

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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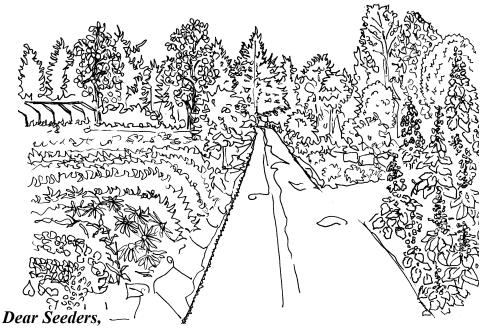
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www.strictlymedicinalseeds.com

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Catalog written by Richard A. "Richo" Cech ©Copyright 2023 Richard A. Cech Illustrations Sena Cech, ©Copyright 2023 Sena Cech

Printed on recycled paper with soy-based ink.



Welcome to the Strictly Medicinal 2023 catalog! Back in spring, feeling the first blossoming of warmth, we got right to work setting plants to the fields. Rows of diverse botanicals like Artemisia annua, ashwagandha, andrographis, dominican sage, shoo-fly, spilanthes, marigolds, okra, gourds, calendula, baical skullcap, peppers, tomatoes, blue corn, beets and beans all took shape. The plants grew well, which was good, since summer turned out barely long enough! Unusual mid-season rains moistened the landscape. Tomato sauce boiled on the back of the stove. Onions swelled into bulbs and the first peppers ripened. The oats went milky. The tulsi made a dense crown of leaves, which lead to an impromptu tea ceremony. We could feel an early winter coming on, so did not hesitate to harvest the fruits and seeds as soon as they came ready. As a result, we're offering numerous new species (<<NEW FOR 2023>>) as well as an increased quantity and diversity of bulk organic herb seed. Here, the maturation of our parent stock has contributed to diversification of our potted nursery plants, including annuals, herbaceous perennials, rarities, wild weeds, succulents and cacti, bushes, vines and trees. We look forward to sending you seeds, roots and potted plants, being thankful for the opportunity to share all the benefits of the medicinal herb garden!

Here's our calling and our passion: taking care of the land, helping people grow diversity to achieve self-sufficiency in food and medicine, also disseminating good, practical advice on how to go about it all. To this end we're announcing our new book "Growing Plant Medicine. Vol 1." This compiles much of what we know about natural gardening techniques, garden planning, and an increasingly wide array of medicinal herbs—a valuable reference to help you navigate the herbal path. As always, please, friends, any opportunity you have, plant trees. In the shade of the trees, nestle in the herbs. We will, too. Together we nurture our Mother.

Terms of Business

2

Free Shipping within the continental USA for seed packet (not bulk) 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: Our intent is for the printing of our most recent catalog to establish prices, as well as changes in the number of seeds per packet. In order to allow for unforeseen circumstances, prices and packet seed counts are subject to change without notice. We are not responsible for typos.

Shipping: You may figure your shipping charges according to the basic shipping charts. If you are having difficulty figuring out your shipping, please contact us. Please leave us your e-mail and phone number so we can contact you if there's any shipping adjustment needed. Shipping charges are subject to change without notice. If you anticipate a problem with receiving your packages via US Mail with normal delivery and need a more secure method (i.e. signature required), let us know and we will upgrade your delivery with a minimal fee. **Shipping Errors:** Please look your order over carefully and let us know if there are any problems. We will be happy to rectify within 30 days of receipt.

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

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

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website: www.strictlymedicinalseeds.com customer service: inservice@strictlymedicinalseeds.com

Strictly Medicinal® LLC PO Box 299 Williams, OR 97544 fax: (541) 846-0872

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



Made to meet GMP standards.

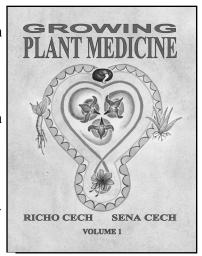
This is the finest mid-size tincture press available on the market, the result of 30 years of manufacturing experience, made entirely in our steel shop in Williams, Oregon USA. These presses are 60-pound work horses that have proven their worth in herbal manufacturing plants, herb schools, scientific 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.strictlymedicinalseeds.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

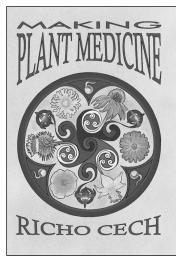
1/2 Gallon Strictly Medicinal® Tincture Press: \$1,995.00 Shipping is FREE via UPS GROUND within the continental USA Now available in a rainbow of colors plus black & white.

4 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 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) << NEW FOR 2023>>



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.

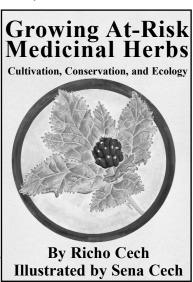
Part 2: A Gardener's Formulary Includes: 143 herbs that can be cultivated in North America—parts used, formulas, practical uses, dosages, and an overview of alternate species.

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)



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

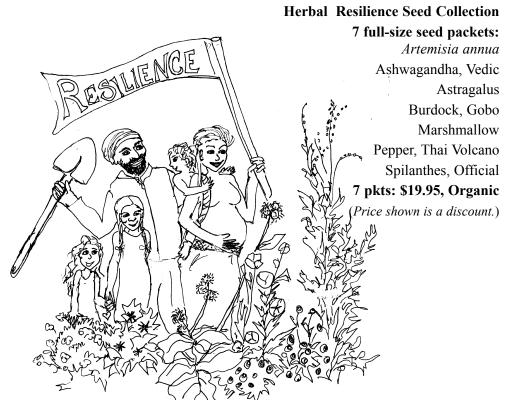
Shipping is FREE via UPS GROUND within the continental USA Screens graduate evenly from fine (70 strands per inch) to coarse (4 strands per inch). Suitable for the purification of most types and sizes of seeds.

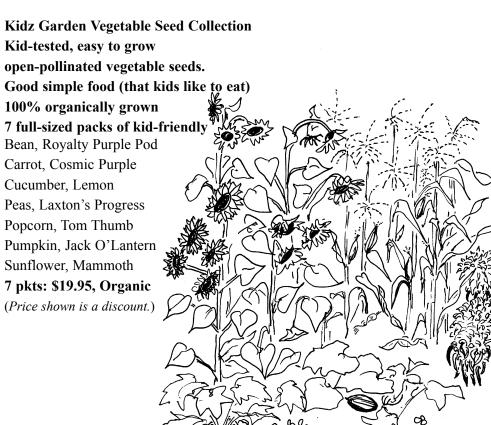
Herb Rubbing Screens

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





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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)

Quick-growing seeds for cool weather short-season areas and the proverbial horn of plenty (of salad).

Vacuum-packed to last at least 3 years.

1 pkt. each of: Beet, Detroit Dark Red; Broccoli, Green Sprouting; Carrots, 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.)



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

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

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

Edible Flowers Seed Collection

An array of flowers for dressing up your salad.

1 packet each of Bean, Scarlet Runner; Borage; Calendula, Mixed; Nasturtium,



Bouquet Garni Seed Collection

Made into bouquets and dried, these herbs impart their essence to fine cookery.

1 pkt. each: Basil, Genovese; Balm, Moldavian; Savory, Summer; Thyme, French. **4 pkts/\$9.95, Organic** (*Price shown is a discount.*)

Fines Herbes Seed Collection

Foodies take delight! Chopped up fresh, these fine herbs impart luscious taste and aroma to high-end cuisine. Herbal butter extraordinaire!

1 seed packet each of: Chives, English; Marjoram, Sweet; Parsley, Flat-Leaved; Tarragon, Russian.

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

8 Lifeline Medicinal Herbs Garden Seed Collection

A diverse medicinal herb garden that contributes to every aspect of health and well-being.

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.)

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.*)

Tasty Tea Seed Collection

Our tastiest, easy-to-grow herb tea favorites.

1 pkt. each of: 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.*)



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.

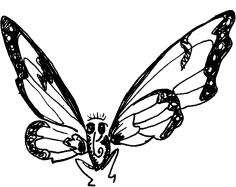
Kidzerbs: \$29.95, Organic

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.)

Butterfly Lover Seed Collection



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

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

These flowers feed bees with their profuse nectaries and are also cleansing to the bees and the hive, protecting the colony from harm.

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.*)

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, Baical), 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.*)

Dye Plants Seed Collection.

Some of the 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.)

Japanese Herb Seed Collection.

5 unique medicinal foods from Japan, an inexpensive in-road into exceptional diversity.

Burdock, Gobo; Catnip, Japanese; Shiso, Purple; Shungiku; Yomogi. **5 pkts/\$19.95, Organic** (*Price shown is a discount.*)



(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



Visit: wholesale.strictlymedicinalseeds.com

Cover Crops

. .Medicago sativa 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 Clover, Medium Red . . Trifolium pratense spring. Broadcast, rake in, and keep moist. Zones 5 to 10. Native to temperate Europe 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, FavaVicia faba (Bell Bean)

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.

20 seeds/pkt \$3.95 \$9.00/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 excel- Annual. Winter hardy to Zones 5 to 9. lent all around companion plant that can

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 three-fold: they loosen subsoil with their roots, fix nitrogen in the soil, and dispel 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. Excellent choice for undersowing to corn or other annual crops, forcing out weeds and nourishing the soil. Bears myriads of truly luxurious, upright blossoms; quickly producing monotypic stand that fixes 150 lbs of pure nitrogen per acre.

500 seeds/pkt \$3.95,

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

and Asia. The tea thins the blood and helps dispel toxins from the system. Used as a cover crop, Red Clover fixes 140 lbs of nitrogen per acre, while the roots break up hardpan and oxygenate the soil. Flowers yield a yellow dye. Average germ 3 days. Sow 1 lb 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 \$350.00/50 lb sack, ships free in USA 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

Sow 2 lbs per 1,000 square feet; clay soils—contributes nitrogen and organic matter. Direct-seed lots of the injection of the prediction of the injection of th Native to the Mediterranean. Aromatic 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 (\sim 27,000 seeds), Organic

HAYFLOWER HERBAL PASTURE MIX

meant to re-enact the herbal havfields of 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 feonum-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.

Havflower 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 seedbed 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.

Melilot, Yellow Melilotus officinalis << NEW FOR 2023>>

90 day annual or biennial overwintering in Organic seeds to plant a patch or pasture zones 4 to 10. Nitrogen-fixing legume native to Eurasia, flowering yel.low to a height of 40 old. The early nature-cure doctors used hay inches. Plant prefers full sun and fast-draining, calcareous soils. Scarify on sandpaper, sow sub-surface, tamp. Space 6 inches apart. 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, 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

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 meaty pods for human food, forage, hay, or turning under. \$7.00/lb, Organic

Ryegrass. Annual Lolium multiflorum Annual Ryegrass can be sown during the growing season in pathways between crops and mowed to keep tidy. Erosion control, weed suppression, nutrient sequestration, companion crop, forage, also reduces mudsplash. Often possible to broadcast over stubble-will establish without the need of preparing a seedbed. 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

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): (°F-32) x .5555 = °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.

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. Direct-seed in early spring.

Amaranth, Golden Giant

. Amaranthus cruentus

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

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

\$20.10/10 g (\sim 12,000 seeds), Organic

Amaranth, Hopi Red Dye . . . A. cruentus (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, Love Lies Bleeding

(Pendant Amaranth, Tassel Flower, Velvet Flower, Foxtail Amaranth)

Annual. 50 days. This is probably the showiest of all Amaranth, with large heads of produces bright purple flowering whorls that drooping, crimson flowers, loaded with beta-cyanins. This Amaranth is black-seeded. 100 seeds/pkt \$2.95

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 (\sim 12,000 seeds), Organic

Amaranth, Red Spinach A. tricolor (Bayam, Slender Amaranth, Sukumawiki) Annual. 50 days. Leaves edible and delicious fresh or lightly steamed. This is a

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

. . .Camelina sativa 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, Organic



CHIA

Family: Mint (Lamiaceae)

Sow in Spring. Dried Chia seeds are best reconstituted by soaking in water overnight prior to consumption. I 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 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

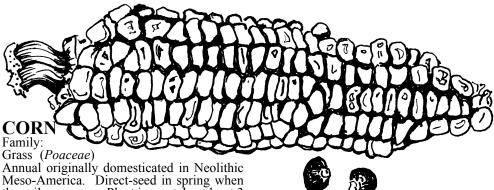
drought- and heat-tolerant vegetable that multiple tures native peoples worldwide, being a fast-growing foodstuff that requires minimal nutrients and water.

100 seeds/pkt \$2.95, Organic

100 seeds/pkt \$2.95, Organic 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 seedheads 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 \hat{g} (~3,500 seeds), Organic



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.

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

Corn, Golden Bantam 80 days to maturity. Original standard openpollinated sweetcorn, producing 2 slender ears per plant, each bursting with broad, golden kernels. Wholesomely sweet.

50 seeds/pkt, \$3.95,

\$12.10/100g (~460 seeds), Organic

Corn, Hopi Blue TallZea mays <<NÉW FOR 2023>>

90 to 110 days to maturity. Tall version of the original Hopi blue corn. Vigorous plant needs a full sun position, fertile soil and regular watering. Plants 6 to 8 feet tall. Ears to 12 inches long, one to three per stalk. 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, corn bread and pancakes. This corn also produces plenty of medicinal silk, husks for tamales, 100 seeds/pkt, \$4.95, Organic

Corn, Painted Hill Sweet Zea mays 75 days to maturity. Extraordinary vigor and stodge. Kernels multi-colored 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, 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 seed heads. Sow in spring.

30 seeds/pkt \$3.95

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

Sesame, Black Sesamum indicum (Til, SWAHA!)

Family: Sesame (*Pedaliaceae*)

Multistemmed upright annual bearing follicles stacked with oil-rich seeds. Native to India. 120 days to maturity. 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

Annual, 90-100 days to maturity. Blackseeded, 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, roadside-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. 30 sds/pkt \$2.95, Organic

VEGETABLE SEEDS OF SUSTENANCE



Alexanders Smyrnium olusatrum (Pot Herb of Alexandria) **<<NEW FOR 2023>>**

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 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)

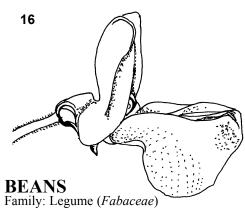
Arugula, Domestic Eruca sativa Biennial culinary green. Deeply cut leaves are the signature of an upscale salad. High in protein, Arugula is an appetite stimulant and digestive. Seeds yield edible oil. Full sun to part shade, water and rich soil.

200 seeds/pkt \$2.45 [lifeline pricing] \$11.55/5 g (~3,800 seeds) \$20.10/10 \hat{g} (~7,600 seeds), Organic

Arugula, Wild Diplotaxis tenufolia 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, to the Mediterranean. This culinary Asparagus produces male and female plants, both of them deliciously edible. 50 seeds/pkt \$3.95



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. Probably 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, Royalty Purple Pod

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. Excellent choice for small gardens, raised beds, or potted culture.

20 seeds/pkt \$2.95, 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, 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, Anasazi Cave

Annual. 55 days to green beans, 90 days to dry beans. The story goes that these beans were discovered in an Anasazi cave, in a ceramic pot sealed with tree resin, and when planted, they grew! That would make these a 1,500-year-old heirloom. This is a pole bean that makes flattened green beans and "Appaloosa" patterned dry beans. For some reason these are considered less flatulent than other beans. Perhaps their origination predated the discovery of gas.

10 seeds/pkt \$3.95, 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. They cook quickly and may be combined with other seasonal veggies for a topping over pasta or rice. 7 seeds/pkt \$2.95, Organic

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

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

Annual. 70 days to green beans, 90 days to dry beans. An Iroquois cultivar that dates back to prehistory. Among the most productive of pole beans, similar to Pinto Beans. 20 seeds/pkt \$3.95, Organic

Tuberous perennial in Zones 7 to 11, otherwise grown as a 70 day annual. Native to Central America and Mexico. Heavily lipped, edible, scarlet blossoms.

7 seeds/pkt \$2.95, Organic

and, just to make sure you don't forget to spice the beans, epazote!

Epazote Chenopodium ambrosioides (Wormseed, Jesuit's Tea, Mexican Tea, Payqu, Dysphania ambrosioides) 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 flatus, 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 (\sim 300,000 seeds), Organic

Beans are an incredibly versatile food. Direct-seeded to the summer garden, they make green beans to diversify summer diet in 7 short weeks. If allowed to plump up a bit more, the pod will thin out and allow harvest of the oft-missed "fresh beans shelled out of the pod" stage. Such beans simmer up quickly, keep their taste and never lose their plumpness and texture.

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

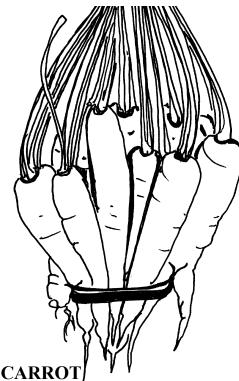
Bitter Melon . .see MEDICINAL HERBS

Broccoli, Green Sprouting

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 Cardoonsee ARTICHOKE



Family: Carrot (Apiaceae)
Biennial The Leither Carrota

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

Carrot, Chantenay Sweet Redcore

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

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, Massachusettes 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, Nantes

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

500 seeds/pkt \$2.95, Organic

Queen Anne's Lace.see MEDICINAL HERBS

CELERY

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 (\sim 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.

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

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.

Broad, smooth leaves with a creamy heart. Tasty with lettuces and cucmbers in a salad. 200 sds/pkt \$2.95, Organic

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

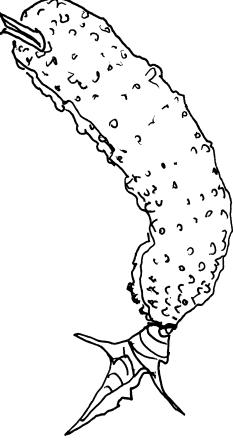
Italian Dandelion *Cichorium intybus* A wild form of chicory native to Spain. Smooth, deeply lobed leaves in a rosette, resembling giant dandelion. These are commonly labeled "dandelion greens."

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

(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 thinskinned, being one of the freshest tastes of summer. Thirst quenching.

30 seeds/pkt \$3.95, Organic

Cucumber, Marketmore

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

30 seeds/pkt \$2.95

\$11.55/5 g (~200 seeds) \$20.10/10 g (~400 seeds), Organic

Cucumber, Tendergreen <<NEW FOR 2023>>

A great salad cucumber, thin-skinned, a bit sweet. Clocked these at 47 days to first harvest. We att the first ones then and there.

30 seeds/pkt \$2.95

\$11.55/5 **g** (~200 seeds)

\$20.10/10 g (~400 seeds), Organic



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.

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

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 . . see MEDICINAL HERBS

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 veg- Annual. Wild medicinal food. Soft, slightly etable of the cottage garden.

50 sds/pkt \$2.95, Organic

Greens, Collard Brassica oleracea Biennial. 60 to 80 days to maturity. Longstanding, waxy, dark green leaves with white 300 sds/pkt \$3.95, Organic 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

liest viable greens for fall or spring planting. Strew seed on surface of seedbed, 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 . (Giant Sea Kale)

<<NEW FOR 2023>>

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. These do attain giant proportions, presenting a thick, spreading plume of pure white flowers in midsummer. Deep, rich, moist soils. The plant is well-known in our gardens for eliciting inquiry and exclamation. Crack the spongy pericarp before planting. 10 seeds/pkt \$2.95, 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

downy, and mucilaginous leaves, like Spinach—high in protein, calcium, and vitamin A. Sow generously—impermeable seedcoats cause spotty and ongoing germ.



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 selfwrap 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 iceburgs. 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 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 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



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 50 seeds/pkt \$2.95, Organic (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

to Europe, basically the European form of ramps. A delightful woodland edible that all are *Pisum sativum* can be eaten whole, usually lightly braised. Choose a sunny, mois Plant prefers coo.l, 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

(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, I'itoi Multiplying

Perennial monocot reliably producing clumps of green onions even under the most severe conditions. Drought tolerant and spicy tasting, these are consumed primarily as a green onion. Originally from Spain, these have become a Tohono O'odham heirloom. Potted onions may be set to the spring or summer garden, or a pot in the window, and will soon proliferate.

\$6.00/plant, Organic

Onion, Amber . . <<NEW FOR 2023>>

Biennial, overwintering in Zone 4 to 10. As a spring-planted onion, matures in 96 days. Best for northern states and Canada. These make a hard, globular, 4 inch onion that is mild-tasting. Stores well. 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.



PEAS Family: Legume (Fabaceae)

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, Laxton's Progress

(Dwarf Shelling Pea)

Annual, 60 days to maturity. These are particularly well-suited for fall gardening, either in containers or in the open garden. Fast maturation of fat pods that carry 9 seeds each. produces a very sweet and tender pea, ideal for snacking or stir-fry. These will appreciate a short trellis.

30 seeds/pkt \$2.95, Organic

Peas, Shell, Green Arrow

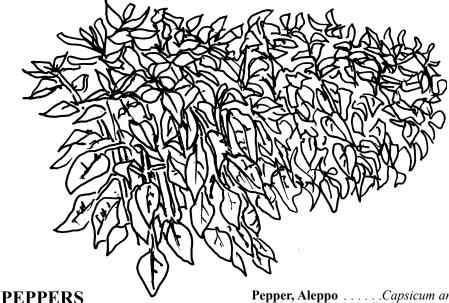
Bush peas grow to 24 inches and are selfsupporting. Green arrow makes long pods filled with 8 to 11 large peas each. These are fine for fresh eating, cooking or putting up.

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



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. We grow all our own peppers. These are open-pollinated, seed saver friendly heirloom varieties that cannot be matched by fancy hybrids.

PEPPER SET: 1 packet each of Aleppo, Cayenne, Criolla Sella, Romanian Sweet, Thai Volcano and Puta Madre.

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 <IT's BACK!> ~30,000 SHU
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, Big JimCapsicum annuum <<<NEW FOR 2023>>>

90 days from planting to field to maturity. Considered the largest of chile peppers, thick-skinned, slightly scrunched at the neck, exhibiting long ridges down the pepper that seem to just go on and on. Used in New Mexican cuisine for roasting, stuffing, ristras. Standard pepper culture. Get an early start for fruits ongoing to frost.

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

50 sds/pkt \$2.95, \$18.55/5 (~1,115 seeds) \$34.10/10 g (~2,230), Organic

10 sds/pkt \$3.95, Organic

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 (\sim 2,400), Órganic

Pepper, Hot Paper Lantern Habanero

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

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. Lowgrowing, 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 (\sim 2,400), Órganic

<<IT's BACK!>>

Pepper, Puta Madre (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, Romanian Sweet

Annual. 80 days to harvest. Our standard sweet pepper. Making a short, squat bush studded on the stem and short branches with numerous fat, elongated peppers that go from gold, to sunset orange, to deep red. Edible at any stage, sweeter when fully ripened. These will remain deliciously edible for weeks, even when left out in a basket in the kitchen. 20 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, brightred, 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

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 <<NEW FOR 2023 >>

(Soltero, meaning bachelor, on account of the shape of the fruit, and a tendency to remain erect.) ~50,000 Scoville Heat Units 90 days to maturity. Traditional type from the mountains of Oaxaca. Very hot, red when ripe, barely tapering, upturned on the small plant. Good choice for potted culture. Overwinters readily when protected. 10 sds/pkt \$3.95, Organic

Pumpkin, Jack-O-Lantern

Family: Gourd (Cucurbitaceae) (Halloween Pumpkin, Pie Pumpkin) Annual. 115 days to maturity. Vining plants, fecund fruiters. Pumpkin imminently carveable, and the flesh does make good pies. Seeds may be lightly toasted with a little salt, shelled or not shelled before eating. 10 seeds/pkt \$3.95, Organic



RHUBARB, GARDEN

Family: Buckwheat (Polygonaceae) Hardy to Zones 5 to 8

Giant leaves with colorful stalks. Sow spring. Provide rich garden soil and water frequently for biggest plants.

Rhubarb, Garden—Glaskins Perpetual

Herbaceous perennial. Glaskins Perpetual makes nice red stems and keeps producing throughout the season, therefore the "perpetual" adage.

30 seeds/pkt \$2.95 \$7.55/5 (~400 seeds) \$13.10/10 g (~800 sds)

\$65.00/100 g (~8,000 sds), Organic

Rhubarb, Garden—Victoria

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

50 seeds/pkt \$2.95, Organic

Rhubarb, Rhapontic Rheum rhaponticum Herbaceous perennial growing to 4 feet, native to Europe. Hardy to Zones 3 to 7. Very showy clump-forming plant, used herbally for treating hot flashes and PMS. Also good for pies and tarts.

20 seeds/pkt \$4.95

Medicinal Rhubarbsee MEDICINAL HERBS

Samphire Crithmum maritimum Samphire Crithm (Sea Samphire, Sea Fennel) Zones 5 to 9. Perennial halophyte native to

the coast of England. Aromatic stimulant to the digestion and culinary delight. 30 seeds/pkt \$2.95

SculpitSilene inflata (Stridolo)

60 days to harvest, 100 days to flowers. An Italian heirloom, with toothsome, lance-shaped leaves. Sow in spring.

50 seeds/pkt \$2.95, Organic

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

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

Spignel Meum athamanticum Family: Carrot (*Apiaceae*)

Hardy to Zone 6 to 9. Herbacious perennial native England. Entire plant coumarinscented. Roots edible and sweet like Parsnips. Sow in spring.

30 seeds/pkt \$3.95

SPINACH

Spinach, Bloomsdale Long Standing ...

Family: Goosefoot (*Chenopodiaceae*)
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. A great way to convince kids to eat their greens!

200 seeds/pkt \$2.95, Organic

Spinach, Malabar Red . . . Basella rubra <<IT's **É**ACK!>>

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 neclace. Soak seed overnight in warm water and sow directly in the garden or bring it up in pots. Will coyly drape.

10 seeds/pkt \$3.95. Organic

Spinach, New Zealand

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 Family: Goosefoot (Chenopodiaceae) 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 Family: Goosefoot (Chenopodiaceae) 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 berlandeiri (Huazontle)

Family: Goosefoot (Chenopodiaceae) 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 Family: Goosefoot (Chenopodiaceae) Annual, 50 to 60 days to maturity. Standard cold-hardy cultivar, richly savoyed leaves, dense nutrition. Very good for early spring or late fall.

200 seeds/pkt \$2.95, Organic

Spinach, Winter Merlo Nero S. oleracea (Black Bird)

Family: Goosefoot (*Chenopodiaceae*) Annual, 50 to 60 days to maturity. A darkgreen, 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

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

10 seeds/pkt \$2.95, Organic

TOMATO

All are Lycopersicon esculentum Family: Nightshade (Solananceae) 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 \hat{g} (~4,440 seeds), Organic

Tomato, Goddess of the Moon Cherry (Isis Candy Tomato)

Cherries like full moons on a large, frost-tol-

erant, 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, 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-1800's 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, 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

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 vitaminfilled 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 \mathbf{g} (~20,000 seeds)



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. 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. 20 seeds/pkt \$2.95,

ANDEAN DELIGHTS

\$13.10/10 g (~250 seeds), Organic

Goldenberry, Giant Peruvian

(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. Excellent crop for temperate summer garden or for the tropics—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

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

A select, ground-hugging type that produces

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

Ulluco (Papa Lisa)

Family: Madeira Vine (Basellaceae)

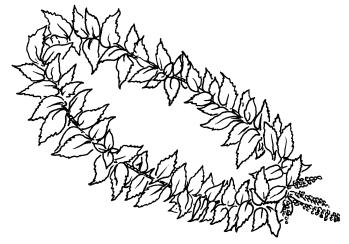
Low-growing tuberous perennial native to the Andes. Requires about 110 days from planting out to tuber formation. Aerial parts edible and delicious, similar to Malabar spinach. Cool conditions favored. Hill up and mulch. Space 3 feet apart.

\$11.00/plant, Organic

Yacon, Crystal . . Smallanthus 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



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** (\sim **890** seeds). **\$18.55/5 g** (~4,450 seeds)

\$34.10/10 $\hat{\mathbf{g}}$ (~8,900 seeds), Organic

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

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

Basil, Kivumbasi Lime Ocimum africanum (Kivumbasi Ndimu)

Originally collected by Richo on the Island of Unguja in Zanzibar. Diminutive in size yet giant in aroma, a Basil like no other; a tasty tea herb that powerfully rejuvenates. 50 seeds/pkt \$2.95, Organic

Basil, Mrihani Ocimum basilicum Annual, 60 days. This is a traditional cultivar from the island of Pemba, brought back to the USA in 1990. The plants are large, robust and upright, with ruffled leaves emitting a Basil-Licorice aroma. Plants are highly resistant to downy mildew, and if this is a problem in your garden, this would be the basil of choice!

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, ThaiOcimum 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, also given to teething babies.

30 seeds/pkt \$3.95, Organic

Basil, Holysee TULSI

Caraway, GermanCarum carvi Family: Carrot (*Apiaceae*)

Biennial or overwintering annual to 2 feet tall. Mediterranean. The seeds of this hand-some plant are used to assuage indigestion and infant colic. Allays flatus.

200 seeds/pkt \$2.95, **\$11.55/5 g** (~1,500 seeds)

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

CHERVIL

Family: Carrot (*Apiaceae*)

Chervil, Fijne Krul

Annual. Fast-growing, ferny, anise-flavored green is an essential ingredient in salad mixes. The plants are petite and the flavor is 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 (\sim 6,000 seeds), Organic

Chervil, Turnip Rooted

.Chaerophyllum bulbosum

<<NEW FOR 2023>>

Biennial in zones 5 and up, generally grown as an annual, 6 weeks to bulbs. Native to Europe, flowering white in the second year to 2 feet tall. Produces tasty, potoato-like tuberous roots. Give 8 to 12 weeks cold stratification or sow in fall for germination in spring. Space plants 6 inches apart.

30 seeds/pkt \$2.95



Cilantro . . (Coriander)

Family: Aster (*Asteraceae*)

Annual. Native to the Mediterranean shores. 60 days to maturity. The herb and seeds are stimulant, aromatic, and carminative. Sow in spring.

100 seeds/pkt \$3.95, **\$14.55/5 g** (~500 seeds)

\$26.10/10 g (~1,000 seeds), Organic

Family: Carrot (Apiaceae)

Annual. Native to the Mediterranean and cultivated worldwide. Easy-to-grow aromatic spice. Sow in spring.

300 seeds/pkt \$3.95

DILL

Family: Carrot (*Apiaceae*)

Annuals native to Southern Europe, Iran, and India. Stimulating aromatic carminativeleaf 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 (\sim 7,000 seeds), Organic

Dill, Greensleeves Anethum gravolens 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

Epazote see BEANS

Fennel, Bulbing see VEGETABLES

Fennel, Common . . . Foeniculum vulgare Family: Carrot (*Apiaceae*)

Perennial hardy to Zones 3 to 11. Delicious pathside chew. Sow in spring. 100 seeds/pkt \$3.95,

\$14.55/5 g (~1,350 seeds) \$26.10/10 g (~2,700 seeds),

\$80.00/100g (~27,000 sds), Organic

[WA no]

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

\$10.00/g (~9,000 seeds), 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

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

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 (\sim 5,000 seeds), Organic



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. The effects are circulation stimulant, memory enhancing, carminative, preservative and antioxidant to fats. Recent molecular genetics has suggested a name change to "Salvia rosmarinus" but we are maintaining the official adage. Space plants 2 to 4 feet apart

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

\$9.95/50g bag of dried herb, \$69.00/lb of dried herb, Organic

Sage, Garden Salvia officinalis Zones 5 to 9. Woody perennial. Indispensable spice that imparts a wild flavor. Sage makes an antibacterial mouthwash or gargle for sore throat; memory enhancing. Sow in spring.

50 seeds/pkt \$3.95 \$17.55/5 g (~555 seeds)

\$31.10/10 g (\sim 1,110 seeds), Organic

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

\$9.95/50g bag of dried herb, Organic

More Sages under MEDICINAL HERBS

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 out to the landscape spring to early summer.

Savory, Lemon

Zones 5 to 8. Evergreen woody perennial to 20 inches. Compact form of Winter Savory with enticingly lemon-scented foliage. 20 seeds/pkť \$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

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 gardern. Low hedging, mazes and knot gardens.

100 seeds/pkt \$3.95

\$12.00/g (\sim 2,100 seeds), Organic

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

TARRAGON

Mexico. A spice, cold medicine, entheogen. 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)

\$44.10/10 g (\sim 12,000 seeds), Organic

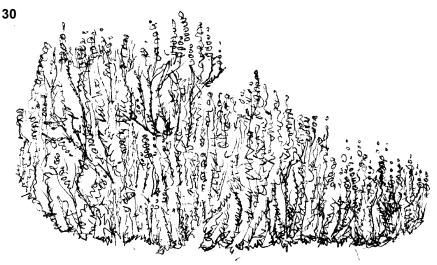
\$8.50/plant, Organic

Tarragon, Russian

(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



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 serphyllum 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

\$10.00/g (~7,000 seeds), Organic

\$8.50/plant, Organic

Thyme, English Broadleaf Thymus vulgaris 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** ($\sim 5,000$ 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

native to temperate Europe, flowering mauve to 10 inches tall. Variously known as field thyme or lemon thyme, this is a great dryland groundcover, a spice and source of a tasty medicinal tea.

100 seeds/pkt \$3.95,

\$10.00/g (~6,000 seeds), Organic

\$8.50/plant, Organic

Thyme, Long-Flowered

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 pinktinged 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 fragrantisimus Zones 5 to 10. Evergreen woody subshrub to 12 inches. Flowers of pink, leaves redolent with citrus.

30 seeds/pkt \$4.95, Organic

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



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. Plant prefers to grow in cool, moist shade. 50 seeds/pkt \$3.95

Adonis, Spring Adonis vernalis (Sweet Vernal, Pheasant's Eye) Family: Crowfoot (Ranunculaceae) Zones 3 to 7. Perennial with showy, outsize yellow flowers rising to only 8 inches above the ferny foliage, native to central and southern Europe. Ancient medicinal. 10 seeds/pkt \$3.95

Agrimony, Common Agrimonia eupatoria Family: Rose (Rosacea)

Zones 3 to 9. Herbaceous perennials native to Europe, easily grown in standard garden soil. Germination in 2 to 6 weeks in early spring conditions. Space 1 to 2 feet apart. Classic herb has a marked hemostatic effect, kills tape-worm, and is used as a douche to control Trichomonas. Plant prefers full sun, average soil.

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 and unique secondary compounds. Drought-tolerant and very, very pretty. 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 aerials. Sow in fall or spring.

30 seeds/pkt \$4.95

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

\$8.50/plant, Organic

Anchusa, AzureAnchusa 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 (Aloeaceae)

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!

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 deltoideodonta (Deltoid Aloe) Perennial clumping succulent native to the mountains of South-central Madagascar. Light frosts may be tolerated. A truly elegant aloe, displaying fine parallel lines that seem to gleam out from under a candy-like. glassy epidermis. Show plants do well in low light.

quart size: \$31.00/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.

quart size: \$21.00/plant, Organic

Aloe globuligemma ...Globular Bud Aloe Perennial long-stemmed succulent native to the African savannah. Blueish-green, recurved leaves on an upright, palm-like trunk. The short, red raceme branches horizontally, making club-like flowers that cluster along the stem. Showplant.

gallon size: \$31.00/plant, Organic

Aloe jucunda . . . <<NÉW FOR 2023>>

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. These attract hummingbirds.
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

. (Mountain Aloe) Aloe marlothii Large, single-stemmed succulent to 15 feet tall, full of blunt spines, native to S Africa. Yellow-orange, tubular inflorescences. Archatypic aloe.

quart size: \$21.00/plant, Organic

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.

quart size: \$31.00/plant, Organic

Perennial succulent probably originating in Socotra. Yellow-flowered, to 2 feet. The most well-known of Aloes, kept on the windowsill where it cleans the air, always handy as a nutritive demulcent and burn remedy. Edible. Source of over 75 active compounds. These do best with filtered light.

quart size: \$21.00/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. 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 (~600 seeds), Organic

\$11.00/plant, Organic

\$19.95/50g bag of dried herb, Organic \$149.95/lb bag of dried herb, 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 (\sim 2,000 seeds), Organic

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

Angelica, Shining Angelica arguta Herbaceous perennial mountain dweller, native to Western US and Canada. Creamy umbels, aromatic roots, high medicine.

30 seeds/pkt \$2.95 \$17.55/5 g (~400 seeds), \$31.10/10 g (~800 seeds) **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, \$21.95/3 9" pot: \$31.00, Organic

\$24.95/30g bag of dried powdered leaf, stem and root, 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 \hat{g} (~4,000 seeds), Organic

ARNICA

Family: Aster (Asteraceae)

Fresh or dried flowers used in classic herbal pharmacy as the most effective of antiinflammatories.

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

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

"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

There once was a kitty named Artemisia. She'd do anything to please ya.



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.*

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 (\sim 57,000 seeds), Organic

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

\$19.95/50g bag of dried herb, 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. The plant is really quite handsome, with its soft, whitish leaves.

100 seeds/pkt \$3.95, Organic

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

Sagewort, Prairie Artemisia frigida (Fringed Sage, Prairie Sagebrush) Low-growing woody subshrub native to the Black Hills. Leaves silvery, frilled, aromatic. Native American smudge plant. \$8.50/plant, 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, \$97.00/10,Organic

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

\$9.50/plant, \$24.95/3, \$64.00/10, 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

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

Ashitaba see ANGELICA

ASHWAGANDHA

Family: Nightshade (*Solanaceae*) Herbaceous perennial in the tropic

Herbaceous perennial in the tropics, annual in temperate zones. Dried root is a Ginsenglike and very potent-smelling tonic. Plants sown in spring may be cultivated much like Tomatoes and their roots 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), Organic

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

\$19.95/50 g bag of ground, dried root, OG

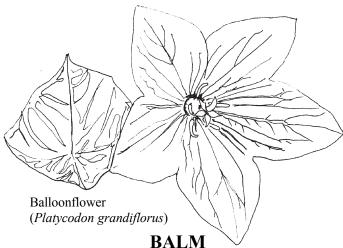
Ashwagandha, Vedic Withania somnifera Woody subshrub native to India, where it is used extensively in Ayurvedic medicine (TAVM): adaptogen, energy booster, sexual tonic. Prefers sun, dryish sites.

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

\$19.95/50 g bag of ground, dried root, OG



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

\$8.50/plant, Organic

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, sore gums, ulcerations.. Good subject for poor soil areas. Sow in spring. 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, bluepurple balloons. Sow in spring. 50 seeds/pkt \$3.95, Organic

\$8.50/plant, Organic

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. \$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 (\sim 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

Lime Balm

. Melissa officinalis ssp. altissima (Crete Balm)

Zones 5 to 10. Herbaceous perennial to 2 feet. Native to the Mediterranean. Lightgreen 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 (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 Skullcapsee SKULLCAP

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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, Cauacasus 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 better than the other

30 seeds/pkt \$4.95, Organic

\$8.50/plant, 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

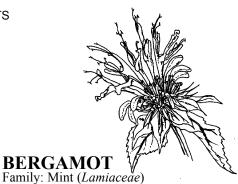
Belladonna, Turkmenistan

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, very 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



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: Everybody thinks that Bergamot carries downy mildew but according to tests it is high in yeasts, not mildew, and so. . . do not worry about the white spots, they are harmless!

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

Bergamot, Sweet Leaf

(Lakota Bee Balm)

Herbaceous perennial native to western North America, with showy flowers of lavender to rose.

30 seeds/pkt \$4.95, Organic

\$8.50/plant, 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

Family: Aster (Asteraceae) 150-day annual. Annual weed native to South America. Flowers daisy-like, white, to 36 inches. Edible and medicinal, in vogue

for treating Lyme. Sow in spring. 20 seeds/pkt \$3.95, Organic

Family: Buckwheat (*Polygonaceae*) Perennial. Native to Europe, Asia, and eastern US. Classic medicinal herb and source of bgistort 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

Bitter Melon Momordica charantia Family: Cucumber (Cucurbitaceae) Perennial vine grown as an annual in temperate climates. 80 to 120 days to maturity. Pantropical. Standard oblong fruits with green, warty skin. Sow in spring. 10 seeds/pkt \$3.95

\$13.10/10g (~50 seeds)

Black Cohosh Cimicifuga racemosa Family: Crowfoot (*Ranunculaceae*) Forest dwelling herbaceous perennial. Elegant plants with serrated, compound leaves, soaring flowers.

50 seeds/pkt \$3.95, Organic

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

\$7.00/root, \$36.00/6 roots, Organic Roots shipped mid-September to December.



BLACK SEED

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

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)

cultivar selected here at Strictly Medicinal®. The plants are miniature, with bright purple, highly frilled flowers. 50 seeds/pkt \$3.95, Organic

Bleeding Heart, Pacific Dicentra formosa Family: Poppy (Papaveraceae)

Herbaceous perennial forest dweller native to the Pacific Northwest. Finely dissected, bluish-green foliage gives rise to masses of rose-colored, dangling heart-shaped flowers. Plant prefers shade garden or acidic woodlands, growing next to mossy rocks and underneath coniferous trees. coniferous trees. Traditional usage of roots (TNAM): toothache, vermifuge. Caution: uncomfortably acrid. Sow seeds in fall or very early spring for germination in the spring. 30 seeds/pkt \$3.95, Organic

Blessed Thistle see THISTLE

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. \$10.50/plant, \$27.50/3, \$82.00/10, Organic

\$7.00/root, \$36.00/6 roots, Organic Roots shipped mid-September to December.

Blue Flag Irissee 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

Bone Setter Cissus quadrangularis (Veldt Grape, Asthisamhari) Family: Grape (*Vitaceae*)

Zones 10-12, otherwise grown as a fun and fascinating indoor succulent. Small grapelike leaves and tendrils, flowering white/green with burgundy highlights, giving way to clusters of red fruits. .

\$11.00/plant, Organic

Borage Borago officinalis Family: Borage (Boraginacea)

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 trifoliata Family: Rose (Rosaceae)

Zones 4 to 9. (Indian Physic, Wild Ipecac) Herbaceous perennial. Native to the deciduous forests of southeast Canada through southern US. Plant prefers moist, fertile soils and shade. Sow fall or spring.

10 seeds/pkt \$4.95, Organic

\$9.50/plant, \$25.50/3, \$72.00/10, Organic

Buckwheatsee COVER CROPS

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 erosion control. Scarify seed on sandpaper, sow in spring.

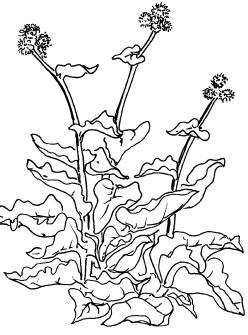
100 seeds/pkt \$3.95

Bupleurum, Chinese .Bupleurum chinense (Bei-chai-hu, Twigs of the Barbarians) <<NEW FOR 2023>>

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



BURDOCK

Family: Aster (Asteraceae)

Zones 3 to 9. Most useful when grown as an annual, 70 days to root harvest. Hardy taprooted biennials with wide leaves make scrumptious and medicinally charged roots.

Burdock, Gobo Arctium lappa (Niu-bang)

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

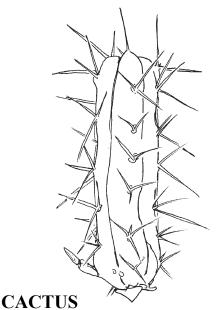
Burdock, Takinogawa . . . *Arctium lappa* Heirloom Japanese version. Roots up to 3 feet long, flavorful.

50 seeds/pkt \$2.95, 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. The story goes that Linneas grew this in his garden. His daughter tested the flammability of the essential oils, one sindless summer eve, by igniting them with a match. Give 90 days moist refrigeration or sow in fall for germ in spring. 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 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/tip cutting, Organic

Cactus, Peruvian Torch

Zones 8 to 12. Native to the Andes. Bluegreen columnar Cactus with long spines. Rare and powerful ally similar to San Pedro. 10 seeds/pkt \$5.95

\$41.00/tip cutting, Organic

Cactus, San Pedro

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

10 seeds/pkt \$5.95

\$21.00/tip cutting, Organic

Cactus Grandiflorus

...... Selenecereus grandiflorus Zones 10 to 12, otherwise nicely grown indoors. Native to the Caribbean, a rare epi-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

Zones 8 to 12. Long-lived, branching, elongated barrels. Native to the SW.

100 seeds/pkt \$3.95

night-blooming, frilled white flowers. The fruit is edible and delicious. Plants prefer moist soil and a trellis or tree. See "Growing Plant Medicine" for comprehensive info. Starting from seed is particularly rewarding with this species. Easy and cute. Press seed into surface, keep moist and in the light. Germ in 2 to 4 weeks at 70° F.

30 seeds/pkt \$4.95,

\$21.00/plant in a 9-inch pot, 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

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

CALENDULA

All are: Calendula officinalis

(Pot Marigold)

Family: Aster (Asteraceae)

Annuals or short-lived perennials. Native to southern Europe, although the modern cultivated form does not really exist in the wilds, except as a garden escape. 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, yellow and orange flowers.

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

40 Canterbury Bells Campanula medium (Cups and Saucers) << NEW FOR 2023>> 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. In zones 6 and under, mulch with straw to assist overwintering. 100 seeds/pkt \$3.95, Organic Cardinal Flower see LOBELIA CASTOR Family: Spurge (Euphorbiaceae) **TOXIC** -- Do not eat the seeds! Tropical perennial, temperate annual. 100 days to maturity. Native to Africa. Directseed in spring. CASTOR SET (1 packet each of Giant, New Zealand Purple, and Zanzibar Red.) **3 pkts \$9.90** *Price shown is a discount.* nently 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 (\sim 2,000 seeds), Organic Catnip, OfficialNepeta 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 (\sim 2,000 seeds), \$18.55/5 g (~10,000 seeds) \$34.10/10 g (\sim 20,000 seeds), Organic

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

Cayenne see PEPPER

Celandine, Greater . . Chelidonium majus Family: Poppy (*Papaveraceae*) Zones 5 to 8. Herbaceous perennial, selfseeding. Native to Europe and temperate Asia. Acrid, yellow-orange latex, most concentrated in root, a wart remover and penetrating alterative. 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 and decidedly delicious tea that is calming to the stomach and improves digestion. Plants prefer full sun and regular garden soil. Short-lived seed. Sow directly in fall, midwinter, or very early spring. 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. Flowers yellow, with white rays, to 2 feet. 500 seeds/pkt \$3.95, \$10.00/g (~7,500 seeds), \$26.55/5 g (~37,500 seeds), \$49.10/10 g (\sim 75,000 seeds), Organic Chamomile, Roman Zones 4 to 9. Perennial ground cover. Native to southern and western Europe. Plants spread and interlock to form a tough mat, which can be mowed. 300 seeds/pkt \$3.95, \$14.00/g (~7,500 seeds), \$38.55/5 g (~37,500 seeds), \$69.10/10 g (~75,000 seeds), Organic \$8.50/plant, \$21.95/3, \$57.00/10, Organic Chamomile, Saint John's Zones 3 to 9. Evergreen perennial to 18

inches, native to the mountains of Bulgaria. Aromatic and edible golden flowerrs.

50 seeds/pkt \$3.95, Ōrganic

\$8.50/plant, Organic

CHRYSANTHEMUM, CHINESE

Cultivars of Chrysanthemum morifolium Family: Aster (Asteraceae)

Zones 5 to 10

Herbaceous perennials native to China,. Ancient cultigens that cannot be propagated by seed. Tea chrysanthemums prefer full sun and well-drained garden soil, frequent watering. Flowers occur fall to early winter. Boju-hua flowers earlier than Gong-ju-hua. Space plants 2 feet apart. Ju-hua is used in TCM to release the exterior to tonify the liver, dispel toxins, brighten the eyes. Flowers once on the plant, then once again in the teacup!

Chrysanthemum, Chinese—Bo-ju-hua. This is a standard cultivar with mediumsized, single-petaled flowers of cream. They are a preferred type for making a beverage tea due to their sweetness of taste.

4" pot: \$16.00/plant,

9" pot: \$21.00/plant, Organic

Chrysanthemum, Chinese—Gong-ju-hua

(Huangshan Gongzhu)

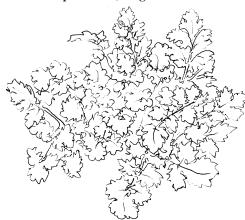
The plants are both robust and long-lived. This choice cultivar produces small, button flowers of yellow and cream. These are powerful when dried and infused to make the herbal tea.

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

Chiasee ANCIENT GRAINS

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, loaded with laxative, blood-cleansing saponins.
100 seeds/pkt \$3.95, Organic



Cilantro . (Coriander)

Family: Aster (Asteraceae)

Annual. Native to the Mediterranean shores. 60 days to maturity. The herb and seeds are stimulant, aromatic, and carminative. Directseed in early spring. Lovely! 100 seeds/pkt \$3.95,

\$14.55/5 g (~500 seeds) \$26.10/10 \hat{g} (~1,000 seeds), Organic

CLEAVERS

Family: Madder (Rubiaceae)

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

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 CombCelose (Ji-guan-hua) <<IT's BACK!>> Celosia cristata

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. May be started in pots or direct-seeded. Barely cover seeds and tamp securely.

100 seeds/pkt \$3.95, 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 chalices. Source of the active alkaloid colchicine. Sow in spring or summer.

50 seeds/pkt \$3.95

Columbine, Wild Form

. Aguilegia canadensis Family: Crowfoot (Ranunculaceae) Zones 3 to 8. Herbaceous perennial forest

dweller to 2 feet tall. Low-dose botanical. Plant prefers shade, loamy soils. Scatter seed in woodlands.

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. We offer 2 types: 1) the true, fertile, original, and exquisite Symphytum officinale and 2) the extremely useful, robust, and fast-growing Russian bocking 14 cultivar (Symphytum x uplandicum). The roots and leaves of both types contain the cell-proliferant allantoin.

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, Organic 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, Organic

Comfrey roots are available year 'round.

Coneflower see ECHINACEA Cordao see Wilde Dagga

Cornflower, Dark Blue Centaurea cyanus (Basketflower, Bachelor's Buttons, Bluebottle, Boutonneire Flower, Cyani) 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)

Short-lived herbaceous perennials that exude brightly balsamic aromatics. All are very cold-hardy and prefer full sun and dryish, well-drained soils. Sow in spring. Lightdependent germ. Space 2 feet apart.

....Tanacetum balsamita Costmary 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 Zones 5 to 8. Native to temperate zones of the world. Single, white and yellow, daisylike 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



. . . . Primula veris Cowslip 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.

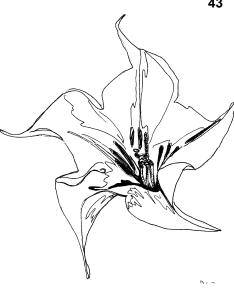
100 seeds/pkt \$3.95, Organic

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. Seed is a lightdependent germinator and should be pressed into surface in early spring and kept cool and moist until germ. Space plants 2 feet apart. 100 seeds/pkt \$3.95, Organic Family: Aster (Asteraceae) Zones 3 to 9. Perennial native to Europe and temperate Asia. Excellent attractor of polinators 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), Órganic \$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, \$20.00/g (~2,500 seeds), 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 . . .Datura stramonium Jimson Weed ... Multiple upright white or blue trumpets on a feisty waist-high annual plant. 50 seeds/pkt \$3.95, **\$14.55/5g** (~750 seeds) \$26.10/10g (~1,500 seeds), Organic Moonflower 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 (\sim 60 seeds)

\$23.55/5 g (~300 seeds)

\$11.00/plant, Organic

\$44.10/10 \hat{g} (~600 seeds), Organic



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

\$11.00/plant, Organic

.Datura meteloides Toloache ... 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

(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

\$8.50/plant, Organic

Dock, Yellow Rumex crispus Family: Buckwheat (Polygonaceae) 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, Organic \$8.50/plant, \$21.95/3, Organic **Dragon Fruit** see CACTUS **Dragon's Head** see BALM

Dream Root, XhosaSilene capensis (African Dream Herb) << IT's BACK!>>

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. Low dosage makes no noticeable impact in waking state but definitely stimulates dreaming. Plant prefers full sun and fast-draining soil or regular garden soil. 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

\$8.50/plant, Organic

Dream Herb, Aztecsee 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

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 flowers and white pollen.

100 seeds/pkt \$4.95,

\$23.55/5 g (\sim 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. Coldcondition 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 sanguinea

Zones 6 to 12. The most southerly ranging of the Echinacea species. Long, thin ray flowers on slender stems. Miniature. Blood red disk corolla. Extremely rare. Sandy soils of W gulf coastal plain. I to 2 feet apart. 20 seeds/pkt \$4.95, 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: Borage (Boraginaceae) Hairy beasts making incomparable flowering displays. Sow seeds on surface of fastdraining 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 <<NEW FOR 2023>>

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 does best on the California or Oregon coast, where they flower in impressive, head-high, cone-shaped, towering columns bedecked with rows of coral flowers.

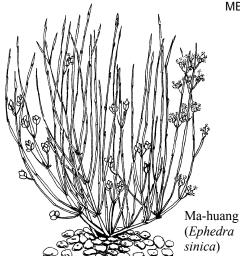
30 seeds/pkt \$3.95

Viper's Bugloss Echium vulgare Zones 3 to 11. Herbaceous perennial. Native to Europe. All zones. This hairy-stemmed beauty bears large, delicately perfumed, bright blue, tubular flowers in a scorpioid inflorescence from summer to frost on an upright plant, 2 to 3 feet tall. 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 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 \text{ g} (\sim 20,000 \text{ seeds}), Organic}$

\$14.95/50g bag of dried herb, 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, 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

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 a bronchodilator used in standard dosages for treating colds, asthma and allergies.

5 seeds/pkt \$6.95, Organic Available starting in July.

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 \$11.55/5 g (~250 seeds), \$20.10/10 g (~500 seeds) **\$80.00/100 g** (~5,000 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 effectephedrine 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 . . (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

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

Family: Purslane (Portulaccaceae)

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 cinnibar 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 and a sunny exposure. 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, CommonFoeniculum 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, antiseptic, 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

Herbaceous perennial native to Europe. Hooded, purple flowers attract pollinators and hummingbirds. Sow in spring. 100 seeds/pkt \$3.95

\$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. Directseed 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.

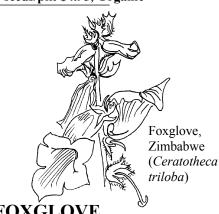
200 seeds/pkt \$2.95, \$11.00/lb, Organic

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, White . . *Mirabilis jalapa* Family: Four O'Clock (*Nyctaginaceae*) 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



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 (Wooly Foxglove) 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

\$8.50/plant, Organic

Foxglove, Purple Digitalis purpurea TOXIC

This is the classic Foxglove. Biennial. 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

\$8.50/plant, 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 tri-lobed 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, cinnamony, and aphrodisiac. An herb that rids the body of toxic wastes, essential in TCM. \$11.00/plant, \$30.50/3, \$97.00/10, Organic

(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. Beetlike root is a urinary tonic; poultice against snakebite. Plant prefers full sun.

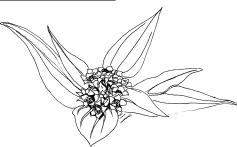
50 seeds/pkt \$3.95

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

Centaury, European

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

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 . . .

Opens the heart chakra and calms the spirit. \$11.00/plant, \$31.50/3, Organic

Geranium, Scented—Citronella

Leaves deeply lobed, plants robust. Nongrass source of oil of lemongrass (citronella). \$11.00/plant, Organic

Geranium, Scented—Fair Ellen

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

Free-flowering, with downy leaves emitting fragrance of citrus and rose. A Horizon Herbs original.

\$11.00/plant, 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

South African to 2 feet. Large leaves splotched with white, rose-scented.

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

Geranium, Scented—Peppermint

Softly downy leaves, low-growing habit, giving rise to white, aromatic and edible blossoms. I believe this plant to smell more like peppermint than peppermint itself.

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

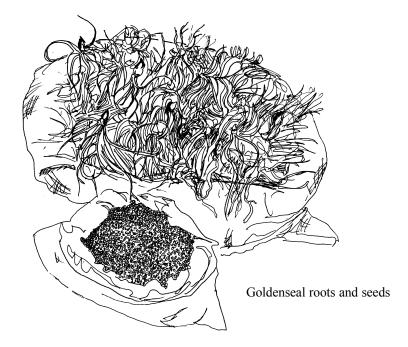
Geranium, Umcka

(Garnet Geranium) Rare tuberous mounding perennial hardy to Zones 8 to 12. Excellent in pots. Traditional use (TAM): upper respiratory infection.

5 seeds/pkt \$4.95, 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 I to 2 feet apart.

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



Ginseng, American . . Panax quinquefolius

Family: Ginseng (*Araliaceae*)
Zones 4 to 8. Woodland herbaceous perennial. Native to the central and eastern hardwood forests of America. Sexual and digestive 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

Zones 4 to 7. Woodland herbaceous perennial. Native to the central and eastern hardwood forests of America. Premier astringent and tonic agent for treating any and all afflictions of the mucous membranes. Plants are best planted in deciduous woodland 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, \$31.00/3, \$102.00/10, Organic \$7.00/root, \$40.00/6, \$120.00/20, Organic Roots shipped dormant mid-Sept to Dec.

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 (\sim 230 seeds), Organic

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. This will encourage rapid and luxurious growth.

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, Édible-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 (\sim 80 seeds), Organic

Gourd, Luffa Luffa cylindrica syn. Luffa aegyptica

(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 in the sauna or shower.

10 seeds/pkt \$3.95

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

Herbaceous perennial vine native to S. China and Vietnam. Underground storage tubers antiretroviral constituent contain the trichosanthine.

10 seeds/pkt \$4.95, 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 that has a scent of Violets and Lemon.

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

es. 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

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

as a 120 day annual. Ornamental, tufted grass from SE Asia. Water loving. Excellent in potted culture or hydroponics. Graceful clumps to 3 feet. Seeds tasty as a raw chew, also for making flour and tea, necklaces. Sow seeds 1/2 inch deep and keep warm until germination, which can take 6 weeks.

5 seeds/pkt \$3.95, Organic

Gravel Root Eutrochium purpureum (Oueen-of-the-Meadow, Joe Pve Weed) Zones 4 to 8. Herbaceous perennial. Native to the central, eastern, and southern US. Makes towering, purple-spotted stems with umbrella-shaped flowers. Urinary tonic. 50 seeds/pkt \$3.95

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, Organic

Gypsywort see BUGLEWEED **Heather** see TREES & SHRUBS (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 alkaloidal crogenine. Sow in spring.

500 seeds/pkt \$3.95, Organic

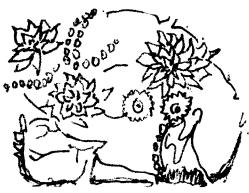
9" pot: \$21.00/plant, Organic

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, Organic



Hen-and-Chicks . . Sempervivum tectorum Family: Stonecrop (Crassulaceae) Zones 3 to 10. Perennial succulent, fine redtinged 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 inflictions of the mucous membranes and is a specific for treating leukorrhea.

100 seeds/pkt \$3.95, Organic

He-shou-wu ...see TREES & SHRUBS Herba Stellasee 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. Plants started early and cold will suffer. Better to wait until the soil has truly warmed up, then plant to gallon pots or directly in the garden.

30 seeds/pkt \$4.95 \$17.55/5 g (~120 seeds), \$31.10/10 g (~240 seeds) \$250/100 g (~2,400 seeds), Organic

Hollyhocksee MALLOW

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. Sow in fall or very early spring.

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

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

Hyacinth, Tassle Grape Leopoldia comosa <<NEW FOR 2023>>

Family: Asparagus (Asparagaceae) Zones 4 to 9. Perennial bulbous plant native to the Mediterranean, flowering neon violet to 6 inches. Flowers make weird, upright tufts. Deer and rodent resistant, rare in the trade. Traditional use: roots boiled in 2 changes of water, then pickled, considered a delicacy. Plant prefers part to full sun and fast-draining soil or rockery. 6 inches apart.

\$11.00/plant, 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

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

Hyssop, Giant Mexican

(Lemon Hyssop, Lemon Licorice Mint) Zones 6 to 12. Herbaceous perennial to 5 feet tall, flowering light crimson, native to Mexico. This aromatic wildlife and pllinator attroctor tends to make a dense, monotypic stand that stays put. Traditional use (TWM): a cooling and delightfully lemony tea herb. Liver ailments, jaundice. Plant prefers sun and dryish soils. For best results, scarify seed lightly on fine sandpaper, surface sow, keep moist and in the light. 20 seeds/pkt \$4.95, Organic

Hyssop, Giant Yellow

<<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

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 (\sim 1,100 seeds), \$26.55/5 g (~5,500 seeds),

\$49.10/10 \hat{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 in the sunlight, and produces edible flowers that resemble sea anemones. 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 cannibinum* Family: Dogbane (Apocynaceae)

Zones 4 to 8. Creeping herbaceous perennial. Native to central, eastern, and southern US. The plants are tall, straight, and whippily fibrous. Sow in the spring, tamp well, and keep moist until germ.
30 seeds/pkt \$4.95, 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. Sow 1/4 inch deep in rich soil, tamp securely, keep evenly moist and warm. Best approach is to sow the seed in March, transplant seedlings to the garden in May, with first harvest in July, second harvest in August.

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. The little seedlings look like miniatures of the adult plant—really cute! A good approach is to 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. Germination is in the spring. 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): low-dose botanical, lymphatic, 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

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. Plant prefers sunny, well-drained soil of garden or rockery. Space 1 foot apart. If you are attracted to these, it is my advice to purchase immediately, as they are rare and are going to sell out. She who hesitates is lost!

10 seeds/pkt \$4.95

\$16.00/plant, Organic



Orris Root . . . (Iris germanica florentina, Fleur de Luce) Zones 4 to 9. Perennial light blue flowered iris native to the Mediterranean and especially Italy. The cured rhizome is the source of the highly valued, violet-scented essential "oil of orris." Traditional use of the dried root (TWM): gentle pain reliever, teething. Plants prefer a sunny exposure and regular garden soil. They tend to thrive on neglect. I once encountered a healthy patch next to an arroyo in Arizona, hardly a place one would expect to find a rare iris!

\$11.00/plant, Organic

IRONWORT

Family: 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, downyleaved, 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. 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 that are a local remedy against colds

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 antiinflammatory, anticholesteremic, also a cold remedy. \$8.50/plant, Organic



Jade Plant, Gumby . . Crassula portulacea

(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 decorative, bright-orange, papery lantern.

50 seeds/pkt \$4.95, Organic

Jiao-gu-lan, Japanese

(Immortality, Amachazuru)

Family: Cucumber (*Cucurbitaceae*) Zones 7 to 12. Makes an unusual indoor plant that tends to climb the curtains. Perennial vine native to Japan.

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

Job's Tearssee GRASS

Ju-Hua See CHRYSANTHEMUM

(Toothpick Plant)

Family: Carrot (*Apiaceae*)

Annual. Native to the Mediterranean. Requires about 110 days to maturity. Bears astoundingly long-lasting, white umbels. Sow in spring. Space 2 feet apart. 100 seeds/pkt \$4.95, Organic

Kiss-me-over-the-garden-gate

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. Scarify seed and give 3-weeks moist refrigeration.

10 seeds/pkt \$4.95, \$9.10/10g (~111 seeds) \$60.00/100g (~1,110 seeds), Organic

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. Tea useful for treating PMS. Sow in fall or early spring. Germ 15 to 22 days. Space 1 to 2 feet apart. 50 seeds/pkt \$4.95, Organic

LAVENDER

Family: Mint (*Lamiaceae*)

Woody perennials, native to the Mediterranean basin. Lavender sparks memory and nourishes the higher spirit. Sow in spring. Scarify the seed by gently rubbing on fine-grit sandpaper. Barely cover the seed with soil, tamp securely, and keep evenly moist until it germinates.

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

\$21.00/plant in a 9-inch pot, 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, 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

Lemon Balmsee BALM Lemongrass see GRASS

Lettuce, Wild Lactuca virosa (Lettuce Opium)

Family: Aster (Asteraceae)

Zones 5 to 9. Overwintering annual or bien-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, Organic

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

Licorice, Chinese . . Glycyrrhiza uralensis (Gan-cao, Chinese Licorice)

Family: Legume (Fabaceae)

Zones 5 to 11. Native to China and Siberia. Produces large roots that are processed in TCM by slicing and hanging to dry. Used to harmonize herbal formulae. 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.

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

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 plant that prospers in a light window. Will 1 to 2 feet apart. propagate itself from plantlets borne on the 20 seeds/pkt \$3.95 margins of its pointed, serrate, darkly variagated succulent leaves. Winter flowering. \$8.50/plant, Organic

Life Plant, Chandelier

Native to Madagascar. Radiating stems with

Life Plant, Good Luck

Perennial succulent native to South Africa. Leaves thick, mottled and toothed. A curious Solomon's Seal, Giant 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 10 seeds/pkt \$4.95 on any windowsill

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

LILY

Family: Lily (Liliaceae)

Perennial, sweetly aromatic flowers. Seeds generally require warm/cold/warm conditionnial, native to Central and Southern Europe. ing and long germination periods. Prefer forest soils. Sow in cool moist shade.

> creamy white to 5 feet tall, native to the Pacific Northwest. Traditional use (TNAM): poultice to wounds.

50 seeds/pkt \$3.95 \$6.00/g (~500 seeds), \$14.55/5 g (~2,500 seeds), \$26.10/10 g (~5,000 seeds) **\$80.00/100 g** (~50,000 seeds)



Leopard Flower . *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, goldenorange 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 Succulent and comely, an excellent house- cool soils, taking up to 6 weeks. Space plants

> \$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

Mondo Grass . . . Ophiopogon japonicum Zones 6 to 11. (Mai-men-dong, Dwarf Lilyturf) fishbone markations sprout plantlets at the Perennial evergreen monocot groundcover tip like candles on a chandelier. Antimitotic. **\$8.50/plant, \$21.95/3 plants, Organic** native to China. Traditional use of dried roots (TCM): tonifies stomach yin. Good as edging on pathways, sun or shade. Cousin It. Space plants 1 foot apart.

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

Zones 3 to 9. Native to the eastern hardwood forest biome. Swan-like necks and paired, dangling flowers. Traditional usage (TWM, TNAM): external demulcent reducing joint inflammation and pain.

\$6.00/root, \$30.00/6 roots, Organic Roots shipped mid-September to December. Lotus seeds germinating



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

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

\$8.50/plant, 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) **<<IT's BACK!>>** 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, antiinflammatory, maladies of the heart. Plant prefers shallow, still water with a mud bottom.

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 and astringent 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 $g'(\sim 1,750 \text{ seeds})$,

 $\$34.10/10 \text{ g} (\sim 3,500 \text{ seeds}), Organic$

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

Love-in-the-Mist see BLACK SEED Maddersee 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 TearsSilene 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 (Bladder Campion, Stridolo)Silene inflata

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

MALLOW

Family: 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

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 (\sim 3,000 \text{ 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.

NOTE: Regarding mandrake plants, we aim to keep the price down and guarantee only a live root in the pot. Replant 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

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

Zones 6 to 10. Herbaceous perennial native to the Kopet Dag Mountains. Flowers of violet with a stigma that glows lime green. The leaves are heavily savoyed, usually with a white midrib. The flowers are cauldronshaped, the root deeply delving. Generally the flowering and fruiting of this species occurs earlier in the year than that of M. officinarum. The fruits are smaller and of an orange color, exuding a sensual aroma.

5 dried seeds/pkt \$20.00, Organic Shipped from new crop—winter to spring.

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 Tarragon) \$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.

50 seeds/pkt \$3.95, \$17.55/5 \mathbf{g} (~2,300 seeds),

\$31.10/10g (\sim 4,600 seeds), Organic

Marigold, Desert . . . Baileya multiradiata Zones 7 to 11. Annual or short-lived perennial native to the deserts of Western US and Mexico. 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. Plant them at the beginning of the row. Marigolds repel insect 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, 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, entheogen. 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

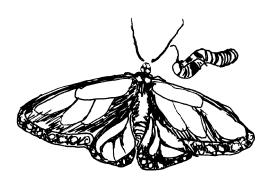
\$8.50/plant, Organic

Marshmallow see MALLOW Melon, Bitter see Bitter Melon **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

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. We had these in a garden that was bulldozed due to construction, and they came back strong. . . 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 path-side 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

honevbees. magnetizes monarchs! Traditional use (TWM): inflammation of the pleural membrane. Tap-rooted, drought tolerant, designed by nature to compete with grasses and win.

30 seeds/pkt \$4.95,Organic

\$8.50/plant, Organic

Swan Plant Asclepias physocarpa (Balloon Plant, Family Jewels, Monkeyballs) Tropical perennial grown as an annual in temperate gardens. Growing to about 6 feet, the white flowers give way to large, inflated balls—hairy, dangling, green.

10 seeds/pkt \$3.95, Organic

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, Organic

<u>\$8.50/plant</u>, <u>\$21.95/3</u>, \$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 evermoist 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.

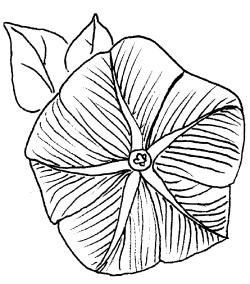
100 seeds/pkt \$4.95 \$9.00/g (\sim 2,000 seeds)

\$23.55/5 g (~10,000 seeds), Organic

\$8.50/plant, Organic

Mint, Licorice see Hyssop, Anise

Mint. Mayan Linnia dulcis
Family: Vervain (Verbenaceae)
Mint, Mayan
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 virainianum
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
Mint, Peppermint Mentha piperita Zones 3 to 7. Cultivated worldwide.
"Classic Peppermint taste." Plants carefully
selected to produce the stimulating and diges-
tive 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
to Europe. One of the smallest of the Mints,
Pennyroyal nonetheless has the strongest aro-
matics. 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 Balmsee BALM
Monkeyflower, Seep Spring
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 (<i>Brassicaceae</i>)
Biennial or overwintering annual. Native to
Europe. The seedpods are perfect, satiny "moons" that sandwich the weighty seeds.
THE WEIGHT SHIP WAR SHIP TO THE WAR TO THE CONTROL OF THE CONTROL
Cold-condition 30 days or sow in fall or very
Cold-condition 30 days or sow in fall or very
Cold-condition 30 days or sow in fall or very early spring. Cold-soil germinator. 10 seeds/pkt \$3.95, Organic



MORNING GLORY

Family: Morning Glory (Convulvaceae) In spring, nick seed and soak overnight, then sow in warm soil. 60 days to flowers. Trellis

Morning Glory, Flying Saucers Flaring white blossoms with radiating blue

venation. 50 seeds/pkt \$3.95

Morning Glory, Grandpa Ott's

Flowers purple with a red star, a traditional hippy cultivar.

20 seeds/pkt \$3.95

Morning Glory, Heavenly Blue

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)

(*Turbina corymbosa*)
Hardy to Zones 10 to 12, otherwise grown as a potted vine, brought indoors for the winter. Tuberous, woody perennial vine native to Central and South America and Oceana. 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

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 artemisia (Primary source of Yi-mu-cao)

Native to Biennial, sometimes annual. Eurasia. The plant makes delightful, longlasting, red-purple flowers.

50 seeds/pkt \$3.95

\$9.00/g (\sim 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), 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

\$8.50/plant, 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), Organic Not for sale to SD, WA state

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), Organic

NASTURTIUM

Nasturtium, Empress-of-India

(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

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 ($\sim 3,500$ 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

Family: Nightshade (Solanaceae)

Zones 4 to 8. Native to Eurasia, flowering showy falling star of yellow, black and purple giving way to a bright red, tiny tomato-like fruit. 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)

À good cultivar for fall or spring sowing, smut resistant, strong upright bright green, handsome plants. Traditional use: anxiolytic, antocholesterolemic, 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, Organic

Ololiuqui see MORNING GLORY

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

Our Lady's Bedstraw ...see CLEAVERS
Pansy, Heartseasesee VIOLET

PASSIONFLOWER

Family: Passion Flower (*Passifloraceae*) Fleshy vines becoming woody with age. The plant loves a dryish, full-sun exposure. 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, \$72.00/10, 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 markations, fruits of low acidity—best for eating.

20 seeds/pkt \$4.95 \$31.10/10g (~300 seeds) Family: Mint (Lampaceae)
Tropical perennial hardy to zones 10 to 12, normally brought in for the winter. Likes low-light, pots, indoors. Iconic essence of the 1960's hippie culture. The practices, ideals and language of that time have dissipated, leaving in their wake a slight sense, perhaps, of loss. However, the essential oil still lingering on that ancient pair of bellbottoms reminds us, yes, that really did happen. 100 seeds/pkt \$4.95

\$11.00/plant, \$30.50/3, \$97.00/10 Organic

Pearly Everlasting . Anaphalis margarit. Family: Aster (Asteraceae)

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.

100 seeds/pkt \$4.95

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

Pennyroyal see MINT SECTION

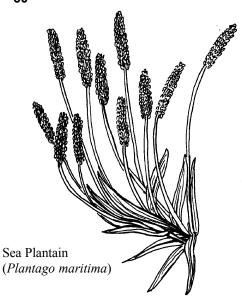
PEONY

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

Periwinkle, Madagascar see TREES



PETASITES

Family: Aster (*Asteraceae*) << NEW FOR 2023>>

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.

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

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

\$34.10/10 \hat{g} (~20,000 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

Interchangeable with Broadleaf Plantain as the official medicinal herb.

100 seeds/pkt \$3.95,

\$8.00/g (~ 550 seeds), **Organic**

Plantain, Saline Plantago eriopoda (Saline Plantain of the Oregon Coast) Perennial halophyte does well in sodden soils, thrives in clay.

50 seeds/pkt \$3.95

(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

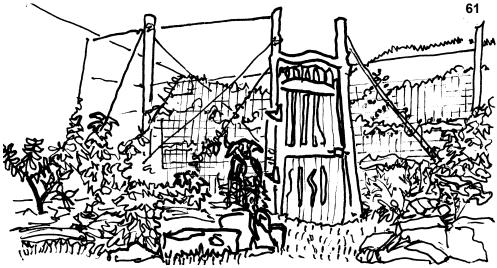
Plantain, Tall Coast . . . Plantago subnuda Perennial halophyte forms a stout rootstock giving rise to long, reddish, radiating leaves. Will grow in clay or the cracks between rocks. The flowering stalks of older individuals can be magnificent.

50 seeds/pkt \$3.95, Organic

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.

thick, reddish stems; large, drooping leaves, Asia. Bright red. All parts of this plant conand purple berries. Native to the US. This tain the nonaddictive alkaloid rheadine that 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

Zones 7 to 10. Herbaceous perennial native to Asia, China, Tibet, and Japan. This is an elegant plant that is showy both when in Poppy, Peshawar . Papaver somniferum 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 300 seeds/pkt \$4.95, Organic the presence of pain-relieving alkaloids. All temperate zones. Must be sown in cold soils!

SET pkt. each California Open-Pollinated; Flanders; Giant sized bush. Pod, Peshawar White and Zahir Poppy.) \$19.90/5 pkts Price shown is a discount.

Poppy, California Open Pollinated Eschscholzia californica

Herbaceous perennial, self-seeding. Native low flowers that give way to elongated, to California, Oregon, and the southwestern US. Hardy to Zones 5 to 9. Yellow or orange—wild form. Traditional usage (TWM): applicable solutions (Street Language 1988). Organic (TWM): applicable solutions (Street Language 1988). (TWM): analgesic, sedative. Strew seed in abandoned places, dry pastures, edge of driveway, pathside. Full sun, well-drained, spring-sown in colder zones. This is our best 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

calms and sedates.

300 seeds/pkt \$3.95, \$14.55/5 g (~15,000 seeds), \$26.10/10 g (\sim 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

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.

Poppy, Turkish Red Papaver somniferum Annual or overwintering annual. Bright red flowered, monocolor Poppies on a medium-

100 seeds/pkt \$4.95, Organic

Poppy, Yellow Horned . . Glaucium flavum Zones 6 to 9. Native to the Mediterranean. Herbaceous perennial with large, bright yel-

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 $\hat{\mathbf{g}}$ (~20,000 seeds), Organic

Prairie Sagewort see ARTEMISIA

(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, 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 Rapunzel see Rampion in VEGETABLES

Rehmannia Rehmannia glutinosa (Sheng-di-huang, Chinese Foxglove, Lit. "Cooked Earth Yellow")

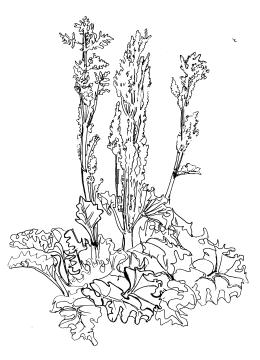
Zones 7 to 10. Herbaceous perennial native to China. With more than 400 years history of cultivation, the plant is quite showy, producing foxglove-like (no digitalis alkaloids, though) flaring brick-red flowers on a short, wide plant. The root is the part used—it is rubbery and yellow. Traditional use (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 immunestimulating glycosides (e.g. rosavin, rosin). These demonstrate antidepressant, uplifting adaptogenic properties similar to Eleuthero. Seed originally from inside the Russian Arctic Circle. Yellow flowered. Results from mass spectrometry analysis of plants from this seed shows high levels of bioactive Rosavins. Refrigerator stratify moist for 90 days or surface sow outdoors in fall or early spring. Snow on flats will melt and seeds will sprout. Remember this is a succulent, so a fast-draining mix is essential. 100 seeds/pkt \$5.95

\$11.00/plant, Organic



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. The plant is tolerant of clay soils and prefers a full sun position with moist, fertile, poorly drained soil.

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

10 seeds/pkt \$4.95

Rhubarb, NobleRheum 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, Rhapontic Rheum rhaponticum Herbaceous perennial growing to 4 feet, native to Europe. Hardy to Zones 3 to 7. Very showy clump-forming plant, used herbally for treating hot flashes and PMS. Also good for pies and tarts.

20 seeds/pkt \$4.95

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 Rosemarysee CULINARY

Rose Campion 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

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

(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, true saffron is threadlike when dried, yet powerfully active. One strand flavors a pot of rice. Traditional use: The hot infusion is made by placing a tiny pinch in a teacup and covering with hot water. 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 \$190.00/100 bulbs, Available October to December.

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

Saffron (Crocus sativus) flower with stigma

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: Black, Clary, Dan-shen miltiorrhiza, Garden, Purple, Scarlet and White) \$22.90/7 pkts

Price shown is a discount. *Not for sale to WA state.*

the dry hills of Southern California. Blueflowered, aromatic.

100 seeds/pkt \$3.95 **\$9.00/g** (~600 seeds) **\$23.55/5g** (~3,000 seeds)

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

redolent with Clary's peculiar essential oil.

30 seeds/pkt \$3.95

\$17.55/5 **g** (~1,400 seeds)

\$31.10/10 g (\sim 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 \hat{g} (~5,400 seeds), Organic

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

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

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. Plant is a source of taxodione—antibacterial and antitumor.

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

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 seedas/pkt \$3.95

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

(Hummingbird Sage)
Annual, 70 days to flowers. Mexico Cardinal scarlet flowers. Sunny, dry sites. Mexico.

200 seeds/pkt \$3.95

Sage, Transylvanian Blue 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

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, \$11.00/g (~600 seeds) \$28.55/5 g (~3,000 seeds)

\$54.10/10 g (~6,000 seeds), Organic

4" pot: \$8.50/plant, \$21.95/3, 9" pot: \$31.00/plant, Organic

\$10.00/20 g bag of dried fronds, Organic \$16.00/50 g bag of crushed leaf, Organic

Sagewort, Prairie see ARTEMISIA

64 White Sage (Salvia apiana)

Sage, Dominican . . . '.Salvia dominica Zones 9 to 12. Woody perennial to 3 feet native to the Middle East, flowering white. The entire plant is embued with the scent of sclareol. Drought tolerant. Unique.

10 seeds/pkt \$4.95, Organic

\$8.50/plant, 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 (\sim 1,110 seeds), Organic

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

Garden Sage Dried Herb \$14.95/50g bag, 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

Sage, Jupiter's Distaff . . Salvia glutinosa <<NEW FOR 2023>>

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 terpenoic molecule salvinorin A.

10 seeds/pkt \$3.95, Organic

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



Saint John's Wort Hypericum perforatum Family: Saint John's Wort (*Hypericaceae*) the urinary organs. A comforting antidepres- ing spring sant that brings sun into the heart. Sow in 100 seeds/pkt \$3.95, Organic spring.

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 chamaecyparissus tomentosa (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): Ver-mifuge, analgesic poultice. Sow in spring.

30 seeds/pkt \$4.95

Sculpitsee MAIDEN'S TEARS

Sedum, Jelly Bean .Sedum rubrotinctum Family: Stonecrop

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

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

(Satmuli, Wild Asparagus) Zones 8 to 12. Perennial climbing asparagus native to the Himalayas. The stems cling on with recurved spines, then produce flowers that exude an alluring aroma of sweet almond. The tuberous roots are the part used in Ayurveda, where the herb is considered to be a rejuvenative female tonic. Sow in warm, fast-draining soil, with germination in 35 days.

10 seeds/pkt \$4.95, Organic

She-chuang-zi Cnidium monnieri (Snow Parsley)

Family: Carrot (*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. Zones 3 to 7. Herbaceous perennials with a Hemostatic agent used to stem excess menworldwide distribution. Hypericum has a strual bleeding or post-partum hemorrhage. deep-seated effect, helps restore damaged Best to sow in fall to establish the rosette, nerve tissue, deadens pain, and strengthens which then produces a large plant the follow-

(Pai-zu-tzu)

Hardy to Zones 10 to 12, otherwise grown as a 100 day annual. Native to India and extensively cultivated in Japan and China. Traditional use: with sushi, to help prevent seafood poisoning. In umeboshi plums, as a flavoring and coloring agent. Plant prefers part shade to full sun, rich, moist soil.

100 seeds/pkt \$4.95, Organic

Shoo-Fly Plant Nicandra physalodes (Apple of Peru) << NEW FOR 2023>> 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

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 Baical, Barbat, Helmet and Official Skullcaps)

\$19.90/4 pkts, Organic

Price shown is a discount.

Skullcap, Baical . . . 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, Helmet . . Scutellaria integrifolia 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. 10 seeds/pkt \$4.95, Organic

\$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).

\$32.55/5g (~12,500 seeds) \$59.10/10 g (~25,000 seeds), Organic

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



Skunk Cabbage, Western \...

.Lysichiton americanus

<<NEW FOR 2023>>

(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. Cal 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

(Bouncing Bet, Wild Sweet William)

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

Solomon's Seal see Lily

Sorrel, French & Garden see VEGETABLES

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)

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

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 groundcover. These spread by runners and root in at the nodes. They are gentle in the garden, and always welcome!

Speedwell, Common . . Veronica officinalis <NEW FOR 2023>>

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 straplike leaves a chance to fountain and send out white-flowered stolons and new plantlets. Phytoremediator filters indoor air. An environment plant for various pets. Turtles eat them. Chinese herb treats tumors, fractures, burns. Source of steroidal saponins. We offer both white variegated and monocolor green plants—indicate your preference. \$8.50/plant, \$21.95/3, Organic

Spiderwort, Western

Zones 4 to 9. Fleshy-leaved monocot to 18 inches, native to Central US and Canada. Conspicuous terminal clusters of purple flowers above thin, Iris-like leaves. Stamen hairs, normally purple, turn pink in the presence of nuclear fallout. Traditional usage: Urinary and uteral tonic, radiation burn. 30 seeds/pkt \$3.95

\$8.50/plant, \$21.95/3 plants, 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. This is the largest herbaceous

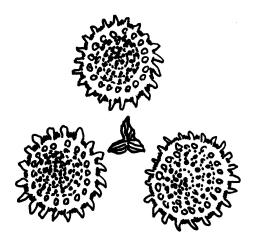
member of the Ginseng family indigenous to America. Native to the Pacific Northwest. Traditional use (TNAM): upper respiratory and pregnancy tonic.

30 seeds/pkt \$4.95

\$12.00/g (~160 seeds), \$32.55/5g (~800 seeds)

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 "Buzz Buttons," aerial view.

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 SEED SET (1 seed packeteach of Brede Mafane, Official and Kenyan) \$9.90/3 pkts, Organic

Spilanthes, Brede Mafane . . . Acmella alba This is the original yellow-flowered type, an ancient plant that remains relevant to this day. Strong medicine!

100 seeds/pkt \$3.95, Organic

Spilanthes, Kenyan Acmella calirrhiza Miniature creeping perennial from the highlands of Laikipia province near Mount Kenya. Typified by succulent red stems, shiny green leaves, aerial rootlets. Miniature, yellow coneheads with radiating yellow rays to 2 inches tall.

30 seeds/pkt \$3.95, Organic

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

Spilanthes, Official Acmella oleracea Large fisheye flowers of purple and yellow. Probably the strongest and most dependable for medicine, this plant has been employed extensively in the US for herbal manufacturing. Grows 12 inches tall.

100 seeds/pkt \$3.95 \$12.00/g (~700 seeds), \$32.55/5g (~3,500 seeds) \$59.10/10 \hat{g} (~7,000 seeds), Organic

\$8.50/plant, \$2195/3 plants, 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. An odd plant, pushing leaves out of the ground, lacking a main stem. These do well in pots. The heaven-scented white pinwheel flowers emerge sporadically. \$10.00/plant, Organic

. . .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

\$7.00/root, \$36.00/6 roots, Organic Roots shipped mid-September to December.

Swan Plant see MILKWEED

Sweet Woodruff see CLEAVERS



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, said to dispel evil and prevent the plague. Space 2 feet apart. 30 seeds/pkt \$3.95, Organic

\$29.10/10 g \sim (360 seeds), Organic

Thistle, Milk Silybum marianum Overwintering annual in Zones 6 to 9, otherwise 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 (\sim 360 seeds), Organic Not for sale to WA state.

Thyme see CULINARY HERBS



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.

<<NEW FOR 2023>>

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 rustica 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,

\$12.00/g (~10,000 seeds), Organic

Tobacco, Huichol . *Nicotiana langsdorfii* 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 rustica* 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 rustica* (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 tabacum Annual. Dark-leaved Iranian pipe tobacco. 100 seeds/pkt \$3.95, Organic

Tobacco, Smoking . . . Nicotiana tabacum (Virginia Smoking Tobacco)

Annual. This is a very mellow, heirloom smoking Tobacco that matures early.

100 seeds/pkt \$3.95,

\$12.00/g (~10,000 seeds), \$28.55/5 g (~50,000 seeds)

\$28.55/5 g (~50,000 seeds), \$52.10/10 g (~100,000 seeds), Organic

Tobacco, Treesee TREES

Tobacco, Walker's . . . *Nicotiana tabacum* Heirloom Virginia smoking tobacco with leaves light-green, crowding closely on the stalk. Flowers pink to 5 feet. Suitable for small gardens.

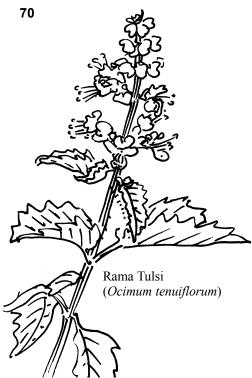
100 seeds/pkt \$3.95, Organic

Tobacco, West Indies .*Nicotiana tabacum* Special Cuban cultivar, maturing in 65 days. The leaf cures to a dark, aromatic cigar or chewing tobacco. Flowers pink to 5 feet.

100 seeds/pkt \$4.95,

\$12.00/g (~10,000 seeds), \$28.55/5 g (~50,000 seeds),

\$52.10/10 g (~100,000 seeds), Organic



TormentilPotentilla tormentilla (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

Tower-of-Jewels see ECHIUM

TronadoraTecoma 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 in the spring to early summer. The seeds require light to germinate. Hold seeds briefly in the palm of the hand in sunlight before sowing. OM. Sow this seed on soil surface and press in, then keep moist and in the light. Germination may take up to 3 weeks. Thin seedlings and pot up once they have achieved the second set of true leaves. Plants are happiest outdoors. Trim frequently.

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, 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 (Holy Basil) Self-seeding annual. 70 days. Best Holy Basil for temperate gardensgood, easy medicine. We have learned to direct-seed in the spring garden and allow the plants to grow closely together.

50 seeds/pkt \$3.95,

\$10.00/g (~1,580 seeds), \$26.55/5 g (~7,900 seeds)

\$49.10/10g (~15,800 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, we believe Vana to be the highest yielding type.

50 seeds/pkt \$4.95

\$9.00/g (~1,000 seeds), **Organic**

\$8.50/plant, \$21.95/3, 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, \$21.95/3, 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/pkf \$3.95 \$10.00/g (\sim 1,200 seeds) **\$26.55/5 g** (~6,000 seeds)

 $$49.10/10 \text{ g} (\sim 12,000 \text{ 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, this strain produces one of the strongest of all herbal cerebral sedatives.

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

4" pot: \$8.50/plant, \$21.95/3 plants, 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 \hat{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 medum 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.

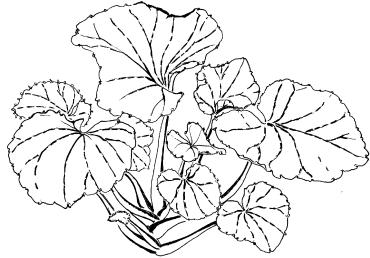
100 seeds/pkt \$3.95, Organic

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 Bugloss see ECHIUM



(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. Promptly remove any dead leaves. Seeds are delivered semi-dry and should be planted immediately, with germ in early spring. Protect from deep frost. Usually takes 6 months. Work seedlings up in pots. Space 1 to 2 feet

10 seeds/pkt \$8.95, Organic (Available from new harvest starting in June 2023)

\$11.00/plant, Organic

Wild Lettucesee Lettuce, Wild

WILD YAM

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. Dioesious herbaceous perennial vines.

Wild Yam, American villosa . Dioscorea villosa

(Colic Root, Rheumatism Root)

Zones 5 to 9 Prominently veined, heartshaped 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

\$7.00/root, \$36.00/6 roots, Organic Roots shipped mid-September to December.

Wild Yam, Chinese_...

(Shan-yao, Cinnamon Vine)

Zones 4 to 8. Herbaceous perennial vine native to China. Source of deliciously edible tubers. Antiviral. Emits a cinnamon fragrance from its flowers.

\$6.95/6 aerial tubers, \$14.00/20 aerial tubers, Organic [Intl, NY no]

WILDE DAGGA

Family: Mint (Lamiaceae)

Upright, woody-stemmed plants with showy, whorled flowers that are considered mild inebrients. 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 (\sim 400 seeds),

\$23.55/5 g (~2,000 seeds), Organic

\$8.50/plant, 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 and mild euphoric. Flowers white, attractive to butterflies, bees, native pollinators.

30 seeds/pkt \$4.95, Organic

Wilde DaggaLeonotis leonurus (Lion's Tail)

Perennial in zones 9 to 12. Hummingbirds become frenzied around the gorgeous globs of orange flowers on tall whorled spikes.

10 seeds/pkt \$4.95, Organic

4" pot: \$8.50/plant,

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 mois-

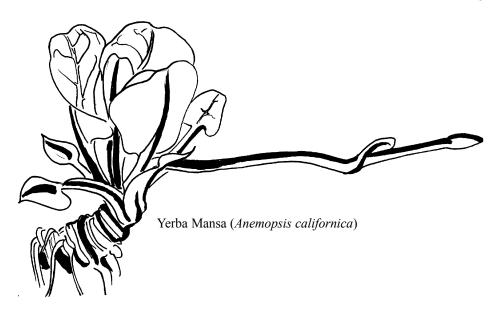
ture-loving plant has beautiful red-purple flowering spikes. General pain-reliever and tonic nervine. Sow in spring, space at 2 feet. 50 seeds/pkt \$3.95

\$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



YARROW

Family: 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 <<NEW FOR 2023>> Zones 4 to 8. Clumping perennial native to Eurasia, a miniature plant, densely-flowered. 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, whiteflowered 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 herbacesous perennial native to the mountains of the Pacific Northwest.

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)

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 spicey and warming. (TNAM): Colds, arthritis, athlete's foot, wounds. Sodden soils. Give plenty of heat to germ.

20 seeds/pkt \$4.95

Yerba Santa ...see TREES
Yomogi ...see ARTEMISIA
YUCCA ...see TREES
Zaatar ...see CULINARY HERBS

Zhi-mu Anemarrhena asphodeloides Family: Asparagus (Asparagaceae)

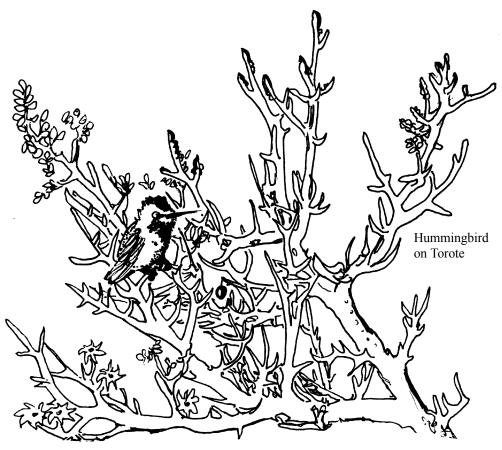
<<NEW FOR 2023>>

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

\$8.50/plant, Organic

Trees, Shrubs & Woody Vines



ACACIA

Family: Legume (Fabaceae)

Zones 10 to 12, otherwise grown as a potted tree, brought in for the winter. Nick seed, soak overnight and sow in warm, fast-draining mix.

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 ornamental, becoming quite scarce in its wild habitat, but widely planted in parks and thoroughfares in tropical climes. The bark is a popular source of dimethyltryptamine.

5 seeds/pkt \$3.95

. Bixa orellana Family: Achiote (Bixaceaea)

Protect from frost. Bushy evergreen shrub to tree, 30 feet tall, native to tropical America. Highly ornamental, with showy flowers giving way to the orange-red pods. The pulverized, brick red seeds are the source of a harmless coloring agent that is used extensively in dairy products and other foods. Aphrodisiac and anti-inflammatory. Living fence. Plant prefers sun to part shade. Bring plant in for the winter.

20 seeds/pkt \$4.95

Angel Trumpet Tree

. . . .Brugmansia sanguinea

(Tree Datura)

Hardy to Zones 10 to 12. May overwinter in Z 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. And yet, a very finicky plant. Space 12 feet apart. 5 seeds/pkt \$4.95

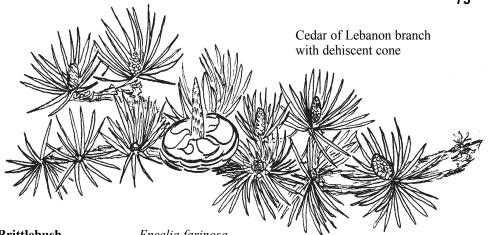
\$16.00/tree in a 9-inch pot, Organic

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 shocking-ly blue/purple flowers. Originally from Kenya, these provide an excellent fastgrowing hedgerow in frost-free zones and make any grower who decides to put them in a pot the best grower on earth. They are unstoppable. Pot to gallons on receipt. \$21.00/shrub, \$52.00/3 shrubs, Organic

Bodhi Tree (Peepal, Pipal, Sacred Fig)Ficus religiosa

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 (Incienso)

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

(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

..... 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 with a sharp blade, drop in hot water, steep overnight, then sow warm.

7 seeds/pkt \$4.95 **\$20.10/10** g (~70 seeds)

Cedar of LebanonCedrus libani (Lebanon Cedar)

Family: Pine (*Pinaceae*)

Zones 5 to 8. Evergreen conifer native to the Mediterranean and capable of reaching 130 Bark and wood of this stately icon, through the ages, has been extensively used in medicine and construction. Mentioned 75 times in the Bible. Space 30 feet apart. 10 seeds/pkt \$3.95

. Larrea tridentata Chaparral . . (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

...Vitex negundo Nirgundi (Huang-ping, Cut-Leaf Chaste Tree) Zones 6 to 9. Native to China, E. Asia, and the Himalayas. Significant herb in Ayurvedic and TCM—tonic agent.

30 seeds/pkt \$4.95,

\$12.00/g (~160 seeds), Organic

\$21.00/tree, Organic

(Erva Baleeira, Bouillon Bush) <<NEW FOR 2023>>

Family: Borage (Boraginacea)

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-theback-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. Inside, there is a rounded seed that is a dependable germinator in standard greenhouse culture. No additional light or heat is needed. 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

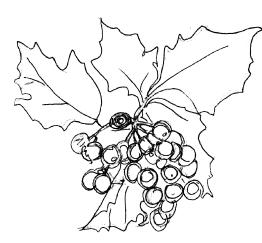
\$16.00/tree, Organic

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 \$26.10/10 g (~45 seeds) \$80.00/100 g (~450 seeds)

9" pot: \$31.00/tree, Organic



Cramp BarkViburnum 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 quisine, the leaves are stir-fried as a base for curries. Seeds are available usually from July to November. Seeds delivered fresh from new crop only. Sow seeds in very fastdraining mix, barely subsurface, and keep very warm and in the light until germination. which takes 10 to 20 days.

5 seeds/pkt \$9.95, Organic (INTL NO)

Curry Leaf Tree seed available fresh only June to November. -----

CYPRUS FAMILY

Cupressaceae

<<NEW FOR 2023>>

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. Traditional use: young tips loaded with vit C, used against scurvy. Dilute essential oil antiseptic and disinfectant. Adaptable land-scape plant prefers moist soil, sun to shade, amenable to pruning, hedging, sculpture. 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

(Shui-shan, Water Fir, Chinese Redwood) Zones 4 to 8.

Coniferous tree, winter deciduous, a living fossil that was discovered in Hubei Province, China in the 1940's and eventually brought into cultivation. This is one of the 3 species of true redwoods on planet earth. prefers moist, well-drained soil and attains a conical form to 165 feet at maturity. It is really amazing to think such a large tree would go undocumented for so long. Barely cover the seeds with soil and tamp, then keep moist and warm. Germ in 2 to 6 weeks. Work up in successively larger pots. Space to 60 feet on the landscape.

30 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. Flat sprays of handshake-friendly leaves smell excelently. Traditional uses (TNAM, TWM): urinary antiseptic, sweats, surface disinfectant. 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)

Zones 7 to 11. Willowy shrub or small tree. Native to the deserts of the southwestern US, Baja, and Mexico. The large, trumpetshaped 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 (*Asparagaceaea*) 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

. .Calea ternifolia Dream Herb, Aztec (Zacatechichi) <<NEW FOR 2023>> Zones 9 to 12, otherwise grown as a potted plant and brought in for the win Woody perennial shrub native to Mexico and Central America, flowering white to 10 feet tall. Traditional use: oneirogen, digestive bitter, febrifuge. Adjunct for dream therapy. Low-dose botanical. Keep warm, humid, in the shade to part sun. Space 5 feet apart. \$11.00/shrub, Organic

ELDERBERRY

Family: Honeysuckle (Caprifoliaceae) Zones 4 to 7. Perennial, deciduous, multistemmed bushes to small trees, native to temperate zones worldwide. Berries are healthily endowed with antiviral compounds and procyanidins—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 treelike. 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

Elderberries, Black (European), dried, \$19.90/100 g bag, 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) <<**NEW FOR 2023>>**

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

Elephant Tree, Fragrant

.....Bursera odorata/fagaroides (Torchwood, Copal, Torote Blanco) Family: Myrrh (Burseraceae)

Hardy to zones 10 to 12, otherwise nicely grown as a potted tree, a natural bonsai, and brought indoors for the winter. perennial to 30 feet tall, native to Mexico. The swollen, peeling trunk may be incised to produce amber tears of burnable copal resin. Prefers a warm, full sun position and a very fast-draining soil. Barely scarify seedcoat and sow seed in warm cactus mix.

3 seeds/pkt, \$9.95, Organic (Delivered from new harvest April 2023)

..... 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 fullsize 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 (\sim 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.



Eucalyptus, Red River Gum .Eucalyptus camaldulensis <<NEW FOR 2023>>

Family: Myrtle (*Myrtaceae*)

Zones 8 to 12. Native to Australia, a stately and long-lived tree that withstands both flood and drought. Leaves elongated, ovate, exuding a purifying aroma. Traditional uses (TWM, aboriginal): cough, expectorant, antiseptic, flea repellant. Bee tree, also good habitat for diverse mammalian creatures.

\$21.00/tree in a 9 inch deep pot, Organic Not available to CA or HI

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 and light pink in the interior, sweet. Figs may be consumed fresh or dried for later use. Give figs full sun, fertile soil and a deep surface mulch of comfrey leaves. Space 15 feet apart. \$26.00/tree in a 9 inch deep pot, Organic

Gardenia, White Gardenia thunbergii <<NEW FOR 2023>>

Family: Madder (Rubiaceae) (Wild Gardenia, UmKhangazi in Xhosa, Buffelsbal (Buffalo Balls) in Afrikaans) Zones 10 to 12. Evergreen shrub to 15 feet tall, studded with tubular, flaring flowers of extraordinary fragrance. Native to South Africa. Traditional use (TAM): skin conditions from eczema to leprosy. Wood is dense and takes a fine finish: buttons, beads, jewelry, tool handles and turnery. Plant prefers a rich, acidic, evermoist soil in sun to part shade. Plant seed in warm soil and keep evenly moist for germ in 4 to 6 weeks. Does well in large pots and is suitable for bonsai. Space 15 feet apart on the landscape.

30 seeds/pkt \$3.95

Ginkgo . . .Ginkgo biloba Ginkgo (Ginkgoaceae) Family:

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 [INTL NO]

Family: Legume (Fabaceae)

Zones 4 to 8. Pollution-tolerant and nitrogen-fixing tree to 20 feet, flowering midspring in gorgeous, fragrant, yellow, dangling clusters, native to Southern Europe. Give a sheltered position and part shade.

10 seeds/pkt \$3.95

\$16.00/tree in a 9-inch deep pot, Organic

GuggulCommiphora 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, RedLycium 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. Plant prefers a sunny, dryish exposure Sow in sand and keep in strong light.

50 seeds/pkt \$4.95, Organic

\$21.00/plant, 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, broadscale, 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) <<NEW FOR 2023>> Zones 5 to 9. Deciduous tree to 12 feet tall, flowering white in the spring. Native to China, this is a pretty, open-formed land-scape tree that porduces 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 in the yard, naturalized in woodlands, pastures, roads, or shore-side. 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

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

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 and sunny exposure. Space 2 to 3 feet apart.

500 seeds/pkt \$4.95, Organic

9" pot: \$21.00/plant, Organic

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. Work up in pots for a year or two before planting to landscape, or in colder zones keep as a potted tree. Space 15 feet apart,

50 seeds/pkt \$3.95

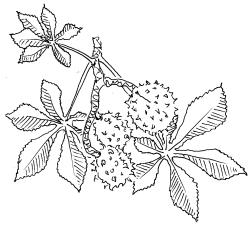
9" pot: \$21.00/tree, Organic

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

30 seeds/pkt \$3.95



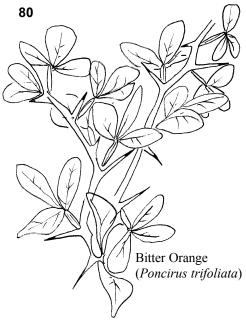
Horse Chestnut *Aesculus hippocastanum* (Conker Tree)

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)

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

20 seeds/pkt \$3.95

9" pot: \$31.00/tree, Organic

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

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

or early spring.
30 seeds/pkt \$3.95

Nirgundisee 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. Pot up to successively larger pots.

20 seeds/pkt \$3.95

Orange, Bitter Poncirus trifoliata (Hardy Orange, Trifoliate 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. The thorns are magnificent.

\$16.00/tree, \$41.00/3 trees, 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 (Row-Wood Hedgeapple)

(Bow-Wood, Hedgeapple) Family: Mulberry (*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 fence-posts, 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, \$30.50/3 trees, Organic

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

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

(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 stabalization. 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

(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

ROCK ROSE
Family: Rock-Rose (Cistaceae)

(Rockrose) 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.

see ECHIUM

Rock Rose, Crimson Spot Cistus ladanifer <<NEW FOR 2023>>

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 browing 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; imparts the essence of amber and musk to essential oils and cosmetics. The plant has been recommended for treating Lyme and Lyme coinfections, purportedly capable of breaking down the biofilm that bonds 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



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

Sky Flower Duranta repens <<NEW FOR 2023>> Zones 2 to 11 W

Zones 8 to 11. Woody perennial evergreen shrub native to the tropical Americas, flowering violet to 4 feet tall. Flowers very showy and not edible. Traditional use (external): Antimicrobial and insecticidal. Germination takes 4 to 8 weeks in warm conditions. Space plants 6 feet apart.

5 seeds/pkt \$3.95

Perennial deciduous bush to 12 feet. Native to Appalachia. Hardy to -30° F. Shrub bears glossy green leaves and waxy, spicysmelling 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!

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5 seeds/pkt \$8.95

\$16.00/tree, Organic

50 seeds/pkt \$3.95

Sweetsop Annona squamosa (Sugar Apple)

Family: Soursop (Annonaceae)

Zones 10 to 13. Fast-growing deciduous tree to 10 feet, native to tropical America, fruiting in 2 to 3 years. Fruit is creamy and sweet, studded with seeds which should not be consumed. Easy from seed. Nick seed, soak overnight and sow in a warm place in fast-draining soil.

10 seeds/pkt \$3.95

Sweet Gum Tree, American

Family: Witch Hazel (*Hamamelidaceae*)
Zones 5 to 9. Deciduous tree to 80 feet tall, erect and columnar, native to SEUSA. The palmate, 5-pointed leaves turn lovely colors in the fall. Tree prefers moist, fertile ground.

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 over-night, swin 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.

100 seeds/pkt \$4.95

\$11.00/tree, Organic

Tree Tomato *Cyphomandra betacea* (Tamarillo) **<<NEW FOR 2023>>**

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 evergreen ground cover. Circumpolar. Drought-tolerant, glossy-leaved creeper bearing globular, sweet, red berries. Smokeable. Tea or tincture treats mild urinary infections. Plant prefers acidic soils, full sun. Scarify vigorously. Fire-dependent germinator or multicycle germinator. Sow in fall, spring, or summer. Space plants 2 feet apart.

30 seeds/pkt \$3.95



WILLOW

Family: Willow (Salicaceae)

Deciduous trees with lance-shaped leaves, best in high water table areas or streamside. Basketry, horticulture, and medicinea 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 painrelieving 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

\$21.00/tree in a 9-inch-deep pot, Organic

Willow, Weeping Salix babylonica Zones 4 to 10. Fast-growing, single-trunked, weeping form, to 50 feet tall, native to Traditional use (TWM): Headache—a reasonable antiinflammatory, 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. \$16.00/tree, Organic

Wisteria, Japanese . . Wisteria floribunda Family: Legume (Fabaceae)

Zones 5 to 9. Long-lived, deciduous, woody, nitrogen-fixing vine produces grape-like, hanging clusters of fragrant flowers in spring. Rich, purple flowers, showy and fragrant. Pleasant shade for gazebos, pergalas and portals. Nick seed and plant 1/2 inch deep in a pot of soil. Keep warm. Grow out for a year before transplanting to landscape. Trellis. Do not eat the seeds. 5 seeds/pkt \$3.95

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

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

Native to the eastern USA. Prefers sandy or rocky soil, some shade to full sun. Winterflowering, multi-stemmed bush for the medicinal landscape.

20 seeds/pkt \$4.95

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) \$32.55/5g (~15,000 seeds) \$59.10/10g (~30,000 seeds)

YUCCA AND AGAVE

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.

Agave, Swan's Neck Agave attenuata (Fox Tail, Lion's Tail) < NEW FOR 2023> Zones 9 to 12. Evergreen succulent native to west Mexico, flowering yellow to white in a thick, showy, curving, tapering raceme to 5 feet. Rosette handsomely whorled, 2 to 3 teet tall, reminiscent of "tower of jewels." Traditional use of leaf mucilage: burns, skin lesions. Easy in pots, sizes to pots, can remain in a pot. Sow warm in fast draining soil. Germ in 4 to 6 weeks. Space to 6 feet. 30 seeds/pkt \$4.95

10 seeds/packet \$4.95

Pointy-leaved monocot. The flowers are fat plumes of goldish white, giving way to large seed heads. Anti-arthiritic.

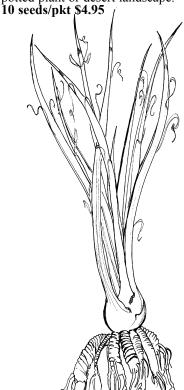
\$16.00/plant, Organic

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

\$31.00/plant in a 9" pot, Organic

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



\$16.00/plant, \$41.00/3, Organic

Yucca, Soapweed Yucca glauca (Narrowleaf Yucca)

Zones 4 to 10. Pointy-leaved monocot native to the rocky mountains and flowering to 5 feet tall. Drought-tolerant, northern hardy, and is not consumed by buffalo. Tea of root makes a fine hair wash. Space plants 3 feet apart.

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



Strictly Medicinal LLC PO Box 299 Williams, OR 97544 USA

The best way to order is online at: www.strictlymedicinalseeds.com.

The best way to contact us is by e-mail at: inservice@strictlymedicinalseeds.com.

Mail orders may be sent to our address (above).

Or orders may be faxed using our designated fax line: (541) 846-0872 (There is no phone number listed here, because we don't do business by phone.)

Payment Methods

Online or Fax Orders: Credit card (Visa, Mastercard, Discover).

Mail Orders: Check or money order or give us your credit card number.

Your phone number is written on UPS packages to help assure delivery and is needed for credit card orders. We do not give out your phone number (or address) to others.

Your e-mail address gives us a way to contact you if we have any questions about your order. We don't give out your e-mail address to others.

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 shipped from mid-September to December.
- 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

Please figure your shipping and handling charges according to these basic charts. If your order does not fit these charts (too heavy or too high of dollar amount) you may contact us at inservice@strictlymedicinalseeds.com for a shipping quote. Or, easier yet, if you are paying by credit card, simply check the "figure my shipping for me" box on the order form and we'll assess the shipping and handling fees.

SHIPPING WITHIN THE US:

Shipping is FREE via Media Mail for books.

Shipping is FREE for Screeens and Presses.

Shipping is FREE for Seed pkts. (Does not include g's or lb's); minimum \$20.00 of pkts.

Up to \$19.99: + (add) \$4.90

Bulk Seeds



INTERNATIONAL SHIPPING

- l) 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.
- 6) Specify "Payable in US dollars" on international checks or money orders. .

Int'l Seed Packets ONLY	Int'l Bulk Seeds	Int'l Books
Up to \$30: + (add) \$15.90	1 g to 100 g+ \$15.90	Up to \$30:+ \$30.55
\$30.01 to \$60: + \$17.30	101 to 200 g+ \$19.30	\$30.01 to \$55: + \$40.75
\$60.01 to \$90: + \$21.60	201 to 300 g+ \$22.00	\$60.01 to \$90. + \$47.50
\$90.01 to \$120: + \$27.00	301 g to 1 lb:+ \$26.75	\$90.01 - \$120: + \$55.15
\$120.01 - \$150: + \$32.30	1.01 lbs to 2 lbs: + \$32.75	\$120.01 - \$150: +\$62.35
\$150.01 - \$180: + \$37.60	2.01 lbs to 3 lbs: + \$38.75	\$150.01 - \$180: +\$69.55
Over \$180: + \$42.90	3.01 lbs to 4 lbs: + \$44.75	Over \$180: Actual shipping
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Qty	Description		Unit Price	Amount
		Total from rev	erse side.	
		Subtotal		
	ICTLY MEDICINAL® LLC BOX 299	Shipping Seeds Pkts \$4.90 if order is less than \$20.00.		
	LIAMS, OR 97544-0299	Shipping Bulk Seeds g's & lbs		
USA		Shipping Plants		
www	strictlymedicinalseeds.com	Shipping Roots		
	omer service:	Ship Int'l Seeds I	Pkts/Bulk	
inser	vice@strictlymedicinalseeds.com	Shipping Books Int'l		
fax: (:	541) 846-0872	Please figur (See opposi	re my shipping te page.)	
	2023	TOTAL		

88 Back of ORDER FORM					
Otre	Description	IIn:	t Price	A m	ount
Qty	Description	UIII	trice	AIII	ount
	Subtot	Subtotal			
Enter on front side		side			
	Send a Catalog to a Friend!				
	we'll send a to your frien	ne space free co _l id. (Thi	e below by of out s does n	means r cata ot put	log
Filling out the space below means we'll send a free copy of our catalog to your friend. (This does not put your friend's name on any mailing list—including ours.)					
Nam	e				
Addı	ress				
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PLANTS, TREES & ROOTS SHIPPING CHARTS

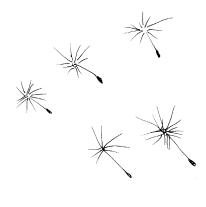
Eastern States, AK, HI AK, AL, CT, DE, FL, GA, HI, IL, IN, KY, MA, MD, ME, MI, MS, NC, NH, NJ, NY, OH, PA, RI, SC, TN, VA, VT, WV	Central States AR, IA, KS, LA, MN, MO, ND, NE, OK, SD, TX, WI	Western States AZ, CA, CO, ID, MT, NM, NV, OR, UT, WA, WY
Via Priority Mail \$15.00 & under: Add \$15.90 \$15.01 - \$25: + \$15.90 \$25.01 - \$35: + \$20.90 \$35.01 - \$45: + \$20.90 \$45.01 - \$55 + \$25.90 \$55.01 - \$65 + \$30.90 \$65.01 - \$75 + \$36.90 \$75.01 - \$90 + \$42.90 \$90.01 - \$105 + \$48.90 \$105.01 - \$120 + \$54.90 \$120.01 - \$135 + \$60.90 \$135.01 \$150 + \$66.90 \$150.01 - \$165 + \$72.90 \$165.01 - \$180 + \$78.90 \$150.01 - \$120 + \$90.90 \$25.01 - \$210 + \$90.90 \$25.01 - \$210 + \$90.90 \$225.01 - \$240: + \$102.90 \$240.01 - \$255: + \$108.90 \$255.01 - \$270: + \$114.90 \$270.01 - \$285: + \$120.90 \$285.01 - \$300: + \$127.90 (Larger orders, contact us.)	Via Priority Mail \$15.00 & under: +\$15.90 \$15.01 - \$25: + \$15.90 \$25.01 - \$35: + \$15.90 \$35.01 - \$45: + \$15.90 \$35.01 - \$45: + \$15.90 \$45.01 - \$55: + \$20.90 \$45.01 - \$55: + \$20.90 \$55.01 - \$65: + \$25.90 \$65.01 - \$75: + \$30.90 \$75.01 - \$90: + \$36.90 \$90.01 - \$105: + \$42.90 \$105.01 - \$120: + \$48.90 \$120.01 - \$135: + \$54.90 \$135.01 - \$150: + \$60.90 \$150.01 - \$165: + \$66.90 \$150.01 - \$165: + \$66.90 \$150.01 - \$120: + \$48.90 \$210.01 - \$25: + \$78.90 \$195.01 - \$210: + \$84.90 \$210.01 - \$25: + \$90.90 \$255.01 - \$240: + \$96.90 \$240.01 - \$25: + \$102.90 \$255.01 - \$270: + \$108.90 \$270.01 - \$285: + \$114.90 \$285.01 - \$300: + \$120.90 (Larger orders, contact us.)	Via Priority Mail \$15.00 & under: +\$15.90 \$15.01 - \$25: + \$15.90 \$25.01 - \$35: + \$15.90 \$35.01 - \$45: + \$15.90 \$35.01 - \$45: + \$15.90 \$45.01 - \$55: + \$15.90 \$55.01 - \$65: + \$20.90 \$65.01 - \$75: + \$23.90 \$75.01 - \$90: + \$26.90 \$90.01 - \$105: + \$29.90 \$105.01 - \$120: + \$32.90 \$120.01 - \$135: + \$32.90 \$120.01 - \$135: + \$35.90 \$135.01 - \$165: + \$41.90 \$165.01 - \$165: + \$44.90 \$180.01 - \$195: + \$47.90 \$195.01 - \$210: + \$50.90 \$225.01 - \$240: + \$56.90 \$240.01 - \$255: + \$59.90 \$255.01 - \$270: + \$62.90 \$270.01 - \$285: + \$65.90 \$285.01 - \$300: + \$68.90 (Larger orders, contact us.)
Eastern States, AK, HI via UPS 3-Day \$15.00 & under: +\$39.90 \$15.01 - \$25: +\$57.75 \$25.01 - \$35: +\$68.20 \$35.01 - \$45: +\$77.50 \$45.01 - \$55 +\$87.90 \$55.01 - \$65 +\$97.15 \$65.01 - \$75 +\$106.45 \$75.01 - \$90 +\$115.65 \$90.01 - \$105 +\$126.05 \$105.01 - \$105 +\$126.05 \$105.01 - \$120 +\$136.50 \$120.01 - \$135 +\$145.75 \$135.01 \$150 +\$165.30 \$165.01 - \$165 +\$165.30 \$165.01 - \$180 +\$175.90 \$180.01 - \$195 +\$185.20 \$195.01 - \$210 +\$194.35 \$210.01 - \$225 +\$203.65 \$225.01 - \$240: +\$212.90 \$240.01 - \$255: +\$222.15 \$255.01 - \$270: +\$231.40 \$270.01 - \$285: +\$243.00 \$285.01 - \$300: +\$ 253.50 (Larger orders, contact us.)	Central States via UPS Ground \$15.00 & under: . +\$19.90 \$15.01 - \$25: + \$32.85 \$25.01 - \$35: + \$36.40 \$35.01 - \$45: + \$39.85 \$45.01 - \$55 + \$44.50 \$55.01 - \$65 + \$49.15 \$65.01 - \$75 + \$58.10 \$75.01 - \$90 + \$65.10 \$90.01 - \$105 + \$72.05 \$105.01 - \$120 + \$76.65 \$120.01 - \$120 + \$76.65 \$120.01 - \$135 + \$80.10 \$135.01 \$150 + \$91.40 \$150.01 - \$165 + \$96.00 \$165.01 - \$180 + \$100.70 \$180.01 - \$195 . + \$104.65 \$195.01 - \$210 . + \$110.15 \$210.01 - \$225 . + \$114.55 \$225.01 - \$240: + \$119.15 \$240.01 - \$25: + \$123.80 \$255.01 - \$270: + \$128.50 \$270.01 - \$285: + \$132.40 \$285.01 - \$300: + \$137.70 (Larger orders, contact us.)	Western States via UPS Ground \$15.00 & under: + \$14.90 \$15.01 - \$25: + \$21.90 \$25.01 - \$35: + \$25.35 \$35.01 - \$45: + \$28.85 \$45.01 - \$55 + \$33.50 \$55.01 - \$65 + \$37.80 \$65.01 - \$75 + \$41.60 \$75.01 - \$90 + \$48.50 \$90.01 - \$105 + \$55.45 \$105.01 - \$120 + \$60.10 \$120.01 - \$135 + \$63.60 \$135.01 \$150 + \$69.80 \$150.01 - \$165 + \$73.95 \$165.01 - \$180 + \$78.65 \$180.01 - \$195 + \$82.60 \$195.01 - \$210 + \$81.0 \$210.01 - \$225 + \$92.50 \$225.01 - \$240: + \$97.10 \$240.01 - \$255: + \$101.75 \$255.01 - \$270: + \$106.40 \$270.01 - \$285: + \$111.50 \$285.01 - \$300: + \$115.65 (Larger orders, contact us.)

Basic Shipping Roots (USA ONLY)

1 to 6 Roots, please add \$10.90; 7 to 20 Roots, add \$15.90;

21 to 60 Roots, add \$20.90; 61 or more—email: inservice@strictlymedicinalseeds.com

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2023 Catalog