕁 🔅 / 🚔 -S11071 pack (~450 seeds) \$3.29

ROXY

12-14 in. head Voluminous, red-heading with slightly blistered leaves. Attractive, shiny color. Slow to bolt, strong against tip burn on a -S20574 bulk (~1,000 seeds) \$14

SANDRINA

RARE 6-8 in. head Light green, medium-sized butterhead is slow to bolt and remains sweet in hot weather. (55–65 days) *—S10732 pack (~450 seeds) \$3.29*

SYLVESTA

12-14 in. head Large, medium-green butter lettuce with delicate outer leaves surrounding a tight inner head. Great disease resistance. Popular with commercial growers. (50–60 days) pack (~200 seeds) \$3.29 - S20565 bulk (~1,000 seeds) \$6.75

TOM THUMB

HEIRLOOM 3-5 in. head Treasured as the oldest American lettuce still available. This diminutive butterhead is perfect for small gardens. Serve whole as a single salad. (50-55 days) $\Delta \odot / \odot - S10733$ pack (-550 seeds) \$3.29









FOUR SEASONS









CONTINUITY RED CRISPHEAD

NEW YORK HEAD

LONG STANDING BATAVIAN

NEVADA



Order anytime: 24/7

AL D'ORGE



BATAVIAN LAURA



www.seedsofchange.com





VAL D'ORGE

7-9 in. head Cold-hardy with a soft, buttery texture. Plant in September and mulch to overwinter in milder climates. Start in late summer for a fall harvest. (60-65 days, 120-150 days for overwintering) 🖕 / 🚔 —S11099 pack (~450 seeds) \$3.29

Crisphead and Iceberg

BATAVIAN LAURA

RARE 12-14 in. head Wavy green leaves form large, crisp heads. Best suited for autumn cultivation. (50–60 days) (-450 seeds) \$3.29

CONTINUITY RED CRISPHEAD

HEIRLOOM 10-12 in. head Bred around 1900, this early maturing crisphead has tender, succulent leaves. Tends to bolt in summer heat but holds up very well in cold weather. (70–75 days) -S10736 pack (~450 seeds) \$3.29

FORMIDANA

RARE 5-7 in. head Delightful light-green crisphead forms a small compact iceberg-type head with attractive, ruffled outer leaves. Becomes increasingly sweet and crunchy as it grows. (60-65 days) △☆ / ÷ —S10737 pack (~450 seeds) \$3.29

LONG STANDING BATAVIAN

8-10 in. head A tall, upright crisphead with thick, succulent leaves. Best suited for harvest in cool weather. (50-60 days) -S10965 pack (~450 seeds) \$3.29

NEVADA

12-16 in. head Heavy head of bright green leaves that form an upright spiral. Thick leaves resist tip burn, bottom rot, and bolting. Throughout the summer it remains mild and sweet. (50–55 days)

NEW YORK HEAD

HEIRLOOM 10-12 in. head Introduced to the U.S. in the 1880s, this iceberg-type head is almost as solid as cabbage and grows to 3-4 lbs. Tender, exceptionally sweet, greenish white hearts. Produces even in summer heat, but holds up in cold weather too. (80-85 days)

RED ICEBERG

RARE 8-10 in. head Gorgeous copper-hued outer leaves surrounding the green-to-white inner head. Delicious sweet flavor and crispy texture. Heat-tolerant. (60-65 days) pack (~550 seeds) \$3.29

REINE DES GLACES

HEIRLOOM 8-10 in. head The French call it "Queen of the Ices" for its wild-looking spikes on the outer wrapper leaves, which resemble a crown. Grows in the cold when others have stopped. (65-70 days) 🖕 / 🚔 —S11082 pack (~450 seeds) \$3.29

ROUGE DE GRENOBLOUSE

HEIRLOOM 10-16 in. head This sturdy French loose-leafed crisphead tolerates light frosts and stays sweet in the heat. The most bolt-resistant crisp-





RED ICEBERG

REINE DES GLACES ROUGE DE GRENOBLOUS









LOLLA ROSSA DARK

NTEGRATA DE WILD









SWEET VALENTINE



BRONZE ARROW

HEIRLOOM • RARE 12-16 in. head Delicious and uniquely attractive, this mild-flavored California heirloom is slow to bolt and retains its vigor and beauty after light frosts. (60–65 days) pack (~450 seeds) \$3.29

EMERALD OAK

10-14 in. head This unique cultivar forms a beautiful, compact rosette of oak-shaped leaves with sweet, succulent midribs. Leaf texture is between the standard oak leaf (crispy) and a butterhead (soft, buttery). Broad leaves fit nicely on a plate or sandwich. (55-60 days) -S16138 pack (~450 seeds) \$3.29

GREEN DEER TONGUE

7-8 in. head Favorite in the '04 Research Farm trials, this mediumgreen lettuce with distinctly pointed leaves forms a loose head at maturity. Buttery texture and thick leaves. Forms a tight rosette at a young age, making this an excellent choice for baby heads. (45-60 days) ♦ / ÷ -S16640 pack (~450 seeds) \$3.29

INTEGRATA DE WILD

6-8 in. head This wild-looking, unique lettuce is for home gardeners looking for something fun and different. Looseleaf-type with mostly dark red and occasional green rounded leaves. Perfectly indented leaf margins and an open, airy habit. Best suited for cool weather conditions. (60-65 days) 40 / - S17520 pack (~450 seeds) \$3.29

LOLLA ROSSA DARK

6-8 in. head Highly frilled, deep-red leaves that grow slowly and resist bolting. Excellent as a cut-and-come-again lettuce. (50-70 days) △☆ / ÷ —S21070 pack (~450 seeds) \$3.29

MERLOT

10-12 in. head Beautiful, waxy maroon color adds depth and brightness to your salad. Darkest of the reds. Bolt-resistant and coldtolerant. High in antioxidant anthocyanins. (50–55 days) 🛆 🔅 / 🚔 —*S17523 pack* (~450 seeds) \$3.29

NEW RED FIRE

12 in. head Looseleaf-type with beautiful, dark wine-colored, frilly outer leaves. Heavy head, sweet and buttery. Slow to bolt in the summer heat. (55-60 days) 4: / - S21038 pack (-450 seeds) \$3.29 *—S20549 bulk (~1,000 seeds) \$4.05*

OSCARDE

12-16 in. head This red lettuce produces an exceptionally full rosette of deep-red, curled, oak-shaped leaves. The fuller heads create beautiful hearts and are very compact. Downy-mildew-resistant. (55-60 (~1,000 seeds) \$6

RED DEER TONGUE

HEIRLOOM 8-12 in. head Named for its pointed leaves with thick midribs, which form tender rosettes. Slow to bolt and cold-resistant. One of our all-time favorites. (60–65 days) seeds) \$3.29

REDINA

12-14 in. head A medium bright red, semi-frilly looseleaf-type suitable for salad mixes or full heads. Good resistance to lettuce diseases. (50–55 days) ↓ / ÷ —S21072 pack (~450 seeds) \$3.29

RED OAK LEAF

HEIRLOOM 12-16 in. head Stunning oak-shaped leaves mature to a deep burgundy. Somewhat heat-resistant but exceptionally vigorous in cool-

RED SAILS (See New Introductions, page 8)

SANTA FE (See New Introductions, page 8)

SIMPSON BLACK-SEEDED

HEIRLOOM 10-14 in. head Introduced in 1850, this renowned variety has sweet, large, crumpled leaves. Succulent inner leaves blanch almost white. Stands up to heat and drought. Slow bolting, never bitter, early and adaptable. (50-55 days) 4: -S10649 pack (~450 seeds) \$3.29

SWEET VALENTINE

RARE 8-10 in. head A looseleaf-type with romaine tendencies. Stays sweet in the heat and resists bolting. (60–65 days) pack (~550 seeds) \$3.29

THAI GREEN

10-12 in. head As its name suggests, this looseleaf lettuce tolerates hot weather without getting bitter. (50–55 days) Δ pack (~450 seeds) \$3.29

WALDMAN'S DARK GREEN (See New Introductions, page 8)

Romaine (Cos)

BARCAROLE

10-12 in. head Large crisp leaves, rich flavor, and a crunchy, juicy midrib makes this a great choice for caesar salad. Vigorous and adaptable to hot or cool conditions. (70-75 days) pack (~450 seeds) \$3.29

COSMO-SAVOY LEAF

12-15 in. head This tall romaine has a tight head and bright green leaves with wavy margins and blanched hearts. Grows well in hot or cold weather. (60-65 days) 4: / - S10728 pack (~450 seeds) \$3.29

FORELLENSCHLUSS

HEIRLOOM 8-12 in. head A mild-flavored, loose-leafed romaine from Austria. The name means "speckled like a trout's back." Excellent cool weather choice. (55-65 days) 4 - S13449 pack (~450 seeds) \$3.29

JERICHO

RARE 12-16 in. head Bred in the hot desert of Israel, this robust, boltresistant variety stays sweet and crisp in hot weather. Very large, dense head. (60-65 days) 4: / - S11032 pack (-450 seeds) \$3.29

LITTLE CEASAR

5-6 in. head Miniature romaine-type with dark green, slightly rounded, thick outer leaves and yellow centers. Perfect for close spacing. Stays sweet and crisp, and never gets bitter. (65–75 days) -S21037 pack (~450 seeds) \$3.29

LITTLE GEM

5-7 in. head Compact size allows greater production for small gardens. Full-hearted, conical heads with superb sweet flavor. Heat-tolerant. (60-70 days) 40 / - S10964 pack (~450 seeds) \$3.29

OUTREDGEOUS

14 in. head The darkest red romaine we have. Excellent upright, cutsalad variety forms a loose romaine head at maturity. (50-55 days) *△○/♀—S17001 pack* (~450 *seeds*) \$3.29

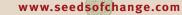
OUTSTANDING (See New Introductions, page 7)

RUBEN'S RED

12-14 in. head Deep burgundy, sweet and juicy savoyed leaves with an emerald green base. A cool-weather variety, so plant in early spring or late summer. (60–65 days) 4: / - S10648 pack (~450 seeds) \$3.29

VERTE MAR

12-14 in head Dark green, mid-sized and semi-savoyed romaine. Very uniform growth and can be grown for salad mix or full head. Great for spring or fall. (65–75 days) 🍐 🤃 / 🚔 — S21075 pack (~450 seeds) \$3.29



THAI GREEN







BARCAROLE



COSMO-SAVOY LEAF



OUTREDGEOUS

RUBEN'S RED ROMAINE

VERTE MAR



LETTUCE SEED CROPS IN FULL FLOWER ON ALAN VENET'S SOUTHERN OREGON FARM IN 1995



In Memoriam Alan Venet 1949 – 2006

Alan Venet, founder and president of SOW Organics seed company of Williams, Oregon, was a pioneering organic

grower and dedicated seedsman whose expansive lettuce seed growouts are legendary. Over a span of nearly two decades he provided hundreds of lots of high-quality, open-pollinated vegetable and flower seed to Seeds of Change, eighty varieties of which we still offer today. Al inspired and trained a cadre of nascent seed savers throughout the Applegate and Rogue River area of southwestern Oregon, many of whom are now established, professional seed growers. We offer our sincere appreciation for Al Venet's enduring contributions to the organic seed industry. He is sorely missed and will be remembered fondly.







BLENHEIM ORANGE





FFI RIVER

HARVEST OUFEN



CHARENTAIS CANTALOUPE





SUNGOLD CASABA

MELONS TA

Origins: Near East (cantaloupe, honeydew, muskmelon); Africa (Watermelon). The dessert of the garden, most melons are also rich in vitamin C and contain moderate levels of potassium, vitamin A, and folate. They need well-enriched soils and plenty of sun, water, and space to thrive. For peak flavor and to prevent splitting, decrease watering as fruits ripen. In short-season areas use cloches and row covers to get an early start, protect from pests, and assure ripe melons in late summer. See eNewsletter 42 at www.seedsofchange.com for "Melons: The Dessert of The Garden."

Muskmelons Cucumis melo

BLENHEIM ORANGE

HEIRLOOM 2 lbs. Grown as early as 1881 in the greenhouses of England's Blenheim Palace, these melons have thick, fragrant orange flesh and finely netted skins. Resists splitting even when overwatered. Uniform fruits in short-season, cooler climates. (80-90 days) -S10981 pack (~35 seeds) \$3.29 -S21369 1/4 oz. (~180 seeds) \$7

HALE'S BEST

HEIRLOOM 3-4 lbs. Great tasting with firm, sweet, aromatic flesh. Oval fruits have a yellow-green rind, a heavy, coarse net, and a light rib. Drought- and mildew-resistant. (80-90 days) A: -S14153 pack (-35 seeds) \$3.29 -S21362 1/4 oz. (-180 seeds) \$7

HAOGEN

1-3 lbs. Another good melon for Northerners, this unusual yet dependable Israeli variety has juicy, light-green flesh and a sweet, tangy flavor. Thin, mottled green skin turns yellow at maturity. (80–90 days) -S10652 pack (-35 seeds) \$3.29 -S21361 1/4 oz. (-180 seeds) \$8.45

HARVEST QUEEN

3-4 lbs. Dependable variety with substantial flavor and quality. Heavily netted, lightly ribbed, thick rind opens to deep-orange flesh that is sweet and firm. Powdery mildew- and fusarium-wilt resistant. Keeps well. (85–95 days)

IMPERIAL

3-4 lbs. Consistently delicious with a small seed cavity. Large, oval to round fruits are heavily netted. (90–100 days)

ROCKY FORD

2-3 lbs. Renowned for its firm, fine-textured, sweet, salmon-colored flesh. The industry's benchmark for shipability. Slightly ribbed skin is pack (~35 seeds) \$3.29 -S21366 1/4 oz. (~180 seeds) \$6

Specialty Dessert Melons

Cucumis melo

CHARENTAIS CANTALOUPE

11/2-21/2 lbs. A true cantaloupe, legendary in Provence, France for its superb gourmet flavor. Dense, aromatic flesh is extremely sweet and was rated the most flavorful by several of our taste testers. (80–90 days)

CRENSHAW

4-6 lbs. Velvety, smooth flesh is pale-orange and juicy. Staff favorite in our Research Farm trials. Large, oval fruits are dark green, nonnetted and become streaked with yellow when ripe. Longer season, but worth the wait! (90-100 days) -S21358 1/4 oz. (~180 seeds) \$7

EEL RIVER

RARE 3-8 lbs. Grown by Bear Jones of Humboldt County, CA since his cousin brought seed back from Japan after WWII. Continual refinements have made this one of our finest melons. Thin skin and dense, luscious orange flesh infused with a distinctive, creamy peach flavor. (90-100 days) ↓ -S13451 pack (~35 seeds) \$3.29 -S21359 ¼ oz. (~180 seeds) \$9

EIN DOR

21/2-4 lbs. Fragrant bouquet with a hint of banana sets this melon apart. Sweet, juicy, pale-green flesh with a small orange seed cavity. Slow to mature but worth the wait. (100–110 days) seeds) \$3.29 - S21360 1/4 oz. (~180 seeds) \$7

SHARLYN

3-6 lbs. Juicy, aromatic, pale-green flesh. Consistently in the top 3 in our taste tests. Productive, disease-resistant vine. Dark green rind matures to yellow or orange with a shallow, full net. (85–95 days) -S10804 pack (~35 seeds) \$3.29 -S21367 ¼ oz. (~180 seeds) \$7

STUTZ SUPREME

RARE 5-10 lbs. Big melon with delicious orange flesh protected by finely netted beige skin. Started indoors, it bears fruit from midseason until first frost. Perfected over a 20-year period by Joe Stutz of Chico, CA, this variety needs heat to develop its full flavor. (100-110 days) -S10805 pack (~35 seeds) \$3.29

SUNGOLD CASABA

3-5 lbs. This is one of our best short-season varieties. Ripens well, even in northern areas. Sweet, juicy flesh. Great storage melon. (85–95 days)

SWAN LAKE

SEED OF CHANGE ORIGINAL • RARE 2-3 lbs. Some fruits are white-fleshed, others are swirled with orange, peach, or pale salmon. All have excep--S21352 ¹/₄ oz. (~180 seeds) \$9

Watermelons

Citrullus lanatus

CRIMSON SWEET

15-20 lbs. All America Selections Winner in 1964 with juicy red flesh, high sugar content, few seeds, crisp texture, and rich flavor. Full-size fruits on 8–10 ft. vines. Thrives in most climates. (85–100 days) -S10653 pack (~35 seeds) \$3.29

DESERT KING

20-30 lbs. Juicy golden flesh with a tangy sweetness. Fruits are lightgreen and round to slightly oval. An excellent melon for the desert Southwest. Extremely productive. (90-110 days) A: -S10808 pack (-35 seeds) \$3.29

EARLY MOONBEAM

SEEDS OF CHANGE ORIGINAL • RARE 5-8 lbs. One of the best watermelons for northern climates, Early Moonbeam is early and productive with distinctive, sweet, lemon-yellow flesh and dark and light green striped skin. (80–90 days) Signature - S10654 pack (~35 seeds) \$3.29

GOLDEN HONEY

10-20 lbs. A prolific, early watermelon with yellow-orange flesh. Sugary, crisp, and refreshing. Vigorous and productive vines prefer sandy, well-drained soil. (85-95 days) 6 -S10655 pack (~35 seeds) \$3.29

MALALI

RARE 8-10 lbs. Originating in Israel, Malali needs a hot summer climate to reach its full sweetness. Potently sweet with light-red flesh and unique black-ringed, tan seeds. (90-100 days) pack (~35 seeds) \$3.29

MOON & STARS

HEIRLOOM 3-5 lbs. A most beautiful and distinctive watermelon, these small, slightly oval fruits are splashed with irregular, bright orange-yellow shapes, evoking the moon and stars. Flesh is dark pink and moderately sweet with a citrus overtone. (85–95 days) -S14154 pack (~35 seeds) \$3.29

20TH ANNIVERSARY FOUNDERS' SEED COLLECTION SEE PAGE 10 FOR THIS COLLECTION OF 12 TRIED AND TRUE VARIETIES FROM OUR ORIGINAL SEEDLIST OFFERINGS FROM 1989. —S22233 \$32.49





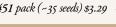
VERONA



CRENSHAW







SWEET DAKOTA ROSE

SUGAR BABY

10-20 lbs. The sweetness of a larger melon without the space requirements. Firm, sweet red-orange flesh with small, dark brown seeds. Thick, dark green rind becomes almost black when mature. Early maturing with abundant fruit set. (60-65 days)

SWEET DAKOTA ROSE

HEIRLOOM 10-20 lb. In 2005 the Research Farm staff voted it the sweetest watermelon with the least amount of seeds. Originally developed thirty years ago by North Dakota farmer David Podoll, who crossed a small early maturing variety (Early Canada) with a large, southern shipping variety (Black Diamond). After many generations of selection, he produced this fine, medium-sized cultivar with bright-red flesh that is adaptable to cool, short seasons. (80–90 days)

RARE 10-30 lbs. Exceptionally flavorful, round melons with firm red flesh and a thin but tough deep-green rind. Produces early. (80-90

OCA (See New Introductions, page 9)





I OIIISIANA VEIVET



OKRA Abelmoschus esculentus TA

Origin: Africa. Okra is held in the highest esteem in the southern U.S. where it is an essential ingredient in gumbo. It is quickly gaining popularity in the North where it also grows well. The young pods are flavorful and high in many amino acids, vitamins A, B6 and C, folate, and thiamin. Seeds are a source of protein, silica, and B vitamins.

LOUISIANA GREEN VELVET

4-6 ft. Spectacular yellow blooms. Vigorous plant with slender, smooth 3-5 in. pods. Retains its vibrant color when cooked. (55-65

MAMMOTH SPINELESS LONG POD

3-6 ft. Intense green, slightly ribbed, 3-5 in. pods stay tender a long time. High yields. Excellent for canning. (55–65 days) -S10721 pack (~50 seeds) \$3.29

RED VELVET

3-5 ft. Beautiful scarlet pods, leaves, and stems. Distinctly ribbed with slightly velvety feel. Vigorous plants produce 3-5 in. tender

STAR OF DAVID

HEIRLOOM • RARE 6-8 ft. A highly productive Israeli variety with a distinctive flavor. Sliced fruits reveal a Star of David in the crosssection. Purple coloration on leaf petioles and major leaf veins. 3-5 in. pods. (65-70 days) 4 - S10815 pack (~50 seeds) \$3.29

WINDY WOOD

SEEDS OF CHANGE ORIGINAL 3-5 ft. Deep green, extra smooth and tender pods make this okra one of the finest to eat. (55–65 days) -S21039 pack (~50 seeds) \$3.19

ONIONS Allium cepa HB

Origin: Near East and Central Asia. A culinary staple, onions add essential flavor and vital nutrition to our diet. They are rich in dietary fiber, vitamin C, potassium, iron, and organosulphur compounds that have been linked to cancer prevention and lowering blood pressure and cholesterol. Onions grow best in moist, fertile soils. In warm climates, sow in late fall for spring harvest. In northern temperate climates, sow indoors Jan./Feb. then transplant in Apr./May for fall harvest. See page 17 for selected onion seedlings.

CIPPOLINI YELLOW

3-4 in. bulbs A distinctive flat yellow onion with exceptional pungent, sweet flavor. Also called a fall or "mini" onion. Stores well. Long-day type. Recommended for latitudes 38°–60°. Necks may become too thick at lower latitudes. (75–85 days) &: -S17534 pack (-100 seeds) \$3.29 - S21399 1/4 oz. (-1,750 seeds) \$11

GLADSTONE

3-31/2 in. Medium-large white globes comparable to the old standard, Blanco Duro. Intermediate- to long-day type. Medium keeper. (110–115 days) 6 - S21076 pack (~100 seeds) \$3.29 -S20971 bulk (~1,000 seeds) \$4.95

LISBON WHITE BUNCHING

10-12 in. Also called a scallion, this white, bulbless bunching onion is very hardy and has a long harvest period. (65-75 days) -S15084 pack (~100 seeds) \$3.29 -S21383 1/4 oz. (~1,750 seeds) \$9

MINI PURPLETTE BUNCHING

1-2 in. bulbs The first purple red-skinned mini onion. Early maturing with delicate, mild flavor. Attractive either topped or bunched and can be harvested very young as baby bunching onions with purple pearl ends. Turns pastel pink when cooked or pickled. (60-65 days) -S17300 pack (~100 seeds) \$3.29 -S21385 1/4 oz. (~1,750 seeds) \$12

NEWBURG

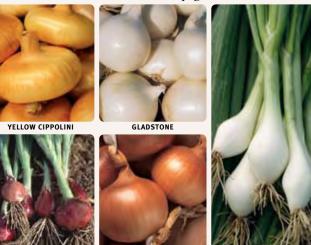
www.seedsofchange.com

SEEDS OF CHANGE ORIGINAL • RARE 3-4 in. bulbs An excellent storage onion with crisp white flesh. Moderate heat. Long- to intermediate-day type. (110-120 days) —S21386 ¼ oz. (~1,750 seeds) \$11

RED WETHERSFIELD

HEIRLOOM 4-6 in. bulbs Cultivated since at least 1843 for its memorable flavor and storability. Deep purple-red skin encloses pinkish white flesh with red circles. Long-day type, grows well in northern climates. (110–115 days) S: -S13452 pack (~100 seeds) \$3.29

RED WING (See New Introductions, page 8)



LISBON WHITE BUNCH

1-888-762-7333





STOCKTON RED



OREGON TRAIL

Snap CASCADIA SNAP BUSH 24-30 in. Developed by Dr. James Baggett, Oregon State University, this is the first unpatented, public domain snap pea. White flowers yield plump green pods containing 5–6 scrumptious peas. (65 days) -S11078 pack (~75 seeds) \$3.29 -S20634 1 lb. (~1,500 seeds) \$9.95 SUGAR SNAP

24-30 in. Thick, succulent, juicy pods yield 6-8 peas. A reliable, ediblepod, 3–4 in. snow pea. Thrives in cool weather. (60–70 days) -S11077 pack (~75 seeds) \$3.29 -S20638 1 lb. (~1,500 seeds) \$9.95





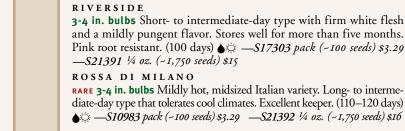


Order anytime: 24/7

www.seedsofchange.com



82



SISKIYOU SWEET

TEXAS EARLY GRANO

HEIRLOOM 5-7 in. bulbs A unique treasure brought to Walla Walla, WA from Corsica around 1900. Huge, sweet Spanish onion with mild, white flesh. Long-day type. Not for storing. Best results in northern latitudes. (100–110 days) 🖕 —S10659 pack (~100 seeds) \$3.29 -S21393 1/4 oz. (~1,750 seeds) \$14

TORPEDO RED BOTTLE

SOUTHPORT WHITE GLOBE

3-4 in. bulbs Pure-white storage variety prized for its close-grain flesh and great flavor. Harvest in spring for tender bunching onions. Long-day type. (105-110 days, 65 bunching) (- S10759 pack (~ 100 seeds) \$3.29

STOCKTON RED

4-6 in. bulbs Large globe-shaped with mild, red-ringed white flesh. Grows well in hot climates. Intermediate-day type. (110-120 days;

TEXAS EARLY GRANO

3-3¹/2 in. bulbs A mildly sweet, high quality Vidalia-type onion for the southern latitudes. Developed in Texas in 1944 as an early season shipper. Softball sized straw-colored bulbs are short-to-moderate keepers. Tolerant of common onion disease and resists splitting and bolting. (50-75 days) : -S17541 pack (~100 seeds) \$3.29

TORPEDO RED BOTTLE

6-8 in. long x 3 in. dia. A unique, spicy gourmet cooking onion. Easy to grow anywhere, but ideally suited for the South. Fair keeper. Up to 1 lb. each! Intermediate-day type. (105-110 days) pack (~100 seeds) \$3.29 - S21394 1/4 oz. (~1,750 seeds) \$11

VALENCIA

4-6 in. bulbs Utah strain of Yellow Sweet Spanish onion, with mild flavor and good storage life. Large globes, up to 1 lb., have a warm yellow and brown skin. Adaptable to long- and short-day regimes. (105–130 days)

PARSNIPS, **TURGA** (See New Introductions, page 8)

PEAS Pisum sativum HA

Origin: Mediterranean. Planting peas is a springtime ritual. They are rich in protein, vitamins A and C, folate and iron. Sow in spring as soon as the ground can be worked. For fall peas, sow in late July or early August. Inoculate with rhizobial bacteria. (See page 101.)

Shell

20-24 in. Producing mostly double 3 in. pods from each node, this sweet shell pea is prolific and delicious, fresh or frozen. (55–70 days) -S11075 pack (~75 seeds) \$3.29 -S20630 1 lb. (~1,500 seeds) \$9.95

PIONEER SHELL

20-24 in. Flavorful shell pea with bountiful 3–4 in. pods bearing 6–9 peas each. A good freezing variety. (55–70 days) pack (~75 seeds) \$3.29 —S11643 1 lb. (~1,500 seeds) \$9.80

4-5 ft. Introduced in 1979, and still the standard bearer of snap peas for taste and tenderness. Vigorous vines produce 5-7 peas per succulent 3 in. pod in both cool and warm weather. (60–70 days) -S15085 pack (~75 seeds) \$3.29

SUGAR DADDY (See New Introductions, page 8)

Snow

OREGON GIANT

24-36 in. Giant 4–5 in. snow peas are tender and succulent, producing well all summer. Sweeter flavor than the Sugar Pod 2 but not as vigorous in cold weather. Resistant to pea wilt, fusarium wilt, and pea enation mosaic virus. (70–75 days) -S11655 1 lb. (~1,500 seeds) \$10.10

SUGAR POD 2

PEPPERS

Capsicum annuum (unless noted) TA Origin: Central and South America. With amazing flavors, colors and shapes, peppers, both hot and sweet, are essential to world cuisines, from far eastern Asia, to the southwestern U.S. and South America. The preventative and curative health benefits of capsaicin, the "heat" in hot peppers, are widely touted and the subject of much scientific study. Chiles have been used for everything from fighting infections and aiding digestion, to lowering blood pressure and triglyceride levels, and are often used topically to treat muscular pain. For many of us, "hot equals health." See eNewsletter 44 at WWW.SEEDSOFCHANGE.COM for information on the history and cultivation of chiles.

ACI SIVRI HEIRLOOM • RARE 18-30 in. Old Turkish variety can be mild to burning hot. Unusually productive for northern gardens, producing up to fifty 5–9 in. cayenne-shaped fruits per plant. (85–95 days) -S10667 pack (~50 seeds) \$3.29

Chiles

AJI AMARILLO

C. baccatum 16-20 in. A South American pepper with a smoky flavor that is hotter than Aji Colorado, but not as hot as Criolla Sella. Conical, wrinkled 2-4 in. fruits are dried into a powder for salsas and cooking. (80–90 days) 4 - S11007 pack (~50 seeds) \$3.29

AJI COLORADO

RARE C. baccatum 16-18 in. Brilliantly colored, mildly hot and spicy chile from the Andes. Short, sprawling shrub bears shiny 3-5 in. cylindrical fruits. (75-85 days) 4 - S11006 pack (~50 seeds) \$3.29

ANCHO/POBLANO

24-36 in. One of the most popular chiles in Mexico. Mildly hot 4-6in. fruits are widely used for making chile rellenos and mole. Dark green turns red when ripe. Known as Poblano when fresh, Ancho when dried. Bushy, extremely productive plants. (90-110 days) -S10779 pack (~50 seeds) \$3.29

BOLIVIAN RAINBOW

TRADITIONAL C. frutescens 2-3 ft. Grown for centuries in Bolivia, this searingly hot pepper turns brilliant purple to yellow then to red when ripe. Purple foliage and flowers yield pointed 1 in. upright fruits. Bright landscape plant bears early and throughout the season. (75–85 days) ightharpoonup = -S10780 pack (~50 seeds) \$3.69 (limited quantities)









ANCHO/POBLANO



CZECH BLACK



EARLY JALAPEÑO ESPAÑOLA IMPROVED

BULGARIAN CARROT

HEIRLOOM 3-4 ft. Vibrant orange, 2–3 in. carrot-shaped fruit satisfies the chile aficionado with consistent heat and fine flavor. Extremely productive variety with dense foliage to protect the fruit from sun

CRIOLLA SELLA

RARE C. baccatum 16-24 in. Sizzling Bolivian chile satisfies fresh or dried. 2-3 in. slender fruits ripen to golden yellow. (85-100 days) **△**♡ — S10800 pack (~50 seeds) \$3.29

CZECH BLACK

20-30 in. Productive bush yields many 2-3 in. mildly hot fruits, that are such a dark green that they appear black before ripening to red. (90-100 days) (90-100 days) (90-100 days) (90-100 days)

EARLY JALAPEÑO

24-30 in. This early-maturing jalapeño has the classic shape and level of heat with slightly smaller fruits than the standard variety. pack (~50 seeds) \$3.29

ESPAÑOLA IMPROVED

18-24 in. Excellent fresh, roasted or dried, this medium-hot, shortseason chile was developed in northern New Mexico and becomes hotter in southern climates. Thin-walled, 5-7 in. tapered fruits grow dark green and ripen to red. Heavy yielder. (70-80 days) -S10783 pack (~50 seeds) \$3.29

HABANERO

www.seedsofchange.com

RARE C. chinense 18-24 in. Native to Central America's tropical lowlands, this world-famous, scalding hot pepper thrives where summers are long, hot, and humid. Lantern-shaped fruits ripen to a rich orange. Reported to be 1,000 times hotter than the jalapeño! (90–100 days) -S14158 pack (~50 seeds) \$3.29

HIDALGO

RARE 16-24 in. Similar to serrano in shape and just as hot. Shiny, green 2-3 in. fruits ripen to brilliant red. Use fresh or dried. (80-90 days) *△*♡ —*S10861* pack (~50 seeds) \$3.29

HUNGARIAN HOT WAX

16-20 in. Dependable and productive northern variety. Short, stocky plants bear 4-6 in. upright, hot, yellow fruits that ripen to brilliant orange-red. Festive in the garden. (75-80 days) AG -S10785 pack (~50 seeds) \$3.29

JALAPEÑO

24-30 in. Named for Jalapa, Mexico. Widely used in burritos, tamales and for "poppers." Thick-walled 3 in. green fruits become sweeter when ripened to red and are known as chipotle when smoked. (65-75

NUMEX BIG JIM

16-26 in. Guinness World Records lists this New Mexico chile, developed by Dr. Nakayama at New Mexico State University, as the world's largest. It is! This green- to red-type has medium heat, with variability between plants. Disease-resistant plants. Great for roast-seeds) \$3.29 (limited quantities)

NUMEX CONQUISTADOR

18-24 in. Anaheim-type with consistently mildly spicy, slightly sweet flavor. 4-6 in. long fruits have round shoulders, pointed tips and thick flesh with a smooth surface. (70-80 days) (~50 seeds) \$3.29 (limited quantities)







PURIRA C. frutescens 16-24 in. Caution...Extreme Heat! Bushy plants bear a profusion of unbelievably hot 2 in. upright fruits. A glowing orange red when ripe. "Off the chart" on the Scoville scale, which measures a

RELLENO seeds) \$3.29

TRADITIONAL 24-30 in. With classic cayenne shape, this chile packs even more heat than the traditional cayenne. 4–6 in. fruits ripen to flaming red. A chile addict's delight, dried or fresh. (80–85 days) -S10789 pack (~50 seeds) \$3.29





NUMEX SANDIA



RELLENO

NUMEX SANDIA

16-26 in. A green to red, 6-7 in. long Anaheim-type chile with good heat and little variability between plants. Hotter than Joe E. Parker and Big Jim. Prolific producer with 20 fruits per plant. Great for roasting, freezing and stuffing. (75-80 days) (-50 seeds) \$3.29

PERUVIAN PURPLE

RARE C. frutescens 16-24 in. Completely purple plants, foliage and all, are so striking they are often grown indoors as an ornamental. 1 in. upright fruits are mildly hot and turn red when mature. (85–95 days) △○ —S10787 pack (~50 seeds) \$3.29

PIZZA (MILD JALAPEÑO)

3-4 in. long Pizza-slice-shaped mild jalapeño. Stunning shape with smooth skin and bright red color when fully ripe. A beautiful addi-(~50 seeds) \$3.29

RARE 12-18 in. Traditional but hard-to-find, this large, succulent stuffing pepper is dependably mild. Broad-shouldered 6–9 in. fruits taper to a blunt, rounded tip. (75-80 days)

RING-O-FIRE CAYENNE









PAPRIKA ALMA











RIO GRANDE HOT

18-24 in. Prolific and colorful with slightly hotter fruits than jalapeños. A versatile 3 in. garden chile. (85–90 days) A: -S10666 pack (~50 seeds) \$3.29

SERRANO

24-36in. Flame-shaped and perfect for hot sauces and pickling, Serrano is popular for its bright red color when ripe and distinctive flavor. The plant has short, fuzzy leaves and bears clusters of purple, erect, fingersized chiles with medium-thin walls. (80-90 days) pack (~50 seeds) \$3.29

Paprika

PAPRIKA ALMA

16-24 in. Plants are loaded with 3 in. fruits that are sweet with a slight bit of heat. Great for eating fresh or drying and grinding for paprika seasoning. Fruit is first cream-colored, then orange, then red. Harvest red for drying. (75-85 days) 2 -517543 pack (~50 seeds) \$3.29

Pimiento

PIMIENTO-L

18-24 in. A large, thick-walled pepper with sweet, succulent flesh. An extremely heavy producer of 3 in. long, heart-shaped fruit. Most delicious when ripened to scarlet red. (90-100 days) (~50 seeds) \$3.29

RED RUFFLED

24-30 in. This is a favorite sweet pimiento pepper with thick, juicy walls. Marvelous for fresh eating, this plant produces 3-4 in. lobed fruits shaped like tomatoes. (80-90 days) is -S10794 pack (~50 seeds) \$3.29

TANGERINE PIMIENTO

16-24 in. 2-3 in., round to slightly flattened, lobed fruits are thickwalled, sweet, juicy, and delicious eaten fresh. Ripens to a lovely tangerine hue. Vigorous, productive, and early maturing. (75-85 days) △: —S10793 pack (~50 seeds) \$3.29

Sweet Peppers

ACONCAGUA

20-30 in. This non-bell sweet pepper is great for frying, roasting, or eating fresh. 7-11 in. fruit tapers to a blunt, rounded end. The mediumthick flesh has a sweet but spicy flavor in both the immature green and

CAL WONDER BELL

HEIRLOOM 18-24 in. The archetypical bell pepper-tender, sweet, and juicy without a trace of pungency. Dark green 3-4 in. peppers ripen to bright crimson. Large, blocky, lobed fruit with thick walls on vigorous

CAL WONDER ORANGE BELL

4 in. long, 3.5 in. dia. Beautiful, early, orange, block-bell type with thick, sweet walls and 3-4 lobes. Productive plants provide good canopy cover, preventing sun scald. (60 days green, 80 days orange ripe) 4 - S17012 pack (~50 seeds) \$3.29

CORNO DI TORO

24-30 in. The largest of the sweet stuffing peppers, it is first-rate, fresh or roasted. A stunning red or brilliant yellow when ripe with a long, curved, tapering, non-bell shape. Fruits are 6-10 in. long x 11/2 in. wide at shoulder. (75-85 days) 4 - S10663 pack (-50 seeds) \$3.29

GIANT SZEGEDI

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16-20 in. From the town of Szeged in Hungary, a 4–6 in. long x 2–3 in. wide paprika pepper whose color changes from pale yellow to deep orange when fully ripe. Medium-thick flesh is tender and succulent and stuffs well. Verticillium wilt tolerant. (75-80 days) -S10792 pack (~50 seeds) \$3.29 (limited quantities)

ITALIAN SWEET RELLENO

18-24 in. Delicious roasted, sautéed, or fried, and especially marvelous stuffed with seasoned rice and tofu. 5-6 in. fruits are similar to Anaheim chiles but sweeter and earlier maturing. Great for mild chile rellenos. High yields. (65-75 days) 4: -511011 pack (~50 seeds) \$3.29

NARDELLO

HEIRLOOM 24-36 in. Delightful fresh or fried, our taste tests rated this the sweetest non-bell pepper when ripe. An Italian heirloom preserved by the Nardello family. Red when ripe, these 6-8 in. peppers have shiny, wrinkled skins. (65-75 days)

PURPLE BEAUTY BELL

18-24 in. This stocky bell pepper is ready to eat when the fruits turn a stunning, deep purple with a green undertone. Crisp, succulent, 4-lobed, thick-walled fruit. Very productive. (70-80 days) *△*; —*S14552 pack (~50 seeds)* \$3.29

SUNRISE ORANGE BELL

RARE 18-24 in. This early, attractive 3–4 in. bell pepper matures to a rich orange-yellow. One of the earliest and most productive varieties for northern gardens. Disease-resistant. (80-90 days) pack (~50 seeds) \$3.29

YANKEE BELL (See New Introductions, page 8)

POTATOES (See Live Plants, page 14)

QUINOA Chenopodium quinoa HA

Origin: Bolivia and Peru. A staple of the Andean region, this ancient "mother grain of the Incas" is gaining wide popularity in the North for its nutty flavor, fluffy texture, and high protein content balanced in essential amino acids. Great protein source for those on a gluten-free diet, and for diabetics as it has a low glycemic index (35). Rich in iron, magnesium, and phosphorus. Best seed-set occurs where nighttime temperatures are less than 60° F. We offer four distinct strains, which have adapted to a variety of climates. See eNewsletter 38 at WWW.SEEDSOFCHANGE.COM for "Growing and Harvesting Quinoa and Amaranth."

BRIGHTEST BRILLIANT

3-4 ft. This ornamental and highly edible, nutritious grain blooms in late summer to produce gorgeously rich brugundy, orange, yellow, white and pink flower head spikes. The most unusual and striking quinoa

DAVE (FOUR-O-SEVEN)

5-6 ft. A favorite for its nutty taste, this short-season variety is adaptable to any elevation. Medium-sized seed is yellow-brown on yellowgold seed heads. (90-100 days) 4 - S10837 pack (~250 seeds) \$3.29

FARO

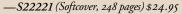
TRADITIONAL • RARE 4 ft. The most adaptable sea level variety from southern Chile. Mix of green- and red-topped plants with white-yellow seeds. High yielding. (100-130 days)

TEMUCO

TRADITIONAL 5-6 ft. Yellow-green and red seed heads bear delicious white seeds. One of the best choices for maritime areas, but grows well in a variety of climates. The whiter the seed in a quinoa, the less bitter the coating, called saponin, which should be rinsed off before cooking. (100-110 days) 2 -S10840 pack (~250 seeds) \$3.29

New! The Organic Gardeners Handbook

By Frank Tozer An in-depth melding of the art and science of vegetable gardening, including soil dynamics, cultivation, composting, crop planning, seedlings, water, harvesting, seed saving, greenhouses, and more. Novices and veterans alike will appreciate this fresh look at an age-old topic. Companion to The Vegetable Growers Handbook.



86













SUNRISE ORANGE BEL



BRIGHTEST BRILLIANT



DAVE (FOUR-O-SEVEN





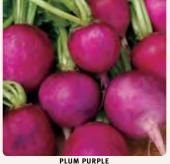






MISATO ROS









ROUND BLACK SPANIS



88

CHAMPION

1-2 in. Fast growing, round to oval red radish with a short top. Excellent for successive harvesting except through the extreme cold of winter and the heat of the summer. (21–24 days) -S11022 pack (~150 seeds) \$3.29

RADISHES Raphanus sativus HA

Origin: China. In the West we use radishes primarily to add zest, color,

and crunch to our salads, but in Asia the radish, or daikon, is a staple,

eaten pickled or stir-fried. Short-season radishes make a great row

marker for slower germinating carrots as the radishes are harvested by

the time the carrots need the space. A good source of vitamin C.

CHERRY BELLE

1-2 in. Tasty, round, brilliant red radish with crisp white flesh. This 1949 All America Selections winner is tolerant of poor soils, retains tenderness, and resists pithiness. May be planted and harvested all summer long. (20-30 days) -S12863 1 oz. (~2,800 seeds) \$4.90

D'AVIGNON (See New Introductions, page 8)

FRENCH BREAKFAST

HEIRLOOM 2-3 in. Handsome olive-shaped to cylindrical variety with a rosy-scarlet to violet upper root and a pure-white tip. Best harvested in cool weather and eaten young. Very mild flavor. (20–30 days) -S10668 pack (~150 seeds) \$3.29 -S11253 1 oz. (~2,800 seeds) \$6

HAILSTONE (See New Introductions, page 8)

MISATO ROSE

4 in. long, 2-4 in. dia. Large round roots with unique, sweet, dark pink interior flesh, chartreuse tops, and white bottoms. Grows slower than most, but sudden in its round formation. Appropriate for spring or summer sowing. (30-40 days) 4 - S17316 pack (-150 seeds) \$3.29

PARAT SPERLING

1-3 in. Also called "German Giant," this large, round, scarlet radish can be harvested small or the size of a baseball, while still remaining crisp and mild flavored. Won't split or become woody or spongy. (25-35 days) 6%/% -S10755 pack (~150 seeds) \$3.29

PLUM PURPLE

1-2 in. Round, brilliant purple roots that are sweet and crunchy and never pithy. Beautiful in bunches. This color is rarely found in radishes. (20-30 days) -S20672 1 oz. (~2,800 seeds) \$4.75

PRETTY IN PINK

1-2 in. Unusual, bright pink skin with crunchy white flesh. Very attractive in bunches mixed with red, purple and white varieties. Resists pithiness. (22–27 days) 6 / = -S21042 pack (~150 seeds) \$3.29 -S21440 1 oz. (~2,800 seeds) \$4.85

ROUND BLACK SPANISH

HEIRLOOM 1-3 in. Brought to North America from Spain in the 1600s. Gained popularity as one of the first root vegetables of early spring. Dark maroon to black skin and mildly pungent, white flesh. Thick, firm skin makes for good storing. (55–65 days) ▲☆ / ÷ —S13466 pack (~150 seeds) \$3.29

RUDOLF

1-2 in. Large, round, red 11/2 in. globes with short, erect foliage. Uniform shape and color. (23–27 days)

WHITE ICICLE

HEIRLOOM 3-6 in. Also known in the 19th century as White Naples, White Italian, and White Transparent, this radish is crisp, never woody. Tolerates a variety of soils and summer heat. (27-32 days)

RHUBARB (See Live Plants, page 15)



RUTABAGA, HELENOR

Brassica napus 3-5 in. HB Roots have bright vellow flesh with mildly spicy flavor. Sturdy, purple tops, robust growth and good resistance to diseases. (90-100 days)

RUTABAGA, JOAN

HEIRLOOM • RARE Brassica napus HB Yellow tubers are uniformly round with purple tops and a delicate, sweet flavor. Plant in early to midsummer for a fall harvest. Taste improves after a hard frost. (90-100 days) ♦ / = _S15025 pack (~90 seeds) \$3.29 _S21445 1 oz. (~575 seeds) \$9

SESAME, AFGHANI/ANATOLI

RARE Sesamum indicum 3 ft. TA Candelabra-like branches light up the garden and the field. This dependable, early-maturing tan sesame produces an abundance of seed-filled pods. Likes hot weather.

SHALLOT, ED'S RED

Allium cepa. 1-2 in. bulbs HB Red skin with red interior. Each seed produces a bulb with three lobes. Unique flavor is great for soups, salad dressings, and vegetable and grain dishes. (100 days) -S17324 pack (~150 seeds) \$3.29 -S21787 1/4 oz. (~1,750 seeds) \$15



AFGHANI SESAME

ED'S RED SHALLOT





www.seedsofchange.com

SPINACH

Spinacia oleracea HA

Origin: Central Asia. A longtime garden favorite for its nutrition-packed, succulent leaves. Generous amounts of the antioxidant vitamins C and E, as well as beta carotene, calcium, potassium, and many other minerals, make garden-fresh spinach a "superfood" believed to promote general health and reduce the risk of cancer, memory loss, macular degeneration, and high blood pressure. Prefers rich soil and steady watering. Plant successive crops for continuous harvest or overwinter for the earliest spring harvest.

AMERICA

12-16 in. dia. Introduced in 1952, this variety has endured for its first-rate flavor. Thick, deep green, savoy-leafed plant grows to a foot in width. Slowest to bolt of a dozen varieties tested. Can be spring or fall sown. (45–50 days) -S12759 1 oz. (~2,300 seeds) \$9

BLOOMSDALE

16 in. dia. This classic savoy-leafed spinach has tasty, thick, dark-green leaves. Grows well in spring or fall. Dependable, coldhardy, and slow to bolt, it overwinters well in all but the coldest climates. (50–55 days) ↓☆ / ☆ —S10746 pack (~130 seeds) \$3.29 —S13570 1 oz. (~2,300 seeds) \$8

VIROFLAY

HEIRLOOM 2 ft. dia. In 1885, Vilmorin called this variety "Epinard Monstreux de Viroflay"-The Monster Spinach of Viroflay! Extremely vigorous plants bear 10 in. leaves. Early-maturing. (45-50 days) $\Delta \odot / = -S11130$ pack (~190 seeds) \$3.29 -S13572 1 oz. (~2,300 seeds) \$9



BLOOMSDALE SPINACH

VIROFLAY SPINACI



BENNINGS GREEN TINT

BLACK BEAUTY

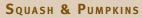








ROUND FRENCH



Origin: Mexico & southern North America. Treasured for their ease of cultivation, high food production, and excellent storage, squashes have been a staple crop in the Americas for millennia. Orange-fleshed varieties are rich in beta carotene, antioxidant vitamins C and E, and a good source of potassium. Plants prefer soils with abundant compost, full sun, and room to spread out.

Summer Squash Cucurbita pepo TA

BENNINGS GREEN TINT

HEIRLOOM 3-4 in. dia. Pale green, scalloped summer squash with white flesh and creamy texture. Extremely productive. Best when harvested young and sautéed or steamed. (50-55 days) pack (~25 seeds) \$3.29

BLACK BEAUTY ZUCCHINI

5-7 in. An early and prolific variety with glossy blackish green fruits and firm white flesh. Consistently tender zukes that will keep the neighbors happy. (50-55 days) (50-55 days) (-25 seeds) \$3.29

CASERTA ZUCCHINI

5-7 in. An early, extremely prolific variety. 3-4 ft. bush produces slender light-green fruits streaked and mottled with darker green stripes. Firm white interior. Great for squash blossom soup. All America Selections

COCOZELLE BUSH ZUCCHINI

HEIRLOOM 5-7 in. Known in the late 1800s as Italian Vegetable Marrow or "Cocozella di Napoli," this dark- and light-green striped classic has a slightly nutty flavor. Easy to grow. Like all zucchinis, best when harvested young. 3-4 ft. bush. Fruits stay slender even at 12 in. (50-55 days) 40 -S10669 pack (~25 seeds) \$3.29

DARK STAR ZUCCHINI (See New Introductions, page 8)

GOLDEN BUSH ZUCCHINI

SEEDS OF CHANGE SELECTION 4-10 in. 3–4 ft. bush produces abundant, brilliant gold, cylindrical zucchinis. Best eaten when young.

GOLDEN SCALLOPINI BUSH

TRADITIONAL 3-6 in. dia. Delicious, saucer-shaped golden fruits with scalloped edges. Can be stored and eaten like a winter squash when mature. Bush plants produce heavily and remain prolific through

LADY GODIVA

4-6 lbs. Also called Hulless Seeded Pumpkin, each squash yields up to 1/2 lb. of nutritious and delectable seeds that are high in zinc and need no shelling. Great in stir-fries, for baking, or just plain munching. Plants often bear 10-12 fruits each. Tasty orange flesh is

RÊVE SCALLOPINI (See New Introductions, page 9)

ROUND FRENCH ZUCCHINI

3-6 in. dia. Round zucchini with exceptionally savory pale-green flesh. Maintains delicate flavor throughout growth, but most delicious steamed at 3 in. or stuffed at 5-6 in. Prolific. (50-55 days) —*S10941* pack (~25 seeds) \$3.29

YELLOW CROOKNECK

HEIRLOOM 6-9 in. A favorite for over 150 years, this classic easy-togrow bush summer squash produces abundant white-fleshed fruits that are delectable lightly steamed with a little onion. (50–55 days) △: —S10672 pack (~25 seeds) \$3.29

POLLINATOR ATTRACTING SEED COLLECTION

SEE PAGE 20 FOR THIS ESSENTIAL COLLECTION TO ASSURE SUFFICIENT POLLINATION FOR ABUNDANT SOUASH YIELDS. (SAVE 20% OVER INDIVIDUAL PACKS.) -S15176 \$25.70

Winter Squash

Cucurbita maxima (unless noted) TA

BLUE BALLET

HEIRLOOM 3-6 lbs. This smaller version of a Blue Hubbard yields bluegray, teardrop-shaped fruits with sweet, deep-orange flesh. One of these makes a meal for a family of four. Keeps well. (90-100 days) **△**♡ — S10905 pack (~25 seeds) \$3.29

BUTTERCUP

3-5 lbs. The best tasting squash in our trials with moist, deep-orange flesh rich in beta carotene. Unparalleled sweetness and rich, buttery texture. Productive vines. Excellent keeper. (95–105 days) -S10674 pack (~25 seeds) \$3.79

BUTTERNUT

C. moschata 4-5 lbs. Productive Waltham strain yielding classic tan, bellshaped fruits with bright orange, moist, sweet, smooth flesh. Delicious in soups, baked, or steamed. Stores well into late winter. (100–110 days)

DELICATA ZEPPELIN

C. pepo 1-2 lbs. A uniform, carefully selected strain of delicata with exceptionally sweet flavor, fine texture, and no bitter fruits. Compared with the standard delicata, it is smaller, more cylindrical, has darker colored skin, and deeper orange, sweeter flesh. (90-100 days) *—S17550 pack (~25 seeds) \$3.29*

GOLD NUGGET

1-2 lbs. This early, extremely productive, compact bush variety is ideal for small gardens. Miniature pumpkin-shaped fruits have pale redorange skin and dry, sweet, dark orange flesh. Ideal for stuffing, soups,

GREEN HUBBARD

HEIRLOOM 6-15 lbs. Introduced in the 1790s, this old-time favorite has sweet, dark orange flesh and a dry, fine-grained texture. Vigorous vines yield prolifically. Stores throughout the winter. (100–110 days) *△*; —*S10939 pack (~25 seeds) \$3.29*

HOKKAIDO

RARE 2-4 lbs. Slate-green fruits with rich dark orange flesh that is dry and almost flaky. An excellent keeper. A preferred variety in

HOKKAIDO STELLA BLUE

2-5 lbs. An exceptional winter squash. Sweet, richly flavored, fiberless flesh is delicious, dry, and almost flaky. Medium-sized, round, slightly flattened, blue fruits store well. (95-105 days) pack (-25 seeds) \$3.29

HOPI ORANGE

TRADITIONAL • RARE 10-15 lbs. Tasty, juicy, and fibrous flesh is perfect for pies and soups. Vigorous vines yield pumpkin-shaped fruits that are superb keepers. (90–110 days) 4 - S10900 pack (~35 seeds) \$3.29

LAKOTA

TRADITIONAL • RARE 5-7 lbs. Gorgeous teardrop Hubbard-type prized by the Lakota Sioux for its decorative qualities and sweet, nutty flavor. (85-90

LIBRA

SEEDS OF CHANGE ORIGINAL 4-5 lbs. A cross between Hokkaido and Buttercup, this vigorous mix of two different color and seed types bears fruit with consistent size and shape. 85% have dark green skin with white markings, while the other 15% are slate gray-green. Su-

OUEENSLAND BLUE

10-12 lbs. A superb winter keeper from "down under" with thick, graygreen skin, deep ribbing, and sweet, deep-orange flesh. Classic buttercup shape is occasionally pointed on the bottom. (105–115 days) -S16144 pack (-25 seeds) \$3.29





YELLOW CROOKNECK









BUTTERNUT

BILLE BALLET



GOLD NUGGET









LIBRA







LAKOTA





ROYAL ACORN

SWEET DUMPLING

SPAGHETTI





SWEET KEEPER



TUFFY ACORN





SMALL SUGAR

Winter Squash (Continued)

ROYAL ACORN

C. pepo 3-4 lbs. High-yielding vines produce dark green, deeply ribbed fruits that turn orange when stored. Moderately sweet, dry, fine-flavored squash is exquisite baked. (85-95 days) pack (-25 seeds) \$3.29

SPAGHETTI

C. pepo 3-4 lbs. Introduced in 1934, this unique squash has spaghettilike strands of flesh that are delicious baked or boiled and served with butter or pasta sauce, or even topped with pesto. Stores for 3-4 months.

SWEET DUMPLING

C. pepo 1-2 lbs. A favorite for its personal size and delectably sweet flesh. Prolific vines yield up to 10 teacup-shaped fruits. Good for stuffing. Can be stored for 3-4 months. (90-100 days) -S11016 pack (~25 seeds) \$3.29

SWEET KEEPER

SEEDS OF CHANGE SELECTION • RARE 5-10 lbs. Magnificent 20-30 ft. vines bear ribbed fruits with delicious, smooth, deep-orange flesh. A prime choice for "pumpkin" pie. High in beta carotene. Stores well into spring. (95–105 days) 4 - S10799 pack (~15 seeds) \$3.29

TAHITIAN

C. moschata 8-30 lbs. Giant, smooth-skinned fruits have the highest sugar content of any winter squash, actually increasing during storage. Tender, deep-golden flesh is delicious baked, or raw in salads. Recommended for warm climates with long growing seasons. 6-15 ft. vigorous vines are mildew-resistant. (110–180 days) pack (~25 seeds) \$3.29

TEXAS INDIAN MOSCHATA

RARE C. moschata 8-12 lbs. An unusual, rich-tasting variety from the late Curtis Showell, who maintained many lines of heritage squash, pumpkins, and melons. Light-tan fruits are shaped like flattened pumpkins with smooth skin and shallow ribs. Extremely long keeper. (100–110 days) 🛆 🔅 —S11097 pack (~25 seeds) \$3.29

TUFFY ACORN

C. pepo 2-3 lbs. Great for baking, this delicious acorn is known for its sweet, dry yellow flesh and heavily ribbed, black-green skin. Extra "tuff" skin requires care when cutting in half. An excellent keeper, it grows sweeter in storage. Average yield is 5-6 fruits per plant.

UCHIKI KURI

3-4 lbs. This Red Kuri (Hubbard-type) winter squash has been selected for uniform fruit shape and high yield. Flesh is dark orange and of superb eating quality. Can store for several months. (90-100

UNCLE DAVID'S DAKOTA DESSERT (See New Introductions, page 9)

Pumpkins

Cucurbita pepo (unless noted) TA

HOWDEN

RARE 15-30 lbs. Classic large and ribbed pumpkin with sturdy handles. This improved Connecticut Field type was developed by John Howden in the early 1970s. Grows on long spreading vines. Good keepers and make fantastic jack-o'-lanterns. (110-120 days) -\$10773 pack (~25 seeds) \$3.29 -\$13561 1 oz. (~200 seeds) \$8

JACK-O-LITE

SEEDS OF CHANGE ORIGINAL 8-15 lbs. A more compact variety. Excellent for carving and pie baking. Produces two basic shapes: round to slightly flattened or tall and elongated. Both are finely ribbed with great pumpkin taste. (90 days) 43.29 -S10797 pack (~25 seeds) \$3.29 -S13563 v (~150 seeds) \$12

ROUGE VIF D'ETAMPES

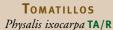
HEIRLOOM C. maxima 15-40 lbs. A Cinderella pumpkin grown for over one hundred years for its stunning, deep burnt-red-orange skin and distinctive ribbing. These flattened globes have few seeds and vary greatly in size. (110–150 days) 4 — S10904 pack (~20 seeds) \$3.29

SMALL SUGAR

HEIRLOOM 5-8 lbs. This standard from the 1800s boasts high quality, stringless, thick, sweet flesh for delicious pies. Dependable and easy to grow. Lightly ribbed. (100-110 days) seeds) \$3.29 — S20712 1 oz. (~175 seeds) \$11

YOUNG'S BEAUTY

8-12 lbs., 10 in. dia. Extremely productive with round to slightly elongated, deep-orange fruits with moderate ribbing. A thick-meated interior makes for a delicious pie pumpkin and a great jack-o'-lantern. (95–110 days)



PURPLE DE MILPA

TRADITIONAL 3-4 ft. This prized traditional strain yields plump fruits that ripen to a rich purple. Delicious raw or stewed, tomatillos are the main ingredient in salsa verde. Rambling plant is prolific with 2-3 oz., 2 in. fruits. (70-90 days) 4: -50 seeds) \$3.29

VERDE

3-4 ft. For salsa, tomatillos tone down the hotness of chiles and help blend the other flavors. This one has diverse gene traits that produce two distinct variations of plants-one is more erect and branching, the other more squat and compact, both equally prolific. (60-80 days)



PURPLE DE MILPA

TOMATOES Lycopersicon esculentum (unless noted) TA

Origin: South America. Tomatoes contain at least 15 of the 20 amino acids necessary for protein synthesis, and provide generous amounts of vitamins C and A. They delight the senses with an extraordinary range of shapes, colors, flavors, and culinary possibilities. When transplanting, remove lower leaves and bury the stem just below the soil surface to allow for quicker and more extensive root development.

Cherry Tomatoes

CHADWICK

1¹/2 0Z. We've had only rave reviews of this mouthwatering cherry selected by the late horticultural genius Alan Chadwick. Large for a cherry, with sparkling, full-bodied tomato flavor. Indeterminate 6 ft. vines are vigorous, highly productive, and disease-resistant. (80-90 days) —S10774 pack (~50 seeds) \$3.29



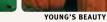


FOX

PEACEVINE

ROUGE VIF D'ETAMPES





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YELLOW PEAR

RARE 11/2 0Z. This is one of the finest cherry tomatoes we've found. Tall vines bear large red cherries with rich, full-bodied, mildly acidic flavor. Incredibly prolific indeterminate vine. (80–90 days) —*S10687* pack (~50 seeds) \$3.29

GOLD CURRANT

L. pimpinellifolium 1/2 oz. Prolific vine produces a steady supply of slightly tart, small, yellow cherry fruits. Good for direct seeding in longer-season locations. Reseeds readily. Indeterminate. (70-80 days) **△**; —S10688 pack (~50 seeds) \$3.29

MAGLIA ROSA (See New Introductions, page 9)

MATT'S WILD CHERRY

L. esculentum var. cerasiforme 1/2 oz. Volumes of marble-sized fruits born in clusters. Tart flavor early and sweeter late in the season. Vigorous, indeterminate vines. (70-80 days) 4: -50 seeds) \$3.29

SEEDS OF CHANGE ORIGINAL 1 OZ. Developed in the 1980s by Alan Kapuler. Peacevine had the highest vitamin C content among 30 cherry tomato varieties grown at Rodale Institute and analyzed by Rutgers University. Generous tresses of small, delicious red tomatoes with an occasional yellow. Complex flavor begins tart and finishes sweet. Uniquely high in gamma-amino butyric acid, a body sedative that calms jitters. Indeterminate. (70-80 days) 4 -50 seeds) \$3.29

PRIZE OF THE TRIALS

RARE 1-2 OZ Best overall cherry tomato for flavor, yield, and crack resistance. Productive vines bear orange, apricot-sized fruits that thrive in hot dry climates. Indeterminate. (75-80 days)

RED CURRANT

L. pimpinellifolium 1/4-1/2 0Z. A distinct species with abundant amounts of tiny thick-skinned, mellow fruits. Grown also as an ornamental, it looks beautiful in a hanging basket. Indeterminate. (70-75 days) △○ -S10777 pack (~50 seeds) \$3.29

RED PEAR (See New Introductions, page 9) THAI PINK (See New Introductions, page 9)

YELLOW PEAR

HEIRLOOM 1 0Z. Grown since the late 1800s. Popular for its tender, mildflavored, pear-shaped fruits. Low in acid with a sweet lingering flavor. Delicious in salads or pickled. Clusters of 1–2 in. fruits proliferate all summer. Resistant to alternaria stem canker disease. Indeterminate. Bushes





AMISH PASTE



SAN MARZANO

Paste Tomatoes

AMISH PASTE

HEIRLOOM 5-7 0Z. This large, meaty heirloom was discovered in Wisconsin although it hails from the Pennsylvania Amish. It has a superior taste, brilliant with a nice balance of sweet and acid. Excellent fresh or in sauces. Indeterminate. (80-90 days) pack (~50 seeds) \$3.29

BLACK PLUM

RARE 1-2 0Z. Unique Russian variety with notable flavor and deep mahogany to brown skin. (75-80 days)

ROMA

2-4 oz. Rich and meaty, long renowned for savory sauces and pastes. Compact, determinate vines are disease-resistant. (75-85 days) -S10772 pack (~50 seeds) \$3.29

ROPRECO

2-4 oz. An early-maturing paste tomato for short-season bioregions. Ideal for canning and sauces. Determinate. (70–75 days) -S10684 pack (~50 seeds) \$3.29

SAN MARZANO

HEIRLOOM 1-3 0Z. Classic Italian paste variety with rich tomato flavor. Thought by some to make the world's finest sauce. Large plants yield heavily. Indeterminate. (80–90 days) 4: -50 seeds) \$3.29







Slicing Tomatoes, Orange/Yellow

AMANA ORANGE

HEIRLOOM 12-16 oz. A very large, late tomato with flavorful, meaty flesh. Originally from the Amana Colonies in Iowa. This is our orange version of the heirloom Brandywine. These beautiful, low-acid additions to the tomato patch will cover a full piece of bread for your open-faced tomato sandwich. Indeterminate. (75–90 days) 🖕 🖉 -S16602 pack (~50 seeds) \$3.29

CARO RICH

4-6 oz. Deep-orange 3 in. fruits are the highest in vitamin A of any we've tested. A low-acid variety with delicious, sweet flavor. Indeterminate vines produce well in cooler climates. (75-80 days) -S10681 pack (~50 seeds) \$3.29

DR. WYCHE'S

10-15 oz. Sparse foliage produces a high yield of golden-yellow meaty fruits with a slightly flattened shape and few seeds. Some green shoulders, but always a rich, low acid flavor. Indeterminate. (75-90 days) *△*; —*S17555 pack* (~50 seeds) \$3.29 (not pictured)

GARDEN PEACH

HEIRLOOM 3-5 0Z. Memorably sweet with a bit of tartness. Pale-yellow fruits have a pink blush and soft peachy skin. Delicious eaten fresh. Indeterminate. (80–90 days) 4: -50 seeds) \$3.29

GREEN ZEBRA

2-4 0Z. Round, green and yellow striped fruits provide diversity to heirloom tomato mixes. Fruits have a bright, acidic tomato flavor. Productive plants. Determinate. (100–110 days) AC: -50 seeds) \$3.29

MARVEL STRIPED

TRADITIONAL • RARE 10-16 0Z, A great tomato from the Zapotec people. Sweet and juicy with few seeds. Indeterminate. (90-110 days) -S10768 pack (~50 seeds) \$3.29

ORANGE QUEEN

4-6 oz. Juicy and delicious with few seeds and low acid. Productive, indeterminate vines thrive in northern areas. (80–90 days) -S10989 pack (~50 seeds) \$3.29

PERSIMMON

5-7 oz. A main-season slicing variety with deep-orange fruit. Juicy and flavorful. Round 3 in. globes on 5-6 ft. vines. Indeterminate. (75-80

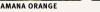
PINEAPPLE

HEIRLOOM 10-16 0Z. Huge yellow beefsteak with some red streaks and reddish interior. Very sweet, fruity flavor and low acidity. Great sliced fresh and eaten alone or on a salad. Indeterminate. (85-95 days) *—S17557 pack (~50 seeds) \$3.29*

TIGERELLA

HEIRLOOM 4-6 oz. Fine, tangy flavor from unique, striped fruits. Highly productive and disease-resistant. Indeterminate. (55–65 days) -S10995 pack (~50 seeds) \$3.29





CARO RICH

GARDEN PEACH

www.seedsofchange.com

GREEN ZEBRA







VALENCIA

HEIRLOOM 8-12 OZ. This large, round, juicy fruit has a rich and full tomato taste and very few seeds. It looks like a navel orange on the vine.

YELLOW PERFECTION

HEIRLOOM 3-5 0Z. From an old British seed company, this memorable salad tomato is juicy, thin-skinned, and perfectly round. Ripens well in cool or hot weather. Indeterminate. (70-75 days) -S10776 pack (~50 seeds) \$3.29

Slicing Tomatoes, Pink/Purple

ARKANSAS TRAVELER

HEIRLOOM 5-7 0Z. Incredibly delicious, this classic pink heirloom has traveled widely because of its solid dependability and distinct flavor. Tolerates high heat and humidity and is resistant to cracking and disease. 5–6 ft. vines. Indeterminate. (80–90 days) -S10986 pack (~50 seeds) \$3.29

BRANDYWINE

HEIRLOOM 10-16 0Z. This oversized beauty is considered by many to be the benchmark for real tomato flavor. While there are many stories about its Amish origins, William Woys Weaver has documented its introduction in January 1889 by Johnson & Stokes of Philadelphia. Thin-skinned variety produces better in cooler weather. Indeterminate, potato-leafed vine. (75–90 days) (-50 seeds) \$3.29

CHEROKEE PURPLE

HEIRLOOM 8-10 0Z. Tennessee heirloom of Cherokee Indian origin. Vigorous indeterminate plants produce large reddish green tomatoes with a purple cast. Less productive than some, but worth growing for superior flavor. Disease-resistant. Grows well in the South. (80-90 days) △○ -S17034 pack (~50 seeds) \$3.29

CLEAR PINK

4-5 oz. Shrubby 2–3 ft. bushes produce early under cool conditions, yielding clusters of round fruits with luminescent skins. Determinate.

MICADO VIOLETTOR

RARE 4-6 0Z. Vigorous 2-4 ft. vines bear 3-4 in. fruits with excellent flavor. Potato-leaf trait shields fruits from scalding in the hot sun. Indeter-



watering heirloom tomatoes better than fresh basil. This diverse collection will also inspire various global cuisines and stimulating teas. Includes one pack each of the following varieties: Lettuce Leaf, Holy, Lemon, Cinnamon, Opal Purple, Persian Anise, Thai, and Genovese Sweet -S15364 Basil Collection \$17



1-888-762-7333



OAXACAN PINK

RARE 5-7 0Z. These flattened pink fruits were selected in 1986 from a single fruit from Oaxaca, Mexico. Indeterminate. (75–80 days) -S10998 pack (~50 seeds) \$3.29

PORTER IMPROVED PINK

RARE 3-4 0Z. Prolific early vines yield unusually colored fruits with delectable flavor. Resists cracking. Indeterminate. (75–80 days) -S13456 pack (~50 seeds) \$3.29

ZAPOTEC PLEATED

TRADITIONAL • RARE 6-8 0Z. Deeply pleated, pink to dark red fruits from the Zapotec people of southern Mexico. The rich, earthy flavor was rated #1 by many of our staff. Excellent stuffed and baked, or sliced.







ARKANSAS TRAVELER

BRANDYWINE



PORTER IMPROVED PINK



ZAPOTEC PLEAT

New! Start Early

Get a jump on tomato season with our new water-filled Season Starters. Transplant weeks earlier than normal, and have the first juicy, ripe fruit on the block. Great for peppers too! 18 in. tall, 17 in. diameter. -S22061 Pack of 3 \$15.50



New! Retire Your Lawnmower!



The Title says it all: Food Not Lawns, How to Turn Your Yard into a Garden and Your Neighborhood into a Community. Heather C. Flores' remarkable book is a call to action, inspiring readers to integrate organic gardening and community-building to turn our cities and suburbs into people-friendly oases of food and beauty. Forward by Toby Hemenway, author of Gaia's Garden.

-S22219 (Softcover, 344 pages) \$25

Slicing Tomatoes, Red

BLACK KRIM

HEIRLOOM 10-12 0Z. This large, maroon-colored beefsteak tomato has been a staff favorite for years. It has gorgeous deep-green shoulders, a green gel around the seeds, and reliably rich, full flavor. Originally from Russia on the Isle of Krim in the Black Sea. Excellent freshly sliced and drizzled with olive oil. Indeterminate. (85-90 days) -S17028 pack (~50 seeds) \$3.29

BURBANK

HEIRLOOM 4-6 0Z. A 1915 introduction from plant genius Luther Burbank. Fruity and slightly tart slicing tomato has the highest total of free amino acids of all those we have tested. Stocky 18-36 in. bushes yield well and need no trellising. Determinate. (70-80 days) -S10680 pack (~50 seeds) \$3.29

COSTALUTO GENOVESE

HEIRLOOM 8-10 0Z. Old Italian variety is excellent for eating fresh. Prolific vines are vigorous and lush. Indeterminate. (80–90 days) -S10987 pack (~50 seeds) \$3.29







BLACK KRIM BURBANK CRIMSON SPRINTER

5-7 oz. A delicious medium-sized slicer that matures early and tolerates cool conditions. The original seed for this lot was acquired from Seed Savers Exchange about 25 years ago by North Dakota farmer David Podoll, who has continued to select for plant vigor. It stores and ships better than heirlooms due to a slightly thicker skin. Indeterminate. (65–75 days) 4: / - S15982 pack (~50 seeds) \$3.29

CZECH BUSH (See New Introductions, page 9)

DOUBLE RICH

5-7 oz. As much vitamin C as an orange and twice that of most other tomatoes. Rich, full-bodied fruits grow well in a variety of conditions. Blight- and wilt-resistant. Indeterminate. (65-70 days) -S10682 pack (~50 seeds) \$3.29

EARLY RED CHIEF

5-7 oz. A delicious, firm slicing tomato. Prolific early vines are indeterminate, need trellising. (65-70 days) (~50 seeds) \$3.29





CRIMSON SPRINTER GERMAN QUEEN DOUBLE RICH

HEIRLOOM • RARE 8-12 OZ. A German heirloom, this beefsteak tomato is a nice, meaty slicer with a very sweet, rich flavor and few seeds. Indeterminate, erect vines with potato-like leaves. Great as a fresh slicer and for canning. (55–70 days) 4: -50 seeds) \$3.29

LEGEND (See New Introductions, page 9)

MARTIAN GIANT

SEEDS OF CHANGE ORIGINAL 7-12 OZ. A juicy, beefsteak-sized, scarlet red slicer with a delicate acid/sweet balance. Extremely productive vines with up to 50 tomatoes each. Great packer. Semi-determinate. (90-100 days) 4 -514721 pack (-50 seeds) \$3.29

MATINA

4-6 oz. A superb stewing tomato. Productive potato-leaf plants yield 2 in., slightly tart, somewhat seedy fruits. Indeterminate. (70-80





HEIRLOOM 2-4 0Z. Heavy-yielding, English greenhouse variety produces flavorful, intense-red fruits on vigorous, indeterminate vines. Produces well in most climates, but is especially suited to the humid tropics. (75-80 days) 2: / = -S14172 pack (~50 seeds) \$3.29

OREGON SPRING BUSH

4-6 oz. Known for its sweet, juicy flesh, this is the premier early season variety for areas with cool summer nights. First to ripen. Determinate. (55-70 days) 4: -50 seeds) \$3.29

PAUL ROBESON (See New Introductions, page 9)

PERON SPRAYLESS

TRADITIONAL 6-8 oz. An extremely disease- and crack-resistant strain, introduced from South America in 1951. This flavorful, prolific, midseason variety bears firm, vitamin-rich fruits until frost. Indeterminate 7 ft. vines. (75-85 days)



RED CALABASH

HEIRLOOM • RARE 2-3 0Z. Traceable to Chiapas, Mexico. Delicious, thin-skinned, ruffled fruits resemble miniature beefsteak. Documented by William Woys Weaver as appearing in a 1793 painting by Raphael Paele of Philadelphia. Indeterminate. (80–90 days) -S10770 pack (~50 seeds) \$3.29

RED HOUSE FREE STANDING

RARE 6-8 oz. Firm, juicy and delicious, round red fruits are held up by bushy plants requiring no staking. Unusual, broad leaves protect fruit from sun scalding. Determinate. (75-85 days) (~50 seeds) \$3.29 (not pictured)

SANTIAM

www.seedsofchange.com

5-7 oz. Extremely early-maturing variety sets and produces fruit at temperatures too low for most tomatoes. Fusarium- and verticilliumwilt-resistant. 30 in. determinate vines. (55-60 days) pack (~50 seeds) \$3.29

SILVERY FIR TREE

HEIRLOOM • RARE 4-6 oz. This 2 ft. dwarf, an early fruiter from Russia makes a productive container plant, and unlike most tomatoes grows well in overcast coastal areas. Determinate. (55–60 days) -S13423 pack (~50 seeds) \$3.29



SKOROSPELKA

HEIRLOOM 3-4 oz. An early-producing Russian heirloom. Small, red

round tomatoes with slightly boxy shoulders. Stocky bushes produce distinct fruit sets of 6-8 tomatoes per cluster twice during the season. Determinate. (60-70 days)

ST. PIERRE

4-6 oz. Sturdy and adaptable European variety produces well with little pampering. A tender slicing tomato with a sweet, slightly acidic flavor makes it the "pièce de résistance" on any table. Indeterminate. (75-85 days) (75-85 days) (75-85 days) (75-85 days) (75-85 days)

STUPICE

HEIRLOOM 1-3 0Z. Bred in Czechoslovakia, this is an extremely earlybearing, dependable, prolific variety with exceptional taste. Dense, potato-like foliage on dwarf, indeterminate vines. (60–70 days) -S10686 pack (~50 seeds) \$3.29



SKOROSPELKA SUPER MARMANDE

3-4 oz. Compact vines bear abundant, meaty fruit with rich tomato flavor. Great sliced or stuffed. Fusarium- and verticillium-wiltresistant. Semi-determinate, minimal staking. (70-75 days) *—S10992 pack (~50 seeds) \$3.29 (not pictured)*

SUPER SIOUX

RARE 4-6 oz. An impressive slicing tomato with an exquisite blend of acid, sweet, and earthy flavors. Produces heavily until frost. Semi-determinate. (75-80 days) (75-80 days) (75-80 days) (75-80 days) (75-80 days) (75-80 days)

THESSALONIKI

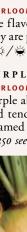
RARE 5-7 0Z. Developed in Greece. Mildly earthy, slightly acidic flavor ranked high in our taste tests. Indeterminate. Resists sun scald and cracking. (65–70 days) (-50 seeds) \$3.29

THREE SISTERS

4-6 oz. A further evolution of an OP breeding project in search of the "perfect" tomato. Grows in three distinct forms: a large mouthwatering single-pleated salad size with a few Roma types and pleated, flattened globe types. Profuse potato-leaf foliage is common to all. Indetermi-

HEIRLOOM TOMATO SEEDLINGS

HEIRLOOM TOMATO FLAVOR AND BEAUTY THE EASY WAY WITH THIS CLASSIC COLLECTION. SEE PAGE 17 FOR INCLUDED VARIETIES $_S14752$ \$30.50





Donation Program



1-888-762-7333









THREE SISTERS

WISCONSIN 55

6-8 oz. This large red slicer was developed at the U. of Wisconsin in the 1950s. Firm, crack-resistant fruits have outstanding flavor and ship

> TURNIP Brassica rapa HB

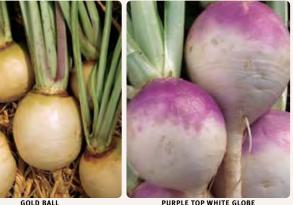
BLANC DE CROSSY (See New Introductions, page 9)

GOLD BALL

HEIRLOOM These yellow globes have a sweet, mildly spicy, radishlike flavor. An old favorite from northern England and Scotland, they are particularly satisfying in soups. A good keeper. (45–65 days) △☆ / ₩ -S10775 pack (~350 seeds) \$3.29

PURPLE TOP WHITE GLOBE

HEIRLOOM Introduced before 1890, smooth round roots are bright purple above the ground and white below. Best eaten when young and tender (12 in. tops, 2-4 in. diameter root). Greens are good steamed or eaten raw in salads. (45-60 days) (-350 seeds) \$3.29



GOLD BALL

As part of our efforts to foster a new generation of organic growers, each year we share unsold seed with organizations that promote education and sustainable living through organic gardening projects. Begun in 1992 by Nancy Shapiro, our donation program has distributed an estimated 2 million packs of seed to non-profit organizations around the world. For more information please visit www.seedsofchange.com/donations.

1989 SEEDS OF CHANGE 2009 COVER CROPS

HEALTHY SOIL & THRIVING GARDEN ECOLOGY

Healthy soil, rich in organic matter and teeming with life, is essential for a thriving organic garden. There is no better, more sustainable way to build, protect, and enrich soils than cover cropping. It's easy to do and the benefits are myriad. The roots of these robust plants exude vitamins, enzymes, and other vital compounds that nurture essential bacteria, fungi, earthworms, and soil-dwelling insects that, in turn, improve soil structure, drainage and water-holding capacity while increasing nutrient availability and overall resilience. Cover crops also suppress weeds, host beneficial insects, sequester atmospheric carbon, and beautify the landscape.

NOTE: PACK SIZES FOR ALL VARIETIES PLANT ABOUT 100 SQ. FT.

See eNewsletter 46 at WWW.SEEDSOFCHANGE.COM for Steve Peters' article "Cover Crops: Regenerating and Sustaining Healthy Soils."

BARLEY, SPRING

Hordeum vulgare 2-3 ft. HA Spring-planted, rapidly maturing, cereal grain suppresses weeds, adds organic matter and loosens topsoil. Incorporate before seed head emergence for rapid decomposition in time for warm weather crops.(1-21/2 lbs./1,000 sq. ft.) -S22188 pack (1/4 lb.) \$2.29 -S17907 (1 lb.) \$4 -S17916 (5 lb.) \$13

BARLEY, WINTER

Hordeum vulgare 2-3 ft. HA Winter-hardy barley primarily sown in early- to mid-fall, but can be early-spring-sown as well. Fallsown crops mature several weeks earlier than spring-sown barley, allowing for earlier rotations.(1–2½ lbs./1,000 sq. ft.) —S22189 pack (¼ lb.) \$2.29 —S17909 (1 lb.) \$4 —S17936 (5 lb.) \$13

BELL BEANS

Vicia fava 3-6 ft. HA Small-seeded fava bean rapidly builds biomass and fixes nitrogen. Sown early- to mid-fall for spring cutting in Mediterranean climates, early spring for late summer cutting in continental climates. Loosens soils, and attracts beneficials upon flowering. (21/2-4 lbs./1,000 sq. ft.) -S22190 pack (1/4 lb.) \$2.79 -S21011 (1 lb.) \$5 -S21012 (5 lb.) \$17

BUCKWHEAT

Fagopyrum esculentum 1-3 ft. TA Rapid-growing, warm-season, broadleaf grain suppresses weeds, loosens topsoil, increases phosphorus and potassium availability, and provides nectar for pollinators and beneficials. Incorporate before seed set, within 40–60 days after planting. Use between spring and fall food crops or as a living mulch between young transplants that can be cut and left in place.(1-21/2 lbs./1,000 sq. ft.) -S22191 pack (1/4 lb.) \$2.59 -S11372 (1 lb.) \$4.50 -S11373 (5 lb.) \$15



INTERCROPPING BUCKWHEAT WITH TOMATOES TO SUPPRESS WEEDS AND FEED THE PLANTS



CLOVER, ALSIKE

Trifolium hybridum 1-2 ft. HP Short-lived, spring-planted, perennial legume, usually incorporated after the second or third year. Adaptable to waterlogged and acidic soils high in organic matter. Deep taproot loosens subsoil and increases phosphorus and potassium availability. Mow at early bloom to encourage new growth. (1/3-2/3 lb./1,000 sq. ft.) -S22192 pack (1 oz.) \$3.99 -S21015 (1 lb.) \$7 -S21016 (5 lb.) \$27

CLOVER, CRIMSON

Trifolium incarnatum 1-2 ft. HA Fast-growing, winter annual legume hardy to 10° F, colder if sown with a cereal grain such as oats or triticale. Sow in early fall to incorporate the following spring or in spring for late summer incorporation. Adds nitrogen and organic matter and suppresses weeds. Showy red blooms attract beneficials. (1/3-2/3 lb./1,000 sq. ft.)

CLOVER, MEDIUM RED

Trifolium pratense 1-2 ft. HB Vigorous, popular legume loosens subsoil, releases phosphorus and potassium, suppresses weeds, and hosts beneficials. Sow mid-spring and incorporate 18 months to 2 years later. Mow at early bloom to stimulate new growth. $(\frac{1}{4}-\frac{1}{2} \ln 1,000 \text{ sq. ft.})$ -S22194 pack (I oz.) \$3.99 -S13633 (I lb.) \$7 -S13634 (5 lb.) \$27

OATS, HULLESS

Avena sativa 2-3 ft. HA Similar to spring oats. Produces less organic matter, but easy to harvest and process grain. (2-3 lbs./1,000 sq. ft.) -S22195 pack (1/4 lb.) \$2.79 -S11663 (I lb.) \$5 -S11664 (5 lb.) \$17

OATS, SPRING

Avena sativa 2-3 ft. HA Upright, robust cereal grain thrives in cool, moist conditions on well-drained soils, but winter-kills in cold climates. Sow early- to mid-spring with field peas, or early fall with crimson clover or vetch. Quick, reliable cover suppresses weeds and loosens topsoil. Mow and incorporate harvest for compost, or leave in place and plant into stubble. (2–3 lbs./1,000 sq. ft.) -S22196 pack (1/4 lb.) \$2.49 -S16382 (1 lb.) \$4.25 -S16384 (5 lb.) \$14

PEA, AUSTRIAN WINTER

Pisum sativum 1-2 ft. HA Fall-sown, low-growing pea survives winter temperatures down to 10° F, or colder if sown with oats, triticale, barley or rye. Incorporate in spring. Suppresses weeds, attracts beneficials, fixes nitrogen, and loosens topsoil. Can also be planted in early spring and incorporated or composted in late summer. (2-4 lbs./1,000 sq. ft.) -S22197 pack (1/4 lb.) \$2.29 *—S11635 (1 lb.)* \$4 *—S11636 (5 lb.)* \$15

PEA, SPECKLED FIELD

www.seedsofchange.com

Pisum sativum 2-3 ft. HA Similar to Austrian Winter pea, but taller, producing more biomass. Sow early- to mid-spring, incorporate late summer/early fall. (2-4 lbs./1,000 sq. ft.) -\$22198 pack (1/4 lb.) \$2.29 -\$11659 (1 lb.) \$4 -\$11660 (5 lb.) \$15



AUSTRIAN WINTER PEA ON FALLOW ROWS BETWEEN CORN

RYE, WINTER

Secale cereale 3-5 ft. HA Extremely productive, winter-hardy cereal grain can be planted later in fall than other cover crops while still producing substantial organic matter. Incorporate in spring before seed heads emerge. Difficult to manage when mature. Suppresses weeds, loosens topsoil, prevents erosion, and scavenges nutrients such as phosphorus and potassium. (2-3 lbs./1,000 sq. ft.) -S22199 pack (1/4 lb.) \$2.29 -S11388 (1 lb.) \$4 -S11389 (5 lb.) \$13

SORGHUM-SUDANGRASS

Sorghum bicolor x Sorghum bicolor var. sudanese 6-10 ft. TA Warmseason hybrid annual grass is unmatched for producing vast amounts of organic matter on low fertility soils. Sow late spring for late summer/early fall harvest 50-90 days later. Aerates top- and subsoil. Suppresses weeds and soil nematode pests. (1/2-1 lb./1,000 sq. ft.) ______S22200 pack (1/8 lb.) \$4.59 _____S22201 (1 lb.) \$8 ____22202 (5 lb.) \$26

SOYBEAN

Glycine max 2-4 ft. TA Summer-sown legume fixes large amounts of nitrogen, suppresses weeds, and aerates topsoil. Mix with buckwheat for thicker ground cover. Harvest/incorporate in 45-75 days. Great soil conditioner before fall greens. (2-4 lbs./1,000 sq. ft.) -S22203 pack (1/4 lb.) \$2.29 -S21087 (1 lb.) \$4 -S21088 (5 lb.) \$13

SWEETCLOVER, YELLOW BLOSSOM

Melilotus officinalis 4-7 ft. HB Fast-growing legume with deep taproot aerates both top- and subsoil, releases phosphorus and potassium, and attracts beneficials. More biomass than other legumes. Drought-tolerant once established. Sow mid-spring, incorporate about 14 months later. (1/4-1/2 lb./1,000 sq. ft.) -S22204 pack (1 oz.) \$3.49 -S11503 (1 lb.) \$6 -S11504 (5 lb.) \$24

TRITICALE, SPRING

Triticum durum x Secale cerale 3-5 ft. HA Wheat-rye cross combines winter-hardiness of rye and baking qualities of wheat. Sow early to mid-spring for weed suppression, organic matter, and soil conditioning. Cut/incorporate late summer. (2-3 lbs./1,000 sq. ft.) -S22205 pack (1/4 lb.) \$2.49 -S11490 (1 lb.) \$4.25 -S11491 (5 lb.) \$14

TRITICALE, WINTER

Triticum durum x Secale cerale 3-5 ft. HA More winter-hardy than spring triticale and almost as vigorous as winter rye but decomposes more quickly. Sow late summer/fall, incorporate in spring. (2-3 lbs./1,000 sq. ft.) -S22206 pack (1/4 lb.) \$2.49 -S11493 (1 lb.) \$4.25 -S11494 (5 lb.) \$14

VETCH, HAIRY

Vicia villosa 2-3 ft. HA Late-summer- to early-fall-planted legume is extremely robust, winter-hardy, and a prolific nitrogen fixer. Sow with oats, triticale, or rye. Incorporate in spring. Suppresses weeds, loosens topsoil, and hosts beneficials. (1/2-1 lb./1,000 sq. ft.) -S22207 pack (1/8 lb.) \$3.79 -S11255 (1 lb.) \$6.50 -S11256 (5 lb.) \$25





YELLOW BLOSSOM SWEETCLOVER VETCH, PURPLE

Vicia atropupurea 2-3 ft. HA Faster-growing, but not as winterhardy as hairy vetch. Recommended where winter temperatures are above 20° F. (1/2-1 lb./1,000 sq. ft.) - S22208 pack (1/8 lb.) \$2.29 -S21019 (1 lb.) \$4 -S21020 (5 lb.) \$16

COVER CROP SAMPLER SEED COLLECTIONS

Our new cover crop collections are a great way to learn about these soilbuilding and ecology-enhancing crops. Try singly or in combination to develop your own rotations and methods.

SPRING COLLECTION

If spring finds you with bare ground, try these cool-weather varieties to provide fertility and soil aeration for subsequent garden crops. 1 pack each: Spring Barley, Bell Beans, Medium Red Clover, Spring Oats, Speckled Field Peas, Yellow Blossom Sweetclover, Spring Triticale. -S22209 (7 packs) \$18.29

EARLY- TO MID-SUMMER COLLECTION

Follow spring crops (e.g. spinach, lettuce) with these summer covers before planting late summer/early fall greens. May also be sown between existing crops so that life cycles overlap. 2 packs each: Buckwheat, Sorghum-Sudangrass, Soybean. —S22210 (6 packs) \$15.99

LATE-SUMMER TO MID-FALL COLLECTION

Critical winter cover crops prevent soil erosion and contribute to long-term soil health. Sow legumes no later than early fall. Cereal grains can be sown later. Combine legumes and grains for the most complete ground cover. 1 pack each: Winter Barley, Crimson Clover, Austrian Winter Pea, Winter Rye, Winter Triticale, Hairy Vetch, Purple Vetch. —S22211 (7 packs) \$18.99

WORKING WITH COVER CROPS

These soil-building workhorses are easy to establish and will thrive in less than ideal conditions. Sow in rows or broadcast, providing even coverage, good soil contact, and moderate moisture. Grow individually, in combination, or intercropped with existing garden plants. Cut for compost, mulch or fodder, or incorporate into the soil when they begin flowering or, in the case of cereal grains, when seed heads begin to form. When cut, the cover crop will die, except for perennial legumes such as red clover, which will re-grow. Annual cereal grains and perennial legumes can be cut several times in the immature stage, providing a thick ground cover between beds and plenty of green material for compost piles.

There are as many ways to integrate cover crops into the garden as there are gardens. Experiment to develop techniques and rotations uniquely suited to your needs and microclimate. Put these soil- and habitatbuilding plants to work in your garden ecology this year and reap the benefits for years to come.

HAND TOOLS

Multi-Purpose Heirloom Tool

A treasured Asian heirloom tool with a hand-forged steel blade. Shaped like a plow, it easily loosens soil and is ideal for hilling and shaping beds. Use it to dig furrows, cover seeds, and control weeds. The more you use this versatile tool, the more it will feel like an extension of your hand. Hand Plow 7 in. steel blade, 11 in. long overall, Long-Handled Plow 60 in. long overall.

-S22105 New! Long-Handled Plow \$37.95 —S12327 Hand Plow \$17

Grandpa's Weeder

Easily remove dandelions and other deep-taprooted plants in your garden. Not just for Grandpa anymore; our farm staff of twenty somethings found "the weeder" easy on the back and kind to the knees. Invented in 1913, this clever device firmly grasps and extracts stubborn weeds with minimal effort. Cast iron head for durability, and a sturdy 40 in. ash handle for easy leverage.

-S18248 \$28.95

New! Lopping Shears

A revolution in pruning, these Futomaru long-reach loppers utilize a double lever advantage to dramatically increase cutting power while decreasing effort. Prune branches up to 1.5-in.-thick. Swivel head reaches into difficult spots. 3.25 ft overall length. -S22111 \$86.50

CLARINGTON FORGE

Transplanting Trowel

Makes fast work of transplanting. Also great for working in rock gardens and tight spaces. 12 in. long. -S12330 \$19.95



useful for working up beds after forking. 60 in. long x 14 in. wide with 3 in. tines. —*S15797* \$46.50

Warren & Dutch Hoes





58 in. (right) \$48.50

-S12409 Dutch Hoe 60 in. (left) \$42.75

> SEE ENEWSLETTER 41 FOR INFOR-ON ON CHOOSING AND CARING FOR GARDEN TOOLS AT WWW.SEEDSOFCHANGE.COM.

www.seedsofchange.com

Expandable Rake

This lightweight, zinc-plated steel expandable rake is just the thing for cleaning in between beds, collecting leaves, or getting into hard-toreach places. Adjusts from 8 in. to 20 in. wide. 70 in. overall length when extended, 38 in. when collapsed. (Collapsed rake directly to right.) -S12393 \$15.95

Smart Hoe

Cleverly designed multipurpose head, 60 in. overall length, padded grip, and light weight (under 2 lb.!), have made this a favorite on our Research Farm. Great for furrowing, filling, and tamping, as well as for weeding, cultivating, raking, and shaping in tight spaces. It's been a durable workhorse for us and we're sure you'll find it indispensable. *—S15535 \$28*

"IIIIIIIII

Heavy Duty Digging Forks & Spades

The digging fork and spade are the organic gardener's fundamental tools. You'll enjoy a long and intimate relationship with these superb quality, hand-forged "lifetime" tools. Carbon steel blades hold an edge and just won't bend. Rugged D-Handles are quality straight-grained ash.



New! Glass Fruit Fly Trap with Lure

This elegant trap really works to control the age-old problem of fruit flies in the kitchen. Use the special lure or simply fill with a mixture of apple cider vinegar and dish soap and hang. 5 in. tall. - S22036 \$15.95

New! Wonder Worm Worm Castings

98% pure, untreated organic SOIL IMPROVER castings are non-burning, rich in beneficial bacteria, and greatly enhance soil structure. Great for container gardens. -S22081 1 Kilo \$5.75

- -S22082 10 Liters \$17.50
- -S22083 18 Liters \$28.50
- -S22084 30 Liters \$41.50

New! Soil Test Kit

Simple-to-use kit gives a snapshot of four important soil indicators. Includes 10 tests each for pH. Nitrogen. Phosphorus and Potash. -S21776\$26



GARDEN LEGUME & COVER CROP INOCULANTS

Most legume crops such as beans and peas rely on naturally occurring, nitrogen-fixing bacteria called rhizobium to reach their full yield potential. 20 Dusting your dampened seeds with these easy-touse products containing different types of rhizobial

bacteria assures that these beneficial organisms will be present in the root zone, thereby increasing plant vigor and boosting yields. Can also be sprinkled lightly in furrows or made into a slurry and mixed with seed immediately before planting.

