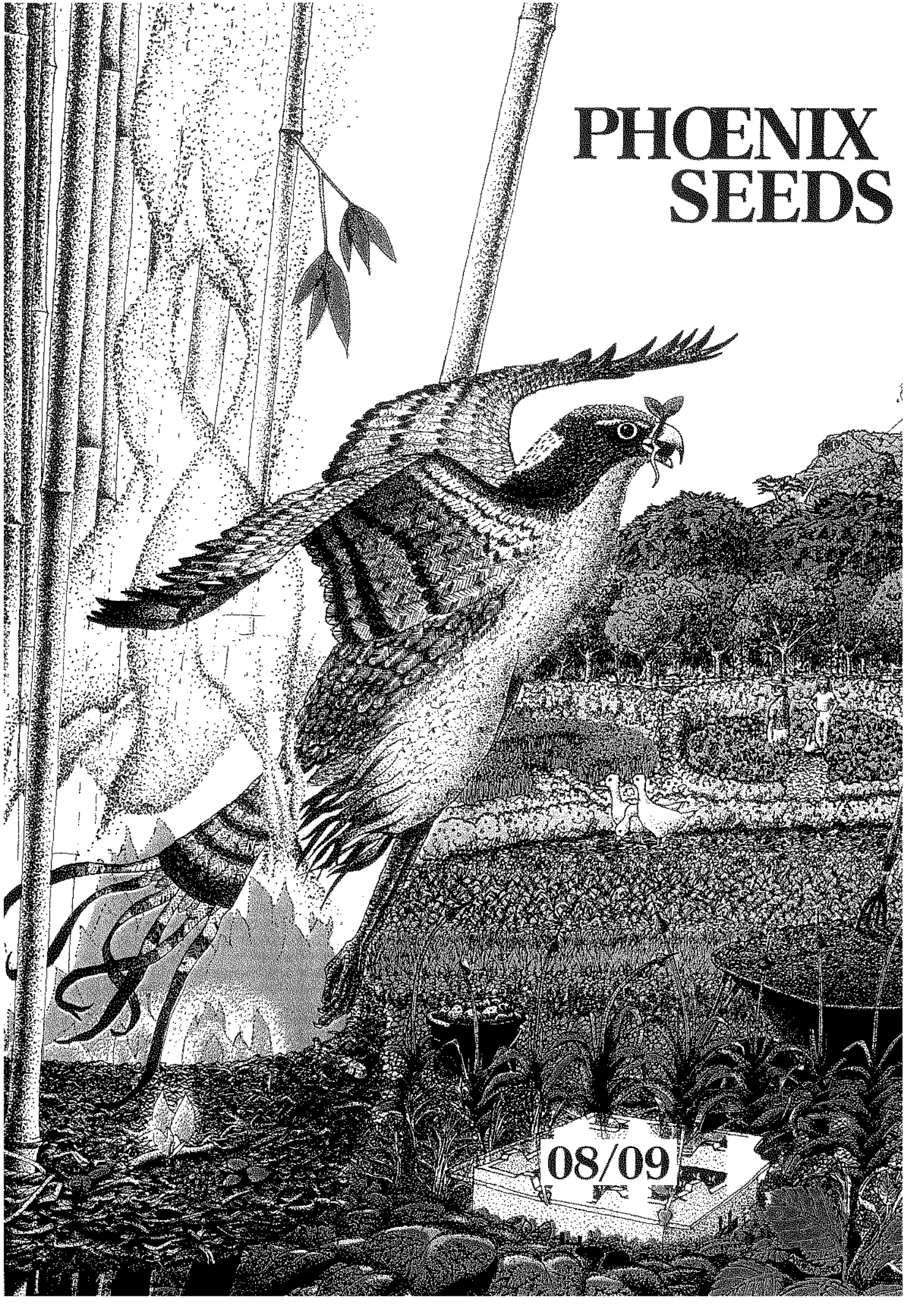


PHOENIX SEEDS



08/09

PHOENIX SEEDS
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ABN 79 171 686 511

Phoenix Seeds exists, primarily, to provide access to a broad range of self-replicating varieties of seed. The focal point of the business is an ordinary house with an equally ordinary garden in Snug in southern Tasmania, where seed and relevant information from a variety of sources, including: an organic seed growers network; Australian seed producers and overseas suppliers, is brought together and distributed by way of this catalogue. The premises are not open to the public.

The principal idea, besides making a living, is to encourage people to grow food at home, preferably using seed saved from plants grown in their own garden and thereby having some say in the full cycle of plant food production. In my experience, the difference between using home-grown seed and bought seed is a little like the difference between eating from my garden and buying food from the supermarket.

Non-hybrid seed, with proper management, reproduces true-to-type (produces distinct varietal characteristics for four or more generations), evolving in the course of time. Quite often the most appropriate seeds to sow are those produced in your own garden. When saving seed, always consider the parent plant as a whole and avoid focusing on individual parts you think important (such as: big fruit; colour; vigour; earliness etc.), although these aspects are, of course, part of the whole.

Hybrids are a rich source of new varieties and, besides being well worthwhile cultivating, can be very useful for home breeding purposes. When referring to common vegetables, the word hybrid generally means the offspring of a deliberate, manipulated cross between two, true-breeding varieties of a particular vegetable. Such crosses are often favoured by producers since they can exhibit a trend known as hybrid vigour, resulting in an increase of desirable, sellable and reproducible traits. This is normally true for one generation only, which, for the home gardener, usually necessitates a return to the seed shop for a repeat performance. Rather than ignoring the practical benefit offered by hybrid breeders, some outstanding selections are included in the catalogue and are identified by the word hybrid in the catalogue description and the cultural information provided in each seed packet. The notation F1 on the packet also signifies hybrid status.

If you want to save true-to-type seed, take some time to find out what is involved to accomplish this successfully. Don't bother saving seeds of hybrids unless you have developed the significant, necessary skills for working with these.

Storing seed is first and foremost accomplished by simply continuing to grow a plant species/variety from season to season and allowing the formation of mature seed. The next step is to collect some seed. For annual crops, this commonly means harvesting seed (preferably dried on the plant) and, after drying properly, keeping it in a cool, dry and dark place, protected from insect and animal predation until time to re-sow. Simple containers are either paper or cotton bags which allow the seed to breathe. A detailed label avoids significant confusion later on. So far as artificial storage is concerned, nature provides some useful clues. For instance, many species produce a hard-coated seed which drops onto the ground in autumn to pass some time in cool conditions (during which time much critical inner activity often takes place) until the warmth of spring arrives and prompts the next step in the wondrous germination process. Not surprisingly then, one of the best artificial means of storing seed is in a sealed, airtight container in the fridge. Freezing is a wonderful method of storing seed long-term though this requires specific drying and storage techniques.

Phoenix is supported by an ever-changing network of organic/biological/biodynamic seed producers. Gardeners, especially experienced seed producers, who are attracted by the idea of contributing seed, are encouraged to make contact. People capable of and willing to produce a broad range of quality, true-to-type seed in bulk quantities are far and few between. It is best that individual growers initially look at bulking desired quantities of one or two items, especially those they have already mastered in cultivation.

All organic, biological, biodynamic vegetable and herb seed is marked O/G both in the catalogue and on seed packets. The term organically grown, in the context of this catalogue, not only indicates that a seed lot has been grown free of synthetic chemicals, fertilisers, pesticides etc, it also usually signifies that it has been grown on a much smaller scale than standard commercial operations allow, with more loving attention and less, if any, mechanical handling of plants and seed. Quality is more easily realised. I derive great joy from running my hands through a freshly cleaned batch of such seed.

I acknowledge the loving service provided by many home growers/savers/collectors who supply Phoenix with seed year after year. On

SEED PACKETS ARE \$2.50 EACH

\$5.50 handling charge per order

Prices are valid until 30 June 2009

a small scale this commonly requires a significant sacrifice of time and energy, as well as precious garden space. Thankyou.

A note regarding Genetically Modified Organisms: as far as I am aware, there are no such items in this catalogue.

There's an almost overwhelming volume of information pertaining to gardening and horticulture these days, which can make it easy to lose touch with the simple truth that each and every garden begins with love. I gratefully acknowledge the delight and wonder of the beautiful, simple experience of sowing a hard ball of seemingly lifeless matter into the earth and, with due care, watching a plant take recognisable form, eventually providing my body with delicious, natural nutrition.

Garden plants may not reach maturity for any number of reasons: a young seedling, having just pushed through the soil surface, may succumb to disease or lack of moisture; I may eat the plant or part of it when it is most succulent or as flowers set or when the seed is plump and most nutritious. Disease is likely to reflect some aspect of the conditions under which the plant is grown, especially the soil. An appreciation of the life-cycle of a grassland or forest system can be of great benefit here, particularly with regard to the natural, continuous supply of organic matter to the top soil. The form a garden takes is as varied as the gardeners involved and will, no doubt, reflect some aspect of them, though the guiding principle, surely, is that of enjoyment. In case you need reminding, the real garden is inside your body now.

Like gardeners, each seed is likely to have its own way of getting things done (germination for example), though some general rules of thumb apply with respect to providing seed with conditions likely to facilitate healthy growth, such as: a growing medium-usually soil of some sort (preferably with some nutrient value); light (preferably sunlight); warmth; water; air and adequate drainage. This just about covers the basics. The finer points of these aspects, as well as ongoing cultivation techniques, come down to either experience (preferably) or research. For instance: some plants are known to have a distinct preference for either acid or alkaline soil- commonly referred to by specific pH levels; some seed won't germinate unless it is dark whereas others won't germinate unless exposed to sunlight; some seed germinates in relatively cool soil (e.g. onion) whereas others require an optimum soil temperature of 35degC (e.g. zucchini) and would just as soon rot rather than germinate in cool soil.

Cultural instructions are enclosed in each seed packet and are updated as information comes to hand. Each common name listing in the catalogue is followed directly by the botanical name and in turn by the planting code which is to be taken as a general guide only. For example: CARAWAY *Carum carvi* B/d/sp.au/180/S/25/FT/Light

The planting code is composed as follows:

Habit: Annual (A); Biennial (B); Perennial (P) /

Sowing procedure: sown direct in the garden (d); sown in beds or trays and transplanted later(t) /

Sowing season: spring (sp); summer (su); autumn (au); winter (w); early (e) (An item in brackets here means that the seed can be sown at this time outdoors in warmer climates or indoors in cooler climates) /

Number of seed per packet (or weight in grams(g)). This item is subject to wide variation and is at best an approximation.

Time taken for seed to germinate: short (S) 0-14 days; long (L) 15-25 days; extra long (EL) 26+ days; (EEL) maybe a year or more /

Optimum soil temperature for seed germination (in degrees (C) /

Frost tolerance (FT), Drought tolerance (DT) /

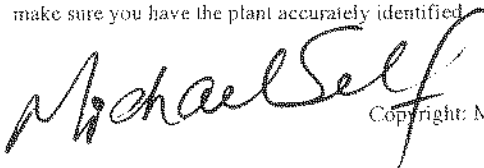
Light or Dark required for germination (Light) or (Dark) /

Sow by ASAP stamped on the seed packet signifies the need to sow the seed as soon as possible to the time of receipt. Store the packet as is in the fridge in the meantime.

Seed packets are supplied on the basis that they are non-returnable.

The catalogue is distributed as early as possible each year to allow gardeners time to prepare for the temperate spring. Orders are processed as close to arrival as possible, ordinarily the same day. If an item is unavailable, you are either given an appropriate substitute or refunded, depending on your indication on the order form. If no indication is made on the order form, substitution is at my discretion. Normally, anyone placing an order is automatically sent another order form and, when available, the subsequent catalogue.

As a rule of thumb: before ingesting any part of any plant that is new to you; make sure you have the plant accurately identified



Copyright: Michael Self, May 2008

VEGETABLES, COVER CROPS & GREEN MANURES

- ALEXANDERS** *Smyrniolum olusatrum* B/d,t/sp,su,au/15/S-L/17/FT
To 1m. A hardy biennial native to the Mediterranean region and Western Europe. Cultivated in gardens since the middle ages for use in salads, soups, stews etc. It has a strong flavour reminiscent of celery. (O/G)
- ALFALFA** *Medicago sativa* NOT TO WA P/d,w,sp/20g/S/25/FT,DT
To 1+ m. An excellent green manure, forage and cover crop. A deep-rooted legume. Significantly improves the soil condition. Seed used for sprouting.
- AMARANTH-Leaf** *Amaranthus spp.* A/d,t/sp,su,au/100/S/28/DT
30cm-1.2m. Grown for its nutritious leaves. Rich protein, vitamin and mineral content. Sow all year round in warm areas. Chinese spinach.
- ARTICHOKE-Globe** *Cynara scolymus* P/u/sp,(au)/6-10/L/20
1m. Prized delicacy. The edible flower buds are delicious served hot with butter/oil. Striking foliage adds to the beauty in the garden.
- Imperial Star**-early maturing, outstandingly uniform, compact plant. Considerably better eating quality than the unimproved species.
- ASPARAGUS** *Asparagus officinalis* P/u/sp/25/L/25/FT
To 2m. A hardy, rhizomatous, dioecious herb native to the sea coasts of Europe, North Africa and Asia. A gourmet's delight, providing an extended spring harvest of delicious shoots for a decade or more.
- Connover's Colossal**-100-year-old European variety. Large green spears of good flavour.
- BEAN-Adzuki** *Vigna angularis* A/d/sp/200/S/25
75cm. 120 days. Bushy growth. Small, high protein (25%) seed. Use fresh, sprouted or dried. Cooks with rice without prior soaking.
- BEAN-Broad** *Vicia faba* NOT TO WA A/d/sp,au/40/S/17/FT
An ancient food plant. Large, edible, nutritious pods (when immature) and seed. The tips of flowering stems are delicious fried in butter or oil. A reliable winter standby. Frost-hardy, cool weather crop.
- Coles Dwarf**-1+m. Hardy, heavy cropper.
- BEAN-Bush** *Phaseolus vulgaris* A/d/sp,su/50/S/25
Versatile, nutritious food rich in protein. Make successive sowings every 3 weeks for an ongoing supply.
- Butter**-tender, tasty, yellow pods. Black seed.
- Idelight**-a main crop variety producing a heavy yield of dark-green, round, stringless, 20cm pods. Vigorous growth. Walnut-brown seed.
- Redlands Greenleaf**-a high-quality bean with stringless, flat pods. Suitable for all Australian states. Tolerates cool conditions. Tan seed.
- Strike**-an Australian selection exhibiting quality characteristics. Versatile, vigorous and fine eating. A white-seeded, stringless bean tolerant of hot weather. High yields.
- Windsor Longpod**-vigorous and high-yielding. Produces 20-25cm long, tasty green beans over a period of up to six weeks. Red seed.
- BEAN-Climbing** *Phaseolus vulgaris* A/d/sp,su/50/S/25
Ideal for saving space. High-yielding, nutritious food plant. Provide some form of support/trellis (to 3m or more).
- Blue Lake**-a standard cultivar. Top quality, stringless green bean.
- Kentucky Wonder**-a very fine bean. Vigorous growth and a long harvest. Pick young for stringlessness. Flat/oval pods 20-25cm long.
- Lazy Housewife**-a very old variety and a very good one. Works really well in Tasmania with an extensive harvest period. White seed. (O/G)
- Purple King**-purple pods, green when cooked. A hardier variety.
- BEAN-Scarlet Runner** *Phaseolus coccineus* P/d/sp,su/10/S/25
A popular perennial bean native to Tropical America, though cultivated successfully as far south as Hobart. In temperate areas the vigorous, twining stems climb 3-4m or more, producing bright-scarlet or scarlet and white flowers followed by long, thick, succulent pods, best eaten young.
- BEAN-Snake** *Vigna unguiculata* NOT TO WA A/d/sp,su/20/S/30
A vigorous climber producing 45cm pods 6-8mm in diameter which are sweet and a favourite with green bean eaters, either raw or cooked, in salads etc. A long, warm season is best. Trellis to 2+m. (O/G)
- BEETROOT** *Beta vulgaris Crassa Group* B/d/-/180/S/25/FT
Delicious and nutritious roots and greens. The roots may be used when half or fully grown. Best flesh colour in cool temperature.
- Boltardy**-Dutch-bred variety very popular in Europe for its fine eating qualities and proven resistance to bolting. (sow sp,su,au)
- Bull's Blood**-very decorative red foliage. Delicious and colourful addition to salads/mesclun. Fine quality, dark-red root. (O/G) (sow sp,su,au)
- Cylindra**-20cm long, cylindrical roots. Rich, tender, dark-red flesh. Ideal for slicing. (sow sp,su,au)
- Golden**-beautiful, golden-yellow roots that don't bleed. (O/G) (sow sp)
- MacGregor's Favourite**-a Scottish heirloom with fine, spear-shaped leaves of a brilliant dark-red hue and tapering red roots. Both have fine eating qualities. A colourful addition to mesclun mixes. (O/G) (sow sp,su,au)
- Mangel-Yellow Globe**-high sugar content in the large orange-yellow roots of this beet. Can grow as big as a football. Good forage plant. (sow sp,su,au)
- Rapid Red**-fast-maturing beet with solid red flesh. (sow anytime)
- Red Ace F1**-a hybrid with all-round quality characteristics. Very quick to size, sweet flavour, tender and of uniform size and colour(deep red). Quality is maintained in older specimens. (sow sp,su,au)
- BROCCOLI** *Brassica oleracea Italica/Borritis Group* B/d,t/-/100/S/20/FT
The endless food with wonderful nutritional qualities. Keep all heads cut before they flower. Doesn't perform well in hot weather.
- De Cicco**-early and productive. Good flavour. (O/G) (sow sp,su,au)
- Early Purple Sprouting**-specifically bred for overwintering. Abundant, succulent, purple heads through spring. (sow late sp,mid su)
- Green Goliath**-large, blue-green central heads. A row of these reaches the harvest stage at differing times-just what the home gardener needs. Side-shoots develop once the main head is cut. (sow sp,su,au)
- Purple Peacock**-a new strain of salad broccoli bred for the tender, small, purple broccoli along with beautiful edible foliage. Young leaves can be used in salads and, when older, lightly cooked. Less seed. (O/G) (sp-late su)
- Romanesco**-unique form. Considered the best for flavour and texture. Light-green, cauliflower-like heads. (sow sp,su,au)
- Spring Green Mix**-a mix of vigorous, hardy, green varieties. One larger head is normally followed by many side-shoots. (O/G) (sow sp-late su)
- Sprouting Calabrese**-popular, vigorous Italian cultivar. (sow anytime)
- The Party**-a wonderful range of colour and leaf form and a similarly wide range of broccoli heads. (O/G) (sow late su,au)
- BROCCOLI-Chinese** *Brassica oleracea Alboglabra Group*
B/d,t/esp,late su/50/S/25
Chinese favourite. Grown for its flower buds and thick, tender main stem.
- BROCCOLI RAAB** *Brassica rapa* A-B/d,t/sp,su,au/150/S/20/FT
An Italian specialty grown for the continuous 2-4 week harvest of tender young shoots, leaves and flower buds. Can be cut in as little as 40 days from sowing. Also known as Italian turnip. Over-wintered plants produce succulent 30cm shoots very early in spring. (O/G)
- BRUSSELS SPROUTS** *Brassica oleracea* B/d,t/sp/50/S/20/FT
Cool weather plant. Needs fertile soil and a minimum of effort. Very rewarding, tasty and nutritious crop. Frost improves flavour.
- Bedford Fillbasket**-produces a heavy yield of large, solid, dark-green sprouts from mid-autumn to early winter, on a tall, strong stem.
- Long Island Improved**-an old variety(pre-1900) and popular commercial strain until uniform hybrids were introduced. Produces a heavy crop of dark green, firm sprouts on a compact plant over an extended period.
- Seven Hills**-popular old British variety producing a staggered crop of tight, dark-green sprouts from early to mid-winter.
- CABBAGE** *Brassica oleracea Capitata Group* B/d,t/100/S/25/FT
The great winter standby. Wholesome food, rich in nutrients.
- Early Jersey Wakefield**-conical head. Sweet flavour. (sow sp,au,w)
- January King**-large, solid heads of slightly wrinkled, light-green leaves with a purple tinge. Can stand all through winter. (O/G) (sow su)
- Late Flat Dutch**-huge, 5-7kg, flat heads of high quality. (sow late sp)
- Primo**-produces an early crop of dense, green, ball-head cabbages of excellent quality. If sown in late winter it may be harvested for fresh summer use. Adapts well to most soils. (sow late w to sp)
- Red**-produces a large, solid, slightly flattened ~3kg head of rich-red/purple leaves. Outstandingly sweet. (sow sp,su)
- Savoy**-big, firm heads. Wrinkled leaves. (sow sp,su)
- CABBAGE-Chinese Heading** *Brassica rapa Pekinensis Group*
A/d,t/sp,su,au/100/S/25 (Sowing time depends a great deal on local climate. If local experience is unavailable then trial and error for a year is suggested)
Indispensable oriental greens. Tender leaves with mild flavour.
- Greenwich F1**-tall, open-topped head of dark green leaves. Heads of 1-1.5kg particularly good for salads and stir-fries.
- Minuet F1**-an early maturing, vigorous variety producing relatively small, tightly packed heads of crisp, sweet, mildly-mustardy, light-green leaves.
- Wong Bok**-a late season variety from Manchuria which produces short, thick heads of mildly-mustard flavoured, light-green leaves.
- CAMAS** *Camassia quamash var. maxima* P/d,t/sp,su,au/10/S-L/20/FT
To 0.8m. A member of the Lily Family native to the temperate areas of North America. The roots formed a major portion of the vegetable diet of many northwest USA Indian tribes. Lovely white/bright-blue flowers. (O/G)
- CAPE GOOSEBERRY** *Physalis peruviana* P/d,t/sp,su/20/S/27/Light
To 1.5m. Although a native of tropical South America, this relatively hardy species produces copious quantities of sweet, edible 2cm golden-yellow fruit much of the season in the tropics and in season in temperate areas. Eaten raw or made into preserves.

CAPSICUM *Capsicum annum var. annum* A(P)/h/w,sp/20/L-EL/20/DT
Attractive and prolific plants, producing colourful, flavoursome, sweet and/or hot fruit. Can be grown in tubs indoors in cool areas. The heat factor is not quite so evident in cool climates.

Ace F1-hybrid variety producing an amazingly heavy and early crop of small to medium-sized, green(turning red) bell-shaped, sweet fruit. If, due to climatic restrictions, you have experienced difficulty getting a good set of capsicums, this beauty may well provide the solution. Less seed per packet.

Alma Paprika-produces a heavy crop of very thick-walled, round fruit that are well suited for grinding to make paprika. They are delicious eaten fresh too. Sweet and slightly warm to the taste. Ripens white to orange and red.

Beaver Dam-Hungarian heirloom. Mildly hot, wonderfully flavoured, tapered fruit ripening from green to red. Add depth to salads, sandwiches.

Corno di Toro Giallo-very popular Italian cultivar producing long, deep-yellow, bullhorn-shaped fruit which are sweet and spicy. Delicious raw or roasted. One of the best varieties for eating qualities.

Early Jalapeno-very popular. EXTRA HOT, authentic Mexican chillies. Thick-fleshed fruit 8cm long. Dark-green to red.

Golden Treasure-top quality Italian heirloom producing banana-shaped fruit up to 20cm long which turn from green to a gorgeous golden-yellow when ripe. Sweet, medium-thick flesh.

Habanero-small, EXTREMELY HOT, wrinkled, lantern-shaped fruit which turn from dark-green to orange. One of the hottest chillies available.

Healthy-early maturing Russian variety developed near Moscow. Capable of producing its small-med., sweet, cone-shaped fruit in cloudy conditions. Fruit ripens from yellow to orange to red. Resistant to disease and rotting.

Hot Paper Lantern-offered here as an alternative to Habanero for people who live in cooler, short-season areas. It performs significantly better than the Habanero in such conditions and produces elongated, EXTREMELY HOT, wrinkled, lantern-like fruit which turn from light green to orange then red and are used mainly in sauces.

Jimmy Nardello's-Italian heirloom which produces long, thin, red, outstandingly tasty, sweet capsicums. Suitable for frying. Good yields on a low-growing plant.

King of the North-the North in the name refers to the Northern Hemisphere. This variety is notable for producing large, blocky red fruit in cool, short season areas. Lovely sweet flavour.

Lipstick-sweet, conical 12cm fruit. Suits shorter, cooler summers.

Pepperoncini-heirloom from southern Italy. It produces large quantities of tasty, finger-sized, green-red, sweet capsicums with just a smidgen of warmth. For fresh eating, salads, pickles etc.

Super Chili F1-award-winning American hybrid variety which produces a vigorous, short, bush plant with masses of outward pointing, HOT chillies which range in colour, as they ripen, from light-green through yellow, orange and finally to red. Ornamental in its own right and well-suited to indoor or patio pot culture. Does very well in Tasmania.

Sweet Chocolate-small to medium, chocolate-brown fruit with rich, brick-red flesh. Mild flavour and sweet. Early fruit set.

CARROT *Daucus carota var. sativus* B/d/-/400/L/25/FT
Rich in vitamins and minerals. Can be grown in any good garden soil.

Amsterdam Forcing-small, finger carrot. (sow sp,au)

Atomic Red-a beautiful, eye-catching, deep red 20+cm carrot- consequently high in lycopene(a precursor to beta carotene). Less seed/pkt. (sow sp,su,au)

Chantenay-all-purpose, medium-long, thick roots. Solid, red-orange flesh. Top flavour. (sow sp,su)

Kuroda-Japanese cultivar which produces heavy yields of deep orange, crisp, sweet carrots, 15-20cm long. Excellent for juicing and storage, as well as fresh eating and cooking. Good all purpose carrot. (sow early su)

Nantes-deliciously crisp, medium length, bright-orange carrot. Especially good eaten out of hand, straight from the garden. (sow sp,su)

Parisian Round-an old French variety(<1900). The 2.5-3.5cm round roots are a rich orange and of excellent flavour. Holds well in the ground without becoming woody or splitting. Suitable for shallow soils. (sow sp,su,au)

St Valery-main crop English cultivar of top quality. The long(up to 25cm), finely textured, sweetly tender roots take a bit longer to form than other standard varieties though are well worth the wait. (sow sp,su,au)

Topweight-a well-respected, main-crop variety with long, thick, orange roots of rich flavour. Relatively quick growth. Strong tops. (sow sp,su,au)

CAULIFLOWER *Brassica oleracea Botrytis Group*

B/d,t/sp,su,au/80/S/25/FT

Cool weather plant grown for the large, young flower heads. May be grown year-round in most temperate and highland regions of Australia. Best grown quickly. For best heads assure sufficient moisture and a fertile soil.

All Year Round-large, self-blanching heads on a compact plant. Holds good condition for extended periods and in warmer weather.

Snowball-15cm diameter pure-white heads are protected by outer leaves. Reliable quality. Matures over 2-3 weeks. Tolerates more warmth.

CELERIAC *Apium graveolens var. rapaceum* B/t/sp/200/L-EL/20
1m. 120 days. Grown for its 10cm diameter richly-celery flavoured roots. Grow as for celery and harvest from 5cm diameter on. Wonderful flavouring for soups, stews etc.

CELERY *Apium graveolens var. dulce* B/t/sp/200/L-EL/20
Delicious raw or cooked. Harvest from the half-grown stage to maturity, picking stalks as needed. Requires a rich soil and plenty of water. Young plants bolt if exposed to temperatures less than 13degC for 10+ days.

Red-a breeders selection of this distinctive celery. Has a stronger, more distinct flavour than standard varieties. Use the outer stems for soups and the deliciously tender heart for salads. (O/G)

Conquistador-upright, tall plants with long, thick, deep-green, crisp stalks. Suited to a broad climatic range. Earlier maturity. Pelleted seed.

CHICORY *Cichorium intybus* P/d,t/sp,su,au/330/S/20/FT
Gourmet's favourite. Used raw to add a tang to salads or cooked. A nutritious green native to the Mediterranean. Heat and frost hardