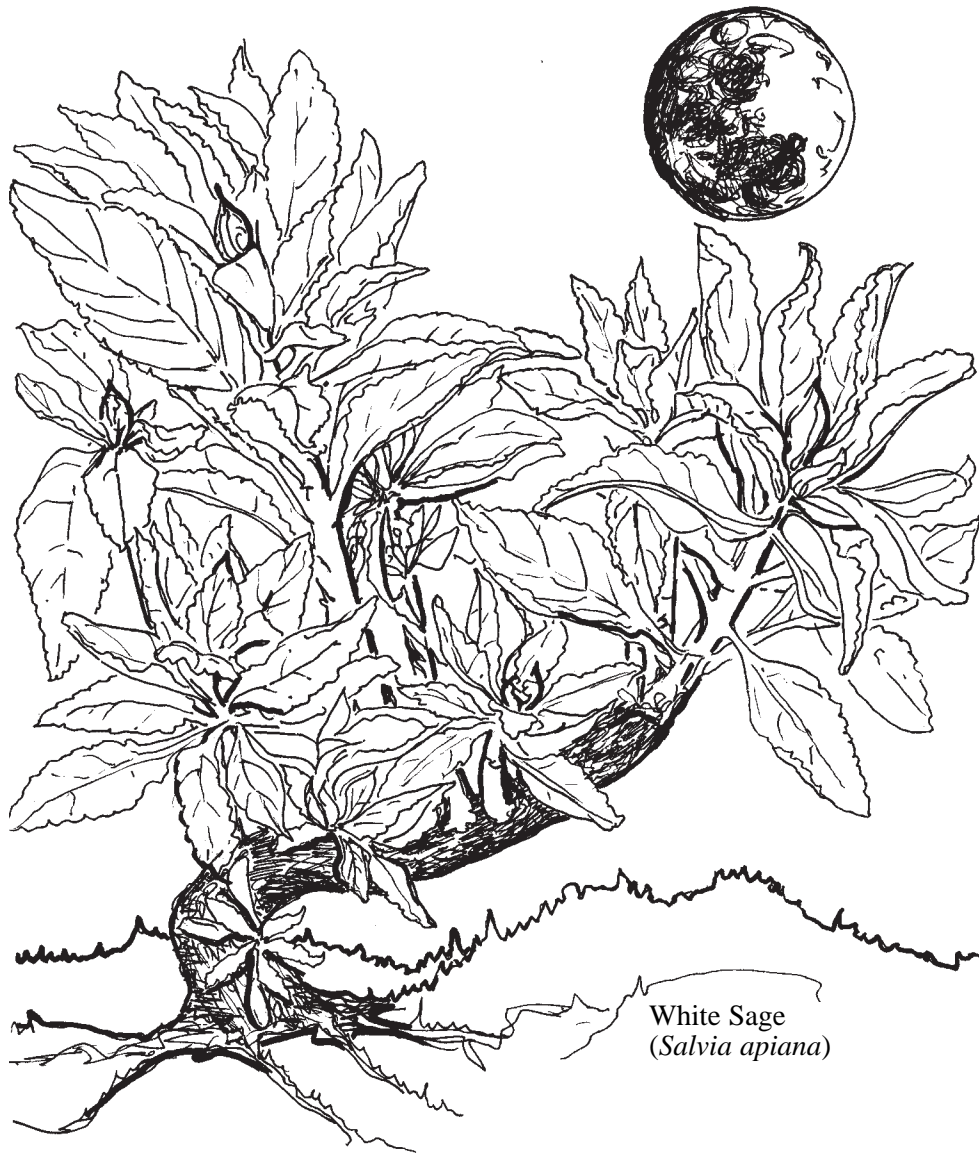




2024 CATALOG



White Sage
(*Salvia apiana*)

From Our Garden to Yours!
Certified Organic, Open-Pollinated & GMO-free Goods.
Hand-Picked Seeds, Bulk Seeds, Rare Seeds.
Medicinal and Aromatic Plants, Shrubs, Vines & Trees.
Books, Screens & Tincture Presses.

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Order online, by mail or fax:

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www.strictlymedicalseeds.com

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Catalog written by Richard A. “Richo” Cech ©Copyright 2024 Richard A. Cech
Illustrations Sena Cech, ©Copyright 2024 Sena Cech

Printed on recycled paper with soy-based ink.



Dear Seeders,

Welcome to the Strictly Medicinal 2024 catalog! We continue our efforts to bring you an increasingly diverse array of organically grown medicinal herbs, open-pollinated vegetables, potted plants and trees. We had a long and glorious growing season this year, allowing for the fruition of our crops, with time to handle the harvest, purify the seeds, and put the land back to sleep under covercrops. It was also an “on” year for apples. Standing in a thick comfrey patch, reaching up into the sturdy trees to pick the perfect ripe orbs, often four to a twig, red against a blue sky, we suddenly became aware of the connection between nourishing the soil with comfrey and the heavy harvest of unblemished apples. So, we left the apple press set up in the shade of our giant cedar of Lebanon and made cider throughout the autumn. We drank plenty of cider, stocked up more, and moved the glorious golden nectar out to others in the neighborhood. Abundance builds community.

This catalog will tell the story, as seeds tend to do, of what we’ve got going to share with you. Given the increasing need for local food security, we’d like to point out the sections on organic, seed-saver-friendly corn and beans—a great source of homegrown carbohydrate, fiber and protein. We’ve given special attention to the standard culinary herbs—the many types of thyme, sage, savory and oregano—important anti-inflammatories and disease-preventive medicines in the disguise of flavorful spices. Feel free to delve into the diversity of medicinal herbs and trees! New species and cultivars are identified with the bolded words <<NEW FOR 2024>>.

We’re here to support you in planting for the benefit all beings. Truly, as plant people, you are nourishing our Mother.

Love, The Cech Family

Terms of Business

Free Shipping within the continental USA for seed packet (excluding bulk seeds 1 g and up) orders over \$20.00. Books, presses, seed cleaning and herb rubbing screens also ship free.

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

Seed Packets Guarantee: Each packet provides specific directions on good ways to germinate the seeds. Your success is important to us. Sow entire packet in appropriate conditions. If the seeds are planted in a reasonable environment and don't germinate, then we will replace the packet (one-time replacement only, offer valid for one year after purchase). Certain rare species are sold without guarantee as stated in the description (e.g. Mandrake).

Bulk Seed Purchases, Plants, Rootstock: Because of our lack of control over cultivation practices and weather conditions, we are not able to give any guarantee on bulk seed sales (ie. gram, 10 grams, 100 grams, and pounds), plants, or rootstock. Therefore, we will not replace bulk seeds, plants, or rootstock or give cash refunds. We are not responsible for losses incurred through the failure of any crop derived from our seeds, plants, or rootstock.

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

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

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

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

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

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

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

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

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

Cert.# OT-004596

Oregon Seeds Dealer License # 73180

Oregon Nursery License # 73179

Catalog written by Richard A. “Richo” Cech, © 2024 Richard A. Cech,
Catalog illustrations Sena Cech., ©Copyright 2024 Sena Cech. All Rights Reserved.

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www.strictlymedicalseeds.com

customer service:

inservice@strictlymedicalseeds.com

Strictly Medicinal® LLC

PO Box 299

Williams, OR 97544

fax: (541) 846-0872

1/2 Gallon *Strictly Medicinal*[®] Tincture Press (Lab Press)

3



Made to meet GMP standards.

This is the finest mid-size tincture press available on the market, the result of 30 years of manufacturing experience, made entirely in our steel shop in Williams, Oregon USA. These presses are 60-pound work horses that have proven their worth in herbal manufacturing plants, herb schools, scientific laboratories and the homes of serious tincture makers. We are simply delighted to be able to serve. Press out herbal tinctures, infused oils and any vegetable, fruit or herb that has been thoroughly ground. For more info and video links, go to blog.strictlymedicalseeds.com

- Frame is of heavy steel construction, unbreakable, with a hard finish.
- All stainless steel herb contact surfaces, including custom piston, inner perforated cylinder, cylinder base and outer pan with spout.
- 6 ton fast-lift hydraulic jack squeezes out every last drop.
- Jack features a round stainless toggle for finger-tight lockdown and letdown—no need to use the handle to let down press, lessens wear on jack.
- Platen is bolt-less and form-fitted, with stainless steel juncture to the jack—sturdy, steady and perfectly plumb.
- Spring-loaded return with stainless steel linkage—whisper quiet action.
- Handle is mirror-finish stainless stock, milled and plugged in our shop.
- Custom inner perforated cylinder promotes tincture flow and is easily disassembled for cleaning—really sweet!
- Pressing block is durable and easily-cleaned 3 inch HDPE.
- 2 Tygon[®] hoses and 2 pressing bags included free-of-charge

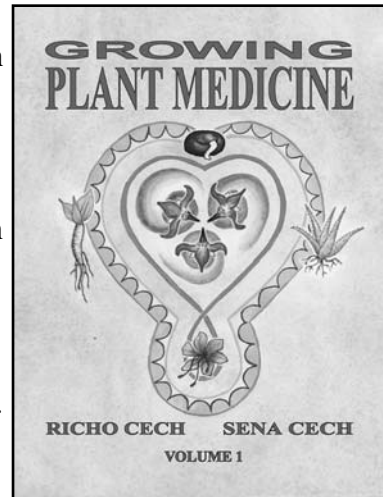
1/2 Gallon Strictly Medicinal[®] Tincture Press: \$1,995.00

Shipping is FREE via UPS GROUND within the continental USA

Available in a rainbow of colors plus black & white.

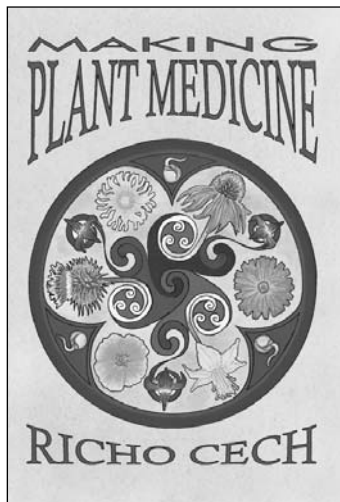
Books by Richo Cech

“Growing Plant Medicine” shows the way to introduce diverse plants to the domestic garden and field, further them, learn their secrets and realize their benefits. Originally published in 2009 as “The Medicinal Herb Grower,” this expanded version gives further insight into growing a garden of self-sufficiency. Garden plans and bioregional plant lists. Hundreds of herbal monographs arranged by plant families. Taxonomy, zones, native distribution, identifying characteristics, reproductive biology, cultivation, harvest, processing and traditional uses. An herbal of great use to herbalists, food foresters and all plant advocates.



Growing Plant Medicine, Volume 1

\$29.95 (354 pp, soft cover)



The preferred herbal reference for herbal students, householders, and manufacturers making standard herbal tinctures, herbal formulas, teas, and more.

Part 1: Medicine Making

Includes: Drying & processing herbs; Tinctures Made the Easy Way; Math of Tincturing; Standard Compounds, Vinegar Extracts, Glycerites, Teas, Herbal Oils, Salves, Poultices, and more.

Part 2: A Gardener's Formulary Includes:

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

Making Plant Medicine, 4th edition

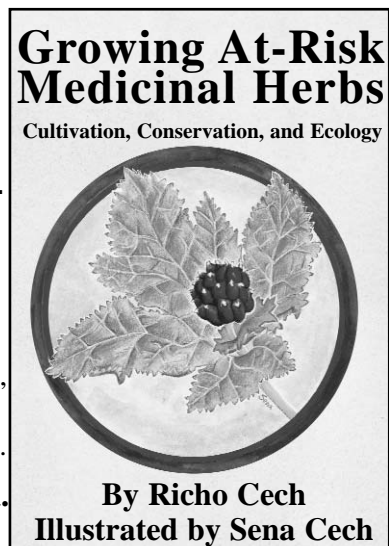
\$24.95 (344 pp, soft cover)

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

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

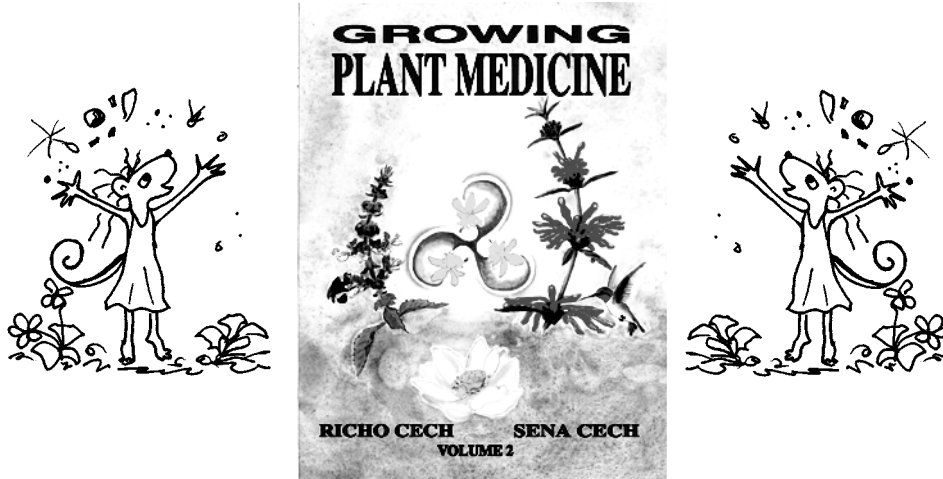
Growing At-Risk Medicinal Herbs, 2nd ed.

\$24.95 (336 pages, soft cover)



For wholesale/bulk discounts, order at www.herbalreeds.com

Shipping free-of-charge for all Richo's books (USA only)



Da de daa! “Growing Plant Medicine Volume 2” is in the last stages of production and will be available in the spring of 2024. This book begins with the continued adventures of the Cech family, this time camping in the high country, a rough-shod place called Red Buttes. We won’t spoil it with too many specifics, but there is the usual mix of cuteness, herbs, danger and good cooking. The book is filled with botanical illustrations, stories and poems. Most importantly, it completes the alphabetic run-through of medicinal herb families—the whole picture. Replete with a chapter

on medicinal trees and 2 indexes—seeds per gram and dry-down stats. For those of you who have been waiting for Volume 2, we would like to thank you for your support. We’ll take \$5.00 off the cost of the book, which retails for \$29.95, making your cost \$24.95, and send it to you as soon as we actually have it in hand. Domestic postage is free of charge. That way you will support us in the printing process, and you will receive it. . . at a good discount.

Growing Plant Medicine, Volume 2
Special pre-publication price
good until March 31, 2024:
\$24.95 (256 pp, soft cover)



6 Stainless Steel & Cedar Screens



Seed Cleaning Screens

Set of 8 precision stainless steel screens mounted in frames of Port Orford cedar. Each screen is 1 foot square and 3 inches deep. Handmade, these are extremely tough and they smell excellently of cedar. Specifically designed for sorting and cleaning a diverse array of types and sizes of seeds, the graduated sizes assist in separating viable seed from inferior seed and cleaning seeds of chaff and dust. They will work equally well on medicinal herb seeds, flower seeds, and vegetable seeds. These screens are only available as a set and function best as a set—once you start to use them, you'll see what we mean, and you'll be glad you have them.

Set of 8 Graduated Screens: \$325.00

Shipping is FREE via UPS GROUND within the continental USA

Screens graduate evenly from fine (70 strands per inch) to coarse (4 strands per inch). Suitable for the purification of most types and sizes of seeds.

Herb Rubbing Screens

Made of Port Orford cedar and the heaviest grade of stainless steel screen. Big 18-inch square and 3-inch deep box allows for a vigorous and unimpeded sweep of the arm when rubbing culinary or medicinal herbs. Suitable for small samples up to a pound at a time. These screens remove sticks from culinary herbs, produce a tea cut, and grind dried medicinal herbs to the right size for tincturing.

These are available only as a set. The medium herb rubbing screen is fitted with a 12-strands-per-inch stainless mesh, and the coarse herb rubbing screen is fitted with a 6-strands-per-inch stainless mesh.

Set of 2 herb rubbing screens:

\$195.00 (one medium, one coarse)

Shipping is FREE via UPS GROUND within the continental USA



First Time Medicinal Herb Collection <<NEW FOR 2024>>

5 full-size seed packets: Holy Basil (Temperate Tulsi); Calendula, Orange; Comfrey, True; Self-Heal; Yarrow.

5 pkts: \$14.95, Organic (*Price shown is a discount.*)

Herbal Resilience Seed Collection

7 full-size seed packets: *Artemisia annua*, Ashwagandha, Vedic; Astragalus; Burdock, Gobo; Marshmallow; Pepper, Thai Volcano; Spilanthes, Official.

7 pkts: \$19.95, Organic (*Price shown is a discount.*)

Tasty Tea Seed Collection

7 full-size seed packets: Basil, Kivumbasi Lime; Greek Mountain Tea, South; Chamomile, German; Lemon Balm; Marshmallow; Nettles, Tulsi—Temperate;

7 pkts/\$19.95, Organic (*Price shown is a discount.*)

Fines Herbes Seed Collection

4 full-size seed packets: Chives, English; Marjoram, Sweet; Parsley, Flat-Leaved; Tarragon, Russian.

4 pkts/\$9.95, Organic (*Price shown is a discount.*)

Edible Flowers Seed Collection

7 full-size seed packets: Bean, Scarlet Runner; Borage; Calendula, Mixed; Nasturtium, Jewels; Love-in-the-Mist; Shungiku; Violet, Heartsease.

7 pkts/\$19.95, Organic (*Price shown is a discount.*)

A GOOD TIME TO STOCK UP!



Hoedown Seed Collection (spring veggies)

Fun, easy-to-grow, and seed-saver friendly!

Vacuum-packed to last at least 3 years!

1 pkt. each of: Beans, Blue Lake Bush; Beets, Detroit Dark Red; Carrots, Chantenay; Corn, Painted Hill; Cucumber, Marketmore; Mixed Cooking Greens (3 g): Chard, Kale, Red Orach, Spinach; Mixed Salad Greens (3 g): Arugula, Lettuces, Mizuna; Onions, Amber; Peas, Oregon Sugar Pod 11; Squash, Red Kuri; Tomato, Chadwick's Cherry; Zucchini—Midnight Lightning.

12 pkts (includes 2 bulk 3g) / **\$29.95, Organic** (Price shown is a discount.)

Snowdown Seed Collection (summer/fall veggies)

Quick-growing seeds for cool weather short-season areas.

Vacuum-packed to last at least 3 years.

1 pkt. each of: Beet, Detroit Dark Red; Broccoli, Green Sprouting; Carrots, Scarlet Nantes; Collards, Champion; Greens, Creasy; Kale, Lacinato; Lettuce, Deer's Tongue; Chives, English; Peas, Oregon Sugar Pod II; Radish, Daikon White; Spinach, Winter "Merlo Nero"

11 pkts: \$24.95, Organic (Price shown is a discount.)

Survival Medicine Garden Seed Collection

Some of the best herbs for first-aid and emergencies. Easy to grow and use.

Be prepared simply by being in your garden!

1 seed packet each of: Burdock, Gobo; Calendula, Orange; Comfrey, True; Dandelion; Lettuce, Wild; Self-Heal; Valerian; Yarrow.

Survival Medicine Garden: \$29.95/8 pkts, Organic (Price shown is a discount.)

Four Sisters Vegetable Seed Collection

The Beans climb the Corn, the Sunflowers nod to the Squash.

1 pkt. each: Bean, Jacob's Cattle; Corn, Painted Hill; Squash, Yellow Crookneck; Sunflower, Hopi Black Dye.

4 pkts/\$9.95, Organic (Price shown is a discount.)



Kidzerbs Gift Set—Includes: “Kidzerbs A Kid’s Guide to Growing Medicinal Plants” book by Sena Cech, where Sena gives a tour of her garden, plant by plant with stories, fun projects, and recipes.

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

Kidzerbs: \$29.95, Organic

Kidz Garden Vegetable Seed Collection—Kid-tested, easy to grow open-pollinated vegetable seeds. Good simple food (that kids like to eat)

7 full-sized packs of kid-friendly: Bean, Royalty Purple Pod; Carrot, Cosmic Purple; Cucumber, Lemon; Peas, Laxton’s Progress; Popcorn, Tom Thumb; Pumpkin, Jack O’Lantern; Sunflower, Mammoth

Kidz vegetable garden: \$19.95, Organic (*Price shown is a discount.*)

My Mother's Kitchen Garden Seed Collection

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

1 packet each of: Basil, Sweet Lettuce Leaf; Cilantro; Dill; Marjoram, Sweet; Oregano, Greek; Parsley, Italian; Sage, Garden; Savory, Summer; Tarragon, Russian; Thyme, English Broadleaf.

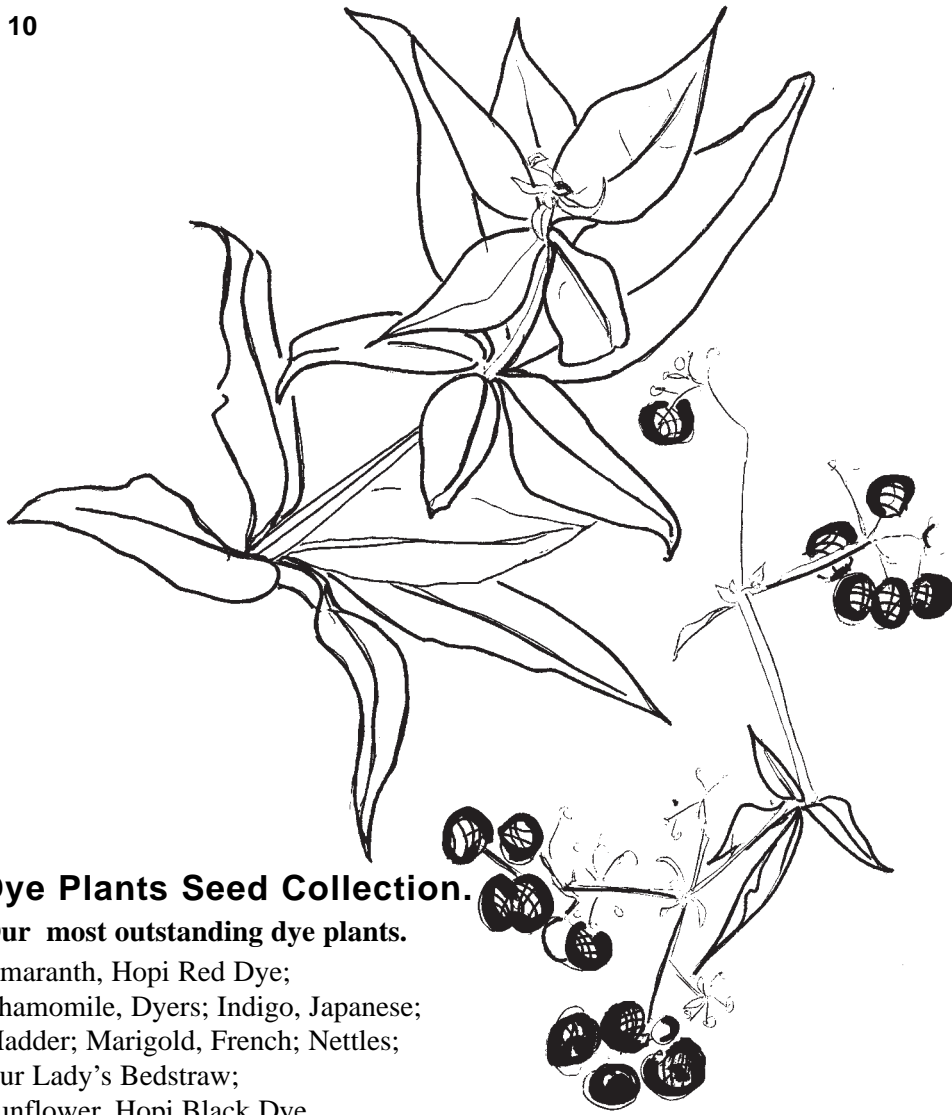
10 pkts/\$24.95, Organic (*Price shown is a discount.*)

Lifeline Medicinal Herbs Garden Seed Collection

A diverse medicinal herb garden for all beings.

1 pkt. each of: Holy Basil—Temperate Tulsi, Mixed Calendula, German Chamomile, Elecampane, *Echinacea purpurea*, Evening Primrose, Feverfew, Brown Flax, Gobo Burdock, Lemon Balm, Marshmallow, Motherwort, Stinging Nettles, Cayenne Pepper, Garden Sage, Valerian, Wood Betony, Yarrow.

Inside—18 Strictly Medicinal® seed pkts.:
\$39.95—Organic (*Price shown is a discount.*)



Dye Plants Seed Collection.

Our most outstanding dye plants.

Amaranth, Hopi Red Dye;
 Chamomile, Dyers; Indigo, Japanese;
 Madder; Marigold, French; Nettles;
 Our Lady's Bedstraw;
 Sunflower, Hopi Black Dye.

8 pkts/\$19.95 (*Price shown is a discount.*)

Chinese Herb Seed Collection. A potent slice of TCM.

1 seed pkt each: Dan-shen (Sage, Chinese Red); Dang-shen (Codonopsis);
 Huang-Qi (Astragalus); Huang-qin (Skullcap, Baikal), Qu-mai (Dianthus);
 Ban-zhi-lian (Skullcap, Barbat), Ji-xing-zi (Chinese Balsam);
 Yi-mu-cao (Motherwort, Chinese).

8 pkts/\$29.95 (*Price shown is a discount.*)

Butterfly Lover Seed Collection.

1 pkt. each: Aster, Aromatic; Cardinal Flower; *Echinacea purpurea*; Gayfeather;
 Milkweed, Common; Milkweed, Showy; Sunflower, Mexican; Valerian.

Butterfly Seed Collection:

\$29.95/8 pkts (*Price shown is a discount.*)

Honeybee Lover Seed Collection.

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

Honeybee Seed Collection:

\$29.95/8 pkts (*Price shown is a discount.*)



Essential Medicinals®
 16 Full Color Medicinal Herb Seed Packets
 Certified Organically Grown

(Prices shown are at a discount.)

These are some of the best choices for an all-around useful and beautiful medicinal herb garden. This makes an inspirational gift for your favorite gardener. It is the gift of life, the gift of light—a true connection to the healing ways of our ancestors.

1 full-color seed packet each of: Astragalus, *Echinacea angustifolia*, *Echinacea purpurea*; Elecampane; English Lavender, German Chamomile, Feverfew; Hyssop; Marshmallow; Orange Calendula, Sacred White Sage, Self-Heal, Temperate Tulsi (Holy Basil), True Comfrey, Valerian, Yarrow..

Essential Medicinals Seed Collection: \$39.95/16 pkts, Organic

Extra Essentials
 16 Full Color Medicinal Herb Seed Packets
 Certified Organically Grown

These are the next set of 16 medicinal herbs *extra essential* for your garden.

1 full-color seed packet each of: Ashwagandha, Borage, Cilantro, Evening Primrose, Genovese Basil, Broadleaf Plantain, English Broadleaf Thyme, Garden Sage, Gobo Burdock, Greek Oregano, Lemon Balm, Heartsease Violet, Motherwort, Summer Savory, Stinging Nettles, Wild Dandelion.

Extra Essentials Seed Collection: \$39.95/16 pkts, Organic

Glorious Garden
 48 Full Color Medicinal Herb Seed Packets
 Certified Organically Grown



Contains 1 full color seed packet each of:

The 16 seed pkts in Essential Medicinals®
 + The 16 seed pkts in Extra Essentials
 + These 16 seed packets following: Absinthe Wormwood, Baikal Skullcap, Blue Vervain, Codonopsis (Dang-shen), Dark Blue Cornflower, Greek Basil, Lady's Mantle, Meadow Arnica, Meadowsweet, Passionflower; Red Clover; Roman Chamomile, Official Skullcap; Spike Amaranth, Spilanthes, Wild Lettuce.

1 full-color seed packet each of: .

**Glorious Garden Seed Collection:
 \$108.95/48 pkts, Organic**

Attractive color packet displays are available to resellers.
 Visit: wholesale.strictlymedicalseeds.com

Cover Crops



Alfalfa *Medicago sativa*
Zones 3 to 11. Perennial cover crop, best for fertile soils, home garden. All zones. Sprouts provide a rich source of dietary chlorophyll. Excellent for shelterbelts. Fixes 200 lbs nitrogen per acre, yields up to 10 tons of organic matter per acre, and effectively sequesters subsurface minerals by way of its deeply delving root system. Sow early fall or spring. Broadcast, rake in, and keep moist. Use 1 lb per 1,000 sq. feet.

500 seeds/pkt \$3.95,
\$8.00/100 g (~170,000 seeds),
\$16.00/lb (~2,040,000 seeds), **Organic**
For planting, inoculated with rhizobium.

Bean, Fava, Windsor *Vicia faba*
<<NEW FOR 2024>>

Annual. 70 days when spring sown, 240 days when fall sown. Hardy to 12° F. Growing Favas provides much biomass and fixes atmospheric nitrogen, thereby conditioning the soil and providing nutrients. Windsor is the preferred large-seeded cultivar both for covercrop and edibility.

20 seeds/pkt \$4.95
\$20.00/lb, Organic

Buckwheat (for spring, summer or fall)

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

500 seeds/pkt \$3.95,
\$9.00/lb, Organic

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

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

500 seeds/pkt \$3.95,
\$18.00/100 g,
\$36.00/lb

CLOVER:

Lush, nitrogen-fixing cover crops. Broadcast on newly-tilled ground in spring, summer, or fall. Clovers are the best choice for forcing out unwanted weed species. Their activity is 3-fold: they loosen subsoil with their roots, fix nitrogen in the soil, and disperse disease from the human body.

Clover, Crimson . . . *Trifolium incarnatum*
Annual. Those living in Zone 7 to 9 do well to sow in fall, while in Zone 6 and under, spring or summer planting is preferred. Bears myriads of luxurious, upright blossoms, quickly producing a monotypic stand that fixes 150 lbs of pure nitrogen per acre.

500 seeds/pkt \$3.95,
\$18.00/100 g (~26,500 seeds), **Organic**

Clover, Medium Red . . *Trifolium pratense*
Zones 5 to 10. Native to temperate Europe and Asia. The tea thins the blood and helps disperse toxins from the system. Used as a cover crop, Red Clover fixes 140 lbs of nitrogen per acre, while the roots break up hardpan and oxygenate the soil. Flowers yield a yellow dye. Average germ 3 days. Sow 1 lb per 2,000 sq. feet; 10 lbs per acre.

500 seeds/pkt \$3.95,
\$8.00/100 g (~140,000 seeds),
\$16.00/lb (~636,000 seeds), **Organic**
For planting, inoculated with rhizobium.

Clover and Poppies Mix (for all seasons)

A beautiful mix of: Clover, Red; Clover, Crimson; Poppy, California; Poppy, Flanders. Inoculated. Sow anytime for an ongoing display. Sow 100 g per 500 square feet; 1 lb per 2,000 square feet; 10 lbs per acre.

\$18.00/100 g
\$36.00/lb

Fenugreek . . . *Trigonella foenum-graecum*
Annual. Winter hardy to Zones 5 to 9. Native to the Mediterranean. Aromatic foliage, white flowers. Breaks up heavy clay soils—contributes nitrogen and organic matter. Direct-seed late summer, fall, or early spring. Germinates in cold soils. 100 grams covers 500 square feet. 1 lb covers 2,270 square feet.

200 seeds/pkt \$3.95,
\$16.00/100g (~6,000 seeds)
\$38.00/lb (~27,000 seeds), **Organic**

Organic seeds to plant a patch or pasture

HAYFLOWER HERBAL PASTURE MIX

meant to re-enact the herbal hayfields of old. The early nature-cure doctors used hay fines extensively as teas, decoctions, poultices and herbal baths to treat ailments.

100% Organic seeds:

Timothy Grass (*Phleum pratense*)

Oat (*Avena sativa*)

Crimson Clover (*Trifolium incarnatum*)

Red Clover (*Trifolium pratense*)

Greek Hay (*Trigonella foenum-graecum*)

Chicory, Wild Form (*Cichorium intybus*)

Sweet Vernal (*Anthoxanthum odoratum*)

Cornflower (*Centaurea cyanus*)

Yellow Dock (*Rumex crispus*)

Dandelion (*Taraxacum officinalis*)

Chamomile (*Matricaria chamomilla*)

Plantain (*Plantago lanceolata*)

Avens (*Geum urbanum*)

Coverage: The 10 g packet covers a bed 4 feet wide x 10 feet long. The 100 g pkt. covers a bed 4 x 100 feet. The pound covers 2,000 square feet. Sow 10 lbs per acre.

Hayflower Medicinal Pasture Seed Mix:
\$6.10/10g, \$19.00/100g, \$49.00/lb, Organic

Cultivation—

Hayflower Herbal Pasture Seed Mix may be planted in the fall or spring. Prepare a fine seed bed and strew the seed evenly on the surface, then rake and tamp. Keep evenly moist until germ, or allow the fall or spring rains to work on the seeds until they germinate. This is a blend of perennials and self-seeding annuals that should be maintained by fertilizing, watering and mowing. Different species will predominate seasonally. Suitable for Zones 2 to 9.

Certifications, Abbreviations, Conversions, Formulas, and Purity:

Organic. Strictly Medicinal, LLC is a certified organic farm and certified organic processor. When you see the word “Organic” in this catalog, it means the plant, seed, or rootstock is:

Certified Organically Grown by Oregon Tilth, in compliance with organic production and handling standards established by the USDA National Organic Program under CFR Part 205. We are serious about nurturing the soil, avoiding chemicals, and respecting life.

Formula for converting °F (Fahrenheit) to °C (Celsius): $(^{\circ}\text{F}-32) \times .5555 = ^{\circ}\text{C}$

g = gram. There are 28.4 g in an ounce. There are 454 g in a pound (lb).

pkt = packet

germ = germination

Traditional Use abbreviations: TWM = Traditional Western Medicine.

TCM = Traditional Chinese Medicine. TNAM= Traditional Native American Medicine.

TAM = Traditional African Medicine. TAVM= Traditional Ayurvedic Medicine

[INTL NO] = available in the USA only, no international sales on this item.

Toxic. Please take our notes on contraindications and toxicity (**in bold**) seriously. Reader is referred to page 2: **Toxic Seeds and Plants.** (Rule: Toxicity is a function of dosage.)

Low-dose botanical. Traditionally, internal use of the plant is restricted to very low dosage—long-term use or excessive dosage may prove harmful.

PA's. Pyrrolizidine Alkaloids (PA's) are present in the tissue of this plant. Long-term internal dosage and use during pregnancy not recommended.

Melilot, Yellow *Melilotus officinalis*
90 day annual or biennial overwintering in zones 4 to 10. Nitrogen-fixing legume native to Eurasia, flowering yellow to a height of 40 inches. Plant prefers full sun and fast-draining, calcareous soils. Scarify and tamp.

100 seeds/pkt \$3.95

\$11.55/5g (~2,500 seeds),

\$20.10/10g (~5,000 seeds), Organic

Oats, Jerry (Milky Oats)

Fall or spring. Grows to 5 feet tall. Mow and till to improve soil, or harvest for “milky oats” tea or tincture. Sow 3 lbs per 1,000 square feet; 45 lbs per acre.

5 g/pkt \$3.95,

\$7.00/lb, \$40.00/10 lb, Organic

Oats and Peas Mix

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

\$7.00/lb

\$25.00/5 lbs

\$50.00/10 lbs, Organic

Oats, Peas, Beans and Barley Mix

<<IT'S BACK!>>

Sow fall or spring. Classic combo rich in fiber and trace minerals. Good for pasture. Sow 1 lb per 400 square feet. To 5 feet tall.

\$9.00/lb, Organic

Peas, Forage *Pisum sativum*

Annual field pea flowering violet to 5 feet tall. To be planted fall or spring, 3 lbs per 1,000 sq. ft. Flowers, broad leaves and pods for human food, forage, hay, or mulch.

\$7.00/lb, Organic

Ryegrass, Annual . . . *Lolium multiflorum*

Best sown during the growing season in pathways between crops and mowed to keep tidy. Erosion control, weed suppression, nutrient sequestration, companion crop. Germ in 7 to 10 days. Packet covers 15 sq ft. 1 lb covers 800 sq ft.

500 seeds/pkt \$3.95,

\$11.00/lb, Organic

Ancient Grains



AMARANTH

Family: Amaranth (*Amaranthaceae*)

Self-seeding annuals native to South America. 100 days to maturity. The seeds are easy to winnow and to cook. We like to make Amaranth porridge, 1 part grain to 5 parts water, adding raisins, simmering and stirring about 45 minutes until done. Flavorfully nutty, satisfyingly gummy, and highly nutritious. The leaves are edible, too, and make a good pot herb. Plants prefer full sun, good garden soil, and moderate water. Prepare a fine seed bed and direct-seed in early spring. Germinates in a week to 10 days. Thin to 6 inches to a foot apart. Cultivate frequently to keep free of weeds and side-dress with organic compost. Amaranth, both as a vegetable and a grain, is one of the most nutritious food crops. Easy, low water usage, good in tight spaces.

Amaranth, Golden Giant

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

200 seeds/pkt \$2.95,
\$5.00/g (~1,200 seeds),
\$11.55/5 g (~6,000 seeds)
\$20.10/10 g (~12,000 seeds), Organic

Amaranth, Hopi Red Dye (Komo)

Annual. 40 days to edible greens. This is a black-seeded Amaranth that makes deeply purple-colored, edible leaves. The showy, thickly flowered tops produce a water soluble dye that is used in coloring cornbread and traditional piki bread.

100 seeds/pkt \$3.95, Organic

Amaranth, Orange*A. hypochondriacus*
Orange flower heads yield golden seed that is excellent for simmering up into gruel.

100 seeds/pkt \$2.95,
\$5.00/g (~1,200 seeds),
\$11.55/5 g (~6,000 seeds)
\$20.10/10 g (~12,000 seeds), Organic

Amaranth, Red Spinach*A. tricolor* (Bayam, Slender Amaranth, Sukumawiki)

Annual. 50 days. Leaves edible and delicious fresh or lightly steamed. Fast-growing, drought- and heat-tolerant vegetable.

100 seeds/pkt \$2.95, Organic

Amaranth, Spike*Amaranthus caudatus*

Black seeded, this is a vegetable amaranth with edible leaves, and is mighty pretty in the garden. Like Red Spinach Amaranth (above), this is a good choice for drought-tolerant greens. The thick plume of bright crimson flowers is an added delight.

30 seeds/pkt \$2.95, Organic

see also **Cock's Comb**

Camelina*Camelina sativa*

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

Family: Mustard (*Brassicaceae*)

80-day annual native to Northern Europe. Excellent chicken feed, also added to cereal and bread, similar to flax. The oil that can be pressed from the seeds is high in Omega-3 fatty acids and Vitamin E. Sow in spring.

100 seeds/pkt \$4.95,
\$20.55/5g (~3,000 seeds), Organic

CHIA

Family: Mint (*Lamiaceae*)

Sow in Spring. Dried Chia seeds are best reconstituted by soaking in water overnight prior to consumption. 1 heaping tablespoon seeds to 1 pint of water or coconut milk.

Chia, Golden*Salvia columbariae*

(California Chia, Ilipesh) Annual. 50 days to flowers. Miniature desert plant which produces bright purple flowering whorls that give way to the golden seeds. Sow on sand. Drought-tolerant.

50 seeds/pkt \$3.95

Chia, Mexican—Black *Salvia hispanica*

Annual. 140 days to maturity. Native to SW deserts, Mexico. Makes succulent, bright-green, bushy plants up to 4 feet tall.

300 seeds/pkt \$2.95,
\$14.00/lb, Organic

Chia, Mexican—White *Salvia hispanica*

This white-seeded cultivar is considered to be the best for making the chia beverage.

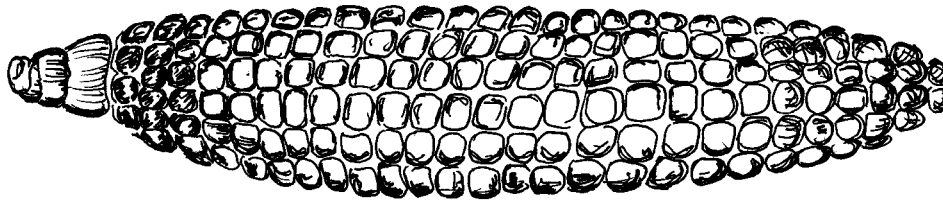
300 seeds/pkt \$2.95,
\$16.00/lb, Organic

Quinoa, Brightest Brilliant

Chenopodium quinoa

Annual, 100 days to maturity. Native to South America. "BB" is a multicolored cultivar flowering red, yellow, orange and white to a height of 4 feet. The leaves are edible, as is the grain. Allow the seeds to dry on the plant for as long as possible, and watch out for birds! When seed is mature or nearly so, it may make most sense to bring the seed-heads indoors to dry, then winnow to purity. To remove saponins, thoroughly rinse grain before cooking.

50 seeds/pkt \$3.95
\$14.55/5g (~1,750 seeds)
\$26.10/10 g (~3,500 seeds), Organic



CORN

Family:

Grass (*Poaceae*)

Annual originally domesticated in Neolithic Meso-America. Direct-seed in spring when the soil warms up. Plant in a patch, at least 3 rows wide, with rows 3 feet apart, to encourage efficient pollination and a good set of kernels on every ear. Thin plants to 6 inches to 1 foot in the row. Weed and cultivate frequently, then side-dress with compost or chicken manure. Heap soil around plants as they develop, to prohibit lodging (falling over). When plants reach knee-high, weed one last time, then scatter crimson clover between the rows. Clover will feed the corn and cover the soil until frost.

Corn, Country Gentleman . . . *Zea mays*

100 days to maturity. White shoepeg corn dating back to 1890. Plants grow to 8 feet and want a wide spacing. Ears very long, weighty, full of delicious sustenance.

50 seeds/pkt, \$3.95, Organic

Corn, Hopi Blue *Zea mays*

<<NEW FOR 2024>>

90 to 110 days to maturity. Standard Hopi blue corn, selected and improved by our growout for the purpose of increased vigor and high yield of large, full cobs. Vigorous plant needs a full sun position, fertile soil and is drought-tolerant. These plants are bushy, short and clumping—they make several thick stalks and thus are best given wide spacing. We spaced 3 feet apart with good results. They produce ears to 12 inches long, 1 to 3 per plant. Usually there is one giant primary cob and a couple of smaller ones. Somewhat raccoon resistant. During early maturation, the kernels remain ivory colored, and at this stage may be eaten fresh or made into corn chowder. Once the kernels dry down, they develop their stunning blue-black luster, and may be dried for storage. Best ever type to grind for gruel, cornbread and pancakes. This corn also produces plenty of medicinal silk and husks for tamales.

100 seeds/pkt, \$4.95, Organic

Corn, Painted Hill Sweet *Zea mays*

75 days to maturity. Extraordinary vigor and stodge. Kernels multicolored red, purple, blue, yellow and white. A fine fresh corn that can also be dried for grinding into flour. Excellent raccoon resistance. Lends itself to drying in the field, which gives a better product, and saves labor. High yield variety contributes much to food self-sufficiency.

50 seeds/pkt \$3.95,

\$12.10/100g (~500 seeds), Organic

Evening Primrose . . . *Oenothera biennis*

Family: Primrose (*Onagraceae*)

Zones 4 to 9. Biennial. Native to Europe and North America. Seeds and oil made from seeds high in essential fatty acids. Plant prefers full sun and withstands poor and dry soils. Light-dependent germinator. Sow in fall or spring. Space 1 to 2 feet apart. Flowers to 3 to 6 feet.

100 seeds/pkt \$2.95

\$14.55/5g (~2,000 seeds)

\$27.10/10g (~4,000 seeds),

\$214.00/100g (~40,000 seeds), Organic

Safflower, Zanzibar *Carthamus tinctorius*

Family: Aster (*Asteraceae*)

Annual. Native to the Mediterranean. 120 days to maturity. This is one of the highest yielding of all oil plants—large flowers and seedheads. Sow in spring.

30 seeds/pkt \$3.95

\$18.10/10 g (~240 seeds), Organic

Sesame, Black *Sesamum indicum*

(Til, SWAHA!)

Family: Sesame (*Pedaliaceae*)

Multistemmed upright annual bearing foli- cles stacked with oil-rich seeds. Native to India. 120 days to maturity. Sow in spring.

100 seeds/pkt \$3.95,

\$16.00/lb, Organic

SUNFLOWER

Family: Aster (*Asteraceae*)

Native to the New World, this is one of the first domesticated plants. Direct-seed as soon as soil warms up in spring.

Sunflower, Hopi Black Dye

. *Heliathus annuus*

Annual, 90-100 days to maturity. Black-seeded, polyheaded sunflowers are generally considered best for oil production. Seeds also good for eating. Sprouts excellent. This plant will readily self-seed in most gardens.

30 seeds/pkt \$2.95, Organic

Sunflower, Mexican *Tithonia rotundifolia*

Large, coarse, multistemmed, gaudy, road-side-hugging, rabble-rousing cowboy.

30 seeds/pkt \$3.95

Sunflower, Russian Mammoth

. *Heliathus annuus*

Annual, 60 days to maturity. Uniheaded disks up to 14 inches diameter, filled with fat, edible seeds occurring in striped shells. This year friends supplied us with very large starter seed and the plants followed suit. Seed-savers tend to have to vie with the crows over the sunflower crop. We used hair nets to cover the discs. Worked great!

30 sds/pkt \$2.95, Organic

VEGETABLE SEEDS OF SUSTENANCE



Alexanders *Smyrniolum olusatrum*
(Pot Herb of Alexandria)

Biennial, overwinters in Zones 5 to 9. Native to the Mediterranean. Flowers yellow to a height of 4 feet. A favorite of Alexander the Great. Fleshy stalks edible, on par with celery, which it resembles. Traditional use (TWM): a mild stomachic, cleanser of the urinary apparatus and spring tonic. Sun, garden soil and frequent watering. Sow in fall for germ in winter and spring, or give 8 weeks moist refrigeration and sow cool. Space plants 1 foot apart.

30 sds/pkt \$2.95, Organic

ARTICHOKE

Family: Aster (*Asteraceae*)

Whitish, deeply divided leaves on tall stalks. Traditional use of tea or tincture of dried leaves (TWM): Reduced LDL cholesterol, weight loss. Source of cynarine. Large seeds may be planted in pots or in the garden in spring. Plants prefer a rich soil, sun and plentiful water. Germ in 7 to 10 days. Space 3 feet apart.

Artichoke, Globe *Cynara scolymus*

Zones 6 to 12. Perennial, but can be grown as a 120-day annual. Native to S. Europe, flowering purple to 5 feet. The steamed flower buds make a pleasant-tasting vegetable. Produces giant, edible globes in the first year and onwards.

20 seeds/pkt \$3.95,

\$14.55/5 g (~100 seeds)

\$26.10/10 g (~200 seeds), Organic

Cardoon *Cynara scolymus*

Hardy to Zones 7 to 9, often grown as a 100 day annual. Native to the Mediterranean, flowering purple to 5 feet in the first year. Leaf stems and midribs steamed and eaten like artichoke hearts.

20 seeds/pkt \$3.95, Organic

ARUGULA

Family: Mustard (*Brassicaceae*)

Arugula, Domestic *Eruca sativa*

Biennial culinary green. Deeply cut leaves are the signature of an upscale salad. High in protein, Arugula is an appetite stimulant and digestive. Seeds yield edible oil. Full sun to part shade, water and rich soil.

200 seeds/pkt \$2.45 [lifeline pricing]

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

\$20.10/10 g (~7,600 seeds), Organic

Arugula, Wild *Diplotaxis tenuifolia*

Hardy to Zones 4 to 12. Biennial culinary green, a spicy ingredient of gourmet salads.

200 seeds/pkt, \$2.95, Organic

Asparagus, Garden *Asparagus officinalis*

(Mary Washington)

Family: Lily (*Liliaceae*)

Zones 3 to 9. Dioecious perennial, native to the Mediterranean. This culinary Asparagus produces male and female plants, both of them deliciously edible. Give full sun, rich soil and regular watering. Space plants 12 inches apart.

50 seeds/pkt \$3.95

\$8.50/plant, \$21.95/3 plants, Organic

BEAN PAGE

Family: Legume (*Fabaceae*)

We've listed first the *Phaseolus vulgaris* types followed by several other species.

Easily grown by direct-seeding in warm garden soil. A few seeds planted under a good trellis produces a surprisingly large amount of beanage. Food of the past for the future. All Beans are Magic Beans.

Bean, Bush, Blue Lake *Phaseolus vulgaris*
Annual. 55 days to snap beans. The epitome of open-pollinated bush green beans. Sweet, round in cross-section, stringless, blue-green pods on a self-supporting bush to 15 inches. Solid texture makes these the preferred choice for freezing and canning.

**20 seeds/pkt \$2.45 [lifeline pricing],
\$19.10/100 g (~300 seeds), Organic**

Bean, Bush, Dragon Langerie
. *Phaseolus vulgaris*

<<NEW FOR 2024>>

(Dragon Tongue Bean) 60 days to snap beans, 90 days to dry beans. Dutch heirloom with colorful, streaked, 7-inch pods. The bushes are compact and typically loaded down with dangling fruit. Good choice for container culture, small gardens.

20 sds/pkt \$2.45 [lifeline pricing], Organic

Bean, Bush, Jacob's Cattle
. *Phaseolus vulgaris*

<<NEW FOR 2024>>

(Trout Bean, Appaloosa Bean) Annual. 85 days to dry beans. Heirloom dating back to the 1600s, originally gifted from the Passamaquoddy Indians of Maine. Spotted in red and white. Stores exceptionally well.

20 seeds/pkt \$2.95, Organic

Bean, Bush, Quinsy Pinto
. *Phaseolus vulgaris*

<<NEW FOR 2024>>

Annual. 100 days to dry beans. High-yielding and good tasting subsistence dry bean. Resistant to mosaic and curly-top virus.

20 seeds/pkt \$2.95, Organic

Bean, Bush, Royalty Purple Pod
. *Phaseolus vulgaris*

Annual. 55 days to maturity. Strikingly purple pods distinguish this sturdy, open-pollinated bush bean. Flowers and foliage also tinged with purple. Beans stringless, 5-inches long, tasty, bright green when steamed.

20 seeds/pkt \$2.95, Organic

Bean, Hopi Yellow . . . *Phaseolus vulgaris*
Annual. 55 days to green beans, 90 days to dry beans. Golden bean of the Hopi. These are most productive when allowed to run out and make beans. . . everywhere!

10 seeds/pkt \$2.95, Organic

Bean, Pole, Bird Egg...*Phaseolus vulgaris*
Annual, 55 days to harvest plump beans and 90 days to dry beans. Cranberry-type heirloom dating back to the 1880's. I find these to be most extraordinary when harvested fresh (plump beans shelled out of the pod) and simmered.

7 seeds/pkt \$2.95, Organic

Bean, Pole, Cherokee Trail of Tears... . .
. *Phaseolus vulgaris*

Annual. 55 days to purple podded snap beans, 90 days to jet black dry beans. Heirloom. A vigorous climber excellent for fresh bean use. Provide suitable trellis, tripod, or a very long pole.

7 seeds/pkt \$3.95

\$18.10/100 g (~300 seeds)

Bean, Pole, Inca Pea . *Phaseolus vulgaris*
Annual pole bean, a South American heirloom. 85 days to dried beans. Vigorous climber gets off to a fast start and finishes early. Pods ivory, beans maroon and white, marked like a yin-yang or like an orca.

10 seeds/pkt \$2.95, Organic

Bean, Pole, Madiera Maroon

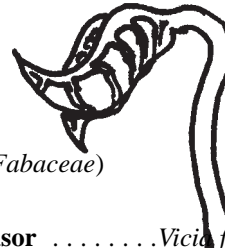
. *Phaseolus vulgaris*
Annual, 90 days to dry beans. Heirloom originating in the Chilean Andes. Cranberry type, easy and tasty. Pretty maroon beans.

10 seeds/pkt \$2.95, Organic

BEANS

Other species.

Family: Legume (*Fabaceae*)



Bean, Fava, Windsor *Vicia faba*
Annual. 70 days when spring sown, 240 days when fall sown, hardy to 12°F.

Growing Favas provides much biomass and fixes atmospheric nitrogen, thereby conditioning the soil and providing nutrients. Windsor is the preferred large-seeded cultivar both for covercrop and edibility.

20 seeds/pkt \$4.95

\$20.00/lb, Organic

Bean, Hyacinth *Dolichos lablab*
Zones 9 to 11. Vining, tuberous perennial to 30 feet in the tropics, grown as an annual in the temperate north. Native to tropical Africa. Sweeping, upright stems bear clusters of fancy, colorful, edible flowers, giving way to dark purple, crescent-shaped pods.

Seeds are **toxic unless cooked**.

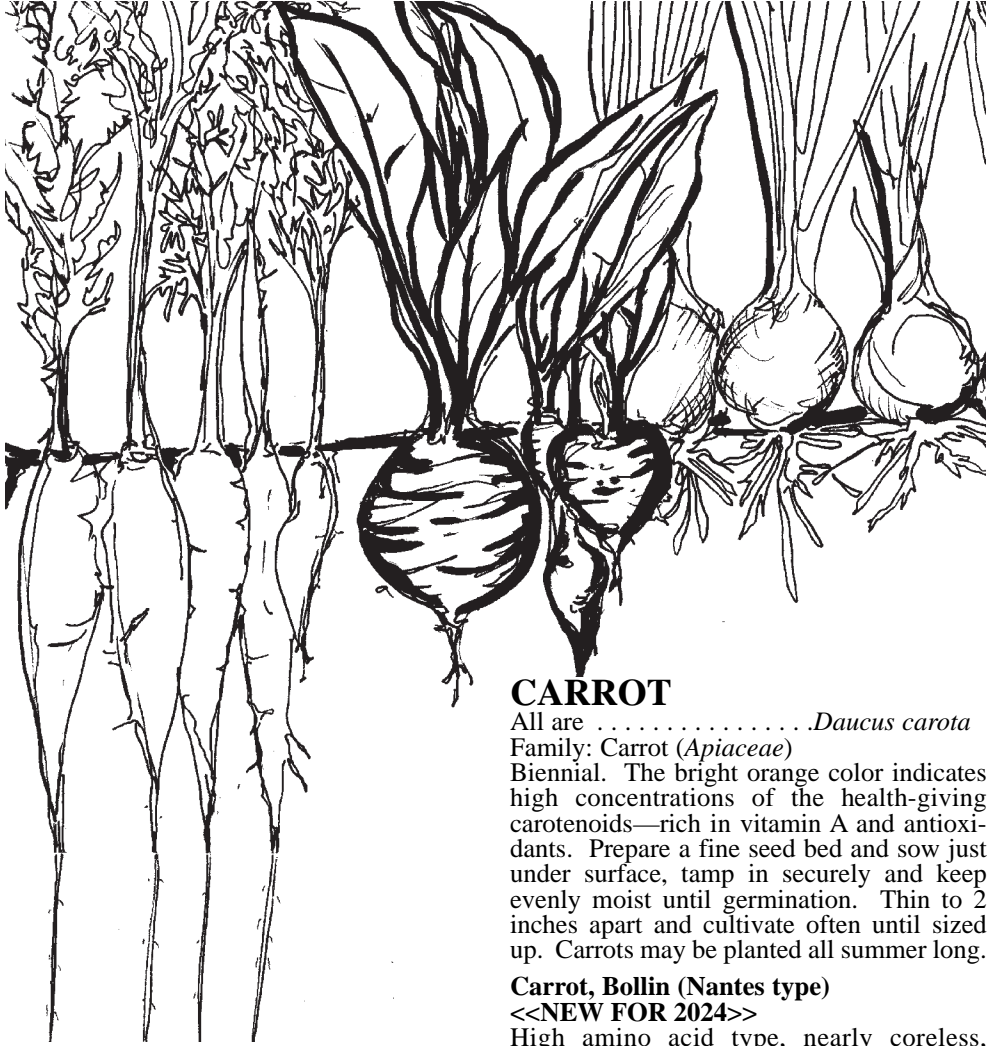
7 seeds/pkt \$3.95

Bean, Tepary . . . *Phaseolus acutifolius*
<<NEW FOR 2024>>

(Pavi, Tepari, Escomite, Yorimuni)

Drought-loving vining annual maturing in 60 to 120 days. Multicolored seeds. Native to Mexico and the American SW. Cultivated for thousands of years, this is one of our most colorful and nutrient-dense native food crops. Traditionally, 5 seeds are planted to a hill and the plants allowed to sprangle on the ground. Hills may be placed from 5 to 10 feet apart. Usually sprouted during the winter monsoons and maturing during the summer heat, these love dry sun.

20 seeds/pkt \$3.95



CARROT

All are *Daucus carota*

Family: Carrot (*Apiaceae*)

Biennial. The bright orange color indicates high concentrations of the health-giving carotenoids—rich in vitamin A and antioxidants. Prepare a fine seed bed and sow just under surface, tamp in securely and keep evenly moist until germination. Thin to 2 inches apart and cultivate often until sized up. Carrots may be planted all summer long.

Carrot, Bollin (Nantes type)

<<NEW FOR 2024>>

High amino acid type, nearly coreless, possessed of old-timey carrot flavor. 6 to 8 inches long, sweet, a good keeper.

200 seeds/pkt \$2.95,

Carrot, Chantenay Sweet Redcore

Dating back to France in the 1800s, a 5-inch-long, wide-shouldered and blunt-tipped carrot that does well in heavy or rocky soils. Red-cored, sweet and carrot-y!

200 seeds/pkt \$2.95,

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

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

Carrot, Cosmic Purple

Tapering carrots to 7 inches, purple-skinned and orange-fleshed. Spicy, not boring.

200 seeds/pkt \$2.95, Organic

Carrot, Danvers 126

Growers in Danvers, Massachusetts first grew this carrot in the year 1886. Roots 6 to 8 inches long, dark orange color, well-adapted for clay soils, sweet and tender.

200 sds/pkt \$2.45 [lifeline pricing], Organic

Carrot, Scarlet Nantes

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

500 seeds/pkt \$2.95, Organic

Queen Anne's Lace

..... *see* MEDICINAL HERBS

Beet, Detroit Dark Red . . . *Beta vulgaris*

Family: Goosefoot (*Chenopodiaceae*)

Biennial. 55 days to maturity Heirloom introduced in 1892, "the standard for Beets"—round and scarlet, tender and sweet. So fast to grow, so very good for you, these are the healthy gardener's must-have. Easy, cheap, lifesaving. Sow in rows in garden in early spring. 3 to 6 inches apart.

50 seeds/pkt \$2.45 [lifeline pricing],

\$11.55/5 g (~350 seeds)

\$26.10/10 g (~700 seeds), Organic

Broccoli, Green Sprouting

..... *Brassica oleracea*

Family: Mustard (*Brassicaceae*)

Biennial. Standard open-pollinated type that produces a nice primary head, and then once this is cut, produces an ongoing offering of smaller heads, "broccolini" if you will. Sow in the garden in midspring or start indoors 3 weeks before last frost date. High protein content, prophyllactic to cancer, yummy. Steamed, these are hearty food!

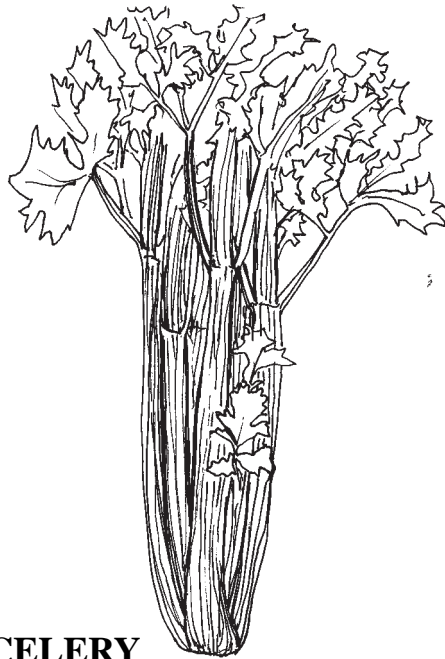
300 seeds/pkt \$2.95,

\$14.55/5 g (~1,875 seeds)

\$26.10/10 g (~3,750 seeds), Organic

Burdock*see* MEDICINAL HERBS

Cardoon*see* ARTICHOKE



CELERY

All are *Apium graveolens*
 Family: Carrot (*Apiaceae*)
 Biennial, normally hilled up and grown as an annual for the tender stalks.

Celery, Giant Red
 Giant Red is disease-resistant and cold-hardy, a crunchy and tasty wine-colored food.
200 seeds/pkt \$2.95, Organic

Celery, Utah Tall *Apium graveolens*
 Makes vigorous, stocky plants with thick, solid, tender yet crisp stalks. An old standby variety, good in soups, stir-fry or raw.
100 seeds/pkt \$2.45 [lifeline pricing], \$6.00/g (~2,000 seeds), \$18.55/5 g (~10,000 seeds) \$34.10/10 g (~20,000 seeds), Organic

CHARD

Beta vulgaris flavescens
 Family: Goosefoot (*Chenopodiaceae*)
 Biennial cultigen related to the Beet. Sow in spring for early greens or sow in August or September for fall and winter harvest. Barely cover seeds, tamp well and keep evenly moist. Thin to 6 inches apart. Rich soil, full sun and frequent watering. Holds well in hot weather.

Chard, Ruby Red
 (Swiss Chard, Red Chard, Rhubarb Chard)
 The garden standby, with vibrant green leaves and ruby red veins and stems.
100 seeds/pkt \$2.95, Organic

Chard, Swiss White
 (White-stemmed Chard)
 Nutrient-dense, sweeter than the red, both of them sweeter after frost.
100 seeds/pkt \$2.95, \$11.55/5g (~320 seeds) \$20.10/10g (~640 seeds), Organic

CHICORY

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

Chicory, Forage *Cichorium intybus*
 Taprooted perennial with edible greens and roots dried and used as a coffee substitute. Native to Europe and one of the oldest cultivated crops. All zones. Superior forage for cattle, horses, goats, containing up to 30% protein. Sow in fall or spring, at 100 g per 1,000 square feet.
500 sds/pkt \$3.95, \$18.00/100g, \$36.00/lb

Chicory, Wild Form
 *Cichorium intybus* var. *intybus*
 Zones 3 to 7. Native to Europe, N. Africa, Asia. Herbaceous perennial flowering light blue to a height of 3 feet. Familiar plant of gravel, dry waysides, or waste places. Fresh leaves in salad are a nutrient-dense, bitter digestive. Sow seed on surface fall or spring and thin to 1 foot apart.
100 seeds/pkt \$2.95, Organic

Escarole, Golden Giant *Cichorium endiva*
 Large, 15-inch heads with broad leaves and golden hearts. Seeds germinated in 3 days in warm soils and even the seedlings glow with golden stems. Escarole is very tasty in salad, braised or roasted.
200 sds/pkt \$2.45 [lifeline pricing], Organic

Escarole, Great Batavian
 *Cichorium endiva*
 Broad, smooth leaves with a creamy heart. Tasty with lettuces and cucumbers in a salad.
200 sds/pkt \$2.95, Organic

Frisee *Cichorium endiva* (Capillina)
 Frost-resistant annual, 60 days to harvest, commonly grown as a late-summer to fall-sown green. Italian version of frisee, adding loft and a mild bitterness to salads. Sow in containers or in open garden.
100 seeds/pkt \$2.95, Organic

Italian Dandelion *Cichorium intybus*
 A wild form of chicory native to Spain. Smooth, deeply lobed leaves in a rosette, resembling giant dandelion. These are commonly labeled “dandelion greens.”
200 seeds/pkt \$3.95, Organic

Radicchio, Palla Rossa *Cichorium intybus*
 Bright red, thick leaves with broad, white venation, excellent color and texture for salads. Best flavor after frost. Radicchio makes heads like a mini-cabbage, being the cold hardiest of all.
200 seeds/pkt \$2.95, Organic

Chives see ONIONS

CUCUMBER *Cucumis sativus*
 Family: Cucumber (*Cucurbitacea*)
 Vining vegetables of superior culinary value. Direct seed in the spring garden.

Cucumber, African Horned
 *Cucumis zambianus*
 (Horned Cucumber, Jelly Melon, Kiwano)
 Annual vining vegetable native to NW Zambia and locally cultivated. 45 days. Young, green fruits taste like cucumber.
30 seeds/pkt \$3.95, Organic

Cucumber, Lemon
 Making yellow, round fruits in legion, this cuke is best consumed when young and thin-skinned, being one of the freshest tastes of summer. Thirst quenching.
30 seeds/pkt \$3.95
\$11.55/5 g (~200 seeds)
\$20.10/10 g (~400 seeds), Organic

Cucumber, Marketmore
 Medium to large, uniform shape, crisp, and very smooth-skinned—your standard vegetable cucumber. Skin not bitter.
30 seeds/pkt \$2.95
\$11.55/5 g (~200 seeds)
\$20.10/10 g (~400 seeds), Organic

Cucumber, Tendergreen
 A great salad cucumber, thin-skinned, a bit sweet. Clocked these at 47 days to first harvest. We ate the first ones then and there.
30 seeds/pkt \$2.95
\$11.55/5 g (~200 seeds)
\$20.10/10 g (~400 seeds), Organic

Fennel, Bulbing *Foeniculum vulgare*
 (Swiss Fennel)
 Annual or biennial, 90 days to harvest. The plant makes a white, crunchy bulb that is excellent to eat in salads or to dip.
100 seeds/pkt \$2.95,
\$14.55/5 g (~1,350 seeds)
\$26.10/10 g (~2,700 seeds), Organic

Fennel, Common *see* MEDICINAL

Good King Henry
 *Chenopodium bonus-henricus*
 (Early Spinach, Lincolnshire Markery)
 Family: Goosefoot (*Chenopodiaceae*)
 Zone 6 to 10. Low-clumping perennial native to central Europe. A traditional vegetable of the cottage garden.
50 sds/pkt \$2.95, Organic

Greens, Collard *Brassica oleracea*
 Biennial. 60 to 80 days to maturity. Long-standing, waxy, dark green leaves with white venation. Non heading. Mild eating, sweeter after frost. Sow spring or fall.
200 seeds/pkt \$2.95,
\$11.55/5 g (~1,350 seeds)
\$20.10/10 g (~2,700 seeds), Organic

Greens, Creasy *Barbarea verna*
 Annual. 40 days to harvest. One of the earliest viable greens for fall or spring planting. Strew seed on surface of seed bed, barely cover, and keep moist. Thin to 6 inches apart. Flowers yellow to 2 feet tall.
100 seeds/pkt \$2.95, Organic

Greens, Mixed Cooking
 Annual or biennial greens, 30 to 60 days to harvest. Mixed cooking greens consist of Beets, Spinach, Kale, Collards and Orach. Direct-seed or use pots. Sow fall or spring.
Big 3g packet/\$8.95, Organic

Greens, Mixed Salad
 Annual greens, 30 to 60 days to harvest. Mixed salad greens consist of Arugula, Mixed Lettuces & Mizuna.
Big 3g packet/\$8.95, Organic
Greens mixes: one packet covers a 10 by 4 foot bed. Sow fall or spring.



KALE
 Family: Mustard (*Brassicaceae*)
 The quintessential green for the cancer-preventive diet. Eat them with relish like your life depends on it. Chop fine, bruise, add vinegar of wine—divine! Sow fall or spring.

Colewort *Crambe cordifolia*
 (Giant Sea Kale)
 Herbaceous perennial hardy to zones 5 to 9, flowering white to 7 feet tall, native to Caucasia. Arising from a multi headed crown up to 5 feet in width, the leaves are edible and delicious, especially in the early spring. Deep, rich, moist soils. Crack the spongy pericarp before planting.
10 seeds/pkt \$2.95, Organic

\$8.50/plant, Organic

Kale, Lacinato *Brassica oleracea*
 (Black Tuscan Kale, Dinosaur Kale)
 Biennial, winter-hardy Zones 7 to 10. Uniform leaves buff green and savoyed. Very popular type of “dark green leafies.”
200 seeds/pkt \$2.45 [lifeline pricing],
\$11.55/5 g (~1,500 seeds)
\$20.10/10 g (~3,000 seeds), Organic

Kale, Winter Red *Brassica napus*
 This Ruso-Siberian red kale is very cold hardy and uniform. Well suited for winter gardening, cloche or greenhouse culture.
200 seeds/pkt \$2.95, Organic

Lamb’s Quarters . . *Chenopodium album*
 Annual. Wild medicinal food. Soft, slightly downy, and mucilaginous leaves, like Spinach—high in protein, calcium, and vitamin A. Sow generously—impermeable seed coats cause spotty and ongoing germ.
300 sds/pkt \$3.95,
\$11.55/5g (~6,750 seeds)
\$20.10/10g (~13,500 seeds), Organic



LETTUCE

Family: Aster (*Asteraceae*)
 Besides making the finest, crunchy salads, Lettuce is rich in life-giving chlorophyll and vitamin K. Brain food. The plant also contains antioxidant flavonoids and varying quantities of the bitter, white, sedative latex known as lactucarium. Sow in spring or fall near the soil surface and keep evenly moist and cool for germination. Sow fall or spring. Lettuces are 40 to 55 day annuals.

Lettuce, Bloodstone*Lactuca sativa*
 Compact head lettuce with dark green leaves shot through with burgundy spots. Rounded leaves extremely tender and tasty.
100 seeds/pkt \$2.95, Organic

Lettuce, Blushed Icy Oak *Lactuca sativa*
 Tri-lobed leaves, green blushed with red. Thick, juicy midribs. One of the easiest types to grow, a good choice for kids.
100 seeds/pkt \$2.95, Organic

Lettuce, Butterhead “Kweik” . . .*L. sativa*
 Lime green Buttercrunch Lettuce, which forms a head—so soft, so tasty, so filling! Butterhead embodies all of the positive traits of Lettuce, and it is our favorite.
200 seeds/pkt \$2.95, Organic

Lettuce, Crisp Mint Romaine
 Mint green leaves wrap around the white heart of this superior selection of Romaine.
200 seeds/pkt \$2.95, Organic

Lettuce, Deer Tongue*Lactuca sativa*
 Dark-green bibb type lettuce with a buttery taste and crisp texture. Pointed leaves self-wrap and create a loose head.
200 sds/pkt \$2.95, Organic

Lettuce, Iceberg*Lactuca sativa*
 (Crispino)
 A crunchy and delectable head lettuce that has a higher heat-tolerance than most icebergs. Externally green, internally white.
200 seeds/pkt \$2.95, Organic

Lettuce, Melodious Mix*L. sativa*
 All our garden lettuces mixed together and then some: Butterheads, Romaines, Head and Leaf Lettuces. A good choice for bedding or row-cropping in the garden or field, also low-light growing in the greenhouse. It is fast and easy to grow your own lettuce. We’ve had several reports from across the country, letting us know that “Melodious Mix” is working, and working well!
\$9.95/5 g packet (~5,000 seeds), Organic

Lettuce, OG Lettuces*Lactuca sativa*
 This is the sampler of Melodious Mix.
200 sds/pkt \$2.45 [lifeline pricing], Organic

Lettuce, Wild*Lactuca virosa*
 (Lettuce Opium)
 Zones 5 to 9. Overwintering annual or biennial, native to Central and Southern Europe. Concentrated source of lactucarium.
20 seeds/pkt \$3.95, Organic
\$8.50/plant, Organic

MUSTARD

Family: Mustard (*Brassicaceae*)

Mizuna*Brassica rapa*
 Mild-tasting, Mizuna produces a crunchy rosette for salad or stir-fry. Probably the quickest green to get going, spring or fall. Standard vegetable culture, very fast germ. Thin to 4 inches.
300 sds/pkt \$2.45 [lifeline pricing], Organic

Mustard, Miike*Brassica juncea*
 Large and tender leaves with a flavor that is both sweet and hot. Plant anytime.
200 seeds/pkt \$2.95, Organic

Mustard, White*Sinapis alba*
 Annual herb maturing in 90 days, native to China. Source of white Mustard seed, the best type for making your own mustard. Sow in spring. A very quick crop.
100 seeds/pkt \$3.95, Organic



ONIONS AND CHIVES

Family: Onion (*Alliaceae*)
 Onions prefer a full sun position, frequent watering, good garden soil, and assiduous weeding. Sow in flats in the greenhouse and keep cutting back the tops to encourage bulbing, then transplant. Or, direct-seed by planting closely together in the furrow.

Chives, English . . . *Allium schoenoprasum*
 Zones 6 to 10. Evergreen clumping monocot. This is the smallest of the edible Onions, valued for its tasty green leaves (scapes) and flower buds. A tasty garnish.
50 seeds/pkt \$2.95, Organic

\$8.50/plant, \$21.95/3 plants, Organic

Chives, Garlic *Allium tuberosum*
 (Chinese Chives)
 Zones 6 to 10. Evergreen clumping monocot with flavorful leaves—grows like a Chive, tastes like a Garlic. The leaves are flatter and broader than English Chives.

**50 seeds/pkt \$2.95,
 \$18.55/5g (~1,075 seeds)
 \$34.10/10g (~2,150 seeds), Organic**

\$8.50/plant, Organic

Garlic, Bear’s *Allium ursinum*
 Zones 3 to 9. Bulb-forming perennial native to Europe, basically the European form of ramps. A delightful woodland edible that can be eaten whole, usually lightly braised. Plant prefers cool, moist shade of woodland or shade garden. Sow in the fall for germination in the spring, or refrigerate in moist medium for 90 days and then sow in cool, moist shade. Space 6 inches apart.

30 seeds/pkt \$4.95, Organic

Onion, Egyptian Walking
 *Allium proliferum*
 (Walking Onions)

Perennial monocot to 18 inches, bearing bulblets at the apex, overwintering in Zones 3 to 12. Edible and tasty, these are consumed when young, like a green onion or oversized chive. When the plant goes unharvested, it will eventually fall over and replant itself, therefore the “walking” adage.
\$6.00/plant, Organic

Onion, Red Long Florencia . *Allium cepa*
 <<NEW FOR 2024>>
 (Rouge de Florencia) Italian heirloom. Biennial, often grown as a quick, showy bunching onion. Tender, mild, and sweet, full of healthy anthocyanins, colored dark red to purple. Sow fall or spring. 90 to 100 days to produce large elongated bulbs. Space 4 inches apart.

100 seeds/pkt \$3.95, Organic

Onion, Valencia *Allium cepa*
 <<NEW FOR 2024>>

(Yellow Sweet Spanish Onion) 115 days to maturity of the finished bulbs when spring-planted. Day-neutral variety that reaches fruition in gardens north and south. Skin golden, flesh white and sweet. A tip on growing keeper onions. Start early in flats, closely spaced, and keep the tops trimmed back to 3 inches. This encourages bulbing. Plant to garden after last frost. Keep well-weeded and side-dress with compost. Space 6 inches apart.

100 seeds/pkt \$2.95, Organic

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

Biennial, often grown as a 90-day annual. Originally from Siberia, these are an heirloom cutting onion. Sow in fall or spring.

50 seeds/pkt \$2.95, Organic

Orach, Red . . . *Atriplex hortensis rubra*
 Self-seeding annual native to Europe and Asia. This cultivar from Italy. Stems and leaves vibrant crimson. Sow fall or spring.

50 seeds/pkt \$2.95, Organic

PEAS

Family: Legume (*Fabaceae*)
 all are *Pisum sativum*

Choose a sunny, moist location with mellow, well-rested garden soil. Peas must not be planted too deeply (just below the soil surface). Plant 3 inches apart. Each Pea seedling is precious—do not thin. Sow fall or spring. One pound seeds 500 row feet.

Peas, Shell, Green Arrow

Bush peas grow to 24 inches and are self-supporting. Green arrow makes long pods filled with 8 to 11 large peas each. These are fine for fresh eating, cooking or putting up.

**50 seeds/pkt \$2.95
 \$26.00/lb, Organic**

Peas, Snow—Oregon Sugar Pod II

Peas are best planted directly into the garden a few weeks before the other common spring vegetables, such as Beets and Carrots. Snow Pea, as sweet as sweet can be. Trellis.

**50 seeds/pkt \$2.95
 \$26.00/lb, Organic**

Pumpkin, Jack-O-Lantern

Family:Gourd (*Cucurbitaceae*)
 (Halloween Pumpkin, Pie Pumpkin)
 Annual. 115 days to maturity. Vining plants, fecund fruiter. Pumpkin imminently carveable, and the flesh does make good pies.

10 seeds/pkt \$3.95, Organic



RHUBARB, GARDEN

Family: Buckwheat (*Polygonaceae*)

Hardy to Zones 5 to 8

Giant leaves with colorful stalks. Sow spring. Rich garden soil, frequent watering.

Rhubarb, Garden—Glaskins Perpetual

.....*Rheum rhabarbarum*
Herbaceous perennial. Glaskins Perpetual makes nice red stems and keeps producing throughout the season, therefore the “perpetual” adage.

30 seeds/pkt \$2.95, Organic

\$8.50/plant, Organic

Rhubarb, Garden—Victoria

.....*Rheum rhabarbarum*
Standard market pie type with sweeter, green-dappled-with-red stems, producing heavily in first year.

50 seeds/pkt \$2.95, Organic

Rhubarb, Rhapsodic *Rheum rhapsodicum*

Herbaceous perennial growing to 4 feet, native to Europe. Hardy to Zones 3 to 7. Very showy clump-forming plant, used for pies and tarts

20 seeds/pkt \$4.95

SORREL

Family: Buckwheat (*Polygonaceae*)

Zones 4 to 8. Herbaceous perennials preferring moist to mesic soils, sun. Sow spring.

Sorrel, French*Rumex scutatus*

(Buckler Sorrel, Shield-Leaf Sorrel)
Classic French selection of the Garden Sorrel, with broad, shield-shaped leaves.

30 seeds/pkt \$3.95

Sorrel, Garden*Rumex acetosa*

Tender, elongated leaves are excellent to eat, especially nice when prepared as a cream sauce, served over new potatoes.

100 seeds/pkt \$2.95, Organic

Sorrel, Sheep . . .see MEDICINAL HERBS

SPINACH

The epitome of delectable greens, all from the Goosefoot family (*Chenopodiaceae*) except for Malabar Red and New Zealand.

Spinach, Bloomsdale Long Standing . . .

.....*Spinacia oleracea*
Annual greens native to SW Asia and widely cultivated. Consumption of Spinach is tantamount to taking a vitamin pill, and is more bioavailable and tastier, too. Sow densely, harvest whole, or just go out to the spinach patch with a jar of salad dressing, sit there, dip and snack.

**200 seeds/pkt \$2.95,
\$20.00/100g (~6,100 seeds), Organic**

Spinach, Malabar Red . . .*Basella rubra*

Family: Madeira Vine (*Basellaceae*)
Hardy to Zones 9 to 13, otherwise grown as a 55-day annual. Perennial climbing vine native to Africa and India—the Malabar Coast. Drought and sun tolerant, juicy and inviting, with thick, rounded leaves edible and delicious, raw or cooked. Flowers like a pearl necklace. Soak seed overnight in warm water and sow directly or in pots.

10 seeds/pkt \$3.95, Organic

Spinach, New Zealand

.....*Tetragonia tetragonoides*
Family: Iceplant (*Aizoaceae*)
Perennial in Zones 9 and up, otherwise grown as an annual, 50 to 60 days to harvest. Long-lived, slow to bolt, very tolerant of sun and drought. Soak seed in warm water for 3 hours and then sow warm, with germ in 10 to 20 days. Space 1 foot apart.

30 seeds/pkt \$2.95, Organic

Spinach, Noble*S. oleracea*

Annual, 50 to 60 days to harvest. Heirloom cultivar dating back to 1926. Leaves thick, giant, plants prolific, slow to bolt.

100 seeds/pkt \$2.95

Spinach, Tree . . .*Chenopodium giganteum*

Showy annual native to E. Asia and India, flowering to 7 feet tall. Young growth magenta, edible and tasty. Stems used for bean poles and walking sticks.

100 seeds/pkt \$2.95, Organic

Spinach, Red Aztec

.....*Chenopodium berlandieri*
(Huazontle)

Native to Mexico, a grain cultigen that predates domestication of corn. Tasty edibility in a blush-red leaf, seeds also edible.

100 seeds/pkt \$2.95, Organic

Spinach, Winter Bloomsdale *S. oleracea*

Annual, 50 to 60 days to maturity. Standard cold-hardy cultivar, richly savoyed leaves, dense nutrition. Early spring or late fall.

200 seeds/pkt \$2.95, Organic

Spinach, Winter Merlo Nero *S. oleracea*

(Black Bird)
Annual, 50 to 60 days to maturity. A dark-green, almost black, deeply savoyed Italian cultivar. A very fast grower and tolerant of cool soils and frost.

200 seeds/pkt \$2.95, Organic



SQUASH

Family: *Cucurbitaceae*

Native to the New World. Squashes like full sun and regular garden soil.

Squash, Blue Hubbard *Cucurbita maxima*
80 days. This heirloom dates back to at least the year 1859. It is the mother of all squashes, like a beached whale.

10 sds/pkt \$2.45 [lifeline pricing], Organic

Squash, Red Kuri . . . *Cucurbita maxima*
100 days. Rounded, bowling-ball-sized, bright orange-red squashes on a sprawling vine. Syrupy-sweet, for best “pumpkin” pies.

10 seeds/pkt \$2.95, Organic

Squash, Yellow Crookneck *C. pepo*
60 days. Annual. All-time favorite Summer Squash, loved by kids and adults alike.

30 sds/pkt \$2.45 [lifeline pricing], Organic

Squash, Zucchini—Midnight Lightning

..... *Cucurbita pepo*

55 days. Annual bush type that produces long, dark green Zuks.

10 seeds/pkt \$2.95, Organic

TOMATO

All are *Lycopersicon esculentum*

Family: Nightshade (*Solanaceae*)

Annual vines. The essence of summer. Sow indoors 60 days prior to last frost.

Tomato, Chadwick’s Cherry

Bright red, large-sized Cherry Tomatoes are produced early in the season. Excellent for fresh eating, also good for dehydrating.

50 seeds/pkt \$3.95

\$14.55/5 g (~2,220 seeds),

\$26.10/10 g (~4,440 seeds), Organic

Tomato, Goddess of the Moon Cherry

(Isis Candy Tomato)

Cherries like full moons on a large, frost-tolerant, indeterminate bush. The 1-inch orange-red tomatoes taste fruity and candy sweet. Early and prolific.

30 sds/pkt \$2.45 [lifeline pricing], Organic



Tomato, House

75 days to maturity. Miniature determinate tomato prefers to grow in pots in a bright window. Remains squat even in low light. So, we had little experience with growing them indoors as recommended. But my mom, who was then 97, took our advice and planted one seed in a large pot left in a bright window. She showed us how it was done!

10 seeds/pkt \$2.95, Organic

Tomato, Lakota

80 to 85 days to fruits. Heirloom Native American selection. Round, mid-sized red slicers on a large indeterminate bush. The fruits are among the tastiest of the tomato clan, clear-skinned, sparsely seeded and slow to ripen.

30 seeds/pkt \$2.95, Organic

Tomato, Mandarin

From seed to salad bowl, 120 days in our gardens. Midsize indeterminate vines produce very firm, round to globular, low-acid orange slicers. Our top kitchen tomato. Firm and thick-skinned. Holds well for transport, yet provides excellent taste at table. Resistant to splitting in rain and frost.

20 seeds/pkt \$3.95, Organic

Tomato, Old German

(Multicolor Beefsteak)

German heirloom brought to the New World in the mid-1800s by Mennonites of Shenendoah Valley, Virginia. Stout bushes, stems thick and squat, producing (often) convoluted, sweet fruits weighing up to 1.5 lbs apiece. Our most popular ‘mater.

30 seeds/pkt \$3.95, Organic

Tomato, Speckled Roman Paste

85 days to fruits. Indeterminate vines produce medium to large-sized paste tomatoes that are large on taste and low on juice. When I drop them into boiling water, slip off the skins and sautee—they make a thick sauce in half an hour. Grow in heavily composted soil. If picked underripe, will ripen on the windowsill. Good late-season tomato that does not split in the rain.

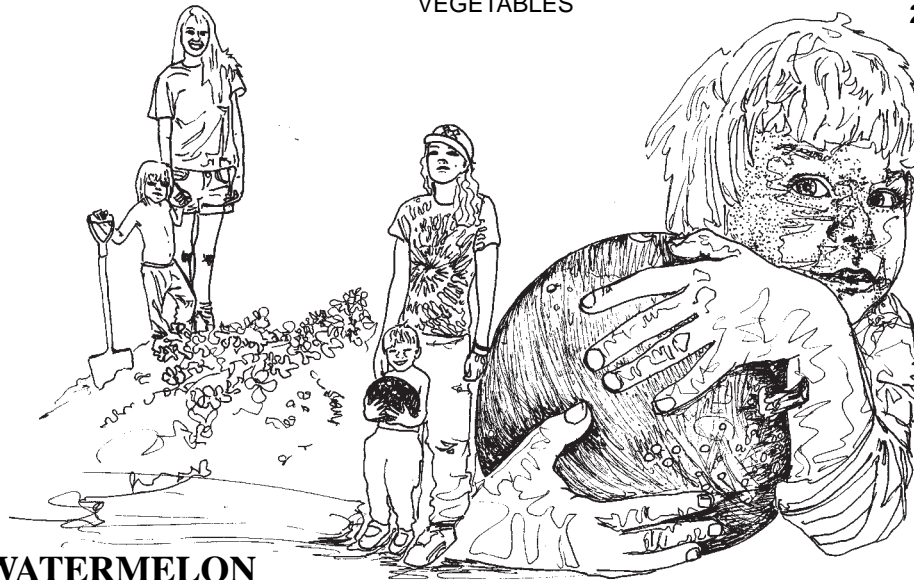
20 seeds/pkt \$2.95, Organic

Tomato, Stupice

An heirloom Czech cultivar. Vigorous and disease-resistant indeterminate vines with wide, potato-leaf like leaves produce red slicers, always the earliest to ripen.

30 seeds/pkt \$2.95, Organic

Tomato, Treesee TREES



WATERMELON

Family: Cucurbit (*Cucurbitaceae*)

Both are *Citrullus colocynthis*
Watermelon prefers rich and sandy soil and does best in the warm, full sun, watered infrequently. Seed directly in the spring garden once the soil has truly warmed up. Plant 1/2 inch deep and tamp securely, then thin to 3 per hill. Make hills 6 feet apart. As the vines grow, you can train them to where you want them to go. Lift and place.

Watermelon, Moon & Stars

70 to 90 day annual vine bearing oblong fruits ranging in weight from 10 to 30 pounds. This is an heirloom classic with very sweet, red flesh and an outer skin that is dark green with yellow markings that resemble the moon and stars.

5 seeds/pkt \$2.95, Organic

Watermelon, Sugar Baby

80 day annual vine bearing round fruits weighing 6 to 12 pounds. An excellent choice for small gardens. This is the striped Sugar Baby that goes almost black when ripe. Very sweet red flesh. Watermelon prefers rich and sandy soil and does best in the warm, full sun, watered infrequently.

**20 seeds/pkt \$2.95,
\$13.10/10 g (~250 seeds), Organic**

ANDEAN DELIGHTS

Goldenberry, Giant Peruvian

. *Physalis peruviana*
(Giant Groundcherry, Topotopo, Cape Gooseberry, Husk Cherry, Poha Berry)

Family: Nightshade (*Solanaceae*)
Short-lived perennial in Zones 10 to 12, otherwise grown as a garden annual, 100 to 120 days to harvest. Native to the Andes, a cultivated crop since Incan times. This is the giant form, growing to 5 feet tall, bearing large fruits that occur in a decorative inflated lantern-like husk. Fruit loaded with vitamins A, C and B—refreshing fruits with little effort. Best fruit production in marginal soils. Sow in spring in pots and transplant—same as tomato culture.

30 seeds/pkt \$3.95, Organic

Groundcherry *Physalis peruviana*

A select, ground-hugging type that produces myriads of husk cherries, very sweet and cinnomony. Mounding habit from 1 to 2 feet tall. Early to mature, easy to harvest by picking the jacketed fruits up off the ground.

30 seeds/pkt \$3.95, Organic



Oca, Mixed Colors *Oxalis tuberosa*

Hardy to Zones 6 to 12, otherwise grown as an annual. Native to the Andes. Food crop making brilliantly colored tubers rivalling potatoes in taste. Cool conditions favored. Hill up and mulch. Space 3 feet apart.

\$9.50/plant, Organic

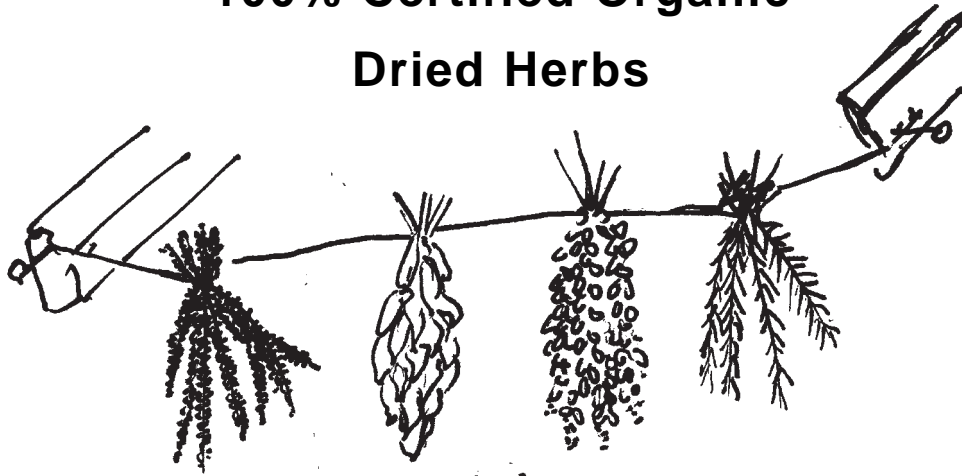
Yacon, Crystal . . *Smalanthus sonchifolius*

Family: Aster (*Asteraceae*)
Perennial to Zones 7 to 12, otherwise grown as an annual, to 5 feet tall. Yacon is a heavy feeder, and huge crowns may be produced by planting in rich soil and applying compost as the plant grows. Tubers are rich in fructose and inulin and may be consumed right away after digging, or may be washed, dried briefly in the sun, then wrapped in paper and set in a cool, dark place to cure. They will then become very sweet indeed.

4" pot: \$8.50/plant

9" pot: \$21.00, Organic

100% Certified Organic Dried Herbs



Why avail yourself of Strictly Medicinal dried herbs? All our herbs are grown, hand-picked and carefully shade dried on our organically certified farms in Southern Oregon. Here's the crux of our approach: small quantities of select, high-potency herbs give you more goodness than large quantities of the industry standard. When you experience our Rosemary, you will know what we mean! *Andrographis*, *Artemisia annua*, Ashitaba, Ashwagandha, White Sage and more, always from the recent crop, from our gardens to our drying room to . . . your door.

Andrographis *Andrographis paniculata*
Entire aerial portions in flowering stage, coarse-cut.

50 gram bag \$19.95, Organic

Ashitaba *Angelica keiskei*
Mature leaves and stems dried, screened and powdered.

30 gram bag \$24.95, Organic

Ashwagandha *Withania somnifera*
Roots dug from mature plants at the end of the growing season, coarse-cut and dried.

50 gram bag \$14.95, Organic

Bidens *Bidens pilosa*
Entire aerial parts including leaf, flowers, stem and seeds, dried and coarse cut.

50 gram bag \$14.95, Organic

Eclipta (Bhringaraj) *Eclipta alba*
Flowering herb dried and finely chopped.

50 gram bag \$14.95, Organic

Elderberries, European Black
. *Sambucus nigra*
Berries picked in the summer when fully ripe, dried whole, removed from the stem.

100 gram bag \$19.90, Organic

Lobelia *Lobelia inflata*
Entire aerial portions in seedpod stage, dried and coarse cut.

30 gram bag \$14.95, Organic

Oats (Milky Oats) *Avena sativa*
Green seeds with husk stripped during the milky phase and dried.

100 gram bag \$14.95, Organic

Rosemary *Rosmarinus officinalis*
Leaves stripped from stem and dried whole.

50 gram bag \$9.95, Organic

Sage, Garden *Salvia officinalis*
Leafy fronds shade dried and coarse ground.

50 gram bag \$9.95, Organic

Sage, White *Salvia apiana*
From plants grown on our own certified organic farm, not wild harvested. Aerial parts picked at their peak and shade dried.

50 gram bag crushed leaf \$16.00

20 gram bag (4 whole fronds) \$12.00

Organic

Saint Paul's Wort

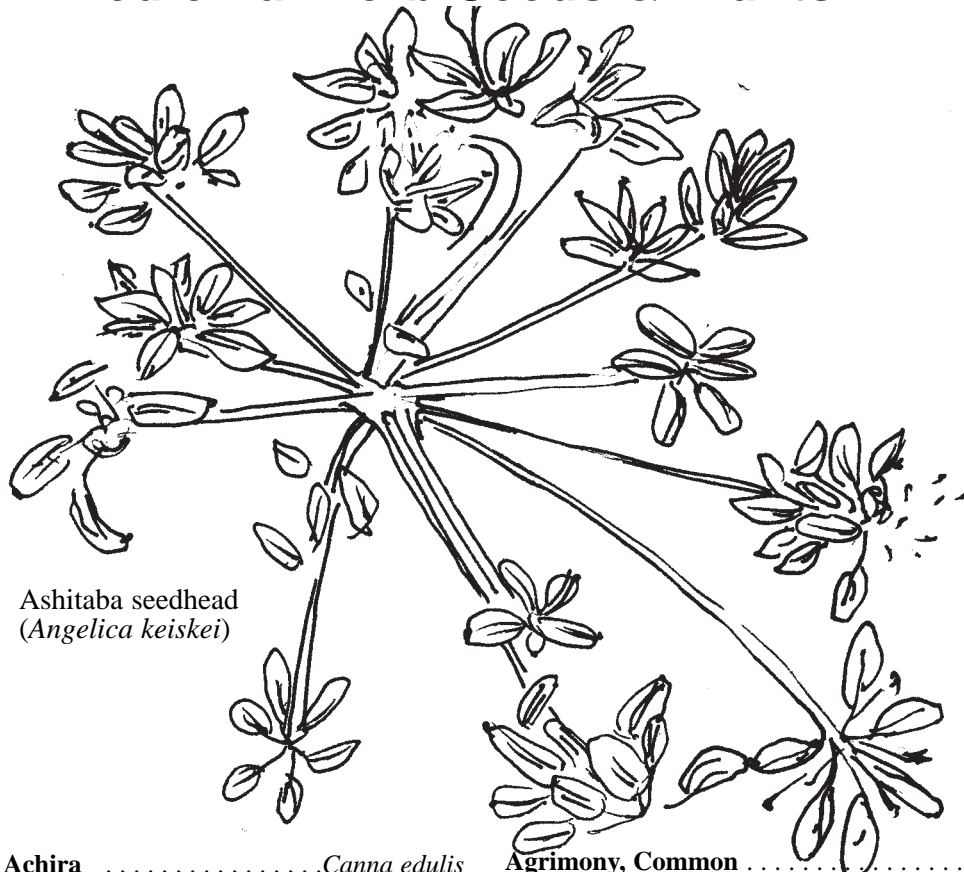
. *Sigesbeckia frutescens*

Entire aerial flowering herb dried and coarse ground.

50 gram bag \$9.95,

\$69.00/lb, Organic

Please note: These herbs are guaranteed correctly identified and certified organically grown. No other claims are made or should be inferred. We are not licensed practitioners and cannot prescribe, recommend or make claims about the healing properties or efficacy of botanicals. Please seek the care of a licensed health care provider for any health concerns.



Ashitaba seedhead
(*Angelica keiskei*)

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

Hardy to Zones 7 to 12. Broadleaved perennial to 5 feet, native to South America and West Indies. Flowers tropical-looking, bright orange, showy. The rhizomes and young shoots are edible, mild tasting, gummy when fresh, high in potassium and protein. Tubers are a source of starch—very similar to arrowroot. Plant prefers full sun, deep, moist soils. Space 3 to 6 feet apart.

\$8.50/plant, \$21.95/3, \$57.00/10 Organic

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

Family: Crowfoot (*Ranunculaceae*)
Zones 3 to 9. Herbaceous perennial native to China. Bears extraordinary light blue flowers shaped like schools of heavy-jawed fish of the coral reef. In TCM, the processed root is used for warming the internal fire, improving circulation, and tonifying the kidneys. All parts are **TOXIC** unless properly prepared. Sow in fall for germination in the spring, or mix in moist medium (coir or peat) in a plastic bag or lidded jar in the fridge for 3 weeks, then sow in cool, moist shade. From "Growing Plant Medicine Vol 1" page 291: "Chinese aconite plants require a moist, sandy soil. Prospering best in warm, dappled shade, also doing well in open shade of a forest or sunny, moist meadow, planted in profusion at elevations of 5,000 to 7,500 feet. Wear gloves when handling the fresh plant, to avoid transdermal toxicity."

50 seeds/pkt \$3.95

\$8.50/plant, Organic

Agrimony, Common
. *Agrimonia eupatoria*

Family: Rose (*Rosaceae*)
Zones 3 to 9. Herbaceous perennials native to Europe, easily grown in standard garden soil. Germ. in 2 to 6 weeks in early spring conditions. Space 1 to 2 feet apart.

10 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Alehoof *Glechoma hederacea*
(Ground Ivy, Creeping Charlie)

Zones 3 to 9. Low-growing stoloniferous perennial used by the Saxons for brewing beer. Sow fall or spring.

30 seeds/pkt \$3.95, Organic

ALKANET & ANCHUSA

Family: Borage (*Boraginaceae*)
Herbaceous perennials with neon flowers, the source of healing mucilage, shikonin. Plants prefer full sun and dry soils.

Alkanet, Oriental . . . *Alkanna orientalis*
Zones 4 to 11. Herbaceous perennial native to Greece, Turkey, Syria, Lebanon, Palestine, and Egypt. Soft, forgiving, citrus-scented leaves give rise to dense, yellow-flowered aerals. Sow in fall or spring.

30 seeds/pkt \$4.95

\$20.00/g (~220 seeds), Organic

\$8.50/plant, Organic

Anchusa, Azure *Anchusa azurea*
Zones 3 to 9. Herbaceous perennial native to Italy. This species is noted for its edible, intensely royal purple flowers, as big as quarters. Sow in spring.

10 seeds/pkt \$4.95, Organic



ALOE & BULBINE

Aloe (*Aloaceae*)

Zone 9 to 13. For all practical purposes, protect from frost. Perennial succulents with showy flowers, drought-tolerant, easy to grow indoors in low light areas, where they help purify the air. Pot up with cactus mix, sizing the pot to the plant. Most will go comfortably into gallons. We offer only species aloes, which will be bare-rooted to ship. Caring for these is an act of conservation! **PLEASE NOTE:** We have once again obtained seeds for some of the most choice Aloe species. Tested viable and true. Use cactus mix in 4-inch pots, set the seed down flat, cover with enough sand to secure, then cover with a light layer of pumice. Keep moist and in warm shade and... watch the magic happen.

Aloe arborescens(Krantz Aloe)
Used in (TAM) folk medicine against metastasis of cancer, an elegant plant. Used in creating living fences, this upright, firm-leaved Aloe is native to South Africa, growing to 8 feet tall. Flowers coral-red in fall and winter.

quart size: \$21.00/plant
gallon size: \$61.00/plant, Organic

Aloe ferox(Cape Aloe)
(Bitteraalwyn, Umhlaba)

Trunk-forming Aloe native to S. Africa. Protect from frost. Does very well indoors in pots, with fat leaves that curve gracefully upward, eventually pushing itself up on a squat trunk. One of the top 3 healing Aloes worldwide. Flowers bright orange-red.

30 seeds/pkt \$3.95

quart size: \$21.00/plant, Organic

Aloe jucunda

Aloe jucunda is spectacular in a small way. IUCN listed critically endangered miniature succulent native to the Gaan Libah plateau of Northern Somalia. The leaves are dark green, plump, recurved, shiny as if waxed. Flowering occurs frequently in the form of an upright stalk garlanded with deep-tubed, coral florets.

quart size: \$21.00/plant, Organic

Aloe macrocarpa(Zebra Aloe)

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

quart size: \$11.00/plant, Organic

Aloe maculata(Soap Aloe)
 Fat succulent widely distributed throughout S. Africa. Leaves flattened, triangular, spotted, radiating from a dense rosette. flowering stalks are topped with outsize pompoms of orange or red. Locals use the sap as soap for hand and hair washing.
quart size: \$11.00/plant, Organic

Aloe reitzii(Reitz's Aloe)
 <<NEW FOR 2024>>
 Rare perennial succulent endemic to the grasslands of Mpumalanga in South Africa. Flowers showy red to a height of 3 feet. Will take more cold than most aloes and thrives in sand, clay or loam.
20 seeds/pkt \$4.95

Aloe striata(Coral Aloe)
 Succulent perennial native to East and West Cape Provinces in S. Africa. Leaves broad, flattened, with white margins and candy-like pinstripes of white and green that give rise to 2-foot-tall, flowering spikes of coral red. Very cold-hardy and moisture-tolerant.
20 seeds/pkt \$4.95

3-inch pot: \$8.50/plant, Organic

Aloe variegata(Tiger Aloe)
 (Partridge Breast Aloe, Kanniedood, Bontalwyn) Native to rocky landscapes throughout South Africa and Namibia. Leaves thick, dark green, banded with white. Flowers frequently to 12 inches, club-like, orange. Used locally as a talisman of fertility and long life.
20 seeds/pkt \$3.95

3-inch pot: \$8.50/plant, Organic

BULBINE

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

Bulbine, Natal*Bulbine natalensis*
 (Rooiwertel)
 Traditional muti for male enhancement, the fleshy leaves make a showy rosette that gives rise to bright yellow flowers like candles in the night.
10 seeds/pkt \$4.95, Organic

quart size: \$21.00/plant, Organic

Burn Jelly Plant*Bulbine frutescens*
 The name says it all. Leaves filled with glorious gel. Very free-flowering yellow, making sweeping racemes, rounded pods.
10 seeds/pkt \$4.95, Organic

\$8.50/plant, Organic

Alum Root*Heuchera richardsonii*
 Family: Saxifrage (*Saxifragaceae*)
 Zones 3 to 8. Herbaceous perennial native to the Pacific Northwest. Pretty mounding plant with white, bell-shaped flowers. Shade. Sow in spring.
100 seeds/pkt \$3.95

Anchusa, Azure see ALKANET & ANCHUSA



Andrographis . *Andrographis paniculata*
 (Kalmegh, Chuan-xin-liang, King of Bitters)
 Family: Acanthus (*Acanthaceae*)

Annual and long-season, fully maturing in 160 days. Can be harvested for the active portion (leaf) well before that time. Native to China and India, flowering white to a height of 18 inches. Rare in the trade and highly desired. Traditional use (TAVM): bitter digestive, pandemics, vermifuge. Plant prefers full sun and dryish soils. Soak seed in 120°F water for 5 minutes, then press into surface of sandy soil and keep warm and in the light, with germ in 30 days. Space plants 2 feet apart. Dry conditions promote flowering while wet conditions promote vegetative growth. Newly harvested seeds!

20 seeds/pkt \$5.95

\$40.00/g Organic

\$11.00/plant, Organic

ANGELICA

Family: Carrot (*Apiaceae*)
 Zones 4 to 8. Biennials, preferring part shade to full sun in rich, moist soil. Sow in fall or early spring. Cold-stored, short-lived seed. Press into surface of cool, moist soil.

Angelica, Official *Angelica archangelica*
 Biennial. Native to temperate Europe, Siberia, and the Himalayan Mountains. Cultivated worldwide.

30 seeds/pkt \$3.95,

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

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

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Ashitaba*Angelica keiskei koidzumi*
 (Tomorrow's Leaf, Hachijo-sou)
 Zones 6 to 12. Native to Hachijojima in Japan. Ashitaba is unique among Angelicas due to its edibility and the presence of flavonoids known as "chalcones." Give 30 days cold, moist refrigeration, surface-sow, followed by 15 day germ in warm soil.

20 seeds/pkt \$9.95, Organic

4" pot: \$8.50/plant

9" pot: \$31.00, Organic

Anise, Official*Pimpinella anisum*
 Family: Carrot (*Apiaceae*)

Annual. Native to the Mediterranean, Asia Minor, and Egypt—introduced into Europe during ancient times. The sweet and spicy seed is a universal flavoring agent, emmenagogue, and galactagogue. Sow fall to very early spring.

100 seeds/pkt \$3.95,

\$11.55/5 g (~2,000 seeds),

\$20.10/10 g (~4,000 seeds), Organic



ARNICA

Family: Aster (*Asteraceae*)

Fresh or dried flowers used in classic herbal pharmacy as the most effective of anti-inflammatories. Light-dependent germinators—press into surface of peat-based medium and keep evenly moist until germination.

Arnica, Meadow . . . *Arnica chamissonis*
(Meadow Arnica)

Native to Western North America. High yielding, forming multiple flower stalks. This is the easiest true arnica to grow.

30 seeds/pkt \$4.95,
\$20.00/g (~2,000 seeds), **Organic**

Arnica, Mountain *Arnica montana*
Native to the mountains of Europe and Asia. The official species for herbal medicine. Source of the homeopathic arnica. This one makes the largest flowers of all Arnicas, which can be of significant advantage. Plant prefers sun at altitude, shade in lowland sites.

30 seeds/pkt \$4.95
\$20.00/g (~670 seeds)

“Mexican Arnica” *Heterotheca inuloides*
(Telegraph plant, Camphorweed)

Zones 7 to 9. Herbaceous perennial to 3 feet tall, flowering sunny yellow. Extensively used as an anti-inflammatory in Mexican herbalism, the plant requires little coddling.

50 seeds/pkt \$4.95

\$8.50/plant, Organic

ARTEMISIA

Family: Aster (*Asteraceae*)

The *Artemisias* are aromatic and medicinally active. Excessive dosage **potentially toxic**. Plants prefer full sun and dryish soils. Sow in fall or early spring. Light-dependent germinators. Mix with sand and press in.

ARTEMISIA SET (1 seed packet of: *Artemisia annua*; Mugwort, Western; Wormwood, Absinthe; Yomogi.) [NY, SD, WA no]
4 pkts \$12.90 Price shown is a discount.

MEDICINAL HERB SEEDS & PLANTS

Artemisia annua

(Sweet Annie, Qing-hao)

Annual. 100 days to harvest of leaf and flowers. This is a high Artemisinin, late flowering cultivar. Pervasively and pleasantly aromatic foliage. Antiviral, antimalarial, vermifugal, and antipandemic.

200 seeds/pkt \$4.95

\$12.00/g (~57,000 seeds), **Organic**

\$8.50/plant, \$21.95/3 plants, Organic

Mugwort, Common . *Artemisia vulgaris*

Herbaceous perennial. All temperate zones. Spreads vigorously. The herb is used to make moxa, burned over acupuncture points to quicken the blood. Dream-inducer. Plant 2 feet apart. Grows 3 to 4 feet tall.

200 seeds/pkt \$3.95

\$9.00/g (~4,000 seeds),

\$23.55/5 g (~20,000 seeds),

\$44.10/10 g (~40,000 seeds)

Not for sale to NY state

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Mugwort, Western *Artemisia ludoviciana* (White Sage)

Herbaceous perennial native to western and central US and Canada. All temperate zones. Aromatic, soft, whitish leaves.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Southernwood . . . *Artemisia abrotanum*

Zones 4 to 10. Woody shrub, native to the Mediterranean. Lemon-scented moth-repellent and bitter tonic. Plant prefers full sun and well-drained soils.

\$11.00/plant, \$30.50/3, Organic

Wormwood, Absinthe . . . *A. absinthium*

Woody perennial. Native to Europe, Siberia, Kashmir, and the Mediterranean. All zones. This is a strikingly large, silvery-green, soft, and mellow plant for the medicinal landscape. Used to make “Absinthe.”

100 seeds/pkt \$4.95,

\$14.00/g (~14,000 seeds), **Organic**

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Not for sale to SD, WA state

Wormwood, Redstem *Artemisia scoparia* (Yin-chen)

Biennial with a wide distribution in North Africa, temperate and tropical Asia, and Europe. Traditional use (TCM): hepatoprotective, also used in anti-staph therapy.

50 seeds/pkt, \$4.95, Organic

Yomogi *Artemisia princeps*

(Japanese Mugwort, Kui-hao, Ssuk)

Herbaceous perennial native to Japan. Excellent smudging plant, producing a smooth and cooling smoke that purifies the air of pathogens and helps dispel mental negativity. Source of moxa used in moxibustion. Also a culinary herb, used to flavor mochi, soups, rice. Sun to shade, porous soils, soils of low fertility, drought-tolerant.

200 seeds/pkt \$4.95, Organic

Ashitaba see ANGELICA

ASHWAGANDHA

Family: Nightshade (*Solanaceae*)
Herbaceous perennial in the tropics, annual in temperate zones. Dried root is a Ginseng-like and very potent-smelling tonic. Plants sown in spring may be dug after first frost.

Ashwagandha, African *Withania somnifera*
Evergreen woody shrub native to North Africa, an ecotype with large leaves and very fast growth. Sexual tonic.

50 seeds/pkt \$4.95
\$12.00/g (~650 seeds)
\$32.55/5g (~3,250 seeds)
\$59.10/10g (~6,500 seeds), **Organic**

Ashwagandha, Vedic *Withania somnifera*
Woody subshrub native to India, where it is used extensively in Ayurvedic medicine (TAVM): adaptogen, energy booster, sexual tonic. Prefers sun, dryish sites.

50 seeds/pkt \$4.95
\$12.00/g (~650 seeds)
\$32.55/5g (~3,250 seeds)
\$59.10/10g (~6,500 seeds)
\$472.80/100g (~65,000 seeds), **Organic**
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

ASTER

Aster, Aromatic *Aster oblongifolius*
Herbaceous perennial native to Eastern and Central US. Bearing hundreds of showy blossoms in summer to fall, makes butterflies flock. Foliage aromatic, used in TWM for treating cough, asthma. The plant does well in full sun and mesic water, is tolerant of clay soils and sand. Space 2 feet apart.

100 seeds/pkt \$3.95
\$8.50/plant, \$21.95/3, Organic

Aster, Purple *Aster tataricus*
(Zi-wan, Tartarian Aster)

Herbaceous perennial native to Asia, flowering showy purple and yellow to a height of 5 feet. Flowers in the autumn, feeding bees and brightening the garden. The dried root is used in TCM: cough, phlegm. Full sun, moist to mesic soils. Space 2 feet apart.

\$8.50/plant, \$21.95/3, Organic

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

Family: Legume (*Fabaceae*)
Zones 4 to 10. Herbaceous perennial native to China. King of tonic herbs, an anabolic immunostimulant. Prefers full sun, average soil, good drainage. Sow in spring.

30 seeds/pkt \$3.95,
\$10.00/g (~250 seeds)
\$26.55/5 g (~1,250 seeds)
\$49.10/10 g (~2,500 seeds), **Organic**

Avens *Geum urbanum*
Rose (*Rosaceae*) Zones 4 to 9

Herbaceous perennial flowering lemon yellow to 18 inches, native to Europe, North Africa, Asia Traditional use (TWM, TNAM): oral astringent.

50 seeds/pkt \$3.95, Organic
\$8.50/plant, Organic

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

Family: Bellflower (*Campanulaceae*)
Zones 3 to 10. Herbaceous perennial. Native to China and Japan. Striking, blue-purple balloons. Sow in spring.

50 seeds/pkt \$3.95, Organic
\$8.50/plant, Organic



BALM

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

Balm of Gilead . . *Cedronella canariensis*
Zones 9 to 12. Herbaceous perennial native to the Canary Islands. Leaves compound, shiny, redolent with citrus and camphor. Multiple sweeping stems flower lavender to a height of 3 feet. Lends its fragrance to both oil and tincture. Space 2 feet apart.

20 seeds/pkt \$4.95, Organic
\$8.50/plant, Organic

Lemon Balm *Melissa officinalis*
Zones 4 to 8. Herbaceous perennial. Native to the Mediterranean, Russia, Syria, Iran, and Turkestan. Classic medicinal tea herb that assists in controlling high blood pressure, migraines, and hysteria. Sun or shade, keep trimmed back to keep it tidy, and to keep the tea flowing. Space 2 feet apart.

100 seeds/pkt \$3.95, Organic
\$9.00/g (~2,000) seeds
\$23.55/5 g (~10,000) seeds
\$44.10/10 g (~20,000) seeds
\$8.50/plant, \$21.95/3, \$57.00/10, Organic



Basil
(*Ocimum basilicum*)

Lime Balm
..... *Melissa officinalis* ssp. *altissima*
(Crete Balm)

Zones 5 to 10. Herbaceous perennial to 2 feet. Native to the Mediterranean. Light-green lime-flavored foliage is softly pubescent, with outsize flowers of light lavender.

30 seeds/pkt \$3.95, Organic
.....
\$8.50/plant, \$21.95/3, Organic

Moldavian Balm
..... *Dracocephalum moldavicum*
(Moldavian Dragon's Head)

Annual. 100 days to maturity. Native to Eurasia. Smallish, erect, branching plants with bright flowers, enchantingly aromatic.

50 seeds/pkt \$4.95, Organic
\$9.00/g (~450 seeds)
\$23.55/5 g (~2,250 seeds), Organic

Barbat Skullcap *see* SKULLCAP

BASIL

Family: Mint (*Lamiaceae*)

These Basils are excellent in salad dressing, in stir-fry, in Asian cookery, and they make incomparable PESTO. Sow in spring.

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

Price shown is a discount.

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

100 seeds/pkt \$2.95,
\$8.00/g (~890 seeds),
\$18.55/5 g (~4,450 seeds)
\$34.10/10 g (~8,900 seeds), Organic

Basil, Greek *Ocimum minimum*
A tiny hummock of a plant, resembling a Lilliputian Oak tree, but redolent with the finest of Basil aroma.

100 seeds/pkt \$2.95,
\$9.00/g (~880 seeds),
\$23.55/5 g (~4,400 seeds), Organic

Basil, Kivumbasi Lime *O africanum*
(Kivumbasi Ndimu)

Originally collected by Richo on the Island of Unguja in Zanzibar. A tasty tea herb that powerfully rejuvenates.

50 seeds/pkt \$2.95, Organic

Basil, Mrihani *Ocimum basilicum*

Annual, 60 days. This is a traditional cultivar from the island of Pemba. The plants are large, robust and upright, with ruffled leaves emitting a Basil-Licorice aroma. Plants are highly resistant to downy mildew.

30 seeds/pkt \$2.95, Organic

Basil, Sweet Lettuce Leaf *O. basilicum*

Culinary. Prolific producer. Easy to grow, a good beginner's basil. Large, thick leaves are fine for pesto or salsa.

100 seeds/pkt \$2.95, Organic

Basil, Thai *Ocimum basilicum*

Culinary. This is a showy, globe-shaped plant with medium-sized, lance-shaped purplish leaves and flowers. Spicy.

100 seeds/pkt \$2.95
\$9.00/g (~1,100 seeds),
\$23.55/5 g (~5,500 seeds), Organic

Basil, Tree *Ocimum suave*

E. African roadside perennial to 12 feet. Leaves edible and very high in oil of eugenol, used locally to allay dental pain.

30 seeds/pkt \$3.95, Organic

Basil, Holy *see* TULSI

Bearsfoot *Polymnia uvedalia*
Family: Aster (*Asteraceae*)

Zones 5 to 9. Native to eastern US. The stems bear opposite, 3-lobed leaves that resemble the foot print of a bear—flowers bright yellow and black. The resinous root is a traditional salve-making ingredient. Prefers full sun or partial shade, very moist soils. Sow in fall or early spring and fire-treat. Cold hardy. Grows from 3 to 6 feet, eventually producing a giant clump.

10 seeds/pkt \$3.95

Beeplant, Rocky Mountain

..... *Cleome serrulata*
(Spider Plant, Beeweed, Navajo Spinach)

Annual, bushy plant to 4 feet with multiple upright stalks crowned by showy, ball-like flowering tufts of pink to purple. This plant was one of the original companion plants, used by Native Americans to bring diverse pollinators into the subsistence garden.

50 seeds/pkt \$3.95



BELLADONNA

Family: Nightshade (*Solanaceae*)
 Zones 5 to 9. In all species the showy, dangling flowers give way to soft, blackly shining berries. Mysterious beauty. **No parts of these plants should ever be ingested.** Homeopathic. Used externally in herbalism as a muscle relaxant, being antispasmodic to the smooth muscles. Helps prevent motion sickness. Fertile, moderately moist, well-rested ground in the shade to part sun. Sow in fall or early spring. Slow to germ. May help to soak seed in water in fridge for a couple of days, then sow warm. Will thrive in potted culture, otherwise place to the landscape at 2 feet apart.

Belladonna, Caucasus *Atropa caucasica*
 Native to the northern Caucasus, at the intersection of Asia and Europe, between the Black and the Caspian Seas. The plant tends to be small, well-known to withstand full sun and drought.
30 seeds/pkt \$4.95, Organic

Belladonna, Official *Atropa belladonna*
 Native to Central and Southern Europe. This is the official species. Plants prefer partial to full shade, average fertility.
30 seeds/pkt \$4.95,
\$20.00/g (~1,200 seeds), Organic
\$8.50/plant, Organic

Belladonna, Turkmenistan
 *Atropa komarovii*
 Native to Central Asia, the Kopet-dag mountains of Turkmenistan. Flowers yellow, bell-shaped, elongated. These tend to make single, woody stems that branch horizontally, bedecked with flowers and fruits.
10 seeds/pkt \$4.95, Organic
\$8.50/plant, Organic

Scopalia *Scopolia carniolica*
 (Belladonna Scopola) Zones 4 to 8.
 Native to northern Eurasia. Clump-forming perennial, showy in spring, with dangling, belladonna-like rust-red flowers giving way to capsules looking like henbane. Traditional use (TWM): low-dose botanical used for treating gastrointestinal spasm, sea sickness. Sow warm, work up in pots and transplant to moist shade, 2 feet apart.
20 seeds/pkt \$4.95

BERGAMOT

Family: Mint (*Lamiaceae*)
 Certainly one of the most revered of Native American medicinals, these can be planted as chest high, herbaceous hedges. Light-dependent germinators. Direct-seed in spring or start in greenhouse. Germ 30 days. PLEASE NOTE: Do not be alarmed. Bergamot plants are often spotted with harmless white yeast.

BERGAMOT SET (1 seed packet each of Bergamots: Lavender, Lemon, Sweetleaf, & Yellow Dotted Mint)
\$12.90/4pkts
Price shown is a discount.

Bergamot, Lavender *Monarda fistulosa*
 (Wild Bergamot)
 Perennial. Makes tight clusters of lavender, long-tubed flowers. Fantastic fresh-cut flower and tasty tea herb. Full sun, dry soils.
100 seeds/pkt \$3.95

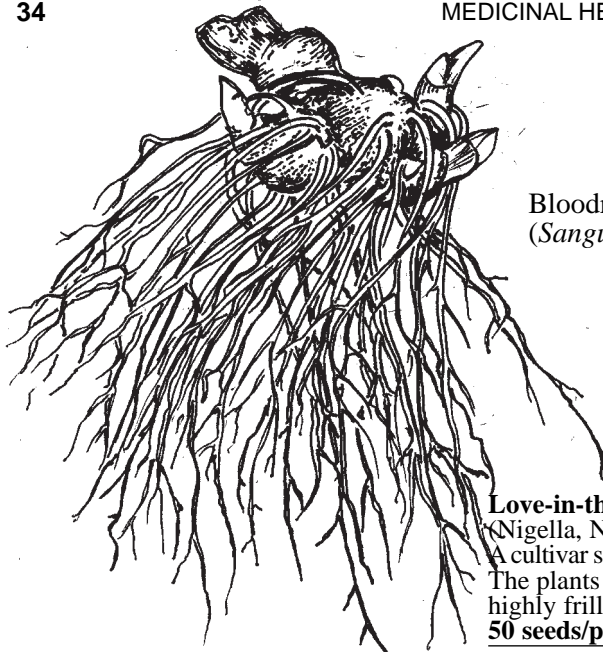
Bergamot, Lemon *Monarda citriodora*
 (Lemon Mint, Purple Horsemint)
 Annual. Self-seeding. Native to midwestern and southern US. The leaves are deliciously lemon-scented. Plant prefers full sun, dryish soils. Flowers to 3 feet tall.
100 seeds/pkt \$2.95

Bergamot, Red *Monarda didyma*
 (Oswego Tea, Crimson Beebalm)
 Herbaceous perennial native to eastern North America, flowering crimson to 3 feet. One of our better native tea plants, with an aroma and taste similar to bergamot orange of Earl Grey tea fame. Traditional uses (TNAM): Antiseptic, carminative, mood enhancing. Sun to part shade and rich, moist soils of garden or edge of woodland.
20 seeds/pkt \$4.95, Organic
\$8.50/plant, Organic

Bergamot, Sweet Leaf
 *Monarda fistulosa*
 (Lakota Bee Balm)
 Herbaceous perennial native to western North America, with showy flowers of lavender to rose.
30 seeds/pkt \$4.95, Organic

Mint, Yellow Dotted *Monarda punctata*
 Native to the eastern and southern US. This minty plant has flowers resembling the markings of a leopard—whorls of striking golden flowers spotted with purple.
100 seeds/pkt \$3.95

Mountain Beebalm
 *Monardella odoratissima*
 (Coyote Mint)
 Perennial miniature woody subshrub native to the western states. Flowers lavender in showy globular whorls. Does well on a dry, sunny, rocky exposure. Needs little, gives much. Space plants 1 foot apart.
20 seeds/pkt \$3.95
\$8.50/plant, 21.95/3 plants, Organic



Bloodroot
(*Sanguinaria canadensis*)

Bidens *Bidens pilosa*
(Xian-feng-cao, Blackjack, Sticky Beaks)
Family: Aster (*Asteraceae*)
100-day annual. Annual weed native to South America. Flowers yellow to a height of 5 feet. Edible and medicinal, in vogue for treating Lyme. Sow in spring.
50 seeds/pkt \$3.95,
\$9.00/g (~550 seeds), Organic.

Bistort *Polygonum bistorta*
Family: Buckwheat (*Polygonaceae*)
Perennial. Native to Europe, Asia, and eastern US. Classic medicinal herb and source of bistort pudding, a gentle and effective wild food and astringent. Prefers full sun, regular garden soil. Sow in fall or early spring.
30 seeds/pkt \$3.95

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Black Cohosh *Cimicifuga racemosa*
Family: Crowfoot (*Ranunculaceae*)
Forest dwelling herbaceous perennial. Elegant plants with serrated, compound leaves, soaring flowers.
50 seeds/pkt \$3.95,
\$9.00/g (~450 seeds)
\$23.55/5g (~2,250 seeds)
\$44.10/10 g (~4,500 seeds), Organic

\$11.50/plant, \$27.50/3, \$82.00/10, Organic

BLACK SEED

Family: Crowfoot (*Ranunculaceae*)
Self-seeding annuals. 90 days to flowers. Brightly colored and complex, crowned flowers and seedpods. Sow in spring.

Black Seed *Nigella sativa*
Native to the Middle East. Compact plants yield strongest seed medicinality of all the *Nigella*. A panacea from Africa and Arabia.
100 seeds/pkt \$3.95,
\$8.00/g (~400 seeds),
\$18.55/5 g (~2,000 seeds),
\$34.10/10 g (~4,000 seeds), Organic

Love-in-the-Mist . . . *Nigella damascena*
(Nigella, Neon Lights)
A cultivar selected here at Strictly Medicinal®. The plants are miniature, with bright purple, highly frilled flowers.
50 seeds/pkt \$3.95, Organic

Blessed Thistle *see* THISTLE

Bloodroot *Sanguinaria canadensis*
Family: Poppy (*Papaveraceae*)
(Red Puccoon, Indian Paint, Tetterwort)
Zones 4 to 9. Spring ephemeral perennial native to the eastern hardwood biome. Plant prefers shade garden or shade of hardwoods. Traditional use (TWM): Expectorant, antibiotic, wart removal. Low-dose or external.
\$10.50/plant, Organic

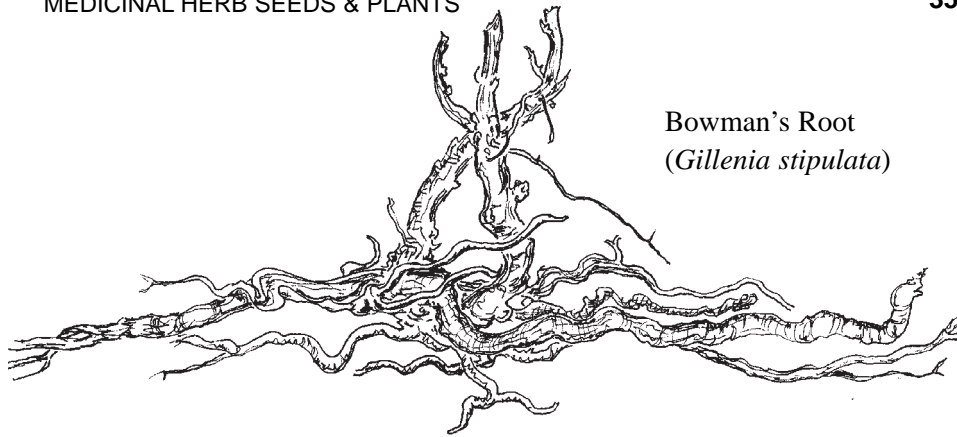
Blue Cohosh . . *Caulophyllum thalictroides*
Family: Barberry (*Berberidaceae*)
Zones 3 to 7. Herbaceous perennial. Native to the eastern US hardwood forest. Exquisite, 3-lobed, light green leaves and purple berries. Used to facilitate difficult births. Plant likes rich, composty soil in forest or shade garden. Grows 2 to 3 feet.
\$12.50/plant, 31.50/3 plants, Organic.

Blue Flag Iris *see* IRIS

Boneset *Eupatorium perfoliatum*
Family: Aster (*Asteraceae*)
Zones 4 to 9. Herbaceous perennial. Native to Southern and Eastern US. Large and showy, bearing masses of long-lived, white flowers. Sow in spring.
100 seeds/pkt \$3.95
\$10.00/g (~500 seeds), Organic

\$8.50/plant, Organic

Borage *Borago officinalis*
Family: Borage (*Boraginaceae*)
Annual. Native to the Mediterranean. 80 days to maturity. Children love to eat the nodding, blue and purple flowers that gladden the heart. Direct-seed in fall or spring. If planting in warm soil, best to give the seed 30 days moist refrigeration prior to sowing. Once you introduce this lovely to the garden, it will tend to reliably self-seed.
30 seeds/pkt \$3.95,
\$19.55/5g (~300 seeds),
\$30.10/10g (~600 seeds), Organic



Bowman's Root
(*Gillenia stipulata*)

Bowman's Root *Gillenia stipulata*
(Indian Physic, Wild Ipecac)
Family: Rose (*Rosaceae*)
Zones 4 to 9. Herbaceous perennial. Native to the deciduous forests of southeast Canada through southern US. Multiple starry flowers, white with red highlights. Traditional use (TNAM): Emetic, stomachic, indigestion, colds, asthma, hepatitis. Plant prefers moist, fertile soils and shade. Sow fall or spring. Space 2 feet apart.
10 seeds/pkt \$4.95, Organic

\$8.50/plant, Organic

Brahmi *Bacopa monnieri*
Family: Figwort (*Scrophulariaceae*)
Zones 8 to 12. Tropical semi-aquatic perennial, grown as an indoor specimen, aquarium plant, or summer annual. Traditional use (TAVM): sharpen the mind and stimulate the memory. Space 1 foot apart.
\$9.50/plant, \$25.50/3, \$72.00/10, Organic

Buckwheat see COVER CROPS

Bugle *Ajuga reptans*
An excellent ground cover for shady situations, including under Redwoods or otherwise acidic soils. Handsome purple leaves, blue flowers, and as a medicinal herb, a classic woundwort, similar to Self-Heal.
20 seeds/pkt \$4.95, Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

BUGLEWEED
Family: Mint (*Lamiaceae*)
Rhizomatous, herbaceous perennials hardy to Zones 4 to 9. Sow in spring. Traditional use: hyperthyroidism.

Bugleweed *Lycopus americanus*
Herbaceous perennial native to the eastern states. Willowy in form, strangely and enticingly, almost skunkily, aromatic.
100 seeds/pkt \$3.95

Gypsywort *Lycopus europaeus*
A bit larger and higher-yielding than its American cousin. Easy to grow.
100 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Bundle Flower . . . *Desmanthus illinoensis*
Herbaceous perennial nitrogen-fixer native to the American Midwest. Good choice as a nutritious forage crop, also for prairie restoration/dryland soil restoration, erosion control. Scarify on sandpaper, sow in spring.
100 seeds/pkt \$3.95

Bupleurum, Chinese *Bupleurum chinense*
(Bei-chai-hu, Twigs of the Barbarians)
Family: Carrot (*Apiaceae*)
Zones 3 to 10. Herbaceous perennial native to Asia. Bright yellow flowers to 3 feet tall. Traditional use of sliced, dried roots (TCM): One of the herbs that releases the exterior, having bitter, acrid and cold properties, treating liver ailments, poor digestion, malaria, fever, headache, tinnitus. Plant prefers sun, withstands drought. Soak seeds in frequent water changes for 2 days, then sow cool for germination in 15 to 20 days. Work up in pots. Space 6 inches apart.
50 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Burdock, Gobo *Arctium lappa*
(Niu-bang)
Family: Aster (*Asteraceae*)
Zones 3 to 9. Standard medicinal plant, making taproots sometimes as big as your forearm. Combined with Dandelion, a trustworthy blood cleanser for treatment of many ills, including staph.
100 seeds/pkt \$2.95,
\$14.55/5 g (~525 seeds)
\$26.10/10 g (~1,050 seeds),
\$117.00/100 g (~10,500 seeds)
\$266.00/lb (~47,670 sds), Organic

Burning Bush . . . *Dictamnus purpureus*
Family: Citrus (*Rutaceae*)
Zones 3 to 9. Herbaceous perennial native to Eurasia. Upright, multistemmed, festooned with orange-scented shining compound leaves and showy flowers. Traditional use (TWM): stomachic, tea. Give 90 days moist refrigeration or sow in fall for germ in spring. Plant loves mulch. Space 3 to 4 feet apart.
20 seeds/pkt \$4.95, Organic

\$22.00/plant in a 9 inch pot, Organic

Butterbur see Petasites



CACTUS

Cactus seeds may be sown indoors anytime. A perfectly draining mix (Cactus mix) is necessary. Most growers use bright light and plastic wrap over the planting until germination occurs, then prop the seedlings up with bits of pumice to grow on. Cacti may be kept in sunny room, greenhouse, or summer patio.

PLEASE NOTE: Our apologies, you will not find *Trichocereus* seeds or plants on our website, but we do accept mail orders for them.

Cactus, Bolivian Torch

Trichocereus bridgesii
Zones 8 to 12. Perennial "Achuma" native to Bolivia. Rare blue-green skinned columnar Cactus.

10 seeds/pkt \$5.95

\$31.00/potted plant, Organic

Cactus, Peruvian Torch

Trichocereus peruvianus
Zones 8 to 12. Native to the Andes. Blue-green columnar Cactus with long spines. Rare and powerful ally similar to San Pedro.

\$31.00/potted plant, Organic

Cactus, San Pedro

Trichocereus pachanoi
Zones 8 to 12. Dark blue-green, nearly spineless, ribbed, columnar.

10 seeds/pkt \$5.95

\$21.00/tip cutting, Organic

Cactus Grandiflorus

Selenicereus grandiflorus
Zones 10 to 12, otherwise nicely grown indoors. Native to the Caribbean, a rare epiphyte. Traditional usage (Eclectic): heart tonic. Up-pot to a gallon of cactus mix. Giant vanilla-scented maids of the night.

\$11.00/plant, \$30.50/3, \$77.00/10, Organic

Cactus, Giant Saguaro

Carnegiea gigantea
Zones 8 to 12. Native to the Sonoran Desert. Long-lived, branching, elongated barrels to 40 feet. Waxy, white, 4-inch flowers rim the crown. The fruits are used to make an intoxicating beverage. Standard cactus culture with germ in 3 weeks.

100 seeds/pkt \$3.95

\$9.00/g (~9,000 seeds)

\$18.55/5g (~45,000 seeds)

\$34.10/10g (~90,000 seeds)

Cactus, Desert Queen of the Night

Peniocereus greggii
Zones 9 to 11. Caudiciform, climbing cactus native to the American SW and Mexico. From 3 to 6 feet tall, flowering white. Traditional use: Pain in the heart.

\$41.00/potted plant, Organic

Dragon Fruit

Hylocereus undatus
Zones 10 to 12. Perennial vining cactus. Excellent in pots. Protect from frost. Giant, night-blooming, frilled white flowers. The fruit is edible and delicious. Plants prefer moist soil and a trellis or tree. Press seed into surface, keep moist and in the light. Germ in 2 to 4 weeks at 70°F.

\$21.00/plant, Organic

Calamus

Acorus calamus americanus
(Sweet Flag, Rights What's Wrong Herb)

Family: Arum (*Araceae*)

Zones 4 to 11. Perennial monocot water plant. Native to the northern prairie states. The bitter and aromatic rhizome is a premier digestive herb. Best germination will be obtained by giving a warm/cold/warm cycle. Plants prefer edge of waterway or an evermoist, cool, shaded bed.

100 seed/pkt \$4.95

\$9.50/potted plant, Organic

CALENDULA

All are: *Calendula officinalis*

(Pot Marigold)

Family: Aster (*Asteraceae*)

Annuals or short-lived perennials. Native to southern Europe. Probably the most all-inclusive medicinal herb, the plant is healing and anti-inflammatory. Easily grown by direct-seeding into a prepared garden bed in the spring. Tamp well, keep moist. Germinates best in cool soils and may take up to 2 weeks to germinate. Start early for best results. Space 1 to 2 feet apart.

Calendula, Mixed

This heirloom produces single and double, orange and yellow blossoms. Excellent for tea, tincture, salve or cosmetics.

50 seeds/pkt \$3.95,

\$17.55/5 g (~1,000 seeds),

\$31.10/10 g (~2,000 seeds), Organic

Calendula, Orange

This strain produces orange flowers measuring up to 3 inches in diameter. They are pretty, yield well, and make good medicine.

50 seeds/pkt \$3.95,

\$17.55/5 g (~600 seeds),

\$31.10/10 g (~1,200 seeds)

\$214.00/100 g (~12,000 seeds), Organic

Calendula, Wild

Calendula arvensis
(Field Marigold)

Annual, requiring only 40 to 50 days to maturity, sometimes a short-lived perennial in Zones 5 to 9. Flowers bright yellow on a miniature bush to 12 inches tall. This is an excellent winter grower. Space 6 inches apart.

10 seeds/pkt \$3.95, Organic

Canterbury Bells*Campanula medium*
(Cups and Saucers)

Family: Bellflower (*Campanulaceae*)
Biennial, overwintering in Zones 4 to 10.
Native to the Mediterranean, flowering purple in the second year to a height of 3 feet. Large, dark-blue, edible flowers attract bees and butterflies. One of the longest-lasting cut flowers, lasting for a week in a vase, hatching new flowers all the while. Dye plant. Deer resistant. Prefers a part sun to shady position and rich, well-rested soils. Space 6 inches apart.

100 seeds/pkt \$3.95, Organic

Caraway, German*Carum carvi*
Family: Carrot (*Apiaceae*)

Biennial or overwintering annual to 2 feet tall. Mediterranean. The seeds of this handsome plant are used to assuage indigestion and infant colic. Allays flatul.

200 seeds/pkt \$2.95,

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

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

Cardinal Flower*see* LOBELIA

Carpesium . . .*Carpesium macrocephalum*
<<NEW FOR 2024>>

(Da-hua-jin-wa-er)

Family: Aster (*Asteraceae*)

Hardy to zones 5 to 9. Herbaceous perennial herb native to Asia, flowering with swollen, oversize, greenish-yellow disc flowers surrounded by radiating bracts. A true show-stopper, delightfully weird. Traditional use (TCM): cool blood and staunch bleeding, dispel stasis. Bruises, falls, knocks. Plant prefers rich soil and part to full shade. Mix seeds with dry sand to help separate them—they are naturally sticky with resin. Sow in spring in warm greenhouse. Rapid germ. Space 1 to 2 feet.

20 seeds/pkt \$3.95, Organic

CASTOR

Family: Spurge (*Euphorbiaceae*)

TOXIC -- Do not eat the seeds!

Tropical perennial, temperate annual. 100 days to maturity. Native to Africa. Direct-seed in spring.

CASTOR SET (1 packet each of Giant, New Zealand Purple, and Zanzibar Red.)

3 pkts \$9.90 Price shown is a discount.

Castor, Giant*Ricinus communis*
Largest of all the Castors with green, prominently veined leaves up to 3 feet across on a plant up to 20 feet tall.

5 seeds/pkt \$3.95

Castor, New Zealand Purple

.*Ricinus communis*

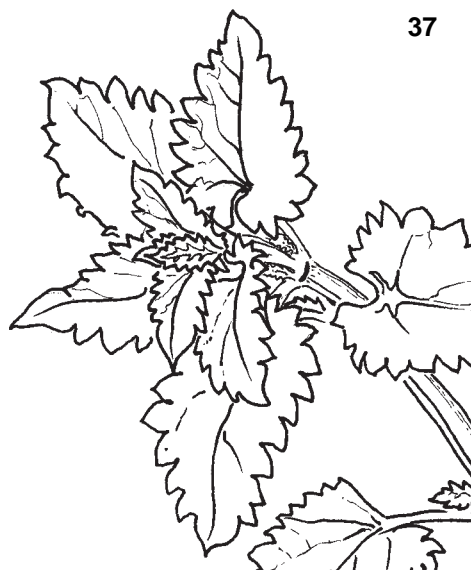
The plants tend to be more compact than the other Castors, and the leaf shines like copper. Glows in the sun.

5 seeds/pkt \$3.95, Organic

Castor, Zanzibar Red .*Ricinus communis*

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

5 seeds/pkt \$3.95



CATNIP

Family: Mint (*Lamiaceae*)

Zones 5 to 9. Highly aromatic minty plants with long-lasting, flowering racemes. Full sun and dry soils. Scarify and sow in spring.

Catnip, Japanese*Nepeta tenuifolia*
(Jing-jie, *Schizonepeta tenuifolia*)

Aromatic annual herb growing to 4 feet tall, native to China, one of the warming herbs of TCM. Bees love it! Plant prefers a sun and fast-draining soils of medium fertility. 1 to 3 weeks to germ. Space 1 foot apart.

200 seeds/pkt \$3.95,

\$12.00/g (~2,000 seeds), Organic

Catnip, Official*Nepeta cataria*

Short-lived herbaceous perennial. Native to Europe. Downy, green foliage with dense, white-green flowering racemes.

200 seeds/pkt \$3.95,

\$8.00/g (~2,000 seeds),

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

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

\$8.50/plant, Organic

Cayenne*see* PEPPER

Celandine, Greater . .*Chelidonium majus*

Family: Poppy (*Papaveraceae*)

Zones 5 to 8. Herbaceous perennial, self-seeding. Native to Europe and temperate Asia. Acrid, yellow-orange latex, most concentrated in root, a wart remover and penetrating alternative. Sow in fall or early spring.

50 seeds/pkt \$3.95

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

\$8.50/plant, Organic

Chameleon Plant*Houttoynia cordata*

(Yu-xing-cao, Tsi, Fishwort)

Family: Lizard Tail (*Saururaceae*)

Zones 5 to 12. Creeping herbaceous perennial native to China. Stolons and leaves of this prettily white-flowered creeper used as a tasty condiment as well as anti-Lyme.

30 seeds/pkt \$4.95, Organic

4" pot: \$9.50/plant, \$24.50/3, \$82.00/10

9" pot: \$21.00/plant, Organic

CHAMOMILE

Family: Aster (*Asteraceae*)
Dried Chamomile flowers make a gently sedative tea. Sow directly in fall, midwinter, or very early spring.

CHAMOMILE SET (1 seed packet each)
4 pkts \$14.90 Price shown is a discount.

Chamomile, Dyer's . *Anthemis tinctoria*
Zones 4 to 8. Perennial native to Europe. Large, lemon-yellow daisies used to dye wool and as a salutary tea.

100 seeds/pkt \$3.95,
\$10.00/g (~1,500 seeds), **Organic**

\$8.50/plant, Organic

Chamomile, German *Matricaria recutita*
Annual, self-seeding. Native to Europe, Iran, and Afghanistan. 80 days to maturity. Cultivated everywhere. This is the delightfully aromatic Chamomile of tea fame.

500 seeds/pkt \$3.95,
\$10.00/g (~7,500 seeds),
\$26.55/5 g (~37,500 seeds),
\$49.10/10 g (~75,000 seeds), **Organic**

Chamomile, Roman *Chamaemelum nobile*
Zones 4 to 9. Perennial ground cover. Plants spread and interlock to form a tough mat.

300 seeds/pkt \$3.95,
\$14.00/g (~7,500 seeds), **Organic**

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Chamomile, Saint John's

. *Anthemis sancti-johannis*
Zones 3 to 9. Evergreen perennial to 18 inches, native to the mountains of Bulgaria.

50 seeds/pkt \$3.95, Organic

Chervil, Fijne Krul *Anthriscus cerefolium*
Family: Carrot (*Apiaceae*)

Annual. Fast-growing plants are petite and the flavor is fine. Bee-friendly Chervil is cold-hardy. Sow in late summer to fall.

100 seeds/pkt \$2.95,
\$6.00/g (~600 seeds),
\$18.55/5 g (~3,000 seeds),
\$34.10/10 g (~6,000 seeds), **Organic**

CHRYSANTHEMUM

Cultivars of *Chrysanthemum morifolium* known as "Ju-hua." Zones 5 to 10.

Chrysanthemum, Chinese—Bo-ju-hua .
(Autumn Chrysanthemum) The main type used in TCM—flowers to 2 inches, cream.

9" pot: \$21.00/plant, Organic

Chrysanthemum, Chinese—Gong-ju-hua
(Huangshan Gongzhu) Choice cultivar produces button flowers of yellow and cream.

4" pot: \$16.00/plant
9" pot: \$21.00/plant, Organic

Chickweed, Common . . . *Stellaria media*
Family: Pink (*Caryophyllaceae*)

Annual. 60 days to maturity. Native to all temperate regions, as far north as the Arctic. Classic spring tonic.

100 seeds/pkt \$3.95, Organic

Cilantro *Coriandrum sativum*
(Coriander)

Family: Aster (*Asteraceae*)
Annual. Native to the Mediterranean shores. 60 days to maturity. The herb and seeds are stimulant, aromatic, and carminative. Direct-seed in early spring. Companion plant.

100 seeds/pkt \$3.95,
\$14.55/5 g (~500 seeds),
\$26.10/10 g (~1,000 seeds), **Organic**



CLEAVERS

Family: Madder (*Rubiaceae*)

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

30 seeds/pkt \$3.95, Organic

Madder *Rubia tinctorum*
Zones 5 to 9. Climbing perennial native to the Mediterranean and southern Europe. The plant is a classic element of the Medieval garden. Madder root contains a fine red dye. Sow in warm soil with germ in 2 weeks. Sun, well-drained soil.

10 seeds/pkt \$4.95,
\$22.55/5 g (~300 seeds),
\$40.10/10 g (~600 seeds), **Organic**

\$8.50/plant, \$21.95/3 plants, Organic

Our Lady's Bedstraw . . . *Galium verum*
Zones 3 to 7. Herbaceous perennial. Native to the British Isles, Europe, Asia, and Mesopotamia. Used as a clean and aromatic stuffing for mattresses, a curdling and coloring agent for cheesemaking, and a lymphatic and urinary tonic. Red dye-plant.

100 seeds/pkt \$3.95, Organic

Clover . . . see COVER CROP SECTION

Codonopsis see Dang-shen

Cock's Comb *Celosia cristata*
(Ji-guan-hua)
Family: Amaranth (*Amaranthaceae*)
Annual. 90 to 100 days to maturity. Pantropical distribution. The plant bears an outrageous, convoluted, crested, flowering comb, burgundy, to a height of 20 inches. Traditional use (TCM): Menstrual woes, dysentery, hemorrhoids. The plant prefers full sun to part shade and a well-drained soil.
100 seeds/pkt \$3.95,
\$7.00/g (~1,400 seeds)
\$17.55/5g (~7,000 seeds),
\$31.10/10g (~14,000 seeds), **Organic**

Colchicum *Colchicum autumnale*
(Meadow, Autumn Crocus)
Family: Lily (*Liliaceae*)
Zones 6 to 9. Bulbous perennial. Native to Europe. Blooming in September or October, the flowers are large and impressive.
50 seeds/pkt \$3.95

Columbine, Wild Form
. *Aquilegia canadensis*
Family: Crowfoot (*Ranunculaceae*)
Zones 3 to 8. Herbaceous perennial forest dweller to 2 feet tall. **Low-dose botanical.** Plant prefers shade, loamy soils.
20 seeds/pkt \$3.95, Organic



COMFREY
Family: Borage (*Boraginaceae*)
Zones 3 to 9. Herbaceous perennial native to Europe. Multipurpose healing, permaculture, and animal food plant. The roots and leaves of both types contain the cell-proliferant allantoin.

Comfrey, Russian Bocking 14 Cultivar *Symphytum x uplandicum*
This is the Comfrey our family (including our animals) has relied upon for over 40 years. Synergises with trees in orchards.
\$8.50/plant, \$21.95/3, \$57.00/10, Organic
\$5.00/root cutting,
\$24.00/6 root cuttings,
\$70.00/20 root cuttings,
\$340.90/100 cuttings*, Organic
***orders for 100 cuttings only ship free**
Comfrey roots are available year 'round.

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

20 seeds/pkt \$4.95, Organic
\$8.50/plant, \$21.95/3, \$57.00/10, Organic
\$7.00/root cutting,
\$39.00/6 root cuttings,
\$120.00/20 root cuttings,
\$440.90/100 cuttings*, Organic
***orders for 100 cuttings only ship free**
Comfrey roots are available year 'round.

Cornflower, Dark Blue *Centaurea cyanus*
Annual, producing flowers in 6 to 8 weeks from seeding. Native to Europe. The deep blue of Cornflowers is a welcome sight in cultivated fields or prairies, where it brings a touch of fairy madness. Dried petals used to improve the color of tea blends.
50 seeds/pkt \$3.95,
\$7.00 g (~250 seeds),
\$17.55/5 g (~1,250 seeds),
\$31.10/10 g (~2,500 seeds), **Organic**

COSTMARY
Family: Aster (*Asteraceae*)
All are very cold-hardy and prefer full sun and dryish, well-drained soils. Sow in spring on surface and press in hard.

Costmary *Tanacetum balsamita*
Zones 5 to 9. Native to Asia. Long, broad leaves support loose clusters of yellow flowers that emit a pleasant, balsamic fragrance. One of the ancient strewing herbs, a classic.
100 seeds/pkt \$4.95, Organic

Feverfew *Tanacetum parthenium*
Zones 5 to 8. Native to temperate zones of the world. Single, white and yellow, daisy-like flowers grow densely on upright bushes, as pretty as Chamomile. Valuable tonic for the prevention of migraine.

100 seeds/pkt \$3.95,
\$12.00 g (~7,000 seeds),
\$23.55/5g (~35,000 seeds)
\$44.10/10g (~70,000 seeds), **Organic**
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Cowslip *Primula veris*
Family: Primrose (*Primulaceae*)
Zones 3 to 7. Herbaceous perennial. Native to Britain. Bright yellow flowers spring forth from the basal rosette, designed by nature to thrive among the grasses. Traditional pain-relieving sedative, used in homeopathy, tinctures, teas, face washes, and in wine-making. Sow early spring.
100 seeds/pkt \$3.95, Organic
\$8.50/plant, Organic



Dandelion
(*Taraxacum officinale*)

Culver's Root . . . *Veronicastrum virginicum*
(Black Root)
Family: Figwort (*Scrophulariaceae*)
Zones 3 to 8. Herbaceous perennial. Native to eastern and central US. The tall, white flowering spikes are long-lived and very showy in the herbal garden.
100 seeds/pkt \$3.95, Organic

Cumin *Cuminum cyminum*
Family: Carrot (*Apiaceae*)
Annual. Native to the Mediterranean and cultivated worldwide. Easy-to-grow aromatic spice. Sow in spring.
300 seeds/pkt \$3.95
\$14.55/5g (~1,500 seeds)
\$26.10/10g (~3,000 seeds)

Daisy, Oxeye
. *Chrysanthemum leucanthemum*
Family: Aster (*Asteraceae*)
Zones 3 to 9. Perennial native to Europe and temperate Asia. Excellent attractor of pollinators and also children, who will make daisy chains of them.
100 seeds/pkt \$3.95, Organic
\$11.55/5 g (~10,000 seeds),
\$20.10/10 g (~20,000 seeds),
\$80.00/100 g (~200,000 seeds), **Organic**
Not for sale to CO, IN, WA, MT states.

Dandelion, Wild . . . *Taraxacum officinale*
Family: Aster (*Asteraceae*)
Herbaceous perennial. Native to and distributed throughout all temperate zones. Leaves are a tasty addition to spring salads and also delicious lightly steamed—a spring tonic. Sow in spring.
200 seeds/pkt \$3.95,
\$8.00/g (~2,000 seeds),
\$18.55/5 g (~10,000 seeds),
\$34.10/10 g (~20,000 seeds),
\$248.00/100 g (~200,000), **Organic**
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Dang-shen pilosula *Codonopsis pilosula*
(Poor Man's Ginseng)
Family: Bellflower (*Campanulaceae*)
Zones 5 to 9. Twining and climbing herbaceous perennial. Native to China. Delicate, comely plant makes sweet, crispy roots that build chi. Sow in spring.
50 seeds/pkt \$4.95, Organic
\$8.50/plant, Organic

DATURA

Family: Nightshade (*Solanaceae*)
Magico-religio-therapeutic plants characterized by fast growth, and trumpet-shaped flowers emitting heady perfume. **TOXIC**

Jimson Weed *Datura stramonium*
Multiple upright white or blue trumpets on a waist-high annual plant. Mail order only.
50 seeds/pkt \$3.95,
\$14.55/5g (~750 seeds)
\$26.10/10g (~1,500 seeds), **Organic**

Moonflower *Datura innoxia*
Zones 7 to 12. White flowers track the moon in the sky while they emit narcotic odors that attract giant moths.
10 seeds/pkt \$4.95,
\$9.00/g (~60 seeds)
\$23.55/5 g (~300 seeds)
\$44.10/10 g (~600 seeds), **Organic**

4" pot: \$11.00/plant
9" pot: \$21.00/plant, Organic

Sacred Datura *Datura wrightii*
Zones 8 to 12. Evergreen or herbaceous perennial native to the deserts of Southern California, southwestern USA and Mexico. Flowers sweetly fragrant flaring white trumpets on a sprawling plant, up to 15 feet wide.
10 seeds/pkt \$3.95

Toloache *Datura meteloides*
Zones 7 to 12. Evergreen or herbaceous perennial native to the deserts of Southern California, Utah, Texas, and Mexico. Flourishes in dry, disturbed soil in full sun.
20 seeds/pkt \$3.95

Torna Loco *Datura ceratocaula*
(Atlinan)
Fleshy, water loving or aquatic annual, native to Mexico. The flowers are showy—large violet-hued, flaring trumpets that emit the fragrance of Wintergreen.
10 seeds/pkt \$3.95, Organic

Tree Datura (*Brugmansia*) . . . see TREES

Dianthus, Fringed Pink *Dianthus superbus*
(Qu-mai, Jove's Flower)
Family: Pink (*Caryophyllaceae*)
Zones 4 to 8. Herbaceous perennial native to China, flowering lavender to 20 inches. Used in TCM. Fragrant. Sow in spring.
50 seeds/pkt \$3.95, Organic

DILL

Family: Carrot (*Apiaceae*)
 Annuals native to Southern Europe, Iran, and India. Stimulating aromatic carminative—leaf and seed. Plant prefers regular garden soil and full sun. Direct-seed spring, thin to 6 inches apart.

Dill, Bouquet *Anethum graveolens*
 65 days to seed. The standard heirloom variety, fast-maturing, tall.

200 seeds/pkt \$2.95,
\$18.10/10 g (~7,000 seeds), Organic

Dill, Greensleaves . . . *Anethum graveolens*
 45 days to leaf. This variety is compact, leafy, and slow to bolt.

100 seeds/pkt \$2.95
\$18.10/10 g (~7,000 seeds), Organic

DOCK

Family: Buckwheat (*Polygonaceae*)

Dock, Red-Veined . . . *Rumex sanguineus*
 Family: Buckwheat (*Polygonaceae*)

(Bloody Dock, Bloody Sorrel, Wood Dock)
 Quick-growing salad greens and unusual ornamental boasting bright red venation.

100 seeds/pkt \$2.95, Organic

Dock, Yellow *Rumex crispus*
 Zones 3 to 9. Herbaceous perennial. Native to Europe and north Asia. Root is a gentle laxative and a good source of iron. Leaves are a spring tonic. Plant prefers partial shade to sun, moist ground. Sow in spring.

100 seeds/pkt \$3.95
\$11.55/5g (~1,700 seeds)
\$20.10/10g (~3,400 seeds), Organic

\$8.50/plant, \$21.95/3, Organic

Dream Root, Xhosa *Silene capensis*
 (African Dream Herb)

Family: Pink (*Caryophyllaceae*)
 Zones 7 to 12. Herbaceous perennial to 1 to 2 feet tall, flowering pure white, scented in jasmine and clove, native to the cape of South Africa. Traditional use of the fresh or dried leaf or root (TAM): oneirogen—stimulates dreaming. Barely cover seed, tamp securely, keep warm and moist, with germination in 1 to 2 weeks. Space 1 foot apart.

30 seeds/pkt \$4.95, Organic

\$9.50/plant, Organic

Dream Herb see TREES

ECHINACEA

Family: Aster (*Asteraceae*)
 All species are incredibly beautiful. Echinacea prefers full sun, well-drained soil, and regular watering. Most species will germ in 2 to 3 weeks in a warm (not too hot!) greenhouse and watered gently. A period of cold, moist refrigeration increases germ. Most species do best planted 2 feet apart. Sow in fall or early spring.

Echinacea angustifolia
 (Narrow-leaved Coneflower)

Zones 3 to 9. Herbaceous perennial. Most herbalists consider this to be the strongest of all the species in terms of medicinal activity. Drought- and elevation-tolerant, heavily taprooted, calcium-loving. Even a brief cold stratification can make all the difference. Space plants 6 inches apart.

50 seeds/pkt \$3.95
\$29.55/5 g (~1,200 seeds),
\$54.10/10 g (~2,400 seeds), Organic

\$9.50/plant, \$24.50/3 plants, Organic



MAUDI AND THE COCONUTS

Maudi was a young Kenyan lad who lived all alone in a mud hut in Machakos district. To say that he was all alone is not really quite correct, because he had a puppy that he loved mightily. The puppy's name was "Pilipili," which means "Pepper" in Swahili. Pilipili followed Maudi as he did his chores: carried water from the village well, chopped kindling for the fire, hoed the corn or harvested dragon fruits to trade at market. But now Maudi was worried, because his puppy was dry-nosed and sick, suffering, it seemed, from the same fever that had taken away his parents. The ashes of the fire had gone cold. Maudi had no hunger for porridge, no thirst for tea. He cuddled Pilipili and looked into his black eyes. A lump rose up in his throat. "Do not die," he intoned. *continued*

Echinacea pallida

(Pale-purple Coneflower)

Zones 3 to 8. Herbaceous perennial. Native to the central plains states. This is a tall, taprooted plant bearing beautiful, composite flowers with drooping ray florets and white pollen. Blowsy flowers swing in the breeze.

100 seeds/pkt \$4.95,
\$23.55/5 g (~1,500 seeds), Organic**\$9.50/plant, Organic*****Echinacea paradoxa***

(Yellow Coneflower)

Zones 4 to 8. Herbaceous perennial. Native to the Ozarks. The paradox is, that this "Purple Coneflower" is yellow! Rare. Cold-condition seed 2 months. Flowers to 3 feet.

100 seeds/pkt \$4.95, Organic***Echinacea purpurea***

(Purple Coneflower)

Zones 4 to 12. Herbaceous perennial. Originally native to the midwest. Widely cultivated and easy-to-grow. Our family's favorite. Flowers purple, to 3 to 4 feet.

100 seeds/pkt \$3.95
\$14.55/5 g (~2,100 seeds),
\$26.10/10 g (~4,200 seeds),
\$214.00/100 g (~42,000 seeds), Organic**\$8.50/plant, \$21.95/3, \$57.00/10, Organic*****Echinacea tennesseensis***

(Tennessee Purple Coneflower)

Zones 5 to 9. Herbaceous perennial. Rare, endemic species native to Tennessee. Deep purple, upwardly reflexed ray flowers.

20 seeds/pkt \$4.95, Organic**ECHIUM**

Family: Boraginaceae

Hairy beasts making incomparable flowering displays. Sow seeds on surface of fast-draining mix and keep moist and in the light, with germ in 1 to 3 weeks. Plants prefer a full sun position and porous soils.

Pride of Madeira . . . *Echium fastuosum*

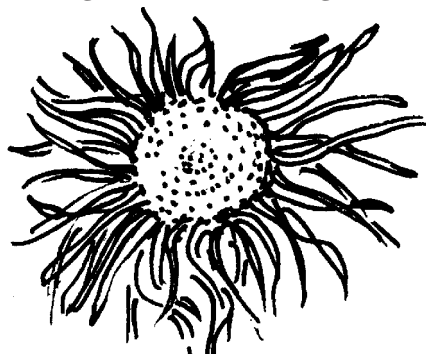
Zones 9 to 10. Woody perennial shrub flowering in neon-purple, upright conical spikes to 6 feet tall. Nourishes bees and butterflies with copious nectar.

30 seeds/pkt \$3.95**Tower-of-Jewels *Echium wildpretii***

Zones 8 to 12, more frost hardy if kept dry. Biennial native to the Canary Islands— best on the California or Oregon coast. Head-high, cone-shaped, flowering columns.

30 seeds/pkt \$3.95**Viper's Bugloss *Echium vulgare***

Zones 3 to 11. Herbaceous perennial. Native to Europe. All zones. Purple flowers to 2 to 3 feet tall, spring to frost. One of the best bee plants on Earth.

100 seeds/pkt \$4.95,
\$9.00/g (~400 seeds), Organic**\$8.50/plant, Organic***Not for sale to MT, WA states & Canada.****Eclipta* *Eclipta alba***(Bhringraj, *Eclipta prostrata*, Mo-han-lian)Family: Aster (*Asteraceae*)Annual. 60 days to harvest. A creeping and moisture-loving herb, we grow these in the open garden and take pleasure in their soft, dark greenness punctuated by starlike flowers, a bush like the heavens at night. In Ayurvedic practice, *Eclipta* is used both as a hepatic tonic and a hair tonic. Used similarly in TCM. Sow in spring.**30 seeds/pkt \$4.95,**
\$9.00/g (~2,000 seeds),
\$23.55/5 g (~10,000 seeds),
\$44.10/10 g (~20,000 seeds), Organic**ELECAMPANE**Family: Aster (*Asteraceae*)

The "Official" species is best used as medicine, the "Magnificent" is better reserved for its showy flowers. An indispensable genus in that it has saved many lives. Sow in early spring by pressing into soil surface and keeping evenly moist and in the light. Space plants 2 to 3 feet apart.

Elecampane, Magnificent *Inula magnifica*

Zones 5 to 8. Native to southern and central Europe, the Balkan Peninsula, and central Asia. Herbaceous perennial native to Europe. Large, upright herbaceous perennial bearing many bright yellow flowers. Giant, coarse, aromatic leaves and multiple upright flowers measuring up to 6 inches across. Plant prefers sun to part shade and moist soils.

50 seeds/pkt \$4.95,
\$9.00/g (~1,500 seeds)
\$23.55/5 g (~7,500 seeds)
\$44.10/10 g (~15,000 seeds), Organic**\$8.50/plant, \$21.95/3, Organic****Elecampane, Official *Inula helenium***

Zones 3 to 8. Large, upright herbaceous perennial bearing many bright yellow flowers. Native to Eurasia. Plant prefers sun to part shade and moist soils. Premier cough and lung remedy. Antitussive, antiseptic.

50 seeds/pkt \$3.95,
\$10.00/g (~250 seeds),
\$26.55/5 g (~1,250 seeds),
\$49.10/10 g (~2,500 seeds), Organic**\$8.50/plant, \$21.95/3, Organic**

Epazote *Chenopodium ambrosioides*
(Syn. *Dysphania ambrosioides*)
(Wormseed, Jesuit's Tea, Mexican Tea)
Family: Goosefoot (*Chenopodiaceae*)
Perennial hardy to Zones 8 to 12, otherwise readily grown as a spring annual herb. Native to Mexico. Our premiere bean spice, bringing out the flavor of beans, helping allay flatulency, and preservative to stored bean dishes. Traditional use: vermifuge. Plant prefers sun and a dryish soil. Easy to direct-seed in the spring garden.
300 seeds/pkt \$3.95,
\$8.00/g (~3,000 seeds)
\$18.55/5g (~15,000 seeds)
\$34.10/10g (~30,000 seeds),
\$214.00/100g (~300,000 seeds), Organic

EPHEDRA

(Joint Fir)
Family: Ephedra (*Ephedraceae*)
Perennial, primitive shrubs with jointed stems. Mormon teas are native to the American Southwest. The Ma-huang species are native to Asia. Refrigerate seeds overnight in willow water tea and sow about 1 inch deep in sandy medium. Keep moist, warm and in the light.

Ephedra, Bluestem . *Ephedra equisetina*
(Mu-zei-ma-huang)
Zones 3 to 10. Evergreen perennial dioecious subshrub, the most alkaloid-rich species of the *Ephedra* genus. A tough survivor on any sunny, dry landscape.
10 seeds/pkt \$6.95, Organic
available starting in July

Ma-huang *Ephedra sinica*
Zones 3 to 9. Evergreen perennial dioecious subshrub, the official species. Traditional use (TCM): releases the exterior, an adrenergic stimulant to the CNS and a bronchodilator used in standard dosages for treating colds, asthma and allergies.
10 seeds/pkt \$6.95, Organic
available starting in July

\$8.50/plant, Organic

Mormon Tea, Green *Ephedra viridis*
Zones 6 to 12. Bushy subshrub to 5 feet tall. Thick, dark-green stems, winter-flowering.
30 seeds/pkt \$3.95
\$20.10/10 g (~500 seeds)

Mormon Tea, Nevada *Ephedra nevadensis*
Zones 6 to 12. Bushy subshrub to 5 feet tall. Makes a congenial tea, which is astringent and has a marked bronchial-dilating effect—ephedrine free. Mormon tea grows in the cool weather; summer dormant.
30 seeds/pkt \$3.95
\$11.55/5 g (~250 seeds),
\$20.10/10 g (~500 seeds)
\$80.00/100 g (~5,000 seeds)

Erigeron *Conyza canadensis*
(Canada Fleabane)
Family: Aster (*Asteraceae*)
Annual or overwintering annual native to North America, being a tough roadside weed that is unobtrusive in appearance, yet aromatic in essence. Sow in spring.
100 seeds/pkt \$3.95, Organic



Like all the children of the village, Maudi feared most intensely the MunduMui, that is the witch doctor. The old man lived in a disheveled hut beneath an arching acacia tree, surrounded by a fence of split rails bedecked with bones, skulls and hides. From a flagpole on top of the hut hung a black flag when people were to stay away, a red flag when the doctor was open for visitors. Even when the flag was red, children dared not go anywhere near!
continued

Evening Primrose . . . *Oenothera biennis*
Family: Evening Primrose (*Primulaceae*)
Zones 4 to 9. Biennial. Native to Europe and North America. Very good woman's herb. High in essential fatty acids. Plant prefers full sun and withstands poor and dry soils. Light-dependent germinator. Sow in fall or spring. Space 1 to 2 feet apart. Flowers 3 to 6 feet tall.

100 seeds/pkt \$3.95,
\$14.55/5 g (~2,000 seeds),
\$27.10/10 g (~4,000 seeds)
\$214.00/100 g (~40,000 seeds), **Organic**

Fame Flower *Talinum paniculatum*
(Tu-ren-shen)

Family: Purslane (*Portulacaceae*)
Zones 7 to 11, otherwise grown as an annual. Perennial succulent native to the central and southern US and used in TCM to tonify the digestion, promote breast milk. Bright sprays of cinnabar seedpods. Sow in spring.

100 seeds/pkt \$3.95, Organic

Fang-feng *Saposhnikovia divaricata*
(Chinese Laserwort, Siler)

Family: Carrot (*Apiaceae*)
Zones 5 to 9. Herbaceous perennial flowering in white umbels to 32 inches, native to China, Russia, Korea, and Japan. Used in TCM for pain relief. Plant prefers regular garden soil. In fall or early spring, sow seed on surface and press in. Space plants 1 to 2 feet apart.

30 seeds/pkt \$4.95
\$10.00/g (~250 seeds)
\$26.55/5 g (~1,250 seeds),
\$54.10/10 g (~2,500 seeds), **Organic**

\$8.50/plant, Organic

Fennel, Common
Foeniculum vulgare var. *Grosfruchtiger*

Family: Carrot (*Apiaceae*)
Zones 3 to 10. Herbaceous perennial. Native to Europe. Choice cultivar producing seed and green herb that are tasty, aromatic, anti-septic, expectorant, carminative.

100 seeds/pkt \$3.95
\$14.55/5 g (~1,350 seeds),
\$26.10/10 g (~2,700),
\$80.00/100 g (~27,000 seeds), **Organic**
Not for sale to Washington state.

Fenugreek see COVER CROPS

Feverfew see COSTMARY

Figwort *Scrophularia nodosa*
Family: Figwort (*Scrophulariaceae*)

Herbaceous perennial native to Europe. Hooded, purple flowers attract pollinators and hummingbirds. Sow in spring.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Fireweed *Epilobium angustifolium*
(Kaporie Tea)

Family: Primrose (*Onagraceae*)
Zones 3 to 7. Herbaceous perennial. The showy flowers occur in long plumes, colored pink to purple, on plants ranging from 1 to 6 feet tall. Sow in spring.

300 seeds/pkt \$4.95, Organic

FLAX (LINSEED)

Family: Flax (*Linaceae*)
Brown and Golden native to temperate Europe and Asia. Perennial Blue native to Western US. 90 days to maturity. Direct-seed in spring. One packet covers 40 sq. ft.

Flax, Brown *Linum usitatissimum*
Flax is a pretty blue flower in the garden that yields a valuable seed—excellent sprouted, raw, added to baked goods.

200 seeds/pkt \$2.95,
\$11.00/lb, Organic

Flax, Golden *Linum usitatissimum*
(Omega Flax)

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

200 seeds/pkt \$2.95,
\$13.00/lb, Organic



FOUR O'CLOCK

Family: Four O'Clock (*Nyctaginaceae*)

Four O'Clock, Marvel of Peru
. *Mirabilis jalapa*

Zones 7 to 10, otherwise grown as an annual, 100 days to blossoms. Native to the Peruvian Andes, now grown worldwide. Deep pink. Good in potted culture or direct-seeded. Traditional use: moistening, mucilaginous, skin maladies. Easy to direct-seed or grow in pots.

10 seeds/pkt \$3.95

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

Zones 7 to 10, otherwise grown as an annual, 100 days to large, fountaining bushes dotted with fragrant white blossoms. These are among the best of all flowering medicinal plants for dry sites. Heaven scent.

7 seeds/pkt \$4.95, Organic

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

Zones 7 to 11. Herbaceous desert perennial, low-lying, drought-tolerant, with myriads of flaring flowers. Traditional use (TNAM): root is an appetite suppressant. Light retards germination—sow seed 1-inch deep in fast-draining mix and space plants 2 feet apart.

5 seeds/pkt \$4.95, Organic



FOXGLOVE

Family: Figwort (*Scrophulariaceae*)
 Zones 4 to 8. An easy-to-grow, strikingly beautiful, and historically significant plant for the medicinal garden. **Low-dose botanicals.** Press light-dependent seed into surface of soil in fall or spring.

Foxglove, Grecian *Digitalis lanata*
 (Woolly Foxglove) **TOXIC**
 Biennial. Native to southeastern Europe. Species most widely used for production of cardiac glycosides (digitoxin). Stunning flowers cup-shaped with a prominent lip veined in purple. Volunteers in dry sites.
100 seeds/pkt \$4.95, Organic

Foxglove, Purple *Digitalis purpurea*
TOXIC
 Biennial. This is the classic Foxglove. Flowers trumpet-shaped, lipped, deep pink to purple. Plant prefers moist, well-rested soils, part shade. Sow in the fall or early spring. Light-dependent germinator.
300 seeds/pkt \$3.95, Organic

Foxglove, Zimbabwe *Ceratotheca triloba*
 Family: Sesame (*Pedaliaceae*)
 Self-seeding annual flowering in 150 days. May perennialize in Zone 8 and up. Showy. Base of plant bushy with trilobed leaves shooting forth thin, flowering spikes festooned with flaring, light purple flowers.
30 seeds/pkt \$4.95, Organic

Fringed Pink *see DIANTHUS*

Gao-liang-jiang *Alpinia officinarum*
 Family: Ginger (*Zingiberaceae*)
 (Lesser Galangal)
 Zones 7 to 12. The roots are warming, cinamomy, and aphrodisiac. An herb that rids the body of toxic wastes, essential in TCM.
\$11.00/plant, \$30.50/3, \$97.00/10, Organic

Gayfeather *Liatriis spicata*
 (Blazing Star)
 Family: Aster (*Asteraceae*)
 Zones 3 to 9. Herbaceous perennial native to the prairie states. Among the handsomest of our prairie species, with upright racemes crowded with rose colored florets—one of the best butterfly attractors of all time. Beet-like root is a urinary tonic; poultice against snakebite. Plant prefers full sun.
50 seeds/pkt \$3.95

\$8.50/plant, Organic

GENTIAN

Family: Gentian (*Gentianaceae*)
 A diverse genus that nonetheless tends to produce plants of singular bitterness. All tend to stimulate digestion.

Centaurry, European
 *Centaurium erythraea*
 Zones 3 to 8. Annual or overwintering annual flowering dark pink to 8 inches tall, native to Europe, the Mediterranean, Asia, and North America. Plant prefers nutrient-poor soils in sun to part shade and often grows in places that flood in the winter and become quite dry in the summer. Leaves and flowers are a bitter tonic like Gentian.

100 seeds/pkt \$3.95

Gentian, Tibetan *Gentiana tibetica*
 Hardy to Zones 3 to 7
 Herbaceous perennial native to Tibet. Traditional usage (TCM): digestive. Probably the easiest true Gentian to grow from seed, and the most forgiving in terms of environmental requirements for its continued growth and happiness. Sow in spring. Shade to full sun, moist to somewhat dry, they prosper. Space 1 to 2 feet apart.

30 seeds/pkt \$4.95, Organic

\$11.00/plant, \$30.50/3 plants, Organic

Gentian, Yellow *Gentiana lutea*
 Zones 4 to 8. Herbaceous perennial native to the mountain meadows of central and southern Europe and Asia Minor. Rare. Yellow Gentian is the purest of bitter agents. The flowers are rich yellow, the herbage is succulent, and the root is the premier official bitter tonic. Prefers rich, shallow, moist soil in partial shade. Sow in fall, winter, or very early spring. Space 6 inches apart. Flowers 3 to 4 feet tall.

50 seeds/pkt \$4.95

\$12.00/g (~900 seeds), Organic

\$11.00/plant, \$30.50/3 plants, Organic

GERANIUM

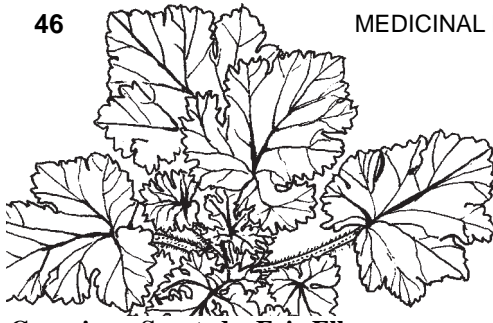
Family: Geranium (*Geraniaceae*)
 Zones 10 to 12, often grown as a summer annual or brought in for the winter. They do fine when potted and placed in a bright window. Low-lying, mounding perennials with soft leaves, very giving of their long-lasting, showy plumes of bright flowers.

Geranium, Scented—Attar of Roses . . .
 *Pelargonium capitatum*

This is the world standard scented geranium. Opens the heart chakra and calms the spirit.
\$11.00/plant, \$31.50/3, Organic

Geranium, Scented—Citronella
 *Pelargonium citronellum*

Leaves deeply lobed, plants robust. Non-grass source of oil of lemongrass (citronella).
\$8.50/plant, \$21.95/3, Organic



Geranium, Scented—Fair Ellen
 *Pelargonium quercifolium*
 Among collectors, one of the most desired.
 Leaves small, fragrance elegant, flowers
 outsized to the plant.
\$8.50/plant, \$21.95/3, Organic

Geranium, Scented—Isadora
 *Pelargonium capitatum*
 Free-flowering, with downy leaves emitting
 fragrance of citrus and rose. A Strictly
 Medicinal original.
\$11.00/plant, Organic

Geranium, Scented—Lemon
 *Pelargonium crispum*
 Small, curled leaves light lemon colored,
 rimmed in white, very lemony fragrant.
\$8.50/plant, \$21.95/3, Organic

Geranium, Scented—Lemon Balm
 *Pelargonium melissimum*
 Lemon/citronella fragrance, free-flowering,
 flowers velvety, showy.
\$8.50/plant, \$21.95/3, Organic

Geranium, Scented—Nutmeg
 *Pelargonium fragrans*
 South African to 1 foot. Rounded leaves
 emit the fragrance of nutmeg. Miniature
 white flowers, pretty and edible.
\$11.00/plant, \$30.50/3 plants, Organic

Geranium, Scented—Peacock
 *Pelargonium capitatum*
 South African to 2 feet. Large leaves
 spotted with white, rose-scented.
\$11.00/plant, \$30.50/3 plants, Organic

Geranium, Scented—Chocolate Peppermint
 *Pelargonium tomentosum*
 Softly downy leaves spotted with melted
 chocolate, low-growing habit, giving rise to
 white, aromatic and edible blossoms.
\$8.50/plant, \$21.95/3, Organic

Geranium, Scented—Peppermint
 *Pelargonium tomentosum*
 Softly downy leaves smelling excellently of
 mint. I believe this plant to smell more like
 peppermint than peppermint itself.
\$11.00/plant, Organic

Geranium, Wild . . *Geranium maculatum*
 (Spotted Cranesbill, Storksbill)
 Zones 3 to 10) Clump-forming woodland
 perennial native to Eastern and Central US.
 Bearing showy, lilac flowers in the spring,
 rising above the characteristic, palmate
 leaves. Loaded with tannins, the traditional
 uses range from diarrhea to gunshot. Moist,
 woodland or shade garden soils in the shade
 to part sun. Space 1 to 2 feet apart.
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Giant Anise Fennel . . *Ferula communis*
 <<IT'S BACK!>>

Zones 7 to 10. Biennial, sometimes perenni-
 al to 10 feet, native to northern Africa and
 the Mediterranean basin. Flowers bright
 gold emitting an anise fragrance that drives
 native pollinators into a weeklong frenzy.
 Source of "Ammoniac of Maroc." Do not
 eat this plant. Give 1 month moist refriger-
 ation before sowing warm, or sow in fall for
 germ in spring. Slow to germinate, do not
 prematurely discard flats. 47 day germ typ-
 ical. Space 3 feet apart.

20 seeds/pkt \$3.95,
\$22.10/10 g (~200 seeds), Organic

\$8.50/plant, Organic

Ginger, Wild *Asarum caudatum*
 <<IT'S BACK!>>

Family: Birthwort (*Aristolochiaceae*)
 (Western Wild Ginger)

Zones 4 to 8. Evergreen perennial
 broadleaved ground cover native to western
 US. An ancient and comely plant, fragrant,
 with leathery, shiny, heart-shaped leaves to 6
 inches tall, flowering mauve, with long tails.
 Ant-pollinated. Traditional use (TWM,
 TNAM): stomachic, antinauseant, sweat-
 inducing febrifuge. Internal use not recom-
 mended due to the presence of aristolochic
 acid. Wild ginger prefers moist, streamside
 or forested hillside environment. Depot the
 plant, nestle it down into the rich soil and
 surround with moist mulch. Space plants 1
 foot apart. Will spread.

\$11.00/plant, Organic

Ginseng, American . . *Panax quinquefolius*
 Family: Ginseng (*Araliaceae*)

Zones 4 to 8. Woodland herbaceous peren-
 nial. Native to the central and eastern hard-
 wood forests of America. Sexual and diges-
 tive tonic and adaptogen. Sow in fall for
 germination in the spring.

10 g pkt/\$20.10 (~120 seeds)

\$168.00/100 g (~1,200 seeds)

Ginseng seed available fresh Sep-Dec.

Goldenrod, European *Solidago virgaurea*
 Family: Aster (*Asteraceae*)

Zones 4 to 8. Herbaceous perennial flowering
 dark yellow to 2 feet tall. Anti-inflammatory,
 diuretic, antispasmodic.

50 seeds/pkt \$4.95, Organic

Goldenseal *Hydrastis canadensis*
 Family: Crowfoot (*Ranunculaceae*)

Zones 4 to 7. Woodland herbaceous peren-
 nial. Native to the central and eastern
 hardwood forests of America. Premier
 astringent and tonic agent for treating any
 and all afflictions of the mucous membranes.
 Plants are best planted in deciduous wood-
 land or shade garden, in rich loam, and
 mulched deeply with rotted leaves.
 Goldenseal products are CITES restricted.

Available inside the USA only.

20 seeds/pkt \$9.95, Organic

Seeds shipped fresh in the summer.

\$11.00/plant, Organic

Gopher Spurge *Euphorbia lathyris*
 Family: Spurge (*Euphorbiaceae*)
 Evergreen perennial. Curiously formed plant has proven, after much experimentation, and plenty of opportunity to experiment, to repel gophers better than anything else. **Keep sap out of eyes.** Sow in spring.
10 seeds/pkt \$3.95
\$13.10/10 g (~230 seeds), Organic

Gotu Kola *Hydrocotyl asiatica*
 Family: Carrot (*Apiaceae*)
 Zones 8 to 12, otherwise grown as a potted plant or summer annual, 90 days to harvest. Tropical perennial with pantropical distribution. Traditional use (TAVM): increases mental clarity, longevity. Plant prefers regular garden conditions—strong sunlight and plenty of nutrients.
30 seeds/pkt \$5.95, Organic
\$9.50/plant, \$25.50/3, \$72.00/10, Organic

GOURDS

Family: Cucumber (*Cucurbitaceae*)
 These represent the most ebullient of plant personalities. All climbing broad-leaved vines, they are native to the tropics of Africa, Asia, New World. Sow in spring.

Gourd, Lauki *Lagenaria siceraria*
 (Loki, Edible-Fruited Bottle Gourd)
 Lauki makes long, thin-skinned fruits that are harvested when young and popularly used in East Indian cooking. High in vit C, K, Calcium. Anticholesteremic.
10 seeds/pkt \$3.95
\$20.10/10 g (~80 seeds), Organic

Gourd, Luffa *Luffa cylindrica*
 (Oriental Luffa, Smooth Luffa, Vine Okra, Dishcloth Gourd, Sponge Gourd, Dhundul)
 Perennial in Zones 10 to 12, otherwise grown as a 120-day annual. The mature fruit may be dried and used as a sponge.
10 seeds/pkt \$3.95

Gourd, Snake . . . *Trichosanthes kirilowii*
 (Tian-hua-fen)
 Herbaceous perennial vine native to S. China and Vietnam. Underground storage tubers source of trichosanthine.
10 seeds/pkt \$4.95,
\$20.10/10g (~50 seeds),
\$80.00/100g (~500 seeds), Organic

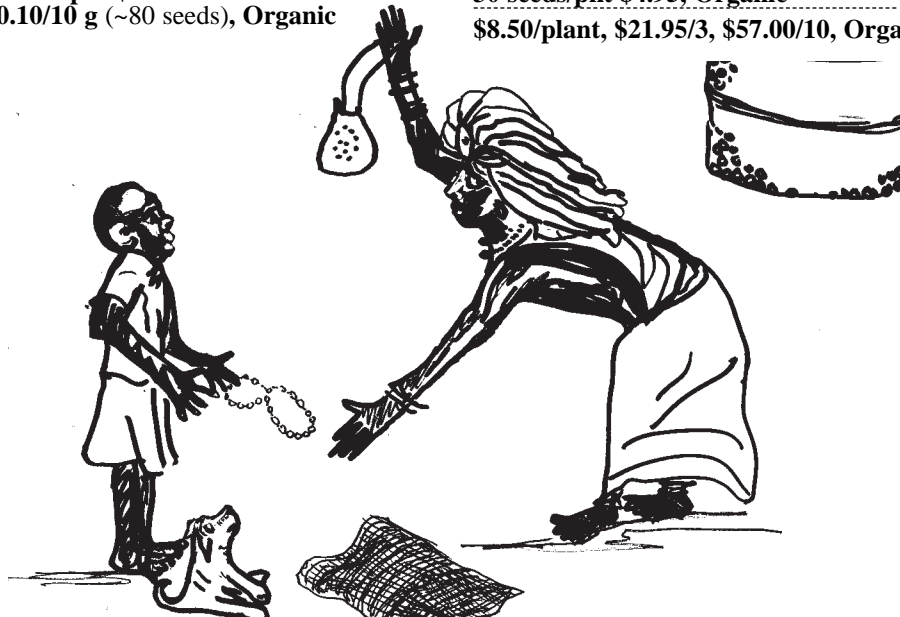
GRASS

Family: Grass (*Poaceae*)
 Sturdy contenders for sun and moisture, grasses spread when given the opportunity. Surface sow in spring.

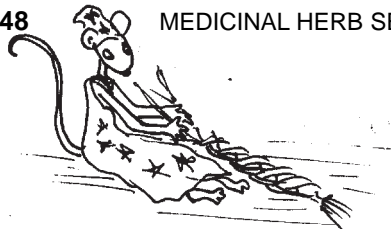
Lemongrass *Cymbopogon flexuosus*
 Zones 9 to 12. When grown as an annual, 60 days to harvest. Native to Southern India. Contains an inviting essential oil.
50 seeds/pkt \$4.95

4" pot: \$8.50/plant, \$21.50/3, \$57.00/10,
9" pot: \$21.00/plant, Organic

Grass, Phalaris *Phalaris aquatica*
 (Harding Grass)
 Zones 7 to 12. Perennial bunchgrass native to the Mediterranean. Source of DMT.
30 seeds/pkt \$4.95, Organic
\$8.50/plant, \$21.95/3, \$57.00/10, Organic



Taking a deep breath, Maudi made his decision. He would take Pilipili to the MunduMui to be healed. Life without the puppy was a life not worth living. He took down a clean burlap sack, eased the puppy inside, and set out for the hut at the edge of the village. The flag was red. The old man hunkered down over a small fire within the enclosure, looking up with eyes like coals, hair all smeared with ash, as Maudi pushed through the gate. "Please, sir," he said, placing the bundle down between them, "My puppy is ill and I fear he will die. Is there some medicine for him?" For a moment Maudi thought the old man had failed to hear, but then his hand extended, nails long, black and claw-like, gesturing to open the bundle. Maudi's hands shook as he untied the string and gave up the whimpering pup. "The puppy will not die," said the MunduMui. *continued*



Sweetgrass *Hierochloa odorata*
Zones 3 to 7. Creeping perennial to 24 inches. Plant prefers a cool site with rich, moist soil. Many of us are successfully growing our own. Burnable to sanctify space.
\$9.50/plant, Organic

Grass, Sweet Vernal
. *Anthoxanthum odoratum*
Zones 4 to 9. Perennial native to Europe, North Africa and Asia, flowering to 14 inches. Dried grass smells of vanilla and hay. (TWM): anticoagulant, antispasmodic.
100 seeds/pkt \$4.95, Organic

Gromwell *Lithospermum officinale*
(Pearl Stoneseed, Bohemian Tea)
Family: Borage (*Boraginaceae*)
Zones 5 to 9. Herbaceous perennial native to Europe. Taprooted, erect plant with pointed leaves that sets myriads of glistening, orblike seeds. Traditional use: urinary gravel. Sun to part shade, any soil. Sow in fall or spring. Space 1 to 2 feet apart.
20 seeds/pkt \$3.95

\$8.50/plant, Organic

Gumweed *Grindelia integrifolia*
Family: Aster (*Asteraceae*)
Zones 6 to 10. Herbaceous perennial to 3 feet. Native to Oregon, Washington, and BC. Dark blue-green plants bear multiple swaying yellow receptacles, a pool of balsamic resin. The tincture is of high repute as an asthma remedy, also applied topically to treat poison ivy. Full sun and dryish soils.
30 seeds/pkt \$3.95, Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Gypsywort *see* BUGLEWEED

Heather *see* TREES & SHRUBS

Heimia *Heimia salicifolia*
(Sinkuiche, Sun Opener)
Family: Loosestrife (*Lythraceae*)

Zones 7 to 12. Woody or herbaceous perennial bee plant to 4 feet tall, bearing large yellow flowers. Traditional usage: anxiolytic, hypotensive, sedative. Source of crogenine.
500 seeds/pkt \$4.95, Organic

9" pot: \$21.00/plant, Organic

Helichrysum *Helichrysum italicum*
(Curry Plant)

Family: Aster (*Asteraceae*)
Zones 7 to 10. Perennial, drought-tolerant plant native to the Mediterranean. Flowers yellow to 2 feet tall on downy, silvery foliage. Anti-inflammatory. Prefers an open, well-drained site. Will work in pots.

100 seeds/pkt \$5.95,
\$30.00/g (~14,000 seeds), Organic

Hen-and-Chicks . . . *Sempervivum tectorum*

Family: Stonecrop (*Crassulaceae*)

Zones 3 to 10. Perennial succulent, fine red-tinged rosettes for rockery or living roof, very showy in flower. Lemony, crisp chew, an oral astringent treating sore throat.

100 seeds/pkt \$3.95, Organic

\$8.50/potted plant, Organic

Henbane, Black *Hyoscyamus niger*

Family: Nightshade (*Solanaceae*)

Annual or biennial, overwintering in Zones 4 to 8, monocarpic. Native to Europe, Asia, and North Africa. An eerie plant with grayish-green leaves covered in sticky hairs, the flowers off-white and veined with black-purple.

TOXIC Sow outdoors in spring or give 30 days moist refrigeration, then sow warm.

50 seeds/pkt \$4.95,

\$9.00/g (~1,200 seeds), Organic

Not for sale to CA, CO, ID, KS, NV, NM, SD, UT, WA, WY states.

Henbit, Red *Lamium purpureum*

(Archangel, Dead Nettle)

Self-seeding annual, cosmopolitan, a bravely florific display. Does well in borders as a low-lying bedding plant for early spring application. Reddish flowers are a valued astringent medicine used for treating any and all afflictions of the mucous membranes and is a specific for treating leukorrhea.

100 seeds/pkt \$3.95, Organic

He-shou-wu . . . *see* TREES & SHRUBS

Herba Stella *see* PLANTAIN

Hibiscus (Roselle) . . . *Hibiscus sabdariffa*

(Flor de Jamaica, Red Drops) As a perennial, zones 9 to 12, otherwise grown as a 110 day summer annual. Native to India and Malaysia. Easily grown in any temperate garden for production of the sour, bright-red, fleshy calyxes (the part used in making tea, jelly, syrup or wine). Plant prefers moderately rich, well-drained soil in the sun. Nick seed and soak overnight, then plant in warm medium. Germination is rapid.

30 seeds/pkt \$4.95

\$17.55/5 g (~120 seeds),

\$31.10/10 g (~240 seeds), Organic

Hollyhock *see* MALLOW

Honeywort, Blue

. *Cerinthe major* var. *purpurascens*

<<NEW FOR 2024>>

(Blue Shrimp Flower, Wax Flower, Pride of Gibraltar) Family: Borage (*Boraginaceae*)

Often grown as a frost-loving annual, sometimes perennial in zones 7 to 10. Native to the Mediterranean, flowering to 24 inches. A good filler plant in medicinal and flower gardens, with lush, green-blue leaves, dangling blue flowers and bracts that turn purple in the late season. Traditional use (TWM): Small amounts of fresh leaf cooling, prebiotic, refreshing, nontoxic. Easily grown from seed by planting in the spring in the usual manner. Space 2 feet apart.

10 seeds/pkt \$3.95, Organic

All plants come from our certified organic greenhouses in Southern Oregon.

Hops (Seed!) *Humulus lupulus*
Zones 4 to 8. Herbaceous perennial dioecious vine growing up to 30 feet in a season. Native to the temperate north. These are widely employed as fast summer shade and make sticky, pollen-dusted, bright green strobiles that have sleep-inducing properties and are used to bitter beer.

20 seeds/pkt \$4.95,
\$12.00/g (~270 seeds),
\$28.55/5 g (~1,350 seeds),
\$52.10/10 g (~2,700 seeds), **Organic**
Not for sale to WA or ID states.

Horehound, Black *Ballota nigra*
Family: Mint (*Lamiaceae*)
Zones 5 to 10. Herbaceous perennial. Native to the Mediterranean. Rare specimen plant is a strangely odorous sedative nervine, with showy, dark foliage dotted with purple, lipped flowers. Sow in spring.

20 seeds/pkt \$3.95, Organic

Horehound, White . *Marrubium vulgare*
Family: Mint (*Lamiaceae*)
Zones 3 to 10. Herbaceous perennial. Native to Europe, but naturalized throughout the southern US. Whitish leaves and flower bracts in tight whorls. Sow in spring.

100 seeds/pkt \$4.95, Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

HYSSOP

Family: Mint (*Lamiaceae*)
These tend to be large perennials that make showy, aromatic flowers. Good tea herbs all. Give sun, moderate water and regular garden soil. Space 1 to 2 feet apart.

Hyssop, Anise *Agastache foeniculum*
(Anise Hyssop, Licorice Mint) Zones 6 to 10. Native to Ontario and the central USA. Purple racemes to 4 feet tall, delicately aromatic, taste sweet—a fine tea herb. Traditionally used as a carminative and flavoring agent Sow in spring.

50 seeds/pkt \$4.95, Organic

Hyssop, Giant Yellow *Agastache nepetoides*
<<IT'S BACK!>>

Zones 2 to 8. Native to eastern North America, flowering in thick upright yellow racemes to 7 feet tall. Wildlife and pollinator attractor, good tea herb, patch-forming. Sow in spring.

30 seeds/pkt \$4.95, Organic

Hyssop, Official . . . *Hyssopus officinalis*
Family: Mint (*Lamiaceae*)
Zones 5 to 10. Woody perennial. Native to the Mediterranean. Deep blue-purple, excellently aromatic, thickly-blossoming bushes. This mildly antiviral and expectorant herb makes a good-tasting tea to treat the common cold. It will make you pee.

100 seeds/pkt \$3.95,
\$10.00/g (~1,100 seeds),
\$26.55/5 g (~5,500 seeds),
\$49.10/10 g (~11,000 seeds), **Organic**

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Iceplant, Crystalline
. *Mesembryanthemum crystallinum*
Family: Ice Plant (*Aizoaceae*)

Zones 8 to 12. Perennial succulent to 4 inches tall, native to South Africa, Western Asia, and Europe. Protect from frost. The plant creates a low carpet, glistens. Traditional use: (TAM, TWM): demulcent application to sunburn and minor lesions. Sow in spring.

50 seeds/pkt \$4.95

Not for sale to California.

Indian Hemp *Apocynum cannabinum*
Family: Dogbane (*Apocynaceae*)

Zones 4 to 8. Creeping herbaceous perennial. Native to central, eastern, and southern US. The plants are tall, straight, and whip-pily fibrous. Sow in the spring, tamp well, and keep moist until germ.

30 seeds/pkt \$4.95,
\$12.00/g (~760 seeds), **Organic**

Indigo, Japanese Pink *Persicaria tinctoria*
(Ko-sen-bon, Dyer's Knotweed)

Family: Buckwheat (*Polygonaceae*)
Annual, 150 days to maturity. Native to Eastern Europe and Asia, especially Japan and Korea; plant is a source for pure indicin—indigo dye.

20 seeds/pkt \$4.95, Organic

Indigo, Wild *Baptisia tinctoria*
Family: Legume (*Fabaceae*)

Zones 6 to 10. Herbaceous perennial with leathery leaves and bright yellow flowers with distinctive black wings. Blue dye-plant. Traditional use of dried root (TWM): Sore throat, smoldering infections. Scarify the seed vigorously and sow in spring.

20 seeds/pkt \$4.95

IRIS

Family: Iris (*Iridaceae*)
Growing Iris from seed is fun and functional. Scarify seeds by rubbing on medium grit sandpaper and sow in fall or early spring. Best to sow in pots and keep cool, moist, and shaded. Work up in pots and transplant out when sufficiently sized.

Iris, Blue Flag *Iris versicolor*
Zones 3 to 9. Water-loving, native to swamps and lowlands of the southern and eastern US. Brilliant violet-blue blossoms to 2 feet tall. Traditional usage (TWM): liver stimulant. Plants prefer moist soil or waterways, shade to sun. Space 1 foot apart.

30 seeds/pkt \$4.95, Organic

\$11.00/plant, Organic

Iris, Illyrian *Iris illyrica*
Zones 5 to 9. Herbaceous perennial to 16 inches tall, flowers blue with a yellow beard, to 16 inches tall. Native to the Balkan Peninsula of Southeastern Europe. Used historically (TWM) for treatment of headache and as a hot mash applied to boils. Cured rhizomes used in perfumery.

10 seeds/pkt \$4.95

\$16.00/plant, Organic

IRONWORTFamily: Mint (*Lamiaceae*)

Zone 7 to 10. "Sideritis" can be translated as "made of iron," referring to the toughness of the plant and its reputation for treating sword wounds. The several species are used interchangeably. All of them are whitish, downy-leaved, flowering yellow in multiple upright spikes, oversize to the plant. Elevation and drought tolerant. Full sun, rocky soils, scant water. Scarify seed, barely cover with soil and keep warm and evenly moist until germination, which takes about 10 days. Work up in pots. Sand mulch quite helpful with these. Space 18 inches apart.

Greek Mountain Tea, North
 *Sideritis scardica*

Native to Bulgaria, Greece and Yugoslavia. Tea of dried flowering tops sweetish and pleasant. Treats colds and restless insomnia.
10 seeds/pkt \$4.95

\$8.50/plant, Organic

Greek Mountain Tea, South
 *Sideritis syriaca*

Native to the Peloponnese Mountains. A comely tea plant, producing a low clump of elongated, downy leaves are a cold remedy.
20 seeds/pkt \$4.95, Organic

\$8.50/plant, Organic

Ironwort, Hyssop-leaved
 *Sideritis hyssopifolia*

Native to Southern Spain and Italy. Tea of dried aerial parts considered anti-inflammatory, anticholesteremic, also a cold remedy.
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Jade Plant, Gumby . . *Crassula portulaca*
 (Horseshoe, Spoon Jade)

A fun plant that becomes exquisite with age, thriving in a pot of fast-draining soil on windowsill, greenhouse, or summer patio. Protect from frost, water sparingly in winter.
\$11.00/plant, \$30.50/3 plants, Organic

Japanese Lantern . . . *Physalis alkekengi*
 (Winter Cherry, Chinese Lantern)

Family: Nightshade (*Solanaceae*)

Creeping herbaceous perennial native to Japan and China. Hardy to Zones 4 to 11. White flowers transform into plump fruits enclosed in a papery lantern.
50 seeds/pkt \$4.95, Organic

Jiao-gu-lan, Japanese
 *Gynostemma pentaphyllum*

Family: Cucumber (*Cucurbitaceae*)

Zones 7 to 12. Makes an unusual indoor plant that tends to climb the curtains. Perennial vine native to Japan. Traditional use: Sweet tea herb, life extension.
\$8.50/plant, \$21.95/3, Organic

Job's Tears see GRASS

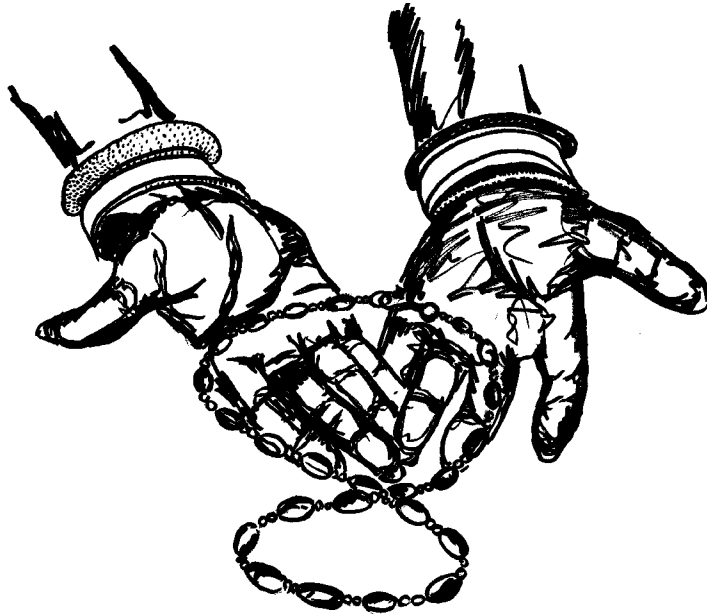
Ju-Hua See CHRYSANTHEMUM

Khella *Ammi visnaga*
 (Toothpick Plant)

Family: Carrot (*Apiaceae*)

Annual. Native to the Mediterranean. Requires about 110 days to maturity. Bears astoundingly long-lasting, white umbels. Traditional use: Toothpicks, piebald skin, urinary stone. Sow in spring. Space 2 feet apart. Start early!

100 seeds/pkt \$4.95, Organic



These words unleashed a tide of tears that now ran freely down Maudi's cheeks. "But what payment will you give?" Solemnly the boy removed from around his neck a string of red beads that had been left him by his mother. The MunduMui smiled, revealing his sharp, ivory teeth. He took the puppy and the beads into his hut, and after some time returned with a small pouch on a string. This he hung around Maudi's neck. "This medicine will cure your pup. But it must be mixed with water from the coconut. Leave the dog, gather coconuts and bring them back here." At this, Maudi picked up his sack, strangely comforted by the soft pouch that hung at his sternum, and backed out of the enclosure. *continued*

Lavender, French
(*Lavandula stoechas*)



Kiss-Me-Over-the-Garden-Gate
 *Persicaria orientalis*
 (Hong-cao, Prince's Feather)
 Annual, 90 days to flowers. Stems to 9 feet
 tall flower in drooping clusters of dark pink.
 Traditional use of seeds (TWM):alleviates
 flatulence, brightens the eyes.
10 seeds/pkt \$4.95,
\$9.10/10g (~111 seeds)
\$60.00/100g (~1,110 seeds), Organic

Ku-shen *Sophora flavescens*
 Zones 5 to 10. Herbaceous perennial to 5
 feet, native to China and Japan. Ku-shen is
 densely bedecked with drooping panicles of
 creamy flowers. Sow in spring.
10 seeds/pkt \$4.95, Organic

Lady's Mantle *Alchemilla vulgaris*
 Family: Rose (*Rosaceae*)
 Zones 5 to 9. Perennial. Native to Europe.
 Richly-scalloped, deep-green leaves funnel
 and magnify dewdrops. Germ 15 to 22 days.
50 seeds/pkt \$4.95, Organic
\$8.50/plant, Organic

LAVENDER

Family: Mint (*Lamiaceae*)
 Woody perennials, native to the
 Mediterranean basin. Sow in spring. Scarify
 the seed by gently rubbing on fine-grit sand-
 paper. Barely cover the seed with soil, tamp
 securely, keep cool until germination.

LAVENDER SET
 (1 seed packet each of the Broadleaf, Czech,
 English & Munstead Lavender)
\$14.90/4 pkts
Price shown is a discount

Lavender, Broadleaf
L. latifolia var. Lithuanian Candlestick
 Zones 6 to 9. Native to the mountains of
 Lithuania. Flowers violet-blue to 3 feet.
50 seeds/pkt \$4.95, Organic

4" pot: \$8.50/plant
9" pot: \$21.00/plant, Organic

Lavender, Czech *L. angustifolia krajova*
 (Country Lavender)
 Zones 5 to 9. Large cultivar from Northern
 Europe, cold-hardy, flowers of deep blue.
50 seeds/pkt \$4.95, Organic
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Lavender, English . . . *L. angustifolia vera*
 Zones 5 to 10. Native to Southern Europe.
 Exceptionally graceful heirloom variety.
 Lovely blue flowers. The original lavender.
50 seeds/pkt \$3.95
\$9.00/g (~1,200 seeds)
\$23.55/5 g (~6,000 seeds), Organic
\$8.50/plant, Organic

Lavender, French *L. angustifolia*
 (Spanish Lavender) Zones 7 to 11.
 Woody perennial native to the Mediter-
 ranean, Spain and Morocco. The densely
 packed spikes rise to 2 feet tall, tufted with
 purple, petal-like bracts.
50 seeds/pkt \$4.95, Organic
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Lavender, Hidcote *L. angustifolia hidcote*
 <<NEW FOR 2024>>
 Zones 5 to 8. Dwarf variety of English
 lavender to 18 inches tall. The strain may be
 traced back to the gardens of Hidcote Manor
 (early 1900s) in England, where several new
 cultivars were developed. The garden
 design was influenced by Gertrude Jekyll,
 who did indeed supply her name to Robert
 Louis Stevenson's infamous work "The
 Strange Case of Dr. Jekyll and Mr. Hyde."
 Regardless of how you view it, mild or wild,
 the flowers are a deep violet, and the aroma
 is intoxicating. Take a draught and see what
 you turn into. . .
\$11.00/plant, Organic

Lavender, Munstead . . . *L. angustifolia*
 Zones 4 to 9. Northern-hardy strain bearing
 thick racemes of blue flowers. This has
 become the standard choice landscape plant.
50 seeds/pkt \$3.95, Organic
\$8.50/plant, Organic

Lavender, Yellow . . . *Lavandula. viridis*
 Zones 7 to 11. Rare herbaceous perennial
 native to the mountains of Morocco. Early
 spring flowers yellow, bracts green.
30 seeds/pkt \$4.95, Organic
\$8.50/plant, Organic

Lemon Balm see BALM
Lemongrass see GRASS

Lettuce, Wild *Lactuca virosa*
(Lettuce Opium)

Family: Aster (*Asteraceae*)
Zones 5 to 9. Overwintering annual or biennial, native to Central and Southern Europe. This is the most cold-hardy of all the lettuces. We carry only the minimally spiny, black-seeded European type. Traditional use (TWM): antitussive, mildly sedative, analgesic. Source of lactucarium. Sow in spring or fall. Transplant or thin to 1 to 2 feet apart. Flowers yellow to 6 feet tall.

20 seeds/pkt \$3.95,
\$18.00/g (~1,200 seeds), Organic
\$8.50/plant, \$21.95/3, \$57.00/10 Organic



LICORICE

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

Licorice, Chinese . . *Glycyrrhiza uralensis*
(Gan-cao, Chinese Licorice)
Zones 5 to 11. Native to China and Siberia. Produces large roots that are processed in TCM by slicing and hanging to dry. Plant does fine in standard garden soils, full sun.

30 seeds/pkt \$4.95
\$8.00 g (~ 130 seeds),
\$18.55/5 g (~ 650 seeds),
\$34.10/10 g (~ 1,300 seeds)

Licorice, Official . . . *Glycyrrhiza glabra*
Zones 7 to 11. Native to the Mediterranean. Herb of Western commerce produces the pencil-thick Licorice roots. I made tea of our homegrown roots and gave it to my wife. She took a sip and said "What is this?" I told her "Licorice root tea from our own plants." She said "It's delicious!" Plant prefers full sun and alkaline, dryish soil.

20 seeds/pkt \$3.95
\$14.00 g (~ 117 seeds), Organic
\$8.50/plant, \$21.95/3 plants, Organic

LIFE PLANT

Family: Stonecrop (*Crassulaceae*)
(Mother-of-Thousands, Siempre Viva, Air Plant, Parent Plant)
Zones 9 to 12, otherwise easily grown indoors. Among the most fecund plants on Earth. Proliferates wildly!

Life Plant, Abundant Goddess
. *Bryophyllum daigremontianum*
Succulent and comely, an excellent houseplant that prospers in a light window. Will propagate itself from plantlets borne on the margins of its pointed, serrate, darkly variegated succulent leaves. Winter flowering.
\$8.50/plant, Organic

Life Plant, Chandelier
. *Kalanchoe tubiflora*
Native to Madagascar. Radiating stems with fishbone markings sprout plantlets at the tip like candles on a chandelier. Antimitotic.
\$8.50/plant, \$21.95/3 plants, Organic

Life Plant, Good Luck
. *Kalanchoe houthonii*
Perennial succulent native to South Africa. Leaves thick, mottled and toothed. A curious plant indeed. **Do not eat it.**
\$8.50/plant, Organic

Life Plant, Mpovupovu Ziwa
. *Bryophyllum pinnatum*
African wild form, originally wild-collected by Richo in Zanzibar—our best Life Plant. A curious, upright succulent that will thrive on any windowsill.
\$8.50/plant, Organic



Leopard Flower *Iris domestica*
(Syn. *Belamcanda chinensis*)
Zones 4 to 10. (She-gan, Blackberry Lily)
Clump-forming herbaceous perennial monocot with fan-shaped leaves giving rise to upright stalks bearing exotic, waxy, golden-orange flowers. Long-flowering, showy. The bright golden roots are used in TCM: upper respiratory infection. Plant prefers moist soil in full sun to part shade. Germination best in cool soils, taking up to 6 weeks. Space plants 1 to 2 feet apart.

20 seeds/pkt \$3.95
\$14.55/5g (~225 seeds),
\$26.10/10 g (~550 seeds),
\$214.00/100 g (~5,500 seeds)
\$8.50/plant, \$21.95/3 plants, Organic



LOBELIA

Family: Lobelia (*Lobeliaceae*)
 All bear exquisite flowers yet **excessive internal dosage may prove nauseating or emetic**. Lobelias prefer part to full sun, rich, moist soil, much water. Light-dependent germinators. Sow seed in spring or fall.

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

\$12.90/3 pkts

Price shown is a discount.

Cardinal Flower*Lobelia cardinalis*
 Zones 3 to 9. Herbaceous perennial. Native to eastern, southern, and central US. Bright scarlet flowers for hummers.

100 seeds/pkt \$4.95

\$8.50/plant, \$21.95/3, Organic

Lobelia, Great Blue . . .*Lobelia siphilitica*
 Zones 4 to 9. Herbaceous perennial. Rivals in its beauty the most pampered of hybrids, yet it is a long-lived, native American species plant. Fox Tribe love charm.

100 seeds/pkt \$4.95, Organic

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

1,000 seeds/pkt \$3.95,

\$8.00/g (~18,000 seeds),

\$18.55/5 g (~90,000 seeds),

\$34.10/10 g (~180,000 seeds), Organic

Lomatium dissectum

Family: Carrot (*Apiaceae*)

Zones 6 to 10.

Wild, celery-like herbaceous perennial native to the Great Basin and other drylands of the West. This is our most important indigenous, antiviral herb. Sow in cool soils of early spring. Press in and keep moist.

30 seeds/pkt \$4.95

\$18.55/5 g (~300 seeds),

\$34.10/10 g (~600 seeds)

LOTUS

Family: Lotus (*Nelumbonaceae*)

Scarify seeds on sandpaper until the white endosperm is exposed. Nestle into mud at bottom of pond or germinate in a quart jar on a sunny sill. Change the water if it gets cloudy. Fascinating to watch the lily pads form and extend to the surface of the water.

Lotus, American*Nelumbo nucifera* (Yanquapin)

Zones 4 to 10. Aquatic perennial native to the Eastern US and Canada. The largest American wildflower, with lily pads measuring to 2 feet across. Roots, leaves and seeds all edible. Traditional uses (TNAM): Antibacterial, anti-inflammatory, maladies of the heart.

7 seeds/pkt \$5.95

\$48.00/100g (~111 seeds)

Lotus, Sacred White . . .*Nelumbo nucifera*

Zones 8 to 12. White-flowered type from India. Shallow ponds, greenhouse ponds. Traditional use of leaves, roots, immature seeds (TWM, Ayurveda, TCM): diarrhea, fever, virus, hemostatic, Alzheimer's. Applied topically as a cooling emollient to protect skin and promote youthfulness.

7 seeds/pkt \$5.95

\$48.00/100g (~100 seeds)

Lovage*Levisticum officinalis*

Family: Carrot (*Apiaceae*)

Zones 3 to 9. Herbaceous perennial. An agreeable seasoning, also a substitute for Dang-gui. The plant is aromatic, stimulating, and proestrogenic. Prefers regular garden soil. Sow seed in fall or spring.

100 seeds/pkt \$3.95,

\$18.55/5 g (~1,750 seeds),

\$34.10/10 g (~3,500 seeds), Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

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

Madder*see* CLEAVERS

MAIDEN'S TEARS

Family: Pink (*Caryophyllaceae*)

These plants are extremely easy to grow from seed. Sow in greenhouse in fall or early spring and work up in pots, or sow directly in the garden bed. Space plants 1 foot apart.

Maiden's Tears*Silene vulgaris*

Zones 5 to 9. Annual or herbaceous perennial, native to Europe. Succulent rosettes of smooth leaves give rise to clouds of daintily dangling, inflated, see-through calyces and pretty, white flowers. The herb is used fresh in creams and lotions.

50 seeds/pkt \$3.95, Organic

Sculpit*Silene inflata*

(Bladder Champion, Stridolo)

An Italian edible heirloom, with toothsome, lance-shaped leaves giving rise to sprays of delightful, inflated flowers to a height of 18 inches. Fast to germinate, easy.

50 seeds/pkt \$2.95, Organic

\$8.50/plant, Organic

MALLOWFamily: Mallow (*Malvaceae*)

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

Hollyhock, Arabian Nights *Alcea rosea*
Zones 5 to 9. Herbaceous perennial native to China. Flowers of dark wine.
20 seeds/pkt \$3.95, Organic**Hollyhock, Pastels** *Alcea rosea*
Flowers bright pink, mauve, or yellow. Excellent cut flowers readily blossom in a vase left in a bright window.
20 seeds/pkt \$3.95, Organic**Mallow, High** *Malva sylvestris*
Zones 4 to 8. Herbaceous perennial, flowering to 3 feet. Flowers showy, dark purple.
50 seeds/pkt \$3.95, Organic**Marshmallow** *Althaea officinalis*
Zones 3 to 7. Native to Europe. Impressive, soft-leaved plants to 4 feet tall, with large, white flowers on multiple stalks. The entire plant contains high-grade, immune-stimulating mucilage. Soothing to throat and urinary tract. Space plants 2 feet apart.**100 seeds/pkt \$3.95,**
\$9.00/g (~300 seeds),
\$23.55/5 g (~1,500 seeds),
\$44.10/10 g (~3,000 seeds), Organic**\$8.50/plant, \$21.95/3, \$57.00/10, Organic****MANDRAKE**Family: Nightshade (*Solanaceae*) **TOXIC**
Herbaceous perennials. The ancients used Mandrake root as a fertility herb, but it was also known to cause strange delirium and madness. We recommend soaking dried seeds in cold water in the fridge for up to 30 days before planting. No replacements. NOTE : Mandrake plants usually go dormant in shipment. Plant root to your container using cactus mix and keep warm and barely moist—will re-emerge in season.**Mandrake, Autumn**
. *Mandragora autumnalis*
Zones 6 to 10. Native to Southern Europe. Fall flowers purple to 12 inches tall, giving way to fruits of yellow and orange.

Soak dried seeds in cold water in the fridge for up to 30 days before planting. Use a sandy medium and keep warm, moist but well-drained. Germ in 3 weeks.

13 dried seeds/pkt \$11.95, Organic**\$13.00/seedling plant, Organic****Mandrake, Official**
. *Mandragora officinarum*
Zones 6 to 10. Herbaceous perennial native to southeastern Europe and the Mediterranean. Rare. Appears midwinter, flowers in the early spring, fruits and goes quickly dormant in the summer.**13 dried seeds/pkt \$16.95, Organic****13 fresh, undried seeds, packed in moist medium \$24.95, Organic [Intl no]****\$13.00/seedling plant, Organic****Mandrake, Turkmenian** *Mandragora turcomanica*
Zones 6 to 10. Herbaceous perennial native to the Kopet Dag Mountains. Flowers of violet with a stigma that glows lime green. Fruits exude a sensual aroma.**5 dried seeds/pkt \$20.00, Organic****Maral Root** . *Rhaponticum carthamoides*
<< NEW FOR 2024 >>

Zones 2 to 7. Herbaceous perennial to 3 feet tall, native to Siberia. Leaves deeply dissected, flowers purple. Traditional use: adaptogen. Roots and seeds contain ectosterones. Foodstuff of the Maral Deer. Plant prefers sun to part shade and likes a cool exposure. Sow in fall for germ in spring or give 30 days moist refrigeration and sow in greenhouse. Germ in 6 days at 65°F. Space 2 feet apart.

10 seeds/pkt \$3.95, Organic**MARIGOLD**Family: Aster (*Asteraceae*)

Marigolds are native to central and south America. Plant prefers full sun, regular garden soil, and regular watering. Direct-seed or sow in flats in the spring or summer.

MARIGOLD SET (1 packet each of African, Desert, French, Mexican Marigold)
\$14.90/4 pkts*Price shown is a discount.***Marigold, African Tururu** *Tagetes erecta*
Annual flower is the basic heirloom type, found growing in isolation on the island of Pemba in East Africa. Excellent cut flower.**50 seeds/pkt \$3.95,**
\$17.55/5g (~2,300 seeds),
\$31.10/10g (~4,600 seeds), Organic**Marigold, Desert** . . *Baileya multiradiata*
Zones 7 to 11. Annual or short-lived perennial. These are part of the desert "incredible blanket of blooms."**100 seeds/pkt \$3.95****Marigold, French Petite** . *Tagetes patula*
Annual bedding plant making a rounded bush to 18 inches tall. 50 days to flowers, which are cheerily orange, yellow, and often mottled handsomely with red. Marigolds repel pests with their odoriferous charm.**30 seeds/pkt \$3.95, Organic****Marigold, Mexican** *Tagetes minuta*
(Nematocidal Marigold, Huacatay)
Annual. 105 to 120 days to maturity. Tallest plants (up to 10 feet), smallest flowers. Traditional use (TWM): common cold, influenza. The plant attracts beneficials and repels pathogenic nematodes.**50 seeds/pkt \$3.95,**
\$9.00/g (~1,300 seeds), Organic**Tarragon, Mexican** *Tagetes lucida*
(Pericon)

Zones 6 to 10. Herbaceous perennial that can be grown as an annual. Native to Mexico. A spice, cold medicine. Plant prefers full sun, well-drained soil. Sow in spring. Space 1 foot. Flowers to 2 feet.

50 seeds/pkt \$4.95,
\$9.00/g (~1,200 seeds), Organic

Meadowsweet *Spiraea ulmaria*
(Syn. *Filipendula ulmaria*)

Family: Rose (*Rosaceae*)
Zones 3 to 9. Herbaceous perennial. Native to temperate Europe and Asia. Waist-high bushes bear sweet-smelling inflorescences. Source of pain-relieving salicylic acid.

100 seeds/pkt \$3.95,
\$9.00/g (~1,500 seeds),
\$23.55/5 g (~7,500 seeds),
\$44.10/10 g (~15,000 seeds), **Organic**

\$8.50/plant, \$21.95/3 plants, Organic

Milk Thistle see THISTLE

MILKWEED

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

Milkweed, Common . *Asclepias syriaca*
Warty pods, and pink-purple flowers that emit a most delightful aroma. Food, protection and habitat for monarchs and other butterflies. If you love them, grow this plant!

50 seeds/pkt \$3.95
\$7.00/gram (~300 seeds)
\$17.55/5 g (~1,500 seeds)
\$31.10/10 g (~3,000 seeds)

Milkweed, Narrowleaf
. *Asclepias fascicularis*

Zones 7 to 10. Herbaceous perennial native to the western USA. Flowers aromatic, white, on a 3-foot plant with very narrow leaves. This plant is a big attractor of the swallowtails, monarchs, and other butterflies as well as beneficial wasps. Drought tolerant. Plant 2 feet apart.

30 seeds/pkt \$3.95

Milkweed, Showy . . . *Asclepias speciosa*
Excellent choice for medicinal gardens in the western states, to which this full-sun Milkweed is native. Deeply perfumed flowers are a big-time butterfly attractor and well worth a garden pathside sniff.

30 seeds/pkt \$3.95

Pleurisy Root *Asclepias tuberosa*
(Butterfly Flower, Butterfly Weed)

Strikingly beautiful herb, with tresses of deep yellow and orange-red flowers. Feeds honeybees while it magnetizes monarchs! Traditional use (TWM): inflammation of the pleural membrane.

30 seeds/pkt \$4.95, Organic

Swan Plant *Asclepias physocarpa*
(Balloon Plant, Family Jewels, Monkeyballs)

Tropical perennial grown as an annual in temperate gardens. Large, inflated balls—hairy, dangling, green.

10 seeds/pkt \$3.95, Organic



Coconuts! For this he would have to go to Malindi on the coast. He found his way to the highway, standing with his hand extended until a truck stopped. The truck was bound for Malindi with sacks of cement. The drivers let Maudi ride in back. He wrapped the sack around his face against the dust and put his head between his knees. The sun beat down. The truck swayed, the engine growled and Maudi fell into a trance. He awoke when soldiers on the road stopped the truck. The drivers gave the soldiers some money, checked on Maudi, offered him cold corn mush to eat, water to drink. The truck rumbled into the night. Around daylight the drivers stopped for a bathroom break and to fill with fuel. Maudi stretched and received a sprig of miraa, which he chewed as the truck pulled into Malindi. Under the influence of the stimulant, Maudi suddenly felt he could do anything! *continued*

**MINT**Family: Mint (*Lamiaceae*)

The plants prefer cool and moist conditions. Light-dependent germinator. Sow in spring on soil surface and keep moist. Average germ 7 to 14 days. Space 6 inches apart.

Mint, Arabian *Mentha longifolia*
Zones 5 to 9. Herbaceous perennial native to N. Africa. Large, upright, lavender flowers to 3 feet tall. Leaves downy, light green, excellent for tea.

100 seeds/pkt \$3.95, Organic**\$8.50/plant, Organic**

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

Zones 7 to 10. Herbaceous perennial native to China. Satisfying, deep-toned flavor of Spearmint. Excellent tea. Used in TCM for treatment of fever, cough, red eyes.

50 seeds/pkt \$3.95,**\$11.00/g (~12,000 seeds), Organic****\$8.50/plant, \$21.95/3, \$57.00/10, Organic**

Mint, Chocolate *Mentha piperita*
(Peppermint)

Zones 3 to 11. The very best Mint. This is a choice cultivar. Our chocolatey plants are well-established in deep pots, prefer ever-moist soils, and will quickly spread and make much fine herb for tea or garnish. Prefers sun to shade.

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Mint, Korean.....*Agastache rugosa*
(Huo-xiang)

Zones 7 to 10. Herbaceous perennial that can be grown as an annual. Native to Korea. Upright purple racemes. Anise Hyssop flavor, making a fine sun tea. Flowers to 4 feet.

100 seeds/pkt \$4.95,**\$9.00/g (~2,000 seeds)****\$23.55/5 g (~10,000 seeds),****\$44.10/10g (~20,000 seeds), Organic****Mint, Licorice** *see* Hyssop, Anise**Mint, Mayan** *Lippia dulcis*Family: Vervain (*Verbenaceae*)

(Orozuz, Aztec Sweet Herb)

Zones 8 to 12—also does well in pots, Purple-leaved creeper with upright, white, conical flowers. Aromatic, pleasant-tasting, antitussive. Plant prefers rich soil, moisture, partial shade to full sun. Space 1 foot apart.

\$8.50/plant, \$21.95/3 plants, Organic**Mint, Mountain***Pycnanthemum virginianum*

Zones 4 to 8. Herbaceous perennial. Native to north central and eastern US. Long-lived, delightfully aromatic, and a great butterfly attractor. Dried flowers and leaves make a fine-tasting tonic tea. Sow in early spring.

100 seeds/pkt \$3.95**\$8.50/plant, Organic****Mint, Yellow-Dotted** . . . *see* BERGAMOT**Mint, Peppermint** *Mentha piperita*

Zones 3 to 7. Cultivated worldwide. "Classic Peppermint taste." Plants carefully selected to produce the stimulating and digestive tea. Space 1 foot apart.

100 seeds/pkt \$3.95**\$8.50/plant, Organic****Mint, Spearmint** *Mentha spicata*

Zones 3 to 7. Native to temperate Europe and the Mediterranean. Makes bright green, finely toothed leaves, flowering lilac to 2 feet. Space 1 foot apart.

100 seeds/pkt \$3.95, Organic**\$8.50/plant, Organic****Pennyroyal** *Mentha pulegium*

Zones 6 to 9. Herbaceous perennial. Native to Europe. One of the smallest of the Mints, Pennyroyal nonetheless has the strongest aromatics. Flowers to 1 foot tall.

100 seeds/pkt \$4.95,**\$18.00/g (~12,000 seeds), Organic****\$8.50/plant, \$21.95/3 plants, Organic****Moldavian Balm** *see* BALM**Monkeyflower, Seep Spring***Mimulus guttatus*Family: Figwort (*Scrophulariaceae*)

Creeping, showy and unique yellow-flowered perennial native to the West. Hardy to Zones 5 to 9. Loves rocky shade. Space 1 foot apart.

50 seeds/pkt \$3.95**\$8.50/plant, Organic****Moonwort** *Lunaria biennis*

(Money Plant)

Family: Mustard (*Brassicaceae*)

Biennial or overwintering annual. Native to Europe. The seedpods are perfect, satiny "moons" that sandwich the weighty seeds. Cold-condition 30 days or sow in fall or very early spring. Cold-soil germinator.

10 seeds/pkt \$3.95, Organic**Mormon Tea** *see* EPHEDRA

MORNING GLORY

Family: Morning Glory (*Convolvaceae*)
 In spring, nick and soak overnight, then sow in warm soil. 60 days to flowers. Trellis.

Morning Glory, Flying Saucers
 *Ipomoea tricolor*
 Flaring white blossoms with radiating blue venation.
50 seeds/pkt \$3.95

Morning Glory, Grandpa Ott's
 *Ipomoea purpurea*
 Flowers purple with a red star, a traditional hippie cultivar.
20 seeds/pkt \$3.95

Morning Glory, Heavenly Blue
 *Ipomoea tricolor*
 Classic light blue flowered annual climber that loves morning sun and rewards with myriads of saucer-shaped blooms.
50 seeds/pkt \$3.95
\$14.55/5 g (~300 seeds)
\$26.10/10 g (~600 seeds)

Ololiuqui *Rivea corymbosa*
 (Syn. *Turbina corymbosa*)
 Hardy to Zones 10 to 1Syn, 2, otherwise grown as a potted vine, brought indoors for the winter. Tuberous, woody perennial vine native to Central and South America and Oceania. Trumpet flowers—white corollas with purplish-red interior. Scarify seeds by rubbing individually on sandpaper or nicking with a blade and plant warm and well-drained. Space plants 1 foot apart.
10 seeds/pkt \$4.95
\$11.00/plant, Organic

Quamoclit *Ipomoea quamoclit*
 (Cyprus Vine, Cardinal Climber)
 Perennial climber native to the tropics of South America. Myriads of small, crimson, 5-pointed stars.
5 seeds/pkt \$3.95, Organic
Not for sale to AR or AZ states.

MOTHERWORT

Family: Mint (*Lamiaceae*)
 Zones 3 to 8. Sow in the fall or early spring. Specific for treating tachycardia. Invigorates the blood, regulates the menses. Likes partial or full sun, regular garden soil, and lots of water. Harvest early for 2 cuttings. Space plants 2 feet apart. Free-flowering to 4 to 6 feet.

MOTHERWORT SET (1 packet each of the *Leonurus* species following.)
\$9.90/3 pkts
Price shown is a discount.

Motherwort, Chinese *Leonurus japonicus*
 (Primary source of Yi-mu-cao)
 Biennial, sometimes annual. Native to Eurasia. The plant makes delightful, long-lasting, red-purple flowers.
50 seeds/pkt \$3.95
\$9.00/g (~930 seeds), **Organic**

Motherwort, Official *Leonurus cardiaca*
 Herbaceous perennial, but short-lived. Native to Europe and Asia. Downy flowers occur in whorls on the stem.

100 seeds/pkt \$3.95
\$12.00/g (~1,200 seeds)
\$23.55/5g (~6,000 seeds)
\$44.10/10g (~12,000 seeds) **Organic**
\$8.50/plant, \$21.95/3, \$57.00/10 Organic

Motherwort, Siberian *Leonurus sibericus*
 (Secondary source of Yi-mu-cao)
 Biennial. Native to Siberia, Manchuria, China, and Mongolia. Multiple, lithe stems topped by red-purple racemes. The tallest of the Motherworts, these top out at 6 or 7 feet. Space 2 feet or more apart.

100 seeds/pkt \$3.95, Organic
\$9.00/g (~1,000 seeds)
\$23.55/5g (~5,000 seeds)
\$44.10/10g (~10,000 seeds), **Organic**

Mugwort *see ARTEMISIA*

MULLEIN

Family: Figwort (*Scrophulariaceae*)
 Zones 3 to 8. Mulleins tolerate poor, gravelly soil and fierce sun. Sow on surface in fall or spring and press in hard.

Mullein, Common . . *Verbascum thapsus*
 Biennial. Native to central and southern Europe, west Asia. Superior leaf used medicinally for soothing throat, bronchi, and lungs. Flowers yellow, from 3 to 7 feet.

100 seeds/pkt \$3.95,
\$10.00/g (~1,250 seeds),
\$26.55/5 g (~6,250 seeds),
\$31.10/10g (~12,500 seeds),
\$199.00/100g (~125,000 seeds),
\$499.00/lb (~567,500 seeds), **Organic**

\$6.00/plant, Organic
Not for sale to SD, WA state

Mullein, Giant Silver
 *Verbascum bombyciferum*

<<NEW FOR 2024>>
 (Turkish Mullein, Broussa Mullein)
 Showy biennial to 6 feet, flowers yellow. The leaves are fuzzy and stubby. Native to NW Turkey. Flowers enlarged, cuplike, on multiple sweeping colas in the second year. Traditional use (TWM): Antioxidant, wounds, ear oil, cough, bronchitis.

100 seeds/pkt \$3.95, Organic

Mullein, Greek . . *Verbascum olympicum*
 Biennial, sometimes perennial. Native to Greece. Produces many flowers at once that may be stripped easily from candelabrum.

100 seeds/pkt \$3.95,
\$10.00/g (~8,800 seeds),
\$26.55/5g (~44,000 seeds),
\$31.10/10g (~88,000 seeds),
\$199.00/100g (~880,000 seeds), **Organic**



NASTURTIUM

Nasturtium, Empress-of-India

..... *Tropaeolum nanum*
(Indian Cress)

Velvety, vermillion flowers to 14 inches tall.
15 seeds/pkt \$3.95

Nasturtium, Jewels . . . *Tropaeolum majus*

Vibrant, multicolored, velvety flowers and pungent buds. Will sprawl.

15 seeds/pkt \$3.95, Organic

Navajo Tea *Thelesperma filifolium*

(Cota, Hopi Tea, Greenthread)

Family: Aster (*Asteraceae*)

Annual or overwintering annual, 60 to 120 days to flowers. Native to American SW. Dried herb makes a delicious, smoky-tasting beverage—diuretic and kind to the stomach. Plant prefers full sun and well-drained soil. Plant in cool soils of fall or early spring, or give 2 to 6 weeks moist refrigeration, then sow warm. Thin or plant to 6 inches apart.

50 seeds/pkt \$4.95, Organic

Nettles, Stinging *Urtica dioica*

Family: Nettle (*Urticaceae*)

Zones 4 to 9. Herbaceous, dioecious perennial. Native to temperate climates worldwide. Premier spring tonic. Sow in spring.

200 seeds/pkt \$3.95

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

\$23.55/5 g (~17,500 seeds),

\$44.10/10 g (~35,000 seeds), Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Nigella *see* BLACK SEED

Nightshade, Bittersweet

..... *Solanum dulcamara*

Family: Nightshade (*Solanaceae*)

Zones 4 to 8. Native to Eurasia, flowering showy falling stars of yellow, black and purple giving way to the bright red, tiny tomato-like fruits. Vines to 10 feet. Traditional use of stems (TWM): sluggish liver, herpes. Plant prefers moist shade to sun and a trellis.

20 seeds/pkt \$3.95, Organic

\$8.50/vine, Organic

Oats, Jerry (Milky Oats)

A good cultivar for fall or spring sowing, smut resistant, strong upright bright green, handsome plants. Traditional use: anxiolytic, antocholesteremic, nervine sedative. Sow 3 lbs per 1,000 square feet; 45 lbs per acre. Fall or spring. Grows to 5 feet tall. Harvest for “milky oats” tea or tincture.

5 g/pkt \$3.95,

\$7.00/lb,

\$25.00/5 lbs,

\$40.00/10 lbs, Organic

Ololiuqui *see* MORNING GLORY

OREGANO

Family: Mint (*Lamiaceae*)

These Mediterranean standbys grace any border or path, establishing in colonies. They are both a culinary boon that enhances fine cooking and antioxidant. Sow in spring.

Marjoram, Sweet . . . *Origanum majorana*

Annual, 60 days to maturity. Culinary spice used for flavoring poultry, sausages, and vegetable dishes. Stimulant and carminative.

100 seeds/pkt \$3.95,

\$10.00/g (~5,000 seeds) Organic

\$8.50/plant, Organic

Oregano, Common . . . *Origanum vulgare*

(Wild Marjoram, Pot Marjoram)

Zones 4 to 10. Herbaceous perennial native to Asia, Europe and North Africa. Flowers red, in heady corymbs. Mild-tasting and excellent as a fresh-cut herb used as garnish, in salad dressings and soups.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Oregano, Greek *Origanum heracleoticum*

Zones 4 to 8. Herbaceous or evergreen perennial. Leaf and flower bract excellent when dried, hotter than Common Oregano.

100 seeds/pkt \$3.95

\$10.00/g (~9,000 seeds), Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Zaatar *Origanum syriacum*

(E'zov)

Zones 8 to 12. Fluffy-leaved Middle-Eastern condiment combines with garlic and salt. High demand item, a rare spice.

50 seeds/pkt \$4.95, Organic

Osha *Ligusticum porteri*

Family: Carrot (*Apiaceae*)

(Bear Medicine)

Herbaceous perennial native to the Rocky Mountains. Smokily aromatic root is one of our best indigenous treatments for upper respiratory infection. Sow seed in fall to early spring or give 3 weeks moist refrigeration and then sow warm. Germination occurs in 80 days. Plant prefers soils amended with compost, and loves a thick mulch of coir, decomposed sawdust or leaves. We find that fungal mycelia run rampant through this mulch, which makes for happy Osha.

30 seeds/pkt \$4.95

\$8.50/plant, Organic

Our Lady's Bedstraw . . . *see* CLEAVERS

Pansy, Heartsease *see* VIOLET

Parsley, Italian . . . *Petroselinum crispum*

Family: Carrot (*Apiaceae*)

Biennial or overwintering annual, hardy to Zones 5 to 9. Native to southern Europe. We consider this flat-leaved variety to be superior. Sow in spring.

300 seeds/pkt \$2.95

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

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

PASSIONFLOWER

Family: Passion Flower (*Passifloraceae*)
 Fleshy vines becoming woody with age. The plant loves a dryish, full-sun exposure. Trellis. Sow fall or spring. Slow, sporadic germ is typical. Soak seeds and nick.

Passionflower, Official *P. incarnata* (Maypop)

Zones 6 to 12. Herbaceous or woody vine. Native to southern and eastern US. Flowers large, complex—vibrant purple and white. Leaves and tender stems are a gentle hypnotic, useful in treating insomnia, nervousness.

20 seeds/pkt \$4.95
\$31.10/10g (~300 seeds), Organic

4" pot: \$9.50/plant, \$24.50/3
9" pot: \$28.00/plant, Organic

Passionflower, Purple . . *Passiflora edulis* (Purple Passion Fruit, Purple Grenadilla)

Zones 9 to 12. Subtropical perennial vine native to South America. Produces complex flowers with deep violet markatians, fruits of low acidity—best for eating.

20 seeds/pkt \$4.95
\$31.10/10g (~300 seeds)

Pearly Everlasting
 *Anaphalis margaritacea*

Family: Aster (*Asteraceae*)
 Zones 3 to 7. Clump-forming herbaceous perennial native to the Western USA and Canada. Flowers creamy-white rising above the downy, gray-green foliage. Traditional uses: Chew, influenza, poulticing. Surface sow on fast draining mix and press in hard.
100 seeds/pkt \$4.95

Pellitory *Anacyclus pyrethrum* (Spanish Chamomile, Atlas Daisy, Akarkara)
 Family: Aster (*Asteraceae*)

Herbaceous or evergreen perennial native to the Mediterranean and the Himalayas. Hardy to Zones 5 to 8. Traditional usage (TAVM, TWM): nervine tonic, paralysis, sialagogue, dental woes, testosterone.

50 seeds/pkt \$3.95, Organic

Pennyroyalsee MINT SECTION

PEONY

Family: Crowfoot (*Ranunculaceae*)
 Zones 4 to 10. Choice perennials for the shade garden, with showy flowers and processed roots much valued in TCM. Sow seeds in the fall for germination in the spring, or scarify and give 90 days refrigeration in moist medium, then sow warm.

Peony, Chinese Garden *Paeonia lactiflora* (Bai-shou, Common Garden Peony)

Herbaceous perennial. Native to China, Tibet, and Japan. Growing to 28 inches, the plant makes a bouquet of large, round, fragrant, cup-shaped flowers in spring.

10 seeds/pkt \$4.95

Peony, Tree *Paeonia suffruticosa* (Mu-dan-pi, Moutan Peony)

Woody perennial from from 3 to 6 feet tall. Large, handsome, dark-green, deeply-lobed leaves bearing huge, heaven-scented flowers. Space 6 feet apart.

10 seeds/pkt \$4.95, Organic

9" pot: \$51.00/ plant, Organic

Periwinkle, Madagascar.....see TREES



Jumping down, he thanked the drivers and made his way toward the beach. He was covered in cement dust. The sand felt luscious on his bare feet. He could not resist dipping into the cool, green waters. As the shallow waves swelled about him, he scrubbed his feet, arms, hair, also making sure that the medicine pouch was still secure about his neck. So refreshed, he made his way to the coconut trees that lined the beach. Bunches of coconuts hung beneath the spreading fronds so high against the sea-blue sky. He tried climbing up like a beach boy, but his up-country feet would not hold on, and back he slipped onto the sand. Monkeys in the palms laughed at him. They had no trouble climbing so high. Suddenly Maudi had an idea. "You, you monkeys!" he shouted. "Your tails are shaped like hyena poop!" The monkeys stopped laughing. Nobody likes such an insult. Maudi picked up a piece of coral and threw it at the monkeys. Even though it reached only half way up to them and fell back harmlessly, they were infuriated. Looking around for something to throw back, they had no ammunition except coconuts. They twisted ripe coconuts from the stalk and threw them back down at Maudi, who kept insulting them, dodging, and throwing pieces of coral, until the sand around him was peppered with coconuts. *continued*

PEPPERS

Family: Nightshade (*Solanaceae*)

Native to tropical America, peppers may be sweet or hot. They are perennial in the tropics, grown as frost-tender annuals in temperate regions. Sow in spring.

PEPPER SET: 1 packet each of Aji Colorado, Aleppo, African Cayenne, Official Cayenne, Criolla Sella and Thai Volcano.

6 packets/\$14.95, Organic

Pepper, African Cayenne . . . *C. frutescens*
(Pilipili Mboga)

~30,000 Scoville Heat Units
90-day annual. Seeds originally sourced on Pemba. The plants are flat-topped, about 2 feet tall, festooned with long, thin, tapering peppers. Traditionally, these are picked green, chopped and dressed with citrus and salt—a kind of African salsa if you will. When allowed to fully ripen, they attain a bright, pungent red.

20 seeds/pkt 3.95, Organic

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

Perennial in Zones 10 to 12, otherwise grown as a 120-day annual. The plants have wide, meaty leaves, thick, furrowed stems, rise to as tall as 5 feet and give forth sparse, large, pointed, bright orange fruits shaped like a flame. They are hot, sweet and citrusy. “The cornerstone of Peruvian cuisine.” Late to mature, can be greenhoused.

10 seeds/pkt \$4.95, Organic

Pepper, Aji Colorado *Capsicum baccatum*

~30,000 Scoville Heat Units
Perennial in Zones 10 to 12, otherwise grown as a 120-day annual. Native to Bolivia and Peru. Fast-growing, flat-topped bush to 30 inches tall. Peppers are prolific, 4-inch, red, thin-skinned, cylindrical with a tapering point. Early to mature, remaining pickable even after light frosts.

30 seeds/pkt \$3.95, Organic

Pepper, Aleppo *Capsicum annuum*
(Halaby Pepper, Pul Biber)

~10,000 Scoville Heat Units
Annual, 65 to 70 days to harvest. A blunt-bottomed red pepper on a plant less than 2 feet tall. The leaves shade the fruits. Native to Syria and Turkey and named in antiquity after the ancient city of Aleppo. These peppers are thin-skinned and dry rapidly. They are crushed, mixed with salt and used as a powerfully flavorful condiment. Refugee peppers worth saving and savoring.

20 seeds/pkt \$3.95, Organic

Pepper, Cayenne, Official
. *Capsicum frutescens*

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

50 sds/pkt \$2.95,

\$18.55/5 (~1,115 seeds)

\$34.10/10 g (~2,230), Organic

Pepper, Chilhuacle Negro

. *Capsicum annuum*
~2,000 Scoville Heat Units

Perennial in Zones 10 to 12, otherwise grown as a 90- to 100-day annual. Rare Mexican pepper from the region of Oaxaca, used mainly in production of mole. Bright blue-green, almost black, at maturity. The peppers are bell-shaped, so thin of skin that they will sometimes even dry on the plant.

10 sds/pkt \$3.95, Organic

Pepper, Criolla Sella *Capsicum baccatum*

~30,000 Scoville Heat Units
Perennial in Zones 10 to 12, otherwise grown as an 80-day annual. Heirloom native to Bolivia. Fruits small, pointed, bright golden yellow at maturity, flavorful and citrusy. Copious yields on a small-leaved bush. Our most popular hot pepper.

30 sds/pkt \$2.95,

\$18.55/5 (~1,200 seeds)

\$34.10/10 g (~2,400), Organic

Pepper, Hot Paper Lantern Habanero

. *Capsicum chinense*
~350,000 Scoville Heat Units

Perennial in Zones 10 to 12, otherwise grown as a 90 to 100-day annual. Bright red, Chinese lantern shaped peppers densely pack on a multistemmed, flat-topped bush.

20 sds/pkt \$3.95, Organic

Pepper, Orange Habanero

. *Capsicum chinense*
~350,000 Scoville Heat Units

Perennial in Zones 10 to 12, otherwise grown as a 90 to 100-day annual. Prolific medium bell-shaped bright orange peppers hang pendant from a sturdy, flat-topped bush. Northern tolerant habanero, which doesn't make the fruits any less hot. . .

20 sds/pkt \$3.95, Organic

Pepper, Pong Sri Thai

. *Capsicum frutescens*

Perennial in Zones 10 to 12, otherwise grown as a 90 to 100 day annual. Low-growing, rounded bushes studded with minions of tiny, bright-red, hot peppers. Excellent in potted culture or open garden.

30 sds/pkt \$3.95,

\$18.55/5 (~1,200 seeds)

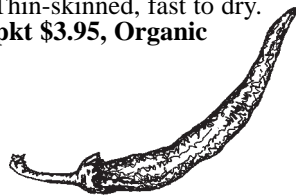
\$34.10/10 g (~2,400), Organic

Pepper, Puta Madre

. *Capsicum chacoense*
(Tova, Covincho)

~30,000 Scoville Heat Units
Perennial in the tropics, otherwise grown as an annual, 90 days from transplant to fruits. Wild-type pepper native to Chile. Compact, woody subshrubs rounded in form, flowering white to 1 foot. We found these to be cold-soil tolerant, plants studded with fruits by August. Thin-skinned, fast to dry.

10 seeds/pkt \$3.95, Organic



Pepper, Thai Volcano *Capsicum frutescens*
(Thai Dragon Pepper)
Perennial in Zones 10 to 12, otherwise grown as an 85 to 100 day annual. Lifted above the soil by a strong trunk, the plant makes a pompom of dark green, elongated leaves that surround a central caldera of chubby, bright-red, blunt-tipped, medium-small peppers.
10 sds/pkt \$3.95,
\$18.55/5 (~1,250 seeds)
\$34.10/10 g (~2,500), **Organic**

Pepper, Yunnan Cayenne
. *Capsicum frutescens*
~32,000 Scoville Heat Units
Traditional type dating back to our 1990's expedition to SW China. Hot, fast-maturing, mid-size bushes make loads of midsize peppers. Traditionally used in soups for flavor enhancement, a sweat-inducing circulation stimulant.
20 sds/pkt \$3.95, Organic

Pepper, Xigole *Capsicum frutescens*
(Soltero, meaning bachelor)
~50,000 Scoville Heat Units
90 days to maturity. Traditional type from the mountains of Oaxaca.
10 sds/pkt \$3.95, Organic

PETASITES
Family: Aster (*Asteraceae*)
Water-loving perennials that flower early in the spring before making their mammoth leaves. Traditional use (TWM, TNAM): Antitussive, pain relief, poultice to swellings, rheumatic joints. These plants do contain low levels of PA's.

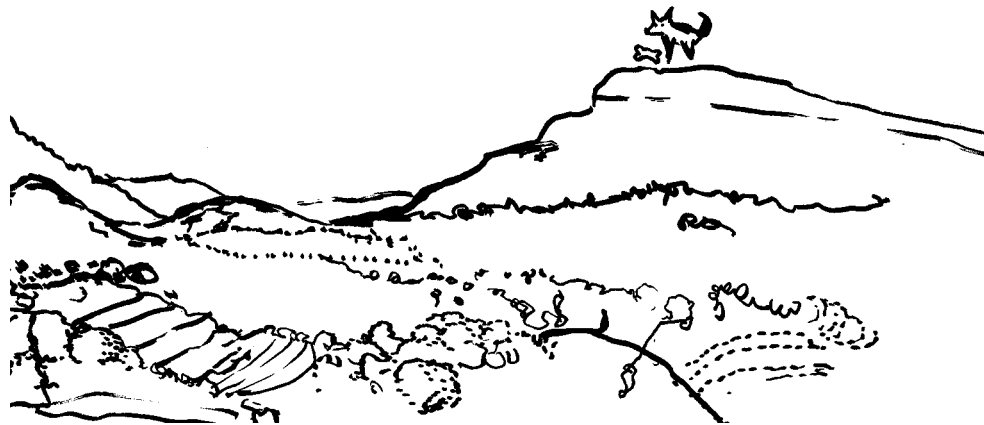
Butterbur *Petasites hybridis*
Zone 4 to 9. Herbaceous perennial native to Eurasia. Flowers cone-like spikes of pink florets. Heart-shaped leaves may measure as much as 3 feet across, used in antiquity for wrapping butter. Helps prohibit spoilage. Plant prefers shade garden, ditches, ponds, lakes or streamside habitat. Press seeds into surface and keep warm and in the light. Space plants 3 feet apart.
100 seeds/pkt \$3.95, Organic

Petasites *Petasites palmatus*
(Western Butterbur)
Zone 6 to 10. Herbaceous perennial flowering white to 3 feet tall. Native to the Western USA. The plant bears turgid, deeply palmate leaves. Plant prefers gravelly soils, regular garden soils, or streamside habitat. Will take sun or shade, must have moisture. Space plants 1 foot apart.
\$8.50/plant, Organic

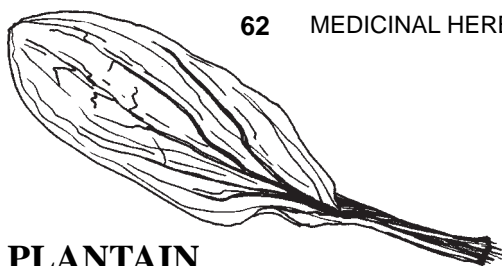
PIMPERNEL
Family: Primula (*Primulaceae*)
(Cure-all, Poor Man's Weatherglass)
Self-seeding annuals growing to only 4 inches, native to Europe. The plants open their flowers to the sun and close them to the clouds. The saponin-rich herb can be used like a pre-soaped sponge.

Pimpernel, Blue *Anagallis linifolia*
A pretty ground cover, sky-blue flowers.
100 seeds/pkt \$3.95

Pimpernel, Scarlet . . . *Anagallis arvensis*
Ground cover, flowers shockingly scarlet!
100 seeds/pkt \$3.95



A man in a bright orange and white sarong observed all this, laughed and congratulated Maudi on his resourcefulness. Using a sharpened stick that was securely fixed in the sand, he showed the boy how to remove the tough husks, revealing the brown, hairy orbs filled with delicious juice. Maudi gave several nuts to the man, put the rest in his sack, flung it over his back, and made his way to the bus station. There, he kept a sharp eye out, and when a chubby woman in a bright, clean kitenge got ready to board the bus to Machakos, he grabbed her suitcase and helped her find a good seat. She motioned for him to take the seat next to her. When the driver came to collect the fare, she pulled out a roll of 10-shilling notes, shrugged off Maudi's "Thank you," and cuddled him like her own child. So it was that Maudi rode back home in style, his coconuts jiggling on the roof rack, through the long night, on wheels of rubber that clung to the road, with the stars of the African sky above. Was it a dream that he saw in the distance a lone hyena on a hill, eating a bone? *continued*



PLANTAIN

Family: Plantain (*Plantaginaceae*)

Herbaceous perennials hardy to all zones and naturalized worldwide. Sow in cool soils of early spring.

Plantain, Broadleaf . . . *Plantago major*

Broad, oval, bright green leaves of great utility in medicine.

100 seeds/pkt \$3.95

\$8.00/g (~2,000 seeds), **Organic**

\$8.50/plant, Organic

Plantain, Che-qian . . . *Plantago asiatica*

The seed is official to the Chinese pharmacopoeia. Harvested when young, these are deliciously edible.

50 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Plantain, Giant Turkish *Plantago major*

Rare. Largest of all true Plantain ecotypes.

100 seeds/pkt \$3.95, Organic

Plantain, Herba Stella

. *Plantago coronopus*

Zones 4 to 9. Herbaceous perennial with worldwide distribution. Starlike rosettes of sweetly edible leaves.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, \$21.95/3 plants, Organic

Plantain, Narrow-Leaved

. *Plantago lanceolata*

Interchangeable with Broadleaf Plantain as the official medicinal herb.

100 seeds/pkt \$3.95,

\$8.00/g (~550 seeds), **Organic**

Plantain, Sea *Plantago maritima*

(Goosetongue Plantain)

Evergreen, perennial, halophytic, semi-succulent native to the coast of the Pacific NW. Defying heavy breakers and whipped by stormy winds, holds on for dear life. Excellent, pre-salted, edible plant.

50 seeds/pkt \$3.95

Plantain, Tall Coast . . . *Plantago subnuda*

Perennial halophyte forms a stout rootstock giving rise to long, reddish, radiating leaves. Will grow in clay or the cracks between rocks. The flowering stalks of older individuals can be magnificent.

50 seeds/pkt \$3.95, Organic

Psyllium *Plantago psyllium*

Annual. 90 days to maturity. Native to the Mediterranean. Traditional use (TWM): stool bulking, bowel regularity. Source of soluble fiber. Full sun, average soils. Space plants 6 inches apart.

100 seeds/pkt \$3.95, Organic

Pleurisy Root *see MILKWEED*

POKE

Family: Pokeweed (*Phytolaccaceae*)

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

Poke, Domestic . . . *Phytolacca americana*

Zones 4 to 9. Herbaceous perennial with thick, reddish stems; large, drooping leaves, and purple berries. Native to the US. This plant is incredibly effective for resolving lymphatic blockage and is commonly used in treating mastitis and Lyme disease.

100 seeds/pkt \$3.95,

\$16.10/10 g (~900 seeds),

\$80.00/100 g (~9,000 seeds), **Organic**

Poke, Tibetan *Phytolacca acinosa*

Zones 7 to 10. Herbaceous perennial native to Asia, China, Tibet, and Japan. This is an elegant plant that is showy both when in flower and when in fruit.

30 seeds/pkt \$4.95

POPPY

Family: Poppy (*Papaveraceae*)

Swift-growing plants bear outrageous flowers and have all been used in medicine due to the presence of pain-relieving alkaloids. All temperate zones. Sow in cold soils!

POPPY SET

(1 pkt. each: California Open-Pollinated; Flanders; Giant Pod; Turkish Red and Zahir)

\$19.90/5 pkts . . . *Price shown is a discount.*

Poppy, California Open Pollinated

. *Eschscholzia californica*

Herbaceous perennial, self-seeding. Native to California, Oregon, and the southwestern US. Hardy to Zones 5 to 9. Yellow or orange—wild form. Traditional usage (TWM): analgesic, sedative. Strew seed in abandoned places, dry pastures, edge of driveway, pathside. Full sun, well-drained, nutrient-poor soils. An early summer show of color, preferring dry and sunny sites.

500 seeds/pkt \$3.95,

\$9.10/10 g (~9,000 seeds),

\$34.10/100 g (~90,000 seeds),

\$90.00/lb (~408,000 seeds)

Poppy, California Organic

. *Eschscholzia californica*

Yellow or orange flowers like none other.

100 seeds/pkt \$4.95, Organic

Poppy, Flanders *Papaver rhoeas*

(Corn Poppy, Shirley Poppy)

Annual. Native to Europe and temperate Asia. Bright red. All parts of this plant contain the nonaddictive alkaloid rheadine that calms and sedates.

300 seeds/pkt \$3.95,

\$14.55/5 g (~15,000 seeds),

\$26.10/10 g (~30,000 seeds), **Organic**

Poppy, Giant Pod . . . *Papaver somniferum*

Flowers large, light, with a purple cross at center. Flower gives way to an extra-large, urn-shaped pod.

100 seeds/pkt \$3.95



Poppy, Peshawar . . . *Papaver somniferum*
Generally fall-sown in zones 7 to 10 and spring-sown in colder zones. Cultivar from Persia flowers early and makes large pods. Thinning to 1 foot apart is a must. Fertile, well-rested soils. Best to plant in wet, cool season for maturation in dry, hot season.

**300 seeds/pkt \$4.95,
\$12.00/g (~2,000 seeds), Organic**

Poppy, Turkish Red *Papaver somniferum*
Annual or overwintering annual. Bright red flowered, monochrome Poppies on a medium-sized bush.

100 seeds/pkt \$4.95, Organic

Poppy, Yellow Horned . . . *Glaucium flavum*
Zones 6 to 9. Native to the Mediterranean. Herbaceous perennial with large, bright yellow flowers that give way to elongated, beanpod-like follicles. Source of glaucine, a powerfully antitussive compound.

30 seeds/pkt \$4.95, Organic

Poppy, Zahir *Papaver somniferum*
Generally fall-sown in zones 7 to 10 and spring-sown in colder zones. This is our best poppy. Purple flowers with dark basal spot give way to giant pods. Bee frenzy!

**300 seeds/pkt \$4.95,
\$12.00/g (~2,000 seeds)
\$32.55/5 g (~10,000 seeds)
\$59.10/10 g (~20,000 seeds), Organic**

Prairie Sagewort see ARTEMISIA

Pulsatilla *Anemone pulsatilla*
(Wind Flower, Pasque Flower)

Family: Crowfoot (*Ranunculaceae*)
Zones 4 to 9. Herbaceous perennial. Native to Europe. The plant is early to produce large, showy, purple flowers that surprise the early spring garden, wayside, open meadows and cliffs with their brazen beauty. Traditional uses: Menopause, PMS, or insomnia. **Low-dose botanical.** Plant prefers to grow in the full sun among rocks. Sow in fall or spring. Germ in shade, 30 to 40 days. 1 foot apart. Flowers to 18 inches.

30 seeds/pkt \$4.95, Organic

\$11.00/plant, \$30.50/3 plants, Organic

Queen Anne's Lace *Daucus carota*
Zones 4 to 8. Pan-temperate. Ancient contraceptive. Scatter seed on open or disturbed ground. Volunteers freely. Flowers and seeds to 4 feet in the second year.

**500 seeds/pkt \$3.95,
\$14.55/5 g (~5,000 seeds)
\$26.10/10 g (~10,000 seeds),
\$80.00/100g (~100,000 seeds),
\$300.00/lb (~454,000 seeds), Organic**
Not for sale to WA state.

Queen-of-the-Meadow . . . see Gravel Root



Rampion *Campanula rapunculoides*
(Rapunzel)

Family: Bellflower (*Campanulaceae*)
Native to Europe. The plant is soft-leaved and edible, root crunchy and edible. Flowers in the second year to 3 feet, with showy lavender, bell-shaped inflorescences.

50 seeds/pkt \$3.95

Rehmannia *Rehmannia glutinosa*
(Sheng-di-huang, Chinese Foxglove, Lit. "Cooked Earth Yellow")

Zones 7 to 10. Herbaceous perennial native to China. With more than 400 years history of cultivation, the plant is quite showy, producing foxglove-like (no digitalis alkaloids, though) flaring brick-red flowers on a short, wide plant. The root is the part used—it is rubbery and yellow. Traditional use (TCM): processed root revitalizes vitality, strengthens liver and kidney. A crucial ally. Plant prefers full sun and a very fast-draining soil. Space 1 to 2 feet apart.

\$11.00/plant, Organic

Rhodiola, Russian *Rhodiola rosea*
(Arctic Root, Golden Root, Roseroot)

Family: Stonecrop (*Crassulaceae*)
Zones 1 to 7. Perennial, fleshy succulent with circumpolar distribution. The dried roots are rose-scented, loaded with immune-stimulating glycosides (e.g. rosavin, rosin). These demonstrate antidepressant, uplifting adaptogenic properties similar to Eleuthero. Seed originally from inside the Russian Arctic Circle. Yellow flowered. High levels of bioactive Rosavins. Refrigerator stratify moist for 90 days or surface sow outdoors in fall or early spring. Snow on flats will melt and seeds will sprout.

100 seeds/pkt \$5.95

RHUBARB

Family: Buckwheat (*Polygonaceae*)
 Hardy to Zones 5 to 8
 Giant leaves with colorful stalks on an herbaceous perennial, preferring part shade to full sun, fertile and well-drained soils. Sow in spring. Average germ 13 days. Direct-seeding in a rich hill is good. Plant 2 to 3 feet apart.

Rhubarb, Alexander *Rheum alexandrae*
 Native to Yunnan Province of western China and also found in Tibet. Alternate source of Da-huang. Leaves lime green, stems red.
10 seeds/pkt \$4.95

Rhubarb, Garden . . . see VEGETABLES

Rhubarb, Himalayan *Rheum emodi*
 (Syn. *Rheum australe*)
 Native to the Himalayas. Stems deep red. May produce gigantic leaves to 3 feet across and flowering to 9 feet tall. Source of medicinal Rhubarb root sold in Himalayan markets as a laxative. Moist, fertile soils.
10 seeds/pkt \$4.95

Rhubarb, Noble *Rheum nobile*
 (Chinese Glasshouse Plant)
 Native to Tibet, this is a high altitude medicinal Rhubarb that produces a unique spire of overlapping, transparent scales.
10 seeds/pkt \$4.95

Rhubarb officinale . . . *Rheum officinale*
 (Da-huang, Chinese Rhubarb)
 Easiest and fastest to grow large roots, these tend to naturalize easily on the landscape. Primary medicinal type for TCM. Spring flowers of cream.
30 seeds/pkt \$4.95, Organic

Rhubarb, Turkey.....*Rheum. palmatum*
 (Da-huang, Chinese or Turkey Rhubarb)
 Large palmate-leaved plants are highly esteemed by collectors, being very showy in the garden. This type is also the epicurean's choice, with roots of superior palatability.
10 seeds/pkt \$4.95

Roselle see HIBISCUS

ROSEMARY

Family: Mint (*Lamiaceae*)
 Zones 6 to 12.
 Evergreen woody perennials native to the Mediterranean. These will flower and exude maximum fragrance and medicinal activity during the cooler months. In the kitchen, rosemary continues to flavor the dish even after prolonged cooking. Space plants 2 to 4 feet apart

Creeping Rosemary
 *Rosmarinus officinalis prostratus*
 Evergreen mounding and cascading woody perennial to 1 foot, with long-lived flowers of intense blue. Best for rock gardens, walls.
\$11.00/plant, Organic

Upright Rosemary *Rosmarinus officinalis*
 (Tuscan Blue)
 Bushy evergreen perennial to 3 feet tall. Prefers a full sun position. Drought tolerant.
\$11.00/plant, Organic

Rose Champion *Lychnis coronaria*
 Family: Pink (*Caryophyllaceae*)
 Zones 3 to 9. Short-lived herbaceous perennial native to Europe, North Africa, Asia. Magenta flowers velvet, on an upright, wooly-white plant—one of the prettiest little things you'll ever see. Homeopathic. Sow in spring. Space 1 to 2 feet apart.
50 seeds/pkt \$3.95

\$8.50/plant, Organic

Rue *Ruta graveolens*
 Family: Citrus (*Rutaceae*)
 Zones 4 to 9. Woody perennial. Native to the Mediterranean. This is one of the oldest medicinal plants, said to bring financial rewards while warding off contagion, malevolent spirits, and fleas. Make sure to wash skin after exposure to Rue. Plant prefers sun, regular garden soil. Sow in spring. Av. germ 15 days. Space at 2 feet.
50 seeds/pkt \$3.95, Organic

\$8.50/plant, \$21.95/3 plants, Organic

Rupturewort *Herniaria glabra*
 Family: Pink (*Caryophyllaceae*)
 Zones 4 to 8. Evergreen perennial carpet-forming creeper to 3 inches tall. Native to Southern Europe. Pillow-soft, tromp-resistant filler plant for rock garden, stepstones. Sun, well-drained soil. Traditional use (TWM): Urinary tract infection.
100 seeds/pkt \$3.95

\$8.50/plant, Organic

Saffron, Holy *Crocus sativus*
 (Zang-hong-hua)
 Family: Iris (*Iridaceae*) Zones 6 to 9. Bulbous perennial cultigen flowering purple to 5 inches, a specialty crop of Southern Europe, Asia minor and Iran. Oversize flowers bloom in October, cupping the long, 3-pronged, orange-red stigmas (the spice). One of the most precious spices on Earth. The activity is profound: oral cleansing, stomachic, antidepressant, sedative and analgesic. Plant prefers rich, sandy, well-drained soil in the sun to part shade. Potted plants contain a rosette of bulbs and can be planted anytime. They will be full of leaves in the winter and in the summer, dormant. Bulbs are delivered in October, best planted immediately on receipt, 3 inches deep and 6 inches apart.

TOP SIZE BULBS (~1" diameter)

\$14.95/6 bulbs
\$42.00/20 bulbs
\$220.90/100 bulbs*,
 Available October to December.
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

***100 bulb orders ship free**

SAGE

Family: Mint (*Lamiaceae*)

We feature the main species used in medicine, as well as some of the strikingly decorative ones. Planting in a sunny, dry, and well-drained microsite will help assure winter survival. Sow in spring, work up in pots, transplant to warm soil.

SAGE SET (1 seed packet each of Sages: Clary, Dan-shen, Garden, Pannonian, Scarlet, Purple and White)

\$22.90/7 pkts

Price shown is a discount.

Not for sale to WA state.

Sage, Black *Salvia mellifera*

Zones 9 to 12. Evergreen to 5 feet, native to the dry hills of Southern California. Blue-flowered, aromatic.

100 seeds/pkt \$3.95

\$9.00/g (~600 seeds)

\$23.55/5g (~3,000 seeds)

\$8.50/plant, \$21.95/3, Organic

Sage, Clary *Salvia sclarea*

Zones 5 to 9. Biennial. The purple-pink inflorescences are covered with glandules, redolent with Clary's peculiar essential oil.

30 seeds/pkt \$3.95

\$17.55/5 g (~1,400 seeds)

\$31.10/10 g (~2,800 seeds), **Organic**

\$8.50/plant, Organic

not available to the state of Washington

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

Zones 8 to 12. Herbaceous perennial. Native to China. Rare. The part used is the blood-red root. Quickens the blood.

30 seeds/pkt \$4.95

\$12.00/g (~540 seeds)

\$32.55/5 g (~2,700 seeds)

\$59.10/10 g (~5,400 seeds), **Organic**

\$8.50/plant, \$21.95/3 plants, Organic

Sage, Dominican *Salvia dominica*

Zones 9 to 12. Woody perennial to 3 feet native to the Middle East, flowering white. The entire plant is imbued with the scent of sclareol. Drought tolerant. Unique.

10 seeds/pkt \$4.95, Organic

Sage, Garden *Salvia officinalis*

Zones 5 to 9. Woody perennial. Indispensable spice that imparts a wild flavor. In herbal use: dries secretions including sweat and mother's milk, antioxidant and carminative. Promotes long life.

50 seeds/pkt \$3.95

\$17.55/5 g (~555 seeds)

\$31.10/10 g (~1,110 seeds), **Organic**

\$8.50/plant, \$21.95/3, Organic

Sage, Jerusalem . *Salvia hierosolymitana*

Zones 7 to 12. Native to the Mediterranean. Flowers wine-red to 2 feet.

30 seeds/pkt \$3.95, Organic



The flag was black but Maudi did not care. He plopped the bag of coconuts down in the yard of skulls and skins. An ashen hand appeared at the edge of the door, pushing it aside. To Maudi's intense joy, out rushed Pilipili, barking and leaping into his arms. The MunduMui wiped sleep from his eyes and frowned at first, but then could not help a smile at the spectacle of boy and dog. Maudi took from the sack a coconut and offered it respectfully. "Now you can mix the medicine," he said. The MunduMui used the tip of an antelope horn to bore through the soft spots in the coconut, then tipped it up and drank long and deep. He put the nut down and wiped his mouth with the back of his hand. "The coconut was for me," he said. Then, he took the pouch from around Maudi's neck, opened it, and ceremoniously spilled out the contents, which drifted in a light breeze and settled into the earthen yard. "And the medicine... the medicine is for the ancestors."

Sage, Judean *Salvia judaika*
Zones 7 to 12. Perennial native to the Middle East. Violet flowers and bracts in whorls. Fragrant. Rare. Space 2 feet apart.

30 seeds/pkt \$3.95, Organic

Sage, Jupiter's Distaff *Salvia glutinosa*
Zones 4 to 8. Herbaceous perennial native to Europe, flowering in outsize yellow flowers to a height of 3 feet. The entire plant is covered with aromatic resin that contains low concentrations of the terpenoid molecule salvinorin A.

10 seeds/pkt \$3.95, Organic

Sage, Kashmir *Salvia hians*
Zones 5 to 9. Herbaceous perennial to 3 feet. Loose racemes of large, deep-throated, blue to purple flowers in second year.

10 seeds/pkt \$4.95

Sage, Lyre-Leaf *Salvia lyrata*
(Cancer Weed)

Zones 4 to 9. Herbaceous perennial native to central and eastern US. Lyre-shaped leaves bear striking purple variegations.

20 seeds/pkt \$4.95, Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Sage, Pannonian *Salvia austriaca*
(Austrian Sage)

Zones 4 to 9. Native to Austria, Eastern Europe, Russia, flowering white to pale yellow to a height of 3 feet, composed of multiple upright racemes from a large, incredibly flat basal rosette. Flowers showy, good for cut flowers. Source of taxodione.

30 seeds/pkt \$3.95,

\$9.00/g (~400 seeds)

\$23.55/5g (~2,000 seeds)

\$44.10/10 g (~4,000 seeds Organic

\$8.50/plant, Organic

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

Zones 9 to 12. Evergreen, clumping perennial flowering to 3 feet. Native to California. Outsize flowers fruity, aromatic.

10 seeds/pkt \$4.95, Organic

\$8.50/plant, Organic

Sage, Purple *Salvia leucophylla*

Zones 9 to 12. Deciduous woody perennial growing to 6 feet. Native to California. Silvery foliage with purple flowers.

30 seeds/pkt \$3.95

9" pot: \$21.00/plant, Organic

Sage, Scarlet *Salvia coccinea*
(Hummingbird Sage)

Annual, 70 days to flowers. Mexico. Cardinal scarlet flowers. Sunny, dry sites.

200 seeds/pkt \$3.95

Sage, Transylvanian Blue

. *Salvia transylvanica*

Zones 7 to 9. Native to the Transylvanian Mountains of Romania—robust, full-flowered, bright blue. Big butterfly attractor, cut and flower again, a superior bedding plant.

20 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Sage, White *Salvia apiana*

Hardy to Zones 7 to 12, otherwise grown as a potted plant. Woody perennial native to Southern California. Sacred smoke. Plant prefers full sun and sandy, fast-draining soil. Sow seed on surface of sand. Press in and keep in strong light, and keep evenly moist and very warm until germ. Space 3 feet apart.

100 seeds/pkt \$3.95,

\$14.00/g (~600 seeds), Organic

4" pot: \$9.50/plant, \$22.95/3 plants

9" pot: \$31.00/plant, Organic

Sagewort, Prairie *see* ARTEMISIA

Saint John's Wort *Hypericum perforatum*

Family: Saint John's Wort (*Hypericaceae*)

Zones 3 to 7. Herbaceous perennials with a worldwide distribution. *Hypericum* has a deep-seated effect, helps restore damaged nerve tissue, deadens pain, and strengthens the urinary organs. A comforting antidepressant that brings sun into the heart.

500 seeds/pkt \$3.95

\$9.00/g (~8,000 seeds)

\$23.55/5 g (~40,000 seeds)

\$44.10/10 g (~80,000 seeds),

\$350.00/100g (~800,000 seeds), Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

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

Santolina *Santolina chamaecyparissus*
(Lavender Cotton)

Family: Aster (*Asteraceae*)

Zones 6 to 9. Rounded perennial to 24 inches tall, with aromatic, silver-gray foliage. Plant prefers full sun, fast-draining, alkaline soil. Drought tolerant. (TWM): Vermifuge, analgesic poultice. Sow in spring.

30 seeds/pkt \$4.95, Organic

SAVORY

Family: Mint (*Lamiaceae*)

Bright green-leaved aromatic shrubs native to the Mediterranean. Scarify seeds lightly and press into surface of soil, keeping moist and in the light until germ. Work up in pots and transplant spring to early summer.

Savory, Lemon

. *Satureja montana* var. *citriodora*

Zones 5 to 8. Evergreen woody perennial to 20 inches. Compact form of Winter Savory with enticingly lemon-scented foliage.

20 seeds/pkt \$3.95

\$8.50/plant, \$21.95/3 plants, Organic

Savory, Purple Winter

. *Satureja montana* var. *illyrica*

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

20 seeds/pkt \$3.95, Organic

Savory, Pygmy *Satureja spinosa*
(Crete Mountain Savory, Pygmy Savory)

Zones 6 to 9. Evergreen perennial to 6 inches tall, with Thyme-like leaves and multitudes of white flowers filled with nectar.

20 seeds/pkt \$4.95, Organic

Shepherd's Purse
(*Capsella bursa-pastoris*)



Savory, Summer*Satureja hortensis*
Annual. 60 days to perfect spice. The best culinary Savory. Bushes to 2 feet.
100 seeds/pkt \$3.95
\$8.00/g (~1,900 seeds),
\$18.55/5 g (~9,500 seeds)
\$34.10/10 g (~19,000 seeds), **Organic**

Savory, Winter*Satureja montana*
Zones 6 to 10. Evergreen perennial to 2 feet tall. Rich in aromatic thymol. A robust choice for the enduring medicinal garden. Low hedging, mazes and knot gardens.
100 seeds/pkt \$3.95
\$12.00/g (~2,100 seeds), **Organic**
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Sculpit see MAIDEN'S TEARS

Sedum, Jelly Bean .*Sedum rubrotinctum*
Family: Stonewort
Hardy to zones 9 to 12. Will withstand light frost and is normally grown in window boxes or pots. Native to Mexico, a perennial succulent that will sprawl—cutely.
\$8.50/plant, \$21.95/3 plants, Organic

Self-Heal*Prunella vulgaris*
Family: Mint (*Lamiaceae*)
Zones 3 to 9. Native to Europe. Excellent ground cover for moist shade. Swishing with Self-Heal tea relieves and heals canker sores. Plant prefers sun to shade and moist soils. Germinates in cool soil of early spring. Space plants 1 foot apart.
50 seeds/pkt \$3.95, Organic
\$8.50/plant, \$21.95/3, \$57.00/10, Organic

She-chuang-zi*Cnidium monnieri*
(Snow Parsley)
Family: Carrót (*Apiaceae*)
Annual, Native to China. Quick spring flowers that attract myriads of pollinators. One of the herbs in TCM that warms the kidney yang. Tea, decoction or tincture used to stimulate sex hormones.
100 seeds/pkt \$4.95, Organic

Shepherd's Purse *Capsella bursa-pastoris*
Family: Mustard (*Brassicaceae*)
60-day annual or overwintering annual in Zones 6 to 10. Native to Europe and Asia. Hemostatic agent used to stem excess menstrual bleeding or post-partum hemorrhage. Best to sow in fall to establish the rosette, which then produces a large plant the following spring.
100 seeds/pkt \$3.95, Organic

Shoo-Fly Plant*Nicandra physalodes*
(Apple of Peru)
Tender perennial hardy to Zones 7 to 10, otherwise grown as an annual. Native to South America, flowering lavender to a height of 4 feet. Excellent in flower gardens, where the numerous showy flowers give way to peculiar winged sepals that are used in flower arrangements. A widely adaptable companion plant that repels white flies and other garden pests. Space 2 feet or more apart.
100 seeds/pkt \$4.95
\$8.00/g (~1,000 seeds)
\$18.55/5g (~5,000 seeds)
\$34.10/10g (~10,000 seeds)
\$248.00/100g (~100,000 seeds), **Organic**

Sida*Sida acuta*
Family: Mallow (*Malvaceae*)
(Common Wireweed, Mahabar)
Tender perennial taprooted subshrub hardy to Zones 8 to 11, otherwise grown as a 90-day annual. Pantropical. The plant grows from 1 to 5 feet in height and flowers yellow. Traditional use: emollient, analgesic, anti-malarial, anti-Lyme, antivenin and useful in treating Staph infections. Bioremediator against heavy metal contamination. Full sun, disturbed soils—a weed of agricultural fields. Scarify seed on medium grit sandpaper and give standard greenhouse culture or direct-seed, with germ in 1 to 3 months. Space plants 2 feet apart.
20 seeds/pkt \$3.95, Organic
\$8.50/plant, Organic



Self-Heal
(*Prunella vulgaris*)



SKULLCAP

Family: Mint (*Lamiaceae*)

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

SKULLCAP SET (1 packet each of Baikal, Barbat and Official Skullcaps)

\$12.90/3 pkts, Organic

Price shown is a discount.

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

Zones 4 to 8. Herbaceous perennial native to the shores of Lake Baikal. Purple flowers to 12 inches tall, like schools of dolphins breaking through green waves of a summer sea. Traditional use of dried root (TCM): antiallergic, diuretic, hypotensive, antibacterial, antiviral, fever-reducing in treatment of dysentery, hepatitis, staph. Plant is extremely drought-tolerant and does well in fast-draining soils in the sun. Sow seed in spring. Germ in 24 days. Space 12 inches apart.

30 seeds/pkt \$4.95

\$20.00/g (~560 seeds), **Organic**

\$8.50/plant, Organic

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

Zones 5 to 11. Herbaceous perennial native to eastern and southern US. Light-purple flowers, outsized to the plant, rise on hairy stalks to a height of 24 inches. Traditional use (TCM): pulmonary and breast cancers.

30 seeds/pkt \$4.95

\$8.50/plant, \$21.95/3, Organic

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

Zones 6 to 9. Herbaceous perennial. Native to US. One of the more powerful nervine tonics, an original American herb which has grown into world popularity. Plant prefers moist, fertile soil, partial shade to full sun. Sow seed in cool soils of fall or early spring, or give 30 days moist, cold treatment by mixing with peat moss, coir, or sand in a jar or plastic bag in the fridge. Then, sow in warm soil. Germination takes 30 days. Thin or transplant to 1 foot apart.

50 seeds/pkt \$4.95,

\$12.00/g (~2,500 seeds), **Organic**

\$8.50/plant, \$21.95/3, Organic

Skunk Cabbage, Western \

. *Lysichiton americanus*
(Bog Arum, Swamp Lantern, Yellow Skunk Cabbage)

Zones 5 to 9. Herbaceous perennial native to swamps, wetlands, coastal sloughs and moist coastal forests of N. Ca. to Alaska. Powerful roots with strong dormancy. Curious yellow spadix/spade in spring. The (inedible) leaves have been historically used as poultices, plates and food-wrappers. Give sodden shade—swamp, stream or pondside.

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Soapwort *Saponaria officinalis*
(Bouncing Bet, Wild Sweet William)

Family: Pink (*Caryophyllaceae*)

Zones 4 to 8. Herbaceous perennial flowering to 3 feet. Native to southern Europe; a standby in English gardens. Lance-shaped leaves and clusters of pink flowers. Attracts hawk moths. The root is loaded with saponins. Sow in cold soils of fall or early spring. Space 1 foot apart.

20 seeds/pkt \$4.95, Organic

\$8.50/plant, Organic

Southernwood *see* ARTEMISIA

Sorrel, Sheep *Rumex acetosella*

Family: Buckwheat (*Polygonaceae*)

Herbaceous perennials hardy to all zones, preferring moist to mesic soils in full sun. Sow seeds in spring. A diminutive creeper that sends up plumes of rust-red flowers in midsummer. Ingredient in Essiac.

100 seeds/pkt \$3.95

\$7.00/gram (~900 seeds)

\$17.55/5 g (~4,500 seeds)

\$31.10/10 g (~9,000 seeds)

\$248.00/100 g (~90,000 seeds)

Spearmint *see* MINT

SPEEDWELL

Family: Figwort (*Scrophulariaceae*)

Evergreen creeping perennials native to Eurasia, used in traditional herbal medicine and in the landscape, a good choice for ground cover. These spread by runners and root in at the nodes. They are gentle in the garden, and always welcome!

Speedwell, Common . . . *Veronica officinalis*

Zones 3 to 7. Pale blue flowers give way to seedpods that are inverted hearts, filled with flattened golden seeds. Traditional use: Urinary and upper respiratory tonic; vulnerary. Space plants 1 foot apart

\$8.50/plant, Organic

Speedwell, European

. *Veronica beccabunga*

(Brooklime, Water Speedwell, Housewell)
Zones 5 to 9. Masses of waxy leaves give rise to low-lying blue flowers.. Traditional usage (TWM): gout, laxative, antiscorbutic. Edible and blood-cleansing.

50 seeds/pkt \$4.95

\$8.50/plant, \$21.95/3 plants, Organic

Spider Plant *Chlorophytum comosum*
(Airplane Plant, Saint Bernard's Lily,
Ribbon Plant, Dian-lan)
Family: Asparagus (*Asparagaceae*)
Hardy to Zones 9 to 11, but usually grown
indoors in hanging baskets, giving the strap-
like leaves a chance to fountain and send out
white-flowered stolons and new plantlets.
We offer both white variegated and mono-
color green plants—indicate your preference.
\$8.50/plant, \$21.95/3, Organic

Spiderwort, Western
. *Tradescantia occidentalis*
Zones 4 to 9. Disheveled monocot to 18 inch-
es. Native to central US. Conspicuous termi-
nal clusters of purple flowers above thin, iris-
like leaves. Leaves edible when cooked in
soup. Traditional use (TWM): urinary and
uterine tonic.
30 seeds/pkt \$3.95, Organic

\$8.50/plant, \$21.95/3, Organic

SPIKENARD

Family: Ginseng (*Araliaceae*)
Sow in fall for dependable germ in spring, or
give 90 days cold, moist refrigeration and
sow warm. Spikenards prefer a streamside
habitat but will grow in standard shade
garden culture. Space plants 3 feet apart.

Spikenard, California . *Aralia californica*
(Elk Clover, Western Spikenard)
Zones 3 to 9. Native to the Pacific
Northwest. Traditional use (TNAM): upper
respiratory and pregnancy tonic.
30 seeds/pkt \$4.95
\$12.00/g (~160 seeds),
\$32.55/5g (~800 seeds)

\$8.50/plant, Organic

Spikenard, Eastern *Aralia racemosa*
Herbaceous perennial native to the Eastern
US. A comely plant with large, compound
leaves and drooping clusters of red berries.
TNAM blood-purifying tonic.
30 seeds/pkt \$4.95

SPILANTHES

(Toothache Plant, Para Cress)
Family: Aster (*Asteraceae*)
Perennial in Zones 10 to 12, otherwise
grown as a 120 day annual. Start early
indoors and transplant out after frost—they
like full sun and rich, moist soil. Spilanthes
is an indispensable anti-inflammatory and
dentifrice. Buzz-buttons.

Spilanthes, Brede Mafane . . *Acmella alba*
This is the original yellow-flowered type.
100 seeds/pkt \$3.95, Organic

Spilanthes, Official *Acmella oleracea*
Purple leaves, bicolor buttons red & yellow.
100 seeds/pkt \$3.95
\$12.00/g (~700 seeds)
\$32.55/5g (~3,500 seeds)
\$59.10/10g (~7,000 seeds), **Organic**

Springblossom *Jaborosa integrifolia*
(Jaborosa, Jabobosa)
Family: Nightshade (*Solanaceae*)
Hardy to Zones 8 to 10, otherwise gainfully
grown in a warm greenhouse. Rhizomatous
perennial native to Brazil and Uruguay, to
6 inches tall. The heaven-scented white pin-
wheel flowers emerge sporadically.
\$10.00/plant, Organic

Stoneroot *Collinsonia canadensis*
Family: Mint (*Lamiaceae*) Zones 4 to 8.
Herbaceous perennial. Native to rich woods
in the eastern, central, and southern states.
Panicles of bright yellow flowers smell like
lemon. Shrinks varicosities. Plant prefers
moist woods or partially shaded garden.
\$8.50/plant, \$21.95/3 plants, Organic

Swan Plant *see* MILKWEED

Sweet Woodruff *see* CLEAVERS

TARRAGON

Tarragon, Mexican *Tagetes lucida*
Zones 6 to 10. Herbaceous perennial that
can be grown as an annual. Native to
Mexico. A spice, cold medicine. Plant
prefers full sun, well-drained soil. Sow in
spring. Space 1 foot. Flowers to 2 feet.
30 seeds/pkt \$4.95,
\$9.00/g (~1,200 seeds),
\$23.55/5 g (~6,000 seeds), **Organic**

\$8.50/plant, Organic

Tarragon, Russian
. *Artemisia dracunculoides*
(Estragon)
Zones 3 to 9. Herbaceous perennial to 3 feet
tall, native to Europe, Asia, and Western US.
Anise-flavored, the herb is used fresh or
dried as a condiment.
100 seeds/pkt \$3.95, Organic

THISTLE

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

Thistle, Blessed *Cnicus benedictus*
Winter annual, growing most happily in
Zones 7 to 10, although it can be grown as a
simple annual in any zone. Native to the
Mediterranean basin, and Asia Minor. One
of the oldest recorded medicinal plants.
Downy and barely prickly. Tea stimulates
appetite. Old-time remedy against fever and
headache, prevent plague. 2 feet apart.
30 seeds/pkt \$3.95, Organic
\$29.10/10 g (~360 seeds), **Organic**

Thistle, Milk *Silybum marianum*
Overwintering annual in Zones 6 to 9, other-
wise grown as a spring planted annual, 120
days to seed harvest. Native to the
Mediterranean. Giant, shiny-leaved plant
with white variegations and towering, purple
flowers. Unique hepatoprotective agent.
30 seeds/pkt \$3.95,
\$20.10/10 g (~360 seeds), **Organic**
Not for sale to WA state.

**THYME**

Family: Mint (*Lamiaceae*)

Thyme is a classic spice for salad dressings, baked protein dishes, and sauces. Tea of dried Thyme herb is curative to a wide array of maladies. Plant prefers full sun, warm limey soil, moderate watering. In colder zones, Thyme may be grown as an annual, 90 days to harvest. Sow in spring.

THYME SET (1 seed pkt. each English, French, German Winter, and Mastic.

\$14.90/4 pkts, Organic

Price shown is a dfiscount.

Thyme, Creeping . . . *Thymus serpyllum*
Hardy to Zones 5 to 9. Evergreen perennial ground cover to 3 inches. As a spice, very mild, yet a preferred variety for rock gardens, landscaping, between stepping-stones.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Thyme, English Broadleaf *Thymus vulgaris*
(Common Thyme)

Zones 6 to 10. Evergreen perennial subshrub native to the Mediterranean and especially Greece. Perfect mound-shaped plants. Space 2 or 3 feet apart. Flowers to 18 inches. Very potent spice.

100 seeds/pkt \$3.95

\$9.00/g (~5,000 seeds)

\$23.55/5 g (~25,000 seeds)

\$44.10/10 g (~50,000 seeds), Organic

\$8.50/plant, \$22.95/3, Organic

Thyme, French *Thymus vulgaris*
Zones 6 to 10. Tender evergreen perennial, a select cultivar from France. Excellent as a spice, this nicely green, narrow-leaved cultivar is one of the most flavorful of all the Thymes. Wonderful flower displays are much visited by bees.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Thyme, German Winter *Thymus vulgaris*
Zones 4 to 10. Evergreen perennial subshrub similar to Broadleaf English, but more cold-tolerant. An excellent choice for kitchen garden; handy for cutting.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Thyme, Greater Wild

. *Thymus pulegioides*

Hardy to Zones 4 to 8. Evergreen perennial native to temperate Europe, flowering mauve to 10 inches tall. Variously known as field thyme or lemon thyme, this is a great dryland ground cover, a spice and source of a tasty medicinal tea.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Thyme, Long-Flowered

. *Thymus longiflorus*

Zones 5 to 12. Evergreen perennial subshrub endemic to the southerly coast of Spain—Andelusia. Thyme-scented. Once established, tolerant of cold and drought. Flowering to 12 inches tall, the plant produces scale-like bracts arranged in pink-tinted cones. Germ 1 to 3 weeks warm.

30 seeds/pkt \$3.95

Thyme, Mastic *Thymus mastichina*

Zones 7 to 10. Whispy evergreen perennial native to SW Europe. Broad, shiny leaves powerfully camphoraceous. Flowers and seedheads are like cottonballs.

50 seeds/pkt \$3.95

\$8.50/plant, \$21.95/3, Organic

Thyme, Orange . . *Thymus fragrantissimus*

Zones 5 to 10. Evergreen woody subshrub to 12 inches. Flowers of pink, leaves redolent with citrus.

30 seeds/pkt \$4.95, Organic

Thyme, Spiked *Thymbra spicata*

Hardy to Zones 7 to 10. Evergreen woody subshrub to 18 inches, native to Greece. Outsize, lipped flowers of lavender. Glossy, oil-rich leaves in showy, triangular clusters, a good condiment, similar to Zaatar. Sun, dry soils. Space plants 2 feet apart.

10 seeds/pkt \$4.95, Organic

\$8.50/plant, Organic

Timo arbustivo *Thymbra capitata*

(Headed Savory, Conehead Thyme)

Zones 6 to 9. Evergreen perennial subshrub to 12 inches, native to the Mediterranean. Dry slopes and calcareous soils create no stoppage for this tough little contender. Large, purple, ball-like clusters of flowers attract bees, birds and other beneficial wildlife. Excellent in the stewpot (the herb, not the birds). Space plants 1 to 2 feet apart.

\$8.50/plant, Organic

TOBACCO

Family: Nightshade (*Solanaceae*)
 A most popular yet maligned herb. Tobacco is a heavy feeder and likes a well-fertilized soil and a side-dressing of good compost or rotted manure. 80 days to maturity. Sow seed in the spring or early summer in flats or directly on a fine seed bed. Press hard into surface of soil. Germ in 10 to 14 days. Transplant or thin to 1 to 2 feet apart.

TOBACCO SET (1 seed packet each of Azteca, Huichol, Hopi, Oneida, Rapa-nui, Tree, Scherazi, Smoking, Walker's and West Indies tobaccos.)

\$39.90/10 pkts
Price shown is a discount.

Tobacco, Azteca*Nicotiana glauca*
 (Aztec Night Blooming Tobacco)
 Annual. The white, heaven-scented flowers flare out in the evening, fragrance wafting.
100 seeds/pkt \$3.95

Tobacco, Black Mammoth
*Nicotiana glauca*
 (Small Stalk Black Mammoth)
 A Kentucky specialty tobacco that produces large, pointed leaves on a plant to 6 feet tall. Tends to create multiple flowering heads of pink and white. When finished, this is considered a dark or wrapper tobacco.

100 seeds/pkt \$3.95
\$12.00/g (~10,000 seeds),
\$28.55/5 g (~50,000 seeds),
\$52.10/10 g (~100,000 seeds), **Organic**

Tobacco, Hopi*Nicotiana glauca*
 Annual. Thick, rounded leaves with very high nicotine content. Most amenable type for growing in northerly or otherwise short-season zones.

100 seeds/pkt \$4.95, Organic

Tobacco, Huichol*Nicotiana glauca*
 Annual, 60 days to flowers (fast grower), to 3 feet. Very potent ceremonial and smoking tobacco, sticky with resin.

100 seeds/pkt \$4.95, Organic

Tobacco, Oneida*Nicotiana glauca*
 Annual. Thin leaves with high nicotine content, similar to Hopi. Originally from the Oneida tribe of Wisconsin. A northern hardy strain that makes for mild smoking.

100 seeds/pkt \$3.95, Organic

Tobacco, Rapa Nui*Nicotiana glauca*
 (Easter Island Tobacco, Ava-Ava)
 Annual, 90 days to harvest. Originally from Easter Island, a pretty plant, with ovoid leaves and generous clusters of large, yellow flowers to 3 feet tall. Somewhat smaller-leaved and less squat than Hopi tobacco, which it resembles. Very potent smoking tobacco.

100 seeds/pkt \$3.95, Organic

Tobacco, Scherazi*Nicotiana glauca*
 Annual. Dark-leaved Iranian pipe tobacco.

100 seeds/pkt \$3.95, Organic

Tobacco, Smoking*Nicotiana glauca*
 (Virginia Smoking Tobacco)
 Annual. This is a very mellow, heirloom smoking tobacco that matures early.

100 seeds/pkt \$3.95,
\$12.00/g (~10,000 seeds),
\$28.55/5 g (~50,000 seeds),
\$52.10/10 g (~100,000 seeds), **Organic**

Tobacco, Treesee TREES

Tobacco, Walker's*Nicotiana glauca*
 Heirloom Virginia smoking tobacco with leaves light-green, crowding closely on the stalk. Flowers pink to 5 feet. Suitable for small gardens.

100 seeds/pkt \$3.95, Organic

Tobacco, West Indies*Nicotiana glauca*
 Special Cuban cultivar, maturing in 65 days. The leaf cures to a dark, aromatic cigar or chewing tobacco. Flowers pink to 5 feet.

100 seeds/pkt \$4.95,
\$12.00/g (~10,000 seeds),
\$28.55/5 g (~50,000 seeds),
\$52.10/10 g (~100,000 seeds), **Organic**

Tormentil*Potentilla tormentilla*
 (Syn. *Potentilla erecta*)
 (Cinquefoil)

Herbaceous perennial native to Europe and temperate Asia. A crown of yellow flowers graces a mounding plant. Traditional use (TWM): diarrhea. Plant enjoys full sun to part shade and moist soil of garden or grasslands. Sow in spring.

30 seeds/pkt \$3.95, Organic [WA no]

Tower-of-Jewelssee ECHIUM

Tronadora*Tecoma stans*
 Family: Trumpet Creeper (*Bignoniaceae*)
 Zones 9 to 12. Perennial deciduous viney shrubs native to the American Southwest and Mexico. Not spiny. Prefers sun and poor, sandy, and/or gravelly soils. Sow in spring. Space at 4 feet. Oversize yellow flowers on a perennial self-supporting vine. A treatment for fungal infections of the skin.

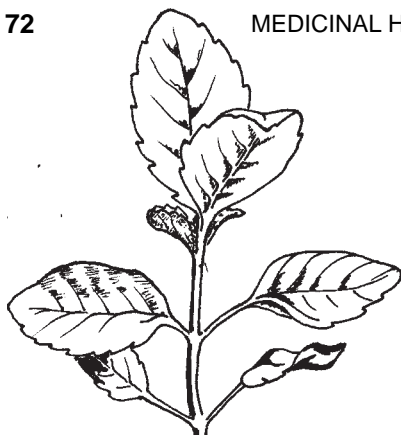
50 seeds/pkt \$4.95
\$23.55/5 g (~840 seeds)

Trumpet Vine Creeper *Campsis radicans*
 Family: Trumpet Creeper (*Bignoniaceae*)
 Zones 4 to 10. Perennial deciduous viney shrubs native to the US. Oversize sprays of garishly flaring, orange-red flowers. Traditional usage (TNAM, TWM): antifungal. Plant prefers full sun and withstands drought. Sow in spring, space 4 feet apart.

20 seeds/pkt \$3.95

Tsuwabuki*Farfugium japonicum*
 Family: Aster (*Asteraceae*)
 (Green Leopard Plant, Bai-jiao-wu)
 Hardy to Zones 7 to 10, otherwise readily grown in containers. Evergreen perennial native to Japan. Flowers to 18 inches. Leathery-leaved ornamental with wide, plate-like leaves of dark green. Traditional (Japanese): Cough, seafood poisoning.

4" pot: \$11.00/plant,
9" pot: \$31.00/plant, Organic



TULSI (HOLY BASIL)

Family: Mint (*Lamiaceae*)

Hardy to Zones 10 to 12, otherwise grown as a summer annual or potted indoor plant. Tea herb from the Ayurvedic tradition that is uplifting to the spirit and brings blessings to the household. Satisfying tea, with taste and aroma most appealing. Traditional use (TAVM): stress reduction, antimigraine, immune enhancement, promoting longevity, improving metabolic oxygenation, increasing endurance, fighting infections, and improving digestion. Sow this seed on soil surface in spring or summer and press in, then keep moist and in the light. Germination may take up to 3 weeks.

TULSI SEED SET (1 seed packet each of Krishna, Rama, Temperate, Vana)
\$17.90/4 pkts, Organic
(Price shown is a discount.)

Tulsi—Krishna . . . *Ocimum tenuiflorum*
 (Shyama Tulasi, Black Tulsi)

Tropical perennial grown as an annual in the temperate zones. 120 days to maturity. Plants usually remain quite short, no more than 20 inches, small leaves usually dark purple or sometimes lighter purple, with purple venation and purple stems. Spicy. Many prefer this type.

50 seeds/pkt \$4.95,
\$30.00/g (~2,000 seeds), Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Tulsi—Rama . . . *Ocimum tenuiflorum*

Tropical perennial grown as an annual in the temperate zones. 120 days to maturity. Open-formed, green leaves, sometimes with purple venation on leaves, stem, and flowers.

50 seeds/pkt \$4.95,
\$12.00/g (~2,000 seeds), Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Tulsi—Temperate . . . *Ocimum africanum*
 Self-seeding annual. 70 days. Best Holy Basil for temperate zones—good, easy medicine. Direct-seed in the spring.

50 seeds/pkt \$3.95,
\$10.00/g (~1,580 seeds),
\$26.55/5 g (~7,900 seeds)
\$49.10/10g (~15,800 seeds),
\$350.00/100g (~158,000 seeds), Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Tulsi—Vana *Ocimum gratissimum*
 Perennial bush basil native to India and North and East Africa. Leaves large, soft, and redolent with oil of Eugenol. After many seasons of growing perennial Tulsis in the temperate north, our experience is that Vana is the highest yielding of them all.

50 seeds/pkt \$4.95
\$9.00/g (~1,000 seeds), Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

VALERIAN

Family: Valerian (*Valerianaceae*)

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

Valerian, Homestash *Valeriana officinalis*
 Zones 4 to 8. Cultivar originally from England that we've been growing here on the farm for 30 years. Highly root productive in season and very potent.

50 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Valerian, Indian . . . *Valeriana jatamansii*

Zones 6 to 9, otherwise grown as a potted plant and brought in for the winter. Miniature mounding herbaceous perennial native to the temperate Himalayas. Green and purple heart-shaped leaves give rise in spring to heady corymbs of fragrant white and pink flowers to 18 inches. The roots emit the fragrance of nag-champa. Used in Ayurveda for treating nervous debility, hysteria and shell-shock. Slightly acidic soil, moist shade. Space plants 1 foot apart.

\$8.50/plant, \$21.95/3, Organic

Valerian, Official . . . *Valeriana officinalis*

Zones 4 to 8. Herbaceous perennial. Native to Europe and temperate Asia. Widely used as an effective cerebral sedative. Seed is short-lived; sow within 1 year of receipt. Light-dependent germinator. Sow in spring and keep moist. Germ in 10 to 16 days. Space plants 1 to 2 feet apart. Flowers white in the second year to a height of 5 feet.

100 seeds/pkt \$3.95

\$10.00/g (~1,200 seeds)

\$26.55/5 g (~6,000 seeds)

\$49.10/10 g (~12,000 seeds), Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Valerian, Select . . . *Valeriana officinalis*

Zones 4 to 8. Selected for high concentration of valeric and valerenic constituents.

50 seeds/pkt \$4.95, Organic

\$8.50/plant, Organic

Valerian, Red *Centranthus ruber*

Zones 5 to 9. Herbaceous perennial. Native to Europe. Root is rich in valeric compounds. Highly aromatic, crimson flowers are excellent for cutting.

20 seeds/pkt \$4.95, Organic

9" pot: \$21.00/plant, Organic

VERVAIN

Family: Vervain (*Verbenaceae*)
 Blue-flowered, upright herbaceous perennials significant in medicine and ritual. Plants prefer full sun to part shade, regular garden conditions, grassland or streamside.

Vervain, Blue*Verbena hastata*
 Zones 3 to 7. Native to US. Flowers in multiple, long-lasting, handsome spikes. Bitter remedy for indigestion, colds.

100 seeds/pkt \$3.95
\$9.00/g (~3,500 seeds)
\$23.55/5 g (~17,500 seeds)
\$44.10/10 g (~35,000 seeds), **Organic**

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Vervain, European . . .*Verbena officinalis*
 Zones 4 to 8. Native to Europe and the Mediterranean. Astringent, antispasmodic, and fever-reducing agent. Druidic altar plant exudes romance and mystery.

50 seeds/pkt \$3.95,
\$10.00/g (~2,000 seeds), **Organic**

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Vetch, Kidney*Anthyllis vulneraria*
 (Kidney Vetch, Ladies' Fingers)

Family: Legume (*Fabaceae*)
 Zones 6 to 10. Herbaceous perennial native to Europe and flowering yellow in globular heads to about 8 inches. With its soft and pretty flowers and forgiving, slightly downy foliage, the plant makes a natural emollient treatment for the skin, having been poulticed against wounds since time immemorial. Scarify the seed on medium grit sandpaper and sow in spring. An overnight soak in water will help speed germination, which occurs in 1 to 3 weeks.

20 seeds/pkt \$3.95, Organic

VIOLET

Family: Violet (*Violaceae*)
 Plants form slow-spreading colonies in moist shade to part sun.

Violet, Heartsease*Viola tricolor*
 (Johnny-Jump-Up, Heartsease Pansy)

Annual, self-seeding. 60 days to maturity. Deep velvety blue, purple, and yellow flowers. Traditionally used to treat allergies of children. Germination in 16 days.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

Violet, Sweet*Viola odorata*
 Zones 4 to 9. Creeping evergreen perennial. Native to Eurasia. The early spring flowers emit a sweet, fleeting scent and are much used in perfumery. May be made into a pleasant cough syrup that nonetheless has deep-seated resolvent activity—dissolves phlegm, used to treat oral cancers. Sow seed in cool, moist shade.

20 seeds/pkt \$4.95, Organic

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Viper's Buglosssee ECHIUM



Wasabi*Wasabia japonica*
 (Mazuma)

Herbaceous perennial native to the mountain streams of Japan. Leaves and root are a spicy condiment. Speeds digestion, alleviates seafood poisoning. Rich, moist soil in the shade. Water frequently. Remove any discolored leaves. Seeds are delivered fresh and should be planted immediately, with germ in early spring. Protect from deep frost. Although some sprout promptly, the majority take 6 months. Work seedlings up in pots. Space 1 to 2 feet apart.

10 seeds/pkt \$8.95, Organic (Available from new harvest starting in June 2024)

\$11.00/plant, Organic

Watercress*Nasturtium officinale*
 Zones 5 to 10. Perennial water plant. Native to temperate regions of the world.

Grows in cool, running water or moist garden bed. The leaves have long been used as a vitamin-filled and peppery salad ingredient and as a spring tonic, boiled down thickly.

200 seeds/pkt \$2.95
\$8.00/g (~2,000 seeds)
\$18.55/5 g (~10,000 seeds)
\$31.10/10 g (~20,000 seeds)

Wild Lettucesee Lettuce, Wild

Wild Yam, American villosa
*Dioscorea villosa*
 (Colic Root, Rheumatism Root)

Zones 5 to 9. Native to the southern, central and eastern US, these do best in a shade garden or woodland setting, and always appreciate a trellis. We often grow them up a fence in the shade. Dioecious herbaceous perennial vine. Prominently veined, heart-shaped leaves on an elegant vine. Roots pencil-thin, creeping. This is the official species. Traditional usage (TWM, TNAM): Antispasmodic for smooth tissues.

\$8.50/plant, \$21.95/3, Organic

WILDE DAGGAFamily: Mint (*Lamiaceae*)

Upright, woody-stemmed plants with showy, whorled flowers that are considered mild inebriants. Cordao is annual, while mukasi and wilde dagga are perennial. Give sun and well-drained soil. All germinate readily with standard greenhouse technique—moist, warm and in the light, germ in 1 to 3 weeks.

Cordao *Leonotis nepetaefolia*
(Klipp Dagga)

Annual. 120 days to flowers. Tall, whorled spikes holding arrays of long-tubed and curving orange flowers to 9 feet tall.

50 seeds/pkt \$3.95,
\$9.00/g (~400 seeds),
\$23.55/5 g (~2,000 seeds), **Organic**

Mukasi *Leonotis molissima*
(White Dagga, Shambala Mukasi)

Perennial in zones 9 to 13, otherwise nicely grown as a bushy, spring annual to 5 feet tall. Intestinal bitter. Flowers white, attractive to butterflies, bees, native pollinators.

30 seeds/pkt \$4.95, Organic

Wilde Dagga *Leonotis leonurus*
(Lion's Tail)

Perennial in zones 9 to 12. Hummingbirds become frenzied around the gorgeous globs of orange flowers on tall whorled spikes.

9" pot: \$13.00/plant, Organic

Wood Betony *Stachys officinalis*
Family: Mint (*Lamiaceae*)

Zones 5 to 10. Herbaceous perennial. Native to Europe and Russia. This moisture-loving plant has beautiful red-purple flowering spikes. General pain-reliever and tonic nervine. Sow in spring, space at 2 feet.

50 seeds/pkt \$3.95
\$9.00/g (~1,000 seeds),
\$23.55/5 g (~5,000 seeds)
\$44.10/10 g (~10,000 seeds), **Organic**

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Wormwood, Absinthe .see ARTEMISIA

YARROWFamily: Aster (*Asteraceae*)

Zones 4 to 8. Evergreen perennials give rise to thick stalks hoisting the dense, aromatic flowers.

Yarrow, Coastal
. *Achillea millefolium* var. *litoralis*

Native to the coast of Oregon and California. This is the largest-flowered Yarrow, with flattened heads that can reach to 8 inches.

100 seeds/pkt \$3.95, Organic

Yarrow, Noble *Achillea nobilis*

Zones 4 to 8. Clumping perennial native to Eurasia, densely-flowered to 20 inches. Respected vulnerary and styptic. Sun, little water. Seed is an easy warm soil germinator. Space 1 foot apart.

100 seeds/pkt \$3.95, Organic

\$8.50/plant, \$21.95/3, Organic

Yarrow, Official . . . *Achillea millefolium*

Native to temperate zones worldwide. Spreads joyfully. This is the hardy, white-flowered type. Contains high levels of the active essential oils. Antiseptic, anti-inflammatory, hemostatic.

200 seeds/pkt \$3.95,
\$9.00 g (~1,700 seeds),
\$23.55/5 g (~8,500 seeds),
\$44.10/10 g (~17,000 seeds), **Organic**

\$8.50/plant, \$21.95/3, \$57.00/10, Organic

Yarrow, Wild White *Achillea millefolium*

(Wild Oregon Mountain Yarrow) Creeping herbaceous perennial native to the mountains of the Pacific Northwest.

200 seeds/pkt \$3.95,
\$9.00 g (~1,700 seeds),

Yellow Dock see DOCK

Yerba Mansa . . . *Anemopsis californica*
(Manso, Yerba del Manso)

Family: Lizard Tail (*Saururaceae*)

Zones 7 to 12. Creeping herbaceous perennial native to the American SW and California. Does well in pots. The succulent, ovate leaves give rise to white flowers tinged in rose. Entire plant smelling spicy and warming. (TNAM): Colds, arthritis, athlete's foot, wounds. Prefers s odden soils. Give plenty of heat to germ.

20 seeds/pkt \$4.95

\$11.00/plant, Organic

Yerba Santa see TREES

Yomogi see ARTEMISIA

YUCCA see TREES

Zaatar see OREGANO SECTION

Zhi-mu *Anemarrhena asphodeloides*

Family: Asparagus (*Asparagaceae*)

Zones 2 to 8. Herbaceous perennial native to China and Mongolia. Flowers in fragrant pink spikes to a height of 30 inches. Traditional use of dried rhizome (TCM): purges heat, used in treating staph, fever, bronchitis, pneumonia. Give a part shade exposure with rich, slightly acidic, moist soil. These also do very well kept in pots. Sow in early spring or give 30 days moist refrigeration before planting on surface. Germ in 30 days. Space 1 foot apart.

20 seeds/pkt \$3.95





ACACIA

Family: Legume (*Fabaceae*)
Zones 9 to 12, otherwise grown as a potted tree, brought in for the winter. Nick seed, soak overnight in just-boiled water and sow in warm, fast-draining mix.

Acacia, White *Acacia albida*
(Syn. *Faidherbia albida*)

<<NEW FOR 2024>>

(Apple-Ring Acacia)

Nitrogen-fixing tree native to Africa, flowering cream to a height of 90 feet. Considered one of the most significant environmentally friendly trees throughout Africa. It is used extensively in erosion control, desert rehabilitation and as a nitrogen-fixing companion plant in agricultural fields. Since the tree goes dormant and drops its leaves during the wet season, it does not shade rainy season crops. When interplanted with corn (maize), it can increase grain yields up to 3 times. The blue-green compound leaves are consumed by wild and domestic animals during the dry season. Wood used in construction, canoes and carving. The handsome gray bark can be stripped to make string, packing or dental floss. Traditional use (TNAM): respiratory tonic. In colder zones keep trees in pots and protect from frost. In warmer zones plant 12 feet apart.

5 seeds/pkt \$3.95

\$11.00/tree, Organic

Gum Arabic *Acacia arabica*

Source of gum arabic, which exudes from the bark when incised.

5 seeds/pkt \$3.95

\$20.10/10 g (~80 seeds)

\$80.00/100 g (~800 seeds)

Maiden's Wattle *Acacia maidenii*

This is an attractive, long-leaved ornamental, becoming quite scarce in its wild habitat, but widely planted in parks and thoroughfares in tropical climes. The bark is used in herbal medicine.

5 seeds/pkt \$3.95

Annatto *Bixa orellana*

Family: Achiote (*Bixaceae*)

Protect from frost. Bushy evergreen shrub to tree, 30 feet tall, native to tropical America. Highly ornamental, with showy flowers giving way to the orange-red pods. The pulverized, brick red seeds are the source of a harmless coloring agent that is used extensively in dairy products and other foods. Aphrodisiac and anti-inflammatory. Living fence in the sun to part shade.

20 seeds/pkt \$4.95

\$11.55/5g (~200 seeds)

\$20.00/10g (~400 seeds)

Angel Trumpet Tree

. *Brugmansia sanguinea*
(Tree Datura)

Hardy to Zones 10 to 12. May overwinter in Zones 8 to 9 with protection, otherwise grown as a potted flowering tree. High-altitude plant endemic to the Andes, flowering in very large, red-tinged corollas that dangle in improbably rich, showy clusters. Seeds germ readily in warm, sandy mix. Space 12 feet apart.

5 seeds/pkt \$4.95

\$16.00/tree in a 9-inch pot, Organic

Brittlebush *Encelia farinosa*

(Inciense)

Zones 7 to 12. Perennial. Native to the SW deserts of US and Mexico. Clumps of silvery-green leaves produce hovering myriads of yellow flowers in early spring. Source of aromatic resin used like Copal. Plant prefers a southern exposure and dryish soils.

50 seeds/pkt \$3.95

Blue Spur Flower *Plectranthus barbatus*

Zones 10 to 12. Perennial shrub native to India and E. Africa. Vigorous, to 10 feet tall, producing upright racemes of shockingly blue/purple flowers. Originally from Kenya, these provide an excellent fast-growing hedgerow in frost-free zones. They are easy and unstoppable. Pot to gallons on receipt.

\$21.00/shrub, \$52.00/3 shrubs, Organic

For the love of your Mother, plant trees!

Bodhi Tree *Ficus religiosa*
(Peepal, Pipal, Sacred Fig)

This white-sapped tree bears leaves of unique shape, long-tipped, figuring conspicuously in Vedic folklore and art. Barely cover seeds, tamp in hard and keep evenly moist and very warm until germination.

100 seeds/pkt \$4.95

Brittlebush *Encelia farinosa*
(Incienco)

Zones 7 to 12. Perennial. Native to the SW deserts of US and Mexico. Clumps of silvery-green leaves produce hovering myriads of yellow flowers in early spring. Source of aromatic resin used like Copal. Plant prefers a southern exposure and dryish soils.

50 seeds/pkt \$3.95

Candle Bush *Senna alata*
(Ringworm Shrub, Emperor's Candlesticks)
Family: Legume (*Fabaceae*)

Zones 9 to 11. Evergreen bush to 12 feet tall, native to Mexico. Inflorescence is upright, columnar, bright yellow, resembling a burning candle. Leaves close up in the dark, flower glows. Traditional use (TWM): antifungal, laxative. Nick seed, soak overnight, sow warm. Space 6 feet apart.

10 seeds/pkt \$3.95

Carob *Ceratonia siliqua*
(Saint John's Bread)

Family: Legume (*Fabaceae*)
Zones 9 to 12. Tough and drought-resistant dioecious, evergreen tree native to the Mediterranean and Middle East. Nick seed with a sharp blade, drop in hot water, steep overnight, then sow warm.

7 seeds/pkt \$4.95

\$20.10/10 g (~70 seeds)

Chaparral *Larrea tridentata*
(Creosote Bush)

Family: Caltrop (*Zygophyllaceae*)
Zones 8 to 11, colder if kept dry. Evergreen perennial shrub native to the SW US and Mexico. A living plant has been carbon dated to 13,000 years before the present. Antimicrobial, anti-cancer, and free radical scavenger. **Low-dose botanical.** Prefers full sun, well-drained and sandy soil. Sow in spring or summer. Germ 3 to 5 weeks.

50 seeds/pkt \$4.95

CHASTE TREE

Family: *Verbenaceae*

Perennial, deciduous bushes to small trees to 15 feet. Foliage and beautiful lavender flowers exude exotic perfumes. Prefers sunny, dry exposure. Chaste Tree seeds will benefit from a light scarification on sandpaper followed by 30 days soaking in a jar of water in the fridge, then sow warm.

Chaste Tree *Vitex agnus-castus*
Zones 6 to 9. Native to the Mediterranean.

Foliage and beautiful lavender flowers exude exotic perfumes. Traditional use (TWM): aphrodisiac, breast health.

50 seeds/pkt \$3.95

\$11.55/5 g (~640 seeds)

\$20.10/10 g (~1,280 seeds)

\$117.00/100 g (~12,800 seeds), Organic

Nirgundi *Vitex negundo*
(Huang-ping, Cut-Leaf Chaste Tree)

Zones 6 to 9. Native to China, E. Asia, and the Himalayas. Flowers upright, purple, to 15 feet. Drought-tolerant. A pretty little thing. Significant herb in Ayurvedic and TCM—tonic agent.

30 seeds/pkt \$4.95,

\$12.00/g (~160 seeds),

\$32.55/5g (~800 seeds)

\$59.10/10g (~1,600 seeds), Organic

4" pot: \$21.00/tree

9" pot: \$31.00/tree, Organic

Cordia *Cordia verbenacea*
(Erva Baleeira, Bouillon Bush)

Family: Borage (*Boraginaceae*)

Zones 8 to 12, otherwise nicely grown as a potted plant brought in for the winter. Woody perennial bush to small tree flowering white to 12 feet tall, native to coastal Brazil. Traditional use: Infections, cough, pain, muscle relaxant. Source of antibiotic essential oils humulene and caryophyllene. The entire plant is aromatic in a soup-on-the-back-of-the-stove kind of way, and friendly to the touch. The flowers give way to clusters of sweet, bright red drupes that develop very rapidly to contain the borage-like seed. Sow seed just sub-surface in regular potting soil, with germination in 40 days. Space plants 3 to 6 feet apart.

5 seeds/pkt \$4.95, Organic

9" pot: \$16.00/tree, Organic

Coffee, Ethiopian
. *Coffea arabica* var. *typica*

Family: Madder (*Rubiaceae*)

Hardy to Zones 10 to 12. Shiny leaves, exquisite white flowers, red berries. The conical plant makes a single trunk to 12 feet tall. Coffee adapts well to greenhouse conditions and will flower and make berries as long as it is protected from frost. Sow seeds in warm, moist conditions. Germ takes about 3 months. Trees live up to 100 years. Space 15 feet apart.

10 seeds/pkt \$4.95

Cotton Tree *Gossypium arboreum*

Zones 10 to 12. Perennial shrub to 6 feet tall, flowers showy, white, yellow and/or pink. Native to India and introduced to E. Africa. Source of high quality long fiber cotton that has been used in textile manufacture and for boat calking since antiquity. Prefers sun and rich, well-drained soil. Keep potted or plant out to a spacing of 5 feet apart.

\$21.00/shrub, Organic

Cramp Bark *Viburnum opulus*
(Highbush Cranberry)

Family: Honeysuckle (*Caprifoliaceae*)

Woody perennial native to North America and hardy to Zone 3 to 8, to 20 feet tall. Traditional use of spring-harvested bark: relaxes menstrual cramps. Plant seeds 1/2 inch deep in a gallon pot and keep in cool, moist shade. Multicycle germinator. Space bushes at least 15 feet apart.

10 seeds/pkt \$4.95, Organic

Curry Leaf Tree *Murraya koenigii*
 (Black Neem, Sweet Neem)
 Family: Citrus (*Rutaceae*)
 Outdoor culture Zones 10 to 12, commonly grown indoors or as a greenhoused plant, protected through the winter. Tropical deciduous tree to 18 feet, native to Southern India. Fresh leaves traditionally used (Ayurveda): antinauseant, stomachic, disorders of the kidney, premature graying of hair. In Indian cuisine, the leaves are stir-fried in curries.
5 seeds/pkt \$9.95, Organic (INTL NO)
Available fresh only June to November.
9" pot: \$31.00/tree, Organic

CUSTARD APPLES

Family: Custard Apple (*Annonaceae*)
 Easy from seed. Nick seed, soak overnight, sow in a warm place in fast-draining soil.

Soursop *Annona muricata*
 (Guanabana) Zones 10 to 12. White, juicy, fruits weigh up to 8 lbs.
10 seeds/pkt \$3.95

Sweetsop *Annona squamosa*
 (Sugar Apple) Zones 10 to 13. Fast-growing to 10 feet, fruits creamy and sweet.
10 seeds/pkt \$3.95

CYPRUS FAMILY

Cupressaceae

Arborvitae.....*Thuja occidentalis*
 (Swamp Cedar, Tree of Life)
 Zones 3 to 8.

Evergreen perennial with a conical growth habit, to the height of 50 feet. Highly aromatic foliage. Sow in fall for germ in spring or refrigerate moist for 8 weeks, then sow warm, with germ in another 3 weeks. Pot to successively larger pots. Space 5 feet apart for a hedge, 30 feet apart for a landscape accent.
100 seeds/pkt \$3.95

Dawn Redwood

. *Metasequoia glyptostroboides*
 (Shui-shan, Water Fir, Chinese Redwood)
 Zones 4 to 8.

Coniferous tree, winter deciduous. This is one of the 3 species of true redwoods on planet earth. Tree prefers moist, well-drained soil and attains a conical form to 165 feet at maturity. Space to 60 feet apart.
10 seeds/pkt \$3.95

Eastern Red Cedar *Juniperus virginiana*

(Juniper, Pencil Cedar)
 Zones 2 to 9.

Evergreen bush or small tree to the height of 60 feet. One of the first trees likely to repopulate damaged or burned land, this essential oil rich tree is an earth healer. Plant seeds in a gallon pot and keep moist, cool and in the shade. Label well, as long germination times are typical. Snow on the planting helps. Space trees 15 to 30 feet apart.

20 seeds/pkt \$3.95
\$28.10/10 g (~910 seeds)

Desert Willow *Chilopsis linearis*
 Family: Trumpet Creeper (*Bignoniaceae*)
 Zones 7 to 11. Willowy shrub or small tree. Native to the deserts of the southwestern US, Baja, and Mexico. The large, trumpet-shaped flowers emit heavenly aromas. Sow in spring and grow out in pots for a year before transplanting. Easy and rewarding.
30 seeds/pkt \$4.95



Dragon Tree *Dracaena draco*
 Family: Asparagus (*Asparagaceae*)

Zones 8 to 12, otherwise nicely grown as a potted plant brought in for the winter. Evergreen palm-like monocot to 25 feet tall, native to the Canary Islands. Surely one of the most unusual trees on earth, they appear to be—not from this earth. Source of the garnet-red resin known as “dragon’s blood,” an antiseptic of great renown. Scarify seeds on sandpaper and sow warm, with germ in 30 to 90 days. Space trees 30 feet apart.
10 seeds/pkt \$4.95

\$31.00/tree, Organic

Dream Herb *Chromolaena odorata*
 (Blue Mistflower, Jack-in-the-Bush)

Zones 9 to 12, otherwise grown as a potted plant and brought in for the winter. Woody perennial shrub native to tropical America, flowering purplish-blue to 8 feet tall. Traditional use: oneirogen, wounds, burns, skin infections. Adjunct for dream therapy. Low-dose botanical. Keep warm, humid, in the shade to part sun. Space 5 feet apart.

\$11.00/shrub, Organic

ELDERBERRYFamily: Honeysuckle (*Caprifoliaceae*)

Zones 4 to 7. Perennial, deciduous, multi-stemmed bushes to small trees, native to temperate zones worldwide. Berries are healthily endowed with antiviral compounds and pro-cyanidins—prophylactic to the flu and the common cold. Elders prefer moist, rich soil and grow best as an understory to taller trees. Sow seeds in outdoor conditions in fall or very early spring for germination as the ground warms up.

ELDERBERRY SET (1 seed packet each of elderberries: American Black, European Black, Blue and Red)

\$14.90/4 pkts*Price shown is a discount.***Elderberry, Black (American)** *Sambucus canadensis*

Wild form native to North America. Often found in low, poorly drained areas in the midwest, this is the large-flowered, common type that is often cultivated by cutting back to the crown every year. It tends to make a wide, multistemmed bush as opposed to the European and Blue forms which are tree-like. The berries of this American Black Elderberry are traditionally used for making jams and wine, and are gaining popularity in the medicinal realm.

50 seeds/pkt \$4.95**Elderberry, Black (European)** *Sambucus nigra*

Wild form native to Europe. Probably the most dependable type for making Elderberry syrup, tincture, and glycerite. Source of a unique antiviral protein. Germinates spring.

30 seeds/pkt \$4.95, Organic**\$31.00/shrub, Organic****Elderberry, Blue** . . . *Sambucus caerulea*

Wild form native to Pacific Northwest, a tough beauty. Deliciously edible sky-blue berries with their familiar waxy coat are a favorite of herbalist and bird alike.

50 seeds/pkt, \$4.95**Elderberry, Mexican** *Sambucus mexicana* (Tapiro)

Zones 6 to 11. Wild form native to canyons and valleys west of the Sierra Nevada from Oregon to Baja. Drought-tolerant once established. Yellow flowers give way to deliciously edible purple berries. Soak dried berries overnight, then rub in a tea strainer and wash to extract seeds. These tend to give some results without stratification, but for best results overwinter outdoors or give 90 days refrigeration in moist medium.

20 dried berries/pkt, \$3.95**Elderberry, Red** . . . *Sambucus racemosa*

Hardy down to Zone 3, these are a good choice for shelterbelt. Fast-growing to 12 feet, they provide shade and windbreak, also food for many species of birds.

50 seeds/pkt, \$4.95**Gallon pot: \$41.00/shrub, Organic****Eleuthero, Spineless** *Eleutherococcus senticosus*

(Ci-wu-jia, Siberian Ginseng)

Family: Ginseng (*Araliaceae*)

Hardy to Zones 3 to 9. Woody perennial shrub with ginseng-like leaves and white flowers giving way to the blue-black fruits. Traditional usage: Adaptogen. Standard garden soil, moist shade. Space to 10 feet apart. If you desire one of these, order early.

9" pot: \$31.00/tree, Organic**Empress Tree** *Paulownia tomentosa*Family: Figwort (*Scrophulariaceae*)

Zones 6 to 9. Deciduous tree. Native to central and western China. Impressive full-size trees with huge elephant-ear leaves and commonly growing 15 feet per year. Bioremediation: Reduction of soil salinity; increases soil fertility; converts pollution into wood. Sun to part shade.

200 seeds/pkt \$3.95,**\$10.00/g (~1,800 seeds)****\$18.55/5g (~9,000 seeds)****\$34.10/10g (~18,000 seeds), Organic****4" pot: \$16.00/tree****9" pot: \$26.00/tree, Organic***Not for sale to TN, AL, NC, CT states.***Fig, Applegate** *Ficus carica*Family: Mulberry (*Moraceae*)

(Brown Turkey)

Zones 6 to 9. These plants are made from cuttings of a local tree that has proven itself extremely productive, robust, winter-hardy and self-fertile. Woody perennial bush to 18 feet tall, figs purple on the outside, interior light pink, sweet. Space 15 feet apart.

\$26.00/tree in a 9 inch deep pot, Organic**Frankincense, Indian** *Boswellia serrata*Family: Myrrh (*Burseraceae*)

<<NEW FOR 2024>>

Zones 10 to 12, otherwise grown in a pot and kept indoors for the winter. Deciduous tree to 45 feet tall flowering yellow and red. Native to India. Source of burnable oleo-gum-resin that exudes from any wound and dries in amber tears. Tree prefers full sun and a dry, well-drained soil of pH 5.5 to 6.5. Traditional use of gum and bark (Ayurveda): Hypoglycemic, sedative and analgesic in treatment of diabetes, hysteria, lung and liver disease, also dysentery. As a burnable, clarifies the air and bolsters devotion. Soak seeds overnight in water, then sow in fast-draining mix—warm, moist and in the light. Tamp well and make sure to let seedlings develop a woody stem and tuber before transplant.

3 seeds/pkt, \$9.95**Gardenia, Common** *Gardenia jasminoides*Family: Madder (*Rubiaceae*)

(Zhi-zi, Cape Jasmine,)

Zones 8 to 12. Low-growing evergreen shrub studded with white, tubular, flaring flowers of extraordinary fragrance. Native to China. May be kept as a container plant in colder zones. Traditional usage (TCM): drains heat and resolves toxicity.

\$21.00/shrub, Organic

Ginkgo *Ginkgo biloba*
 Family: Ginkgo (*Ginkgoaceae*)
 Zones 3 to 12. (Bai-gao, Maidenhair Tree)
 Perennial, deciduous, dioecious tree native to Eastern China. Darwin called it a "living fossil." The trees are resilient, adaptable to inner city or countryside. They have a unique ability to cleanse the air of toxins, using their comely, deeply grooved, bi-lobed leaves. Trunks lithe and humanoid. Stratify for 30 days cold and moist, then plant warm in a deep pot. Space trees 20 feet apart.
20 seeds/pkt \$9.95
\$35.00/100g (~100 seeds), [INTL no]

Golden Chain Tree
 *Laburnum anagyroides*
 Family: Legume (*Fabaceae*)
 Zones 4 to 8. Pollution-tolerant and nitrogen-fixing tree to 20 feet, flowering midspring in gorgeous, nectrous, fragrant, yellow, dangling clusters. Native to Southern Europe. Give a sheltered position and part shade.
10 seeds/pkt \$3.95

Guggul *Commiphora wightii*
 Family: Myrrh (*Burseraceae*)
 (Indian Bdellium Tree, Mukul Myrrh)
 Hardy to Zones 10 to 12, otherwise grown in a pot and protected from frost. Shrub to small tree to 12 feet tall, native to India. Traditional usage (Ayurveda): obesity, urinary infection, antiseptic. Source of gum guggul, an oleo-gum-resin with a myrrh-like aroma. Sow warm, germ 18 days.
5 seeds/pkt \$9.95, Organic

Goji, Red *Lycium barbarum*
 Family: Nightshade (*Solanaceae*)
 Zones 5 to 10. Deciduous woody shrub to 9 feet tall. Native to Northern China. Goji berries are delicious, dried like raisins. Traditional usage: Yin tonic. Plant prefers full sun and fast-draining soils on a sunny, dryish exposure. Sow in sand and keep in strong light.
50 seeds/pkt \$4.95, Organic

Gum Tree, American *see* Sweet Gum

HAWTHORN

Family: Rose (*Rosaceae*)
 Deciduous thorny bushes to small trees. Native to Eurasia. Hawthorn berries or the leaf and flower are the most effective, broad-scale, and gentle heart medicine known to herbalist. Considered "an adaptogen for the heart." Sow very hard seeds in the spring, summer, or fall for germ in the following spring. May take 2 vernal cycles to germ.

Hawthorn, Chinese *Crataegus pinnatifida*
 (Shan-zha)
 Zones 5 to 9. Deciduous tree to 12 feet tall, flowering white in the spring. Native to China, this is a pretty, open-formed landscape tree that produces large, multi-seeded fruits. Traditional use (TCM): one of the herbs that relieves stagnation. Tree prefers well-drained soils and is relatively drought and cold tolerant, requiring little care.
10 seeds/pkt \$4.95

Hawthorn, English *Crataegus laevigata*
 (Syn. *Crataegus oxyacantha*)
 (Midland Hawthorn, Mayflower)
 Zones 4 to 8. Famously native to the Midlands of Britain, the tree enjoys a wide distribution throughout western and central Europe. The flower color is variable, from pink to red. Fruits are plump and meaty, each with 2 seeds. Does well as a yard tree, roadside, or lined up close in a row and kept trimmed back as a hedge. Heavenly.
10 seeds/pkt \$4.95,
\$20.10/10 g (~80 seeds)
\$80.00/100 g (~800 seeds)

Hawthorn, Wild . . . *Crataegus monogyna*
 Zones 4 to 8. Tough landrace from the West Coast with white flowers and large, single-stoned fruits. Does well on the home landscape or naturalized in woodlands, pastures, roads, or shoreline. Please note: Our wild hawthorn trees are small this year and will need to be potted to gallons to size up for transplant.
10 seeds/pkt \$4.95, Organic
\$21.00/tree, Organic

Heather *Calluna vulgaris*
 Family: Heath (*Ericaceae*)
 Zones 4 to 9. Woody, densely-flowered, acidic-soil-loving shrub native to the British Isles. A very classy herbal landscape plant, easy to maintain, free-flowering in season, drought-tolerant once established.
100 seeds/pkt \$3.95, Organic

Heimia *Heimia salicifolia*
 (Sinkuiche, Sun Opener)
 Family: Loosestrife (*Lythraceae*)
 Zones 7 to 12. Woody bee plant to 4 feet tall, bearing large yellow flowers. Traditional usage: anxiolytic, hypotensive, sedative. Source of alkaloidal crogenine. Sow seed on surface and press in. Prefers a warm, sunny exposure. Space 3 feet apart.
500 seeds/pkt \$4.95, Organic

Henna *Lawsonia inermis*
 (Mhina, Mignonette Tree, Egyptian Privet)
 Family: Loosestrife (*Lythraceae*)
 Zones 10 to 12, otherwise grown as a potted tree, brought in for the winter. Tropical woody perennial to 30 feet tall. Leaves source of dye known as mehndi, for hair or skin. Full sun to part shade and dryish soils. Plant seeds in very fast draining soil and keep evenly moist and in the light. Space 15 feet apart.
50 seeds/pkt \$3.95

9" pot: \$21.00/plant, Organic

He-shou-wu . . . *Polygonum multiflorum*
 (Ho-shou-wu, "Fo-ti" is a misnomer)
 Family: Buckwheat (*Polygonaceae*)
 Zones 7 to 12. Perennial vine, native to E. Asia. Vigorous climber giving birth to large, orange-brown, underground tubers (the part used). This is a longevity herb of great renown.
\$8.50/vine, \$21.50/3, \$57.00/10, Organic

Hopbush *Dodonea viscosa*
(Hop Bush, Hopseed Bush, Ake Ake)
Zones 8 to 12. Evergreen shrub or small tree to 15 feet with a wide distribution in the drylands and tropics worldwide, including the deserts of the American SW. Plant used to flavor beer and tonify the mucous membranes. Plant prefers a sunny, well-drained site and is perfectly drought-tolerant.

30 seeds/pkt \$3.95

Horse Chestnut *Aesculus hippocastanum*
(Conker Tree)

Zones 3 to 8. Native to the Balkans of Southeastern Europe. This is a sturdy deciduous tree to 90 feet tall, magnificent, a spreading crown tipped by swollen buds that shine with resin. An excellent choice for the mature landscape. Containing alkaloidal saponins and glycosides, the tincture of fresh nuts is a **low-dose botanical** used for tonifying the blood vessels. Sow these fresh seeds in deep pots or nursery bed in cool, moist shade. If already sprouted, plant root down.

3 seeds/pkt, \$11.95

\$30.00/lb (~28 seeds), Organic

9" pot: \$31.00/tree, Organic

Jacaranda *Jacaranda mimosifolia*
Family: Trumpet vine (*Bignoniaceae*)

Zones 11 to 12. Deciduous tree native to Bolivia and Argentina, growing to 50 feet, with light-green, ferny foliage and blue to purple trumpet flowers, highly aromatic. Traditional use: antibacterial wash. Nick seeds, soak overnight and plant warm. Germ in 1 to 2 weeks.

30 seeds/pkt, \$3.95

\$20.10/10 g (~1,200 seeds)

Jojoba *Simmondsia chinensis*
(Goat Nut, Pig Nut, Coffeeberry)

Family: Jojoba (*Simmondsiaceae*)

Zones 8 to 12. Perennial, evergreen, dioecious, woody shrub native to the Sonoran and Mojave deserts, growing to 6 feet and preferring full sun and very dry conditions. Can be grown in potted culture. Protect from frost. Seeds are source of a liquid wax known as jojoba oil, a.k.a. vegetarian whale oil. Valuable in cosmetics and medicine. Sow seeds in pots 1 inch deep, in well-drained soil and keep barely moist and very warm until germ in 10 to 20 days. Work up in successively larger pots and transplant out at 5 foot spacing.

5 seeds/pkt, \$4.95

\$11.10/10g (~16 seeds)

\$44.00/100g (~160 seeds)

\$158.00/lb (~726 seeds)

\$11.00/shrub, Organic

Madrone, Pacific

. *Arbutus menziesii*

Family: Heath (*Ericaceae*)

<<NEW FOR 2024>>

(Madrona) Zones 7 to 9. Evergreen hardwood to 60 feet, sometimes taller, flowering in spring with luscious, fragrant, white, urn-shaped flowers that feed the bees. Autumn

clusters of crimson, round berries are a favorite of migratory birds. Native to the west coast from BC to California. The most distinctive feature is the reddish, papery, peel-away bark that exposes the smooth, humanoid epidermis below. Berries edible. Traditional uses (TNAM): astringent tea from bark used to treat wounds, sores and ulcers. Excellent firewood. The trees prefer sun to part shade, rocky soils and perfect drainage. Space 30 feet apart.

9" pot: \$21.00/plant, Organic

Mimosa *Albizia julibrissin*

(Silk Tree Mimosa, Persian Silk Tree,

Collective Happiness Bark, He-huan-pin)

Zones 6 to 9. Perennial tree to 30 feet, native to Asia. Flattened branches bearing frilly flowers like plates of candy. Hawk moths, looking like nocturnal hummingbirds or fleeting fairies, flit about and sip from profuse nectaries hidden deep within the flowers. Traditional use (TCM) sedative, tonic, and antidepressant.

20 seeds/pkt \$3.95

9" pot: \$31.00/tree, Organic

Moringa *Moringa oleifera*
(Drumstick Tree)

Zones 9 to 12, otherwise grown as a potted plant and brought in for the winter. Fast-growing, deciduous tree native to India and cultivated throughout the tropics. Immature seedpods tasty and nutritious. Root is white and crispy like Horseradish, same sweetly pungent taste. Every part of the tree used in food and medicine, increasing sex drive, seed mash for purifying water, leaves and pods full of vitamins. Space trees 15 feet apart.

10 seeds/pkt \$3.95

\$14.10/10 g (~40 seeds)

Mulberry, White *Morus alba*

(Common Mulberry, Sang-zhi)

Family: *Moraceae* (Mulberry of Fig)

Zones 4 to 9. Deciduous tree to 60 feet tall and half as wide, generally single-trunked, self-fertile, with inconspicuous flowers that give way to sweet, white fruits. Native to East Asia and China, the tree yields edible leaves and fruits, medicinal bark. Traditional usage (TCM): One of the Chinese herbs that helps dispel wind-dampness, being antibacterial, antifungal.

100 seeds/pkt \$3.95

New Jersey Tea . . *Ceanothus americanus*
(Red Root)

Family: Buckthorn (*Rhamnaceae*)

Zones 4 to 8. Perennial woody shrub native to the eastern US and Canada. Extremely tough, drought-tolerant, and cold-hardy. Permaculture nitrogen-fixer and highly respected astringent and lymphatic. Showy, lilac-like flowers of white. This is the official species. Full sun to light shade. Dryish and/or depleted soils OK. Scarify, sow in fall or early spring.

30 seeds/pkt \$3.95

Nirgundi see CHASTE TREE

Ocotillo *Fouquieria splendens*
(Candlewood, Couchwhip)
Zones 10 to 12. Native to the SW, Baha, and Mexico. The plant is like a barbed-wire whip, blooming scarlet in early spring, a display that drives hummingbirds wild! Fresh bark of stem used for treating maladies of the pelvic zone: urinary infection, hemorrhoids, and prostate problems. Ocotillo drains lymph. Plant prefers a sunny and dry desert environment. Germination starts in 5 days.
20 seeds/pkt \$3.95

Orange, Bitter *Poncirus trifoliata*
(Hardy Orange, Trifoliolate Orange)
Zones 6 to 9. Thorny deciduous shrub to 9 feet, native to China. Grows well in sun to part shade and does best in loose, sandy soils of medium moisture, being tolerant of both acidic and alkaline conditions. This is the most cold-hardy of all fruit-bearing citrus trees. Traditional usage (TCM): dried peels used as an aromatic, digestive bitter. Unless spacing closely for an impenetrable hedge, space 15 feet apart. Magnificent thorns.
5 seeds/pkt \$4.95, Organic
\$16.00/tree, Organic



OREGON GRAPE
Family: Barberry (*Berberidaceae*)
The stoloniferous roots are loaded with bright yellow berberine and the leaves contain unique flavonoids that enhance the antibacterial activity of the root. Often employed for treating drinking water to make it safe. Liver stimulant. Sow seeds in fall for germination in the spring, or scarify lightly and store in fridge in moist medium for 30 to 60 days, then sow in cool, moist shade. Space plants 2 to 3 feet apart.

Oregon Grape, Dwarf *Mahonia nervosa*
Zones 5 to 9. Evergreen shrub or ground cover, native to coniferous understory of coastal western North America, with a disjunct population in Idaho. Shiny, compound, holly-like leaves bearing large clusters of purple berries in late summer.
20 seeds/pkt \$5.95

Oregon Grape, Tall *Mahonia aquifolium*
Zones 4 to 9. Woody perennial shrubs native to the Pacific Northwest. Plant does well in full sun or on forest edge. Yellow flowers. To 7 feet tall. Space 4 feet apart.
20 seeds/pkt \$5.95

Osage Orange *Maclura pomifera*
(Bow-Wood, Hedgeapple)
Family: Fig (*Moraceae*)
Zones 4 to 10. Deciduous, dioecious tree to 50 feet, perfectly cold hardy. Native to south-central North America. The brain-like, bright green fruit is said to repel spiders and insects. The wood is excellent for fenceposts, which sometimes throw roots and shoots after setting in place. The thorns protect songbirds. The dense wood is good for firewood, also for tool handles and bows.
30 seeds/pkt \$3.95

\$11.00/tree, Organic
Pagoda Tree *Sophora japonica*
(Scholar Tree, Huai-hua, Huai-mi)
Family: Legume (*Fabaceae*)
Hardy to Zones 4 to 7. Deciduous tree to 60 feet tall, native to the dry plains of Western China. The weeping form and lustrous, pinnate leaves that cast only a light shade, producing long clusters of fragrant, creamy blossoms.
20 seeds/pkt \$4.95

Palm, Desert Fan . *Washingtonia filifera*
(Desert Fan Palm, California Fan Palm)
Family: Palm (*Araceae*)
Zones 9 to 12. Perennial, evergreen Palm native to Southern California, the protector of the proverbial desert oasis.
10 seeds/pkt \$4.95

\$21.00/tree in a 9 inch pot, Organic
Pencil Tree *Euphorbia tirucalli*
(Walking Stick, Mkalamu)
Zones 9 to 12. Perennial succulent shrub to small tree, native to Africa. **Do not put the latex from these plants in your eyes.** Entertaining show-plants.
\$11.00/tree, Organic

Periwinkle, Madagascar
. *Catharanthus roseus*
(Vinca) Zones 9 to 12, otherwise grown as a 120 day annual. Evergreen perennial subshrub with widespread distribution in the tropics and in temperate gardens. Excellent choice for sandy areas needing stabilization. Makes masses of very pretty pink flowers. Traditional usage (TAM): stomach pain. Source of anti-cancer compound vincristine, used mainly in treating infant leukemia. Sow in spring.
50 seeds/pkt \$4.95

9" pot: \$21.00/plant, Organic

Persimmon, Wild Form
. *Diospyros virginiana*
(American Persimmon)
Family: Ebony (*Ebenaceae*)
Zones 4 to 8. Deciduous tree to 30 feet, native to the eastern USA. Smooth bark and comely form. Small fruits are edible, very sweet once they soften. Wildlife favorite. I have germinated seeds gingerly extracted from raccoon scat, but this is not necessary.
10 seeds/pkt \$5.95,
\$45.00/100g (~170 seeds), Organic

Pride of Madeira.....see ECHIUM

ROCK ROSEFamily: Rock-Rose (*Cistaceae*)

Evergreen woody shrubs native to the Mediterranean, hardy to Zones 7 to 11. Drought-tolerant, they prefer full sun and well-drained soils of average fertility.

Rock Rose, Crimson Spot *Cistus ladanifer*

Upright bush to 5 feet tall, flowers oversize, white with a crimson basal spot. This is the main official species, the leaves shellacked with fragrant resin known as labdanum. This valuable substance was originally harvested from the beards and thighs of goats and sheep browsing on the rock roses, or wiped from the plants with the ladanisterion. In practical terms, the dried leaves may be made into tea or tinctured. Traditional use (TWM): infections and gastrointestinal woes. Purportedly capable of breaking down the biofilm that bonds blood-borne bacterial clusters. Space 6 feet apart.

\$31.00/bush, Organic**Rock Rose, Tauric** *Cistus incanus tauricus*

Rounded bush, miniature, to 40 inches tall. Flowers showy, numerous, papery, rose-purple. Good choice for potted culture. The leaves of this species are not particularly resinous. They may be made into tea. Press seeds into surface of potting soil and keep moist and cool until germination. Space plants 2 to 3 feet apart.

20 seeds/pkt \$4.95, Organic**\$9.50/bush, Organic****Rose, California**.....*Rosa californica*

(California Wildrose)

<<NEW FOR 2024>>

Zones 5 to 10. Deciduous bush to 10 feet, flowering in aromatic pink and white, 5-petaled, flattened flowers giving way to high quality rosehips. Native to Oregon south to Baja, California and Mexico. Once established, an impenetrable screen or fence for hedges, barriers, songbird protection, shelterbelt. The plant is immune to the usual mildew and rust diseases of rose. Scarify seeds on medium grit sandpaper, soak in water over night and refrigerate in moist medium for 3 months. Alternatively, sow in fall for germination in spring. 10 feet apart.

50 seeds/pkt \$3.95**\$11.55/5g (~300 seeds)****\$20.10/10g (~600 seeds)****Sausage Tree, African** . *Kigelia africana*

(Umfongothi) <<NEW FOR 2024>>

Family: Bignonia (*Bignoniaceae*)

Hardy to zones 9 to 11, otherwise grown as a natural bonsai and protected from frost. Tropical tree to 60 feet, native to South and East Africa. Flowers deep red giving way to pendulous fruits up to 3 feet long. Traditional use (TAM): Dressing for skin infections, rheumatism. Source of naphthoquinone lapachol. Famine food. Slow growing. Scarify seeds and soak overnight before planting. Give sun and fast-draining soil.

5 seeds/pkt \$3.95**\$11.00/tree, Organic****Schisandra, Official**...*Schisandra chinensis* (Wu-wei-zi)Family: Magnolia (*Magnoliaceae*)

Zones 4 to 8. Perennial dioecious woody vine, native to Manchuria, Malaysia, Korea, northeastern China, and Japan. The fragrant pink or white flowers give way to bright red fruits that droop down in clusters—aphrodisiac and immune-enhancing. Give 30 days warm (70 to 80°F), then 30 days cold (40° F) then plant in cool shade for germination. Screen flats against birds and mice. Work seedlings up in pots. Space 3 feet apart.

20 seeds/pkt \$4.95**\$21.00/plant, Organic****Sea Buckthorn** . *Hippophae rhamnoides*Family: Oleaster (*Eleagnaceae*)

Zones 3 to 7. Dioecious, spiny shrub to small tree. Native to temperate Europe and Asia. Bears handsome, silvery leaves, and yields copious quantities of bright orange fruits that remain long among the thorns. The fruit juice is loaded with vitamins, amino acids, and antioxidants. Oil of seeds is an unparalleled sunblock. Plant prefers full sun. Scarify seed and sow warm.

20 seeds/pkt \$4.95**\$8.00/g (~90 seeds)****\$18.55/5g (~450 seeds)****\$34.10/10g (~900 seeds)****Spice Bush**.....*Lindera benzoin*Family: Laurel (*Lauraceae*)

Perennial deciduous bush to 12 feet. Native to Appalachia. Hardy to -30°F. Shrub bears glossy green leaves and waxy, spicy-smelling berries. The bark and small twigs make an aromatic tea used for colds. Plant prefers part shade and moist, rich, loamy soils. Sow in the fall or spring. Fresh, cold-stored seed is an easy germinator. Sow 1 inch deep in loamy soil in a gallon pot and watch the magic happen!

5 seeds/pkt \$8.95**9" pot, \$21.00/tree, Organic****Sumac, Staghorn** *Rhus typhina*

(Stag's Horn Sumac, Velvet Sumach)

Family: *Anacardiaceae* (Sumac or Cashew)

Perennial dioecious bush to small tree, native to the Eastern and Central USA, flowering in showy red-orange spikes to a height of 15 feet. Makes masses of green-white flowers that are a significant source of nectar for honeybees. The leaves turn crimson in autumn. Sumac is for the shelterbelt.

50 seeds/pkt \$3.95**Sweet Gum Tree, American** *Liquidambar styraciflua*Family: Witch Hazel (*Hamamelidaceae*)

Zones 5 to 9. Deciduous tree to 80 feet tall, erect and columnar, native to SE USA. The palmate, 5-pointed leaves turn lovely colors in the fall. Traditional use: The resinous exudate is chewed to treat sore throat, applied externally to wounds and ulcers. Tree prefers moist, fertile ground. Give 30 to 90 days cold, moist stratification.

100 seeds/pkt \$4.95



Tamarind “Mkwaju” *Tamarindus indicus*
Family: Legume (*Fabaceae*)

Tropical hardwood. Protect from frost. Stately tree that bears the fruity pods, sweet-sour, a stomachic, culinary and beverage ingredient. The pulp of the pods is high in pectin and used as a food stabilizer and highly significant food on the African continent—good source of niacin, calcium, phosphorous, iron, and riboflavin. Tree prefers full sun and dry to mesic soils. May be kept indoors as a sturdy potted plant. Nick seed with blade until endosperm is exposed, soak overnight, sow in warm, well-drained soil.

7 seeds/pkt \$4.95

Tobacco, Tree *Nicotiana glauca*
Zones 8 to 12. Woody perennial to 9 feet tall, native to Argentina and Bolivia. Sometimes acts like an herbaceous perennial if knocked back by frost. The bright-yellow, long-tubed flowers are like blaring trumpets. Source of anabasine and low in nicotine, used in tobacco withdrawal.

100 seeds/pkt \$4.95

\$11.00/tree, Organic

Tree Tomato.....*Cyphomandra betacea*
(Tamarillo)

Family: Nightshade (*Solanaceae*)
Zones 9 to 12 or greenhouse culture. Does well in half-drums. Subtropical evergreen perennial shrub to small tree, native to the Andes. Makes a corky trunk, quick to produce large, floppy leaves. Clusters of white and lavender, star-like flowers give way to weighty fruits that hang pendant. The taste is like a cross between kiwi and tomato. Sow seeds in warm conditions and work up like you would tomatoes except that—they keep growing taller! Space 10 feet apart.

10 seeds/pkt \$3.95, Organic

Uva Ursi *Arctostaphylos uva-ursi*
(Bearberry, Kinnickinick)
Family: Heath (*Ericaceae*)

Zones 4 to 8. Spreading, perennial, drought-tolerant, glossy-leaved evergreen creeper bearing globular, sweet, red berries. Dried leaves smokeable. Tea or tincture treats mild urinary infections. Plant prefers acidic soils, full sun. Scarify. Fire-dependent germinator or multicycle germinator. Sow in fall, spring, or summer. Space 2 feet apart.

30 seeds/pkt \$3.95

WILLOW

Family: Willow (*Salicaceae*)

Deciduous trees with lance-shaped leaves, best in high water table areas or streamside. Basketry, horticulture, and medicine—a multipurpose tree for the times.

Willow, Golden . . *Salix alba* var. *vitellina*

Zones 2 to 9. Showy weeping tree for the herbalscape, growing to 75 feet, native to Eurasia. Source of pain-relieving salicin as well as growth hormones that can assist in seed germination and starting plants from cuttings. Space trees 60 feet apart.

\$21.00/tree in a 9-inch-deep pot, Organic

Willow, Purple *Salix purpurea*
(Purple Willow, Purple Osier)

Zones 3 to 10. Deciduous tree to 16 feet, native to Europe, Asia, and Japan. This dwarf Weeping Willow has purple-hued leaves and among all the Willow species does contain the highest content of pain-relieving salicylic acid in its bark. Plant prefers sun and moist roots and is not particular about soil—will grow in clay. These can be trained to hanging baskets or planted in the permaculture landscape. They make a nice streamside willow that stays relatively short and bushy. Space at least 5 feet apart.

5-inch pot: \$11.00/tree

9-inch pot: \$21.00/tree, Organic

Willow, Weeping *Salix babylonica*

Zones 4 to 10. Fast-growing, single-trunked, weeping form, to 50 feet tall, native to China. Traditional use (TWM): Headache—a reasonable anti-inflammatory, source of salicin. The growing tips are also used in manufacture of willow water rooting hormone. Tree prefers rich soil and an accessible water table. Space 60 feet apart.

5-inch pot: \$16.00/tree

9-inch pot: \$31.00/tree, Organic

WITCH HAZEL

Family: Witch Hazel (*Hamamelidaceae*)

Zones 3 to 8. Perennial shrubs or small trees to 15 feet. Astringent leaves and bark are classic in herbalism—anodyne, wound healing, astringent. Source of “witch hazel water.” Give 30 days moist refrigeration and then sow in pots. Germ in 30 to 90 days. The shrubs prefer part shade, moist soils. Good for shelterbelt, woodlands.

Witch Hazel, Ozark

. *Hamamelis vernalis*

Native to the Ozarks. Prefers sandy or rocky soil, some shade to full sun. These are tough survivors on the landscape. The wood is sturdy and flexible—useful for tool handles, basketry, and crafting.

20 seeds/pkt \$4.95

Witch Hazel, Virginia

. *Hamamelis virginiana*

Native to the eastern USA. Prefers sandy or rocky soil, some shade to full sun. Winter-flowering, multistemmed bush for the medicinal landscape.

20 seeds/pkt \$4.95

\$26.10/10 g (~166 seeds), Organic

Yaupon *Ilex vomitoria*
(Yaupon Holly)

Family: Holly (*Aquifoliaceae*)

<<NEW FOR 2024>>

Zones 7 to 9. Dioecious evergreen shrub to small tree to 25 feet. Flowers white, the females giving way to showy red clusters of berries. Can be kept trimmed to size—oft employed in hedging. Native to the southern states. Traditional use (TNAM): Tonic tea. Source of caffeine. Will take full sun, requires little water. Space 6 feet apart.

9" pot: \$21.00/plant, Organic

Yerba Santa . . *Eriodictyon californicum*

Family: Waterleaf (*Hydrophyllaceae*)

Zones 7 to 10. Erect, branching, evergreen shrub flowering to 6 feet tall, native to California and Southern Oregon. The long, lance-shaped leaves of this drought-tolerant, sun-lover are coated with sticky, shiny, aromatic resin. The seed is small and light, and is best mixed with sand to stretch it, strewn on mildly acidic, moderately rich, disturbed soil of garden bed, flats, or pots in the fall to early spring and pressed in hard.

100 seeds/pkt \$3.95

\$12.00/g (~3,000 seeds)



YUCCA

Family: Agave (*Agavaceae*)

Bold rosettes of spiny-tipped, fat, leathery and succulent leaves give occasional rise to showy flowering spikes. These are an excellent choice for greenhouse, potted culture, or landscape. Full sun. Yucca seeds are best laid on surface of potting soil and covered with 1/4 inch of sand. Keep warm and evenly moist. Germ in 7 to 10 days.

Soap Lily . . *Chlorogalum pomeridianum*

(Amole, California soaproot) Perennial monocot native to Southern Oregon and California. Blossoms white, fragrant, to 4 feet tall. Source of a gentle soap used variously as a shampoo and for cleansing of precious artwork. A Native American food and medicine. Give 90 days cold, moist stratification or sow in fall. May require 2 vernal cycles to germinate.

10 seeds/packet \$4.95

Yucca, Common *Yucca filamentosa*
(Adam's Needle, Spanish Bayonet)

Zones 4 to 10. Evergreen, fibrous-leaved succulent native to the American SE. Large spires of cream-colored flowers. Leaves used for making rope, roots for soap, dilute boiled juice speeds growth of other plants.

20 seeds/pkt \$3.95

Yucca, Red *Hesperaloe parviflora*
(Red-flowered Yucca, Texas Red Yucca)

Zones 5 to 11. Native to Texas, New Mexico and Mexico. Pointy-leaved monocot. The flowers are fat plumes of goldish white, giving way to large seed heads. Anti-arthritis.

20 seeds/pkt \$3.95

Yucca, Soap Tree *Yucca elata*

Zones 9 to 11. Native to the Chihuahuan Desert. A fountain of narrow leaves to 4 feet produces multiple hummingbird-friendly flowering stalks, flowers tubular and bright red, to 6 feet. Producer of strong, resilient, and nontoxic fibers used in filtration, teabags, paper making.

20 seeds/pkt \$3.95

Yucca, Torrey's *Yucca torreyi*
(Old Shag, Palma)

Zones 5 to 10. Tree Yucca to 10 feet or more, developing in time a branched trunk, extremely cold- and drought-hardy. Native to Texas, New Mexico, and Mexico, the plant produces large, waxy, bell-shaped, purple-tinged flowers that give way to edible, pulpy fruits.

10 seeds/pkt \$3.95



Ordering Information

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E-mail newsletter. We would love to share with you new plants and seeds, gardening tips, stories, sales and coupons, and more via our monthly email newsletter. Please use the catalog order form or the form on our website.

Backorder Policy

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

Plants & Live Roots

- Plant shipping season is mid-March through mid-June, then again from September to mid-November. If you have a particular delivery date in mind, let us know. We aim to please!
- Comfrey roots are shipped year 'round.
- Dormant fall roots (Cohosh, Goldenseal, etc.) are no longer listed in this catalog and may be available at www.strictlymedicalseeds.com in October.
- Orders for plants or roots received out of season will be delivered in season.
- Orders containing both seeds and roots and/or plants are fine. We will ship the seeds first separately, followed by the plants and/or roots.
- Prepayment is necessary to reserve your plants and/or roots. Please send check, money order, or credit card number.

Please turn the page for Shipping Charts & Order Form.

86 SHIPPING CHARTS FOR SEEDS & INTERNATIONAL

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INTERNATIONAL SHIPPING

1) **Due to international laws, we are unable to ship to countries in the EU, England, Switzerland, or Montenegro.** We regret this and hope that local trade in diverse plants will continue the tradition of self-healing in the garden of diversity.

2) Small international orders of small seeds may be shipped in a standard white envelope. This helps assure receipt, but also means no tracking is available.

3) Larger seed orders from other countries, including Canada, will be sent in a standard bubble envelope via International Air Mail, tracked. Customs delays are a common occurrence. Please keep your tracking number. Please do not contact us until 10 weeks after ordering.

4) We give no guarantee on international orders. We will ship seeds internationally only as long as the customer accepts this non-guarantee. If you do not accept this policy, please do not order from us.

3) Fresh seeds in stratification (moist medium) are not available internationally. These are marked [Int'l no].

4) We cannot ship live bulbs, tubers, roots, or plants outside the US.

5) We do not provide phytosanitary certificates.

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PLANTS, TREES & ROOTS SHIPPING CHARTS

<p>Eastern States, AK, HI AK, AL, CT, DE, FL, GA, HI, IL, IN, KY, MA, MD, ME, MI, MS, NC, NH, NJ, NY, OH, PA, RI, SC, TN, VA, VT, WV</p> <p>Via Priority Mail \$15.00 & under: Add \$16.90 \$15.01 - \$25: .. + \$16.90 \$25.01 - \$35: .. + \$21.90 \$35.01 - \$45: .. + \$21.90 \$45.01 - \$55: ... + \$26.90 \$55.01 - \$65: ... + \$31.90 \$65.01 - \$75: ... + \$37.90 \$75.01 - \$90: ... + \$43.90 \$90.01 - \$105: ... + \$49.90 \$105.01 - \$120: ... + \$55.90 \$120.01 - \$135: ... + \$61.90 \$135.01 - \$150: ... + \$67.90 \$150.01 - \$165: ... + \$75.90 \$165.01 - \$180: ... + \$81.90 \$180.01 - \$195: ... + \$87.90 \$195.01 - \$210: ... + \$93.90 \$210.01 - \$225: ... + \$99.90 \$225.01 - \$240: + \$105.90 \$240.01 - \$255: + \$111.90 \$255.01 - \$270: + \$117.90 \$270.01 - \$285: + \$123.90 \$285.01 - \$300: + \$130.90 (Larger orders, contact us.)</p>	<p>Central States AR, IA, KS, LA, MN, MO, ND, NE, OK, SD, TX, WI</p> <p>Via Priority Mail \$15.00 & under: +\$16.90 \$15.01 - \$25: + \$16.90 \$25.01 - \$35: + \$16.90 \$35.01 - \$45: + \$16.90 \$45.01 - \$55: + \$21.90 \$55.01 - \$65: + \$26.90 \$65.01 - \$75: + \$31.90 \$75.01 - \$90: + \$37.90 \$90.01 - \$105: + \$43.90 \$105.01 - \$120: + \$49.90 \$120.01 - \$135: + \$55.90 \$135.01 - \$150: + \$61.90 \$150.01 - \$165: + \$69.90 \$165.01 - \$180: + \$75.90 \$180.01 - \$195: + \$81.90 \$195.01 - \$210: + \$87.90 \$210.01 - \$225: + \$93.90 \$225.01 - \$240: + \$99.90 \$240.01 - \$255: + \$105.90 \$255.01 - \$270: + \$111.90 \$270.01 - \$285: + \$117.90 \$285.01 - \$300: + \$123.90 (Larger orders, contact us.)</p>	<p>Western States AZ, CA, CO, ID, MT, NM, NV, OR, UT, WA, WY</p> <p>Via Priority Mail \$15.00 & under: +\$16.90 \$15.01 - \$25: + \$16.90 \$25.01 - \$35: + \$16.90 \$35.01 - \$45: + \$16.90 \$45.01 - \$55: + \$16.90 \$55.01 - \$65: + \$21.90 \$65.01 - \$75: + \$24.90 \$75.01 - \$90: + \$27.90 \$90.01 - \$105: + \$30.90 \$105.01 - \$120: + \$33.90 \$120.01 - \$135: + \$36.90 \$135.01 - \$150: + \$39.90 \$150.01 - \$165: + \$42.90 \$165.01 - \$180: + \$47.90 \$180.01 - \$195: + \$50.90 \$195.01 - \$210: + \$53.90 \$210.01 - \$225: + \$56.90 \$225.01 - \$240: + \$59.90 \$240.01 - \$255: + \$62.90 \$255.01 - \$270: + \$65.90 \$270.01 - \$285: + \$68.90 \$285.01 - \$300: + \$71.90 (Larger orders, contact us.)</p>
<p>Eastern States, AK, HI via UPS 3-Day \$15.00 & under: + \$40.90 \$15.01 - \$25: .. + \$58.75 \$25.01 - \$35: .. + \$69.20 \$35.01 - \$45: .. + \$78.50 \$45.01 - \$55: ... + \$88.90 \$55.01 - \$65: ... + \$98.15 \$65.01 - \$75: ... + \$107.45 \$75.01 - \$90: ... + \$116.65 \$90.01 - \$105: ... + \$127.05 \$105.01 - \$120: ... + \$137.50 \$120.01 - \$135: ... + \$146.75 \$135.01 - \$150: ... + \$157.20 \$150.01 - \$165: ... + \$168.30 \$165.01 - \$180: ... + \$178.90 \$180.01 - \$195: ... + \$188.20 \$195.01 - \$210: ... + \$197.35 \$210.01 - \$225: ... + \$206.65 \$225.01 - \$240: + \$215.90 \$240.01 - \$255: + \$225.15 \$255.01 - \$270: + \$234.40 \$270.01 - \$285: + \$246.00 \$285.01 - \$300: + \$256.50 (Larger orders, contact us.)</p>	<p>Central States via UPS Ground \$15.00 & under: . + \$20.90 \$15.01 - \$25: .. + \$31.85 \$25.01 - \$35: .. + \$31.40 \$35.01 - \$45: .. + \$40.85 \$45.01 - \$55: ... + \$45.50 \$55.01 - \$65: ... + \$50.15 \$65.01 - \$75: ... + \$59.10 \$75.01 - \$90: ... + \$66.10 \$90.01 - \$105: ... + \$73.05 \$105.01 - \$120: ... + \$77.65 \$120.01 - \$135: ... + \$81.10 \$135.01 - \$150: ... + \$92.40 \$150.01 - \$165: ... + \$99.00 \$165.01 - \$180: + \$103.70 \$180.01 - \$195: + \$107.65 \$195.01 - \$210: + \$113.15 \$210.01 - \$225: + \$117.55 \$225.01 - \$240: + \$122.15 \$240.01 - \$255: + \$126.80 \$255.01 - \$270: + \$131.50 \$270.01 - \$285: + \$135.40 \$285.01 - \$300: + \$140.70 (Larger orders, contact us.)</p>	<p>Western States via UPS Ground \$15.00 & under: + \$15.90 \$15.01 - \$25: .. + \$22.90 \$25.01 - \$35: .. + \$26.35 \$35.01 - \$45: .. + \$29.85 \$45.01 - \$55: ... + \$34.50 \$55.01 - \$65: ... + \$38.80 \$65.01 - \$75: ... + \$42.60 \$75.01 - \$90: ... + \$49.50 \$90.01 - \$105: ... + \$56.45 \$105.01 - \$120: ... + \$61.10 \$120.01 - \$135: ... + \$64.60 \$135.01 - \$150: ... + \$70.80 \$150.01 - \$165: ... + \$76.95 \$165.01 - \$180: ... + \$81.65 \$180.01 - \$195: ... + \$85.60 \$195.01 - \$210: ... + \$91.10 \$210.01 - \$225: ... + \$95.50 \$225.01 - \$240: + \$100.10 \$240.01 - \$255: + \$104.75 \$255.01 - \$270: + \$109.40 \$270.01 - \$285: + \$113.50 \$285.01 - \$300: + \$118.65 (Larger orders, contact us.)</p>
<p>Basic Shipping Roots (USA ONLY) 1 to 6 Roots, please add \$11.90; 7 to 20 Roots, add \$16.90; 21 to 60 Roots, add \$23.90; 61 or more—email: inservice@strictlymedicinalseeds.com</p>		

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