New! Garden Combo Inoculant

Contains Rhizobium leguminosarum vicaeo, phaseoli, and bradyrhizobium sp. Minimum 200 million of each species. Treats up to 8 lbs of garden beans, garden peas, sweet peas, lima beans, cowpeas or peanuts.

-S21994 \$11.50

New! Alfalfa & Clover Inoculant

Contains Sinorhizobium meliloti and Rhizobium leauminosarum by, trifolii. Minimum 2 x 10^8 infective viable cells/gram. Inoculates up to 25 Kg. (55 lb) of alfalfa or clover seed.

—S21993 \$10.50



Worm Farm

Worms turn organic waste into rich, fertile castings for use in your garden or potting mixes. Our new "Worm Factory," with its revolutionary four-tray design, makes vermiculture uncomplicated and straightforward. Simply place your worm colony in the bottom tray with bedding and food scraps. As the worms finish digesting, they migrate into the tray above and multiply, leaving rich castings behind. High-quality recycled plastic construction is simple to assemble. Includes complete instructions and materials to get started. $15\frac{1}{2}$ in. wide x $15\frac{1}{2}$ in. long x $17\frac{1}{2}$ in. heigh.

- -S17220 Worm Farm \$166.75
- -S17222 Red Worms (500) \$36.95

-S17226 Red Worms (1,000) \$58.95 -S17230 Red Worms (2,000) \$92

(\$5 shipping charge for S17220. UPS Ground only.)

Soil pH Meter

A guick indicator of soil pH. Includes pH reference for over 400 plants. Easy to use, with helpful recommendations for raising or lowering soil pH. -S17208 \$23.95

Compost Tea Maker

GROWING SOLUTIONS 10 GALLON COMPOST TEA MAKER AND COMPOST TEA CATALYST



a good organic compost and Growing Solutions' Compost Tea Catalyst, a rich brew is ready in 24 hours. The best brewer we've found

-S17224 Compost Tea Maker \$445

Compost Tea Catalyst

Compost Tea Catalyst is an easy-to-use powder that is a unique blend of ingredients formulated to boost the growth of beneficial microbes. OMRI listed.

-S17229 Compost Tea Catalyst \$25.95 (Free container of catalyst included with purchase of tea maker.)





Soil & Compost





Ideal for home and market gardens and small nursery operations. Years of brewing expe rience and research went into the design of which utilizes industrial grade components and fine bubble diffusion aeration technology. Designed for durabil ity, ease of use, and years of safe and consistent operation. With





New! Happy Farmer Composter Kit

This innovative kitchen compost system utilizes effective microorganisms (EM) to process food waste into valuable "pre-compost" and an active compost tea concentrate. Made of 75% recyled plastic. 5 gallon capacity container with air-tight lid and integrated

strainer and spigot. Includes one bag of Bokashi (Japanese for "fermented organic matter.)

-S22042 \$84

Let Nature Do Its Magic

No muss, no fuss. Throw kitchen and yard waste in the top, out comes readymade compost from the bottom. Modular, snap-fit design has adjustable air vents and is simple to assemble with no tools required. Constructed from 100% recycled materials. 40 in. high x 23 in. square, 11 cu. ft.



—S12386 Rugged Composter \$109.95 (\$2 additional shipping charge. UPS Ground only. Continental U.S. only.)

New! Compost & Soil Thermometers

Accurate temperature information is essential for knowing when to sow and transplant, and how to manage your compost piles. You'll find these tools indispensable for the organic garden.

—S21777 20 in. Compost Thermometer \$34

-S22110 7 in. Soil Thermometer \$7.35

CULTIVATING TOOLS

New! Valley Oak Wheel Hoe

The wheel hoe has finally come of age with this extremely durable and easy-to use workhorse for the organic garden. No fossil fuel, no noise, and no pollution, just efficient cultivation of even the largest gardens and small market farms. Choose from a 3 Tine Cultivator, Furrowing Plow or a range of Stirrup Hoes for quick, easy, and accurate weeding with minimal disturbance to soil layers. Quick-release pins make it simple to change attachments without tools, and the optional cam lock makes changing handle height a snap. Durable, efficient technology for sustainable gardens!

- -S22113 Wheel Hoe Cultivator with 8 in. Blade and Rubber Wheel \$300
- -S22213 Wheel Hoe Cultivator with 8 in. Blade and Steel Wheel \$305
- -S22114 3-Tine Cultivator \$70
- -S22115 Furrowing Plow \$55
- -S22238 Cam Lock Height Adjuster \$15

STIRRUP HOE ATTACHMENTS COME IN 7 WIDTHS:

- -PS22116 (5 or 8 in.) \$45
- -PS22118 (10, 12, 14, 16, or 18 in.) \$60

(\$25 shipping charge for S22113 and S22213. UPS Ground only.)



Haul It! Garden Cart (& Junior)

Ground-level loading and self-centering design make the Garden Cart idea for handling bulky or heavy loads. Fabric is the same durable material used for tarps on long-haul trucks, and the frame is heavy-gauge steel designed to handle up to 350 lbs. Switch two spring-loaded pins and it folds neatly for storage. Opens to more than 4 ft. wide and the 13 in. pneumatic tire makes for easy wheeling. 69 in. long when folded. 21 lbs.

The Garden Cart Junior retains all the useful attributes of the larger style, but in a scaled-down version that fits in the trunk of a car and can be handled by small children. Opens to 34 in. wide; 150 lb. capacity; 10 in. pneumatic tire; 54 in. long; 12 lbs.

-S16452 Original Garden Cart \$134.95 —S16651 Garden Cart Junior \$69.95

(\$10 additional shipping charge. Please allow 2-3 weeks for delivery. UPS Ground only.)







Edging Iron

Keeping a clean distinction between beds, pathways, and borders not only looks great, but is essential for optimal plant growth as it keeps weeds out, thereby reducing competition for soil nutrients, water, and light. Our stainless steel edging iron is just the tool to easily cut spreading weeds beneath the soil surface and keep them out of growing areas. Stainless steel blade and shaft are precision crafted. Beautiful oak "D" handle is comfortable and sturdy. 8 in. blade, 40 in. long. -S16756 \$48

Scythe

The scythe is the indispensable farm tool for cleaning up weeds, chopping down cover crops, or harvesting grains. This scythe is the choice of our Research Farm staff for its high quality construction. Made with a hardwood snath and quality steel blades, it has a hand-ground edge for repeated sharpening. Blades are sold separately, each custom-designed for a variety of jobs.

- -S17218 Snath \$79.95
- -S17210 Bush Blade 20 in. \$71.50
- -S17212 Grass Blade 30 in. \$79.50 -S17215 Weed Blade 26 in. \$74.95

Weed Shredder

This hard-working tool is specially designed to slice emerging weeds below the surface without disturbing soil strata. Large size makes it a real workhorse for tackling long, wide rows. Great for market gardeners. Needs to be filed to a sharp edge for greatest effectiveness. Unpainted with clear gloss on blade. 60 in. handle, 9 in. blade.



Farmer's Hoe

This eye hoe is one of the most widely used agricultural tools throughout the world and this is the finest one we've found. Heavy-duty head has excellent "swing weight" making it efficient for heavy cultivating and very useful for shaping beds and swales. Square "eve" and wedge mean the head stays put. Hardwood handle is beautifully crafted and comfortable in the hands. 41 in. long. Head is 7 in. long x 5 in. wide.

—S16204 \$52

Garden Knife

The narrow triangular end can furrow for sowing seeds and its sides are ideal for weeding. For transplanting, use it to loosen dirt, remove stones, and make holes for bulbs or small perennials. An heirloom Asian tool with a 7 in. hand-forged steel blade.

> -S16245 Long-Handled Garden Knife

New! Nejiri Gama Hoe

\$32

This lighweight yet durable tool has fast become a favorite at our trial garden for quickly cultivating around tightly spaced plants and reaching into difficult spots. Extra-long Japanese beechwood handle is designed for easy gripping and superb balance. Japanese laminated steel blade holds a keen edge through rough use but will require occasional honing to easily slice through weeds just below the soil surface. 18 in. overall. -S22103 \$16.50

Cultivating Tools

Transplanting Hoe

Lee Gearhart, market farmer and longtime friend of Seeds of Change, swears by this tool for efficient transplanting. We love it for cultivating in tight places. 16 in. long. Head is 5 in. long x 2 in. wide. —*S16209* (*right*) \$22

Garden Hoe

Great for general cultivating, chopping roots, and shaping. 16 in. long. Head is 5 in. long x 4 in. wide. —*S16211 (left)* \$22



New! Nobori Gama Sickle

This workhorse of a tool takes over where the Kama leaves off. Great for slicing through the toughest of garden debris, from woody perennials to mammoth sunflower and amaranth stalks. Also effective for clearing brush and brambles. Forged blade holds a sharp edge while the tapered handle makes for a secure grip. Overall a well-balanced and extremely durable tool. Keep finely honed with a diamond file for maximum efficiency. 20.5 in. overall length, 6.5 x 2 in. blade.

-S22104 \$56.95

Farm-Favorite Hula Hoe

The most heavily used weeding tool on our Research Farm. Blade remains under the surface of the soil as you push away and pull back, cutting weeds efficiently in both directions without actually lifting the tool. Swiss-made 7 in. blade is spring steel and really holds an edge. 60 in. American ash handle. —*S12394* \$59.95

(\$12 additional shipping charge. UPS Ground only.)





www.seedsofchange.com

1-888-762-7333

New! Quality Tools for Young Gardeners

Don't start vour kids off gardening with poorly crafted toys when they can experience the joy of real garden tools created for their small hands and developing muscles. Classic designs and sturdy construction mean years of use. You'll love them for light work too!

-S22107 37 in. Children's Rake \$8.95 -S22108 39 in. Children's Hoe \$8.95 -S22106 42 in. Children's Shovel \$8.95



Kama

You'll want to sell your weed whacker after you try this high quality, lighweight Japanese grass sickle. We've used this for everything from trimming around beds and pathways, to mowing small amounts of cover crops, to harvesting greens and flowers. Once you start with this amazingly well-balanced tool you won't want to stop. Razor sharp blade slices cleanly. Unique handle shape allows for a relaxed grip and prevents twisting. Keep it finely honed with a diamond file or hard whet stone, and oil handle regularly. 7 in. blade. 13 in. handle, CAUTION: Very sharp!

Flat Diamond File

A durable, high-quality implement for sharpening pruners, loppers, and garden knives. Especially effective on the hard, tempered steel of our Kama. Coarse on one side, smooth on the other. Diamond portion 3 in., 8 in. overall. —*S16455* \$33

Round Diamond File

Allows for a finer edge on the Kama and other concave blades such as harvest knives. Diamond portion 3 in., 7 in. overall. —*S16451* \$32

GARDEN ECOLOGY



Grasshopper Control

Grasshoppers can be devastating to crops, especially summer plantings for fall harvest. Semaspore Bait contains Nosema locustae, a naturally occurring disease that attacks more than 100 grasshopper species, but is entirely safe to people, pets, livestock, and other non-target insects. Apply 1-3 lb. per acre, preferably when grasshoppers are young $(\frac{1}{4}-\frac{1}{2} \text{ in. long})$ and during dry weather.

-S16458 Semaspore Bait (1 lb.) \$20.75 -S16463 Semaspore Bait (5 lb.) \$50.95

(Ships separately, please allow 2 weeks for delivery.)





New! Sluggo Plus Organic slug control made up of iron phosphate which breaks down into plant nutrients and spinosad, a fermentation byproduct. Also effective for cutworms, pillbugs, and snails.

-S22071 1 lb. box \$14 SLUGG

New! Sluggo 1 lb. Shaker

Original, iron-phoshate-based organic control in easy-to-use form. -S22070 \$10.50

Target Pests and Diseases

Einstein Oil is a broad-spectrum anti-feedant that regulates insect growth and deters foliar disease fungi. Made of pure, cold-pressed neem oil, it is most effective on larvae and nymphs of pests such as white flies, thrips, cucumber beetles, aphids, flea beetles, and Colorado potato beetles. Degrades rapidly and has minimal side effects on non-target species. Centuries of use in natural farming systems. One bottle dilutes to 3 gallons of spray. -S18245 4 oz. \$22



-S22048 16 oz. Concentrate \$16.50

New! Root Zone with Microbes

A blend of mycorrhizal fungi, beneficial bacteria and humic acid to reestablish microbial balance to the soil, and improve seed germination, nutrient absorption and root development in seedlings. -S22055 8 oz. \$11.50

New! Granular Root Growth

All-purpose blend of endomycorrhizae, ectomycorrhizae, and trichodermal fungi increases root development in a diverse selection of plants, trees and shrubs. -S22038 8 oz. \$10.50

New! Soluble Root Growth

Soluble blend of endomycorrhizae. ectomycorrhizae, and humic acid is ideal for established plants and containers. Fine powder dissolves in water. -S22072 4 oz. \$10.50

New! Safer Caterpillar Killer

Utilizes a specialized form of Bacillus thuringiensis (Kurstaki) that is ideal for controlling leaf-eating caterpillars on trees, shrubs and tomatoes. Can be applied right up until day of harvest. -S22056 8 oz. \$15.50

New! Serenade **Disease Control**

Contains Bacillus subti-

and powdery mildew. Use 15 oz. per 100 sq. ft. Concentrate makes 8 gallons.

-S22068 32 oz. Sprayer \$9.95 -S22069 32 oz. Concentrate \$21.95

Safer Insect Control

Ready to use. Primarily designed for the greenhouse and for use on house plants where a natural ecological balance is difficult to achieve. "safer soap" can also be useful in the garden to control infestations of specific pests until natural predators arrive. Works on aphids, mealybugs, whiteflies, and other soft-bodied insects. Seaweed extract boosts plants' natural resistance to infestation.

-S16751 Safer Insect Killing Soap 32 oz.\$10.95

www.seedsofchange.com

Deer Fence trusive. 34 in. mesh with UV inhibitors every 15 ft. Heavy

(pictured) is 8 x 100 ft. corrugated plastic with rugged 2 in. mesh. (Posts are not supplied.)

-S22012 Deer Fence \$28.50 -S17203 Heavy Duty Deer Fence \$120

Tree Protectors Protect your tree seedlings from animals with our BioBark[™]Acacia wooden-stake tree protectors. 3-ft.-high 1/4 in. slats are bound

7 x 100 ft. Deer Fence effectively

deters deer while

remaining unob-

for extended life.

Needs one post

Duty Deer Fence

with rope into an all-in-one unit that installs in seconds. 100% biodegradable. Includes one 2 ft. diameter coir fiber weed mat for base of seedling. —S18332 \$11

New! Safer Garden Dust with BT

Safe and ready-to-use dust utilizes Bacillus thuringiensis to effectively control leaf-eating caterpillars on ornamentals and on vegetables up to day of harvest. —S22057 1 lb. \$6.50

New! Sticky Thrip Leafminer Traps

Easy-to-use blue sticky traps control thrips and leafminers in the greenhouse and garden. Use one trap per 25–50 feet or one per acre in the field to monitor populations. -S21753 pack of 5 \$8

New! Sticky Whitefly Traps

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BURDSCARE

1-888-762-7333

FLASH TAPE 2

Easy-to-use traps safely aid in the control of whiteflies. aphids, thrips, leafminers, gnats, fruit flies and more. Great for greenhouse use and field monitoring. -S21752 pack of 5 \$8

New! Bird Scare Flash Tape

Safe and effective way to discourage birds from raiding the garden and orchard. Shiny silver/red tape is made of durable and recyclable polyethylene.

-S22007 290 ft. \$5.50



New! Biodegradable Paper Mulch Rolls

Brown paper mulch saves work and water. Controls weeds while maintaining soil moisture. Cover it with soil and it turns into organic matter by spring.



-S22123 25 Perfed Sheets, 23 x 23 in. \$9.95 -S22124 2 Rolls, 23 in. x 25 ft. \$13.50 -S22125 2 Rolls, 23 in. x 50 ft. \$24.50 -S22126 I Roll, 23 in. x 100 ft. \$22.00

- -S22127 2 Rolls, 35 in. x 25 ft. \$20.00 -S22128 2 Rolls, 35 in. x 50 ft. \$38.00
- -S22129 2 Rolls, 46 in. x 25 ft. \$24.50
- -S22130 2 Rolls, 46 in. x 50 ft. \$46.50

New! Better Reds Mulch Film

Extensive research has shown specific wavelengths of light to benefit certain fruiting crops. These reusable 3 x 3 ft. sheets can increase tomato crop yields up to 20% by reflect-

ing light to the undersides of fruit and helping to provide consistent moisture and weed control.

-S22003 8 pack \$10.50

New! Bio Garden Mulch Film

Now available for home gardeners, this thin-film, black mulch has all the benefits of black plastic without the disposal issues. Raises soil temperatures while providing consistent moisture and weed control. Essential for growing peppers, melons and

other long-season, heat-loving plants in northern gardens.

-S22236 1 Roll 54" x 33' \$16.95

Foliar Spraver Great for foliar feeding with Earth Juice. 22 in. spray wand comes with simple-to-clean, adjustable nozzle. Easy pumping with an automatic relief valve to vent excess pressure. Shut-off valve and a large easy-to-fill opening. 1 gal. tank. -S16449 Garden *Sprayer* \$38.95





Turn 1 Faucet Into 4

Turns your faucet into a watering station. Allows multiple drip irrigation systems and a hose to be connected all at once. -S21996 \$24.50

Rugged Ball Valve

Adds precise control to any watering tool. Simply does not leak! -S22017 \$26.95

New! Magnifying Rain Gauge Great for keeping track of rainfall and

for precision irrigation. Easy to read, even from a distance. -S22109\$7.9

Mist Nozzle

Provides the gentle "mist" that seedlings need. Prevents washing out your seeds. —S15125 \$14

Recycled Rain Barrels

55 gallon plastic barrel is made from at least 80% recycled materials. Simply connect the 2 in. x 3 in. flexible hose to your downspout, attach the solid brass spigot to your garden hose, and do your best rain dance. Locking lid for safety, and overflow port to direct water away from the building.

-S15817 Rain Barrel \$95

(\$20 additional shipping charge. UPS Ground only. Ships separately, please allow 2-3 weeks for delivery.)

Large Drip Irrigation Kit

Saves up to 70% in water usage while delivering water right to the plant's root zone. "Drip' is a cost-effective solution to water bills. Contains 50 ft. of 1/2 in. mainline tubing with coupler and pressure regulator, and hooks up directly to a faucet. It feeds 5% in. T-tape (flattened PVC tubing) which has emitters every 8 in. for even watering. Enough T-tape and fittings are included for up to ten 20 ft. rows. One $\frac{1}{4}$ in. hole punch and 15 wire stakes included. —*S15158 \$65*

Farm-Proven Stand Sprinkler

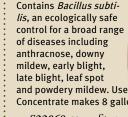
Revolutionary 3-ft.-high sprinkler reaches over most plants and five narrow fiberglass legs easily tuck between plants, prevent-







104

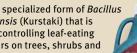


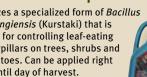


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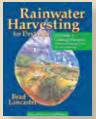














New! Rainwater Harvesting for **Drylands and Beyond**

The essential guides for making the most of the precious resource that falls from the sky. Volume 1 covers guiding principles while Volume 2 extensively examines water-harvesting earthworks.

-S21780 Vol. 1 (Softcover, 200 pages) \$24.95 -S21781 Vol. 2 (Softcover, 336 pages) \$32.95

New! Rain Wands

The Dramm aluminum rain wand with the full-flow aluminum water breaker is the workhorse of many commercial growers and a lifetime tool for the home gardener. Fast, yet gentle watering! Try the Redhead for lighter, softer flow, and Lemonhead for delicate watering (perfect for seedlings).

-S22015 Rain Wand \$13.95 —*S22013* Full Flow Head \$26.50 —*S22016 Redhead* \$17 —S22014 Lemonhead \$17





Galvanized Watering Can

Ergonomic single-handle design and generousbut-gentle rose combine to make this a watering workhorse for the garden. Crafted in Turkey from durable galvanized steel. Great for drenching with Organic Gem, Earth Juice or compost

tea. Get one for each hand!

—S16767 \$40

SEASON EXTENDERS



Collapsible Dome

The most spacious collapsible greenhouse we sell with more than 130 sq. ft. of growing space. Excellent air circulation with 11 screened openings and a large screened door. Easily erects in about 20 minutes with no tools needed. Interior space is 13 feet in diameter and nearly 10 feet tall. Includes sturdy anchor stakes, tie-downs, and a 45-in.-long duffle bag. (67 lbs.) -S16841 \$525 (\$10 additional shipping charge. Ships separately, UPS Ground only.)



Gardenhouse

One person can set this greenhouse up in 15 minutes. Includes generous zippered screened doors on either end, eight screened vents for air circulation, ground-level openings for hoses or extension cords, durable UV-resistant woven plastic, extralong anchor stakes, shade cloth, and a storage bag. Zip 2 or more together for more four-season growing. 8 ft. wide x 8 ft. long x 6 ft. high.

-S16462 \$380 (\$15 additonal shipping charge. Ships separately, UPS Ground only.)

Gardenhouse Iunior

Compact and lightweight for easy transport, set-up, and storage. Opposing 36 x 60 in. doors with screens for good ventilation and easy access. Sets up in 5–10 minutes with no tools, except maybe a hammer to pound stakes into compacted soil. Easy to move over existing beds for seed starting or season extension. Includes shade cloth, long stakes, guy ropes for high

wind conditions, and a carrying bag. 6 ft. wide x 6 ft. long x 6.5 ft. tall. (25 lbs.)

-S16845 \$230 (\$15 additonal shipping charge Ships separately please allow 2-3 weeks for delivery.)





Collapsible Coldframes

Spring steel technology makes it easy to set up in a few minutes. Zippered doors (2 on One-Section, 4 on Two-Section, 3 on Row Cover) allow easy access for harvesting and cultivating while screened vents keep out pests and provide pollination isolation for seed-saving projects. Easily fold back up to store in carrying bags. Great for hardening-off starts, getting an early jump on the season for tender annuals, and prolonging the life of salad beds in the fall. Extra-long anchor stakes and shade cloth included.

-S16835 1-Section Collapsible Coldframe \$80 -S16454 2-Section Collapsible Coldframe \$125 -S16644 Collapsible Row Cover \$66

(\$5 additional shipping charge. Ships separately, please ullow 2-3 weeks for delivery.

Row Cover

An organic gardening essential, this lightweight row cover fends off garden pests like flea beetles, cucumber beetles, and

squash bugs. Great for young seedlings and fall gardening. Also protects your plants from light frosts while allowing air circulation and moisture penetration. 6 x 50 ft. —*S17206* \$15

Row Cover Pins

A simple way to secure row cover or frost blanket around your beds. Use one pin every three feet. Lighter than rocks! (40/box.) (Not pictured.)

www.seedsofchange.com

Heavy Duty Frost Blanket Our frost blanket provides all the benefits of a lightweight row cover while providing up to 4 degrees of frost protection to protect young plants and extend the fall harvest. 6 x 50 ft. -S17204 \$15

Deluxe Coldframe This is a great way



to get your salad garden going early in the spring and through late fall. Lightweight and attractive to complement your backyard patio, deck, or sunny balcony. Perfect for the space-challenged. Made of the same durable technology as our Woodframe Greenhouses. Automatic Vent Operator eliminates worries about overheating and nighttime frosts. Great for hardening-off seedlings. (2 x 4 ft., 12–18 in. high)

—*S14949 Deluxe Coldframe* \$130 -S14958 Automatic Vent Operator \$56 (\$5 shipping charge on S14949. UPS Ground only.)



PLANT EARLIER, HARVEST LONGER

Now in two sizes, our garden tunnels modify the climate to suit the needs of your plants. Simple to install and remove, with galvanized steel hoops incorporated right into the material. Join two or more together by overlapping. Ends can be left open for ventilation or closed for maximum protection. Large sizes are 13 ft. long, 24 in. high, and 22 in. wide. Small sizes are 10 ft. long, 11³/₄ in. high, and 17³/₄ in. wide.

Easy Poly Tunnel

Tough UV-stabilized polyethylene sheeting (150 micron) forms a complete barrier to moisture and air. Protects from frost, harsh weather and pests. Warms the soil before planting out and encourages earlier growth of young plants.

Easy Fleece Tunnel

High-grade polypropylene fleece creates warmth and insulation while allowing water and sunlight to filter through. Protects from

frost, strong sunlight, and pests. Great for isolating

plant-breeding projects. —S14729 Small \$41 —S15841 Large \$52

Easy Net Tunnel

Top-quality, high-density polyethylene netting (fine 5mm mesh) protects from birds, insects, rabbits, and pests. Creates

a windbreak and provides shade from strong sunlight. Ideal for summer crops. —*S14730* Small \$41 —*S15844* Large \$52



Designed to protect the surface below from staining, this Turkish galvanized planter is perfect for growing microgreens, herbs, or flowers in a sunny window or under lights. 20 in. long x $7\frac{1}{2}$ in. wide x 5 in. high. (As there is no drainage, we recommend filling the bottom inch or so with clean pebbles to provide drainage.)

-S16747 Windowsill Planter \$20 NOVA 8

Biodegradable Pots

A beautiful and sustainable alternative to plastic pots! Made of organic rice hulls and natural binding agents, these lovely containers are 100% biodegradable, with superior insulating qualities to encourage strong root systems. Last up to five years. Includes saucers.

Available in choice of three styles and colors:

- *—PS22021* \$10.50 Atlas (5 in. high x 12 in. wide)
- -PS22027 \$12.50 Nova 8 (9 in. high. x 9 in. wide)
- -PS22024 \$18.00 Nova 12 pots (12 in. high x 12 in. wide)

Long Grow Tubs

These galvanized tubs are great for growing everything from salad greens to herbs and flowers. Long, narrow shape makes them an easy fit for the greenhouse or a sunny windowsill, or for outside on the balcony, patio or deck. Great for lining window boxes on the outside of the house too. (Large size pictured.)

-S16789 Medium, 19 in. long x 8 in. wide x 6 in. high \$20 -S16802 Large, 23 in. long x 8 in. wide x 6 in. high \$23



AVOCADO

ATLAS





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-S14728 Small \$41 -S15820 Large \$52



CONTAINER GARDENING

Colorful Flower Vase

Display your flowers in style with this attractive and durable vase. Glossy saffron powdercoated finish won't chip or peel. Sure to liven up your cut flower display.

-S18256 Vase 7 x 12 in., \$20

NOVA 12

мосна



Galvanized **Steel Vase**

These attractive and durable vases are great to cut flowers into, display oversized bouquets or for market use.

-S16771 8¾ in. wide x 16 in. high \$20

Round **Grow Tubs**

Our largest tubs are made from rugged galvanized steel. Measuring 7 in. deep by 14 in, in diameter, they're perfect for a tomato plant, a few pole beans or peas, a medley of herbs, or a display of your favorite flowers. (No holes in the bottom.) -S16822 Galvanized Grow Tub \$10.95

3 Pot Windowsill Planter

Even the most space-challenged will appreciate these 3 attractive pots with their own carrying tray. Keep them growing with your favorite culinary herbs or flowers for the kitchen or table. (*Pots: 4 in. high x 4*½ *in. wide*, Tray: 17 in. long x 4 in. wide, including handles.)

-S16807 Container Trio w/Tray \$22

	ENVERONM		container water for	
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trees	water	energy	solid waste	greenhouse gates
987 Gally grown	460,579	775 million litu	58,228	114,354 pounds
Cabulances hines	in second in Pro-	manual disflation frank int	d other memory of the	Harder Tank Former

Carbon Neutral Catalog

As part of our commitment to sustainability we are working to reduce the effects of our business practices on the environment. We have partnered with CARBONFUND.ORG to make this catalog and our operation carbon neutral through reforestation projects, both in our community and elsewhere.

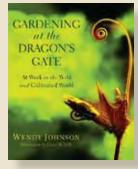


Seeds of Change[°] ^{C/O} Marketing Concepts PO Box 152, Spicer, MN 56288



SOURCE CODE

New! Gardening at the Dragon's Gate



Thirteen years in the writing, Gardening at the Dragon's Gate: At Work in the Wild and Cultivated World, is Wendy Johnson's widely acclaimed paean to the natural world and the inner spirit. For three decades she has meditated and gardened at the fabled Green Gulch Farm Zen Center, and now shares her wealth of knowledge

and now shares her wealth of knowledge about organic gardening and simply being. (Softcover, 464 pages)

_S22223 \$25

One Percent Fund



Seeds of Change donates 1% of net sales to advance the cause of sustainable organic agriculture worldwide. Recipients to date include: Conservation International, Organic Farming Research Foundation, Organic Center, Environmental Working Group, and the Organic Trade Association.

Breeding Diversity Conference 2009

IFECTION In cooperation with the International Federation of Organic Agriculture Movements (IFOAM), Seeds of Change will be hosting the 1st International IFOAM Conference on Animal and Plant Breeding for Organic and Low Input Agriculture, August 26th–28th in Santa Fe, NM. See our website for more information on this groundbreaking event.

Gardening Hotline 1-505-699-1462

For gardening questions and growing advice, please call the experts at Seeds of Change. Available M–F, 9am to 6pm MT.



New! It's Our 20th!

Twentieth Anniversary Ball Cap and Tote Bag in organic cotton. Seeds of Change mandala wooden plant markers.

—S21814 Tote Bag \$20

—S21813 Cap \$20

—S22087 12 in. Mandala Plant Markers (10) \$2.95

New! Get Started With Soil Blocks

Soil Blocking is eco-friendly, economical and the best way we've found to get seeds off to a healthy start and reduce transplant shock. The "Mini 4" makes 4 2 x 2 x 2 in. blocks at a time and is a great introduction to this time-tested seed starting method. See page 75 for our complete line of high quality English Soil Blockers and accessories. —*S22091 Mini 4 Soil Blocker* \$32

Mesh bottom propagation flats are ideal for soil blocking as they allow air pruning of roots to occur on all sides of the block. 17 x 17 x 2.5 in. Check out our full line of Fertilizers & Potting Mixes on page 54.

—S22098 Propagation Flats (5) \$10.50 —S22062 Potting Soil (4 qt.) \$5



THE SAFE SEED PLEDGE: "Agriculture and seeds provide the basis upon which our lives depend. We must protect this foundation as a safe and genetically stable source for future generations. For the benefit of all farmers, gardeners and consumers who want an alternative, we pledge that we do not knowingly buy or sell genetically engineered seeds or plants. The mechanical transfer of genetic material outside of natural reproductive methods and between genera, families or kingdoms, poses great biological risks as well as economic, political, and cultural threats. We feel that genetically engineered varieties have been insufficiently tested prior to public release. More research and testing is necessary to further assess the potential risks of genetically engineered seeds. Further, we wish to support agricultural progress that leads to healthier soils, to genetically diverse agricultural ecosystems, and ultimately to healthy people and communities." *—Seeds of Change (from the Council for Responsible Genetics, www.gene-watch.org)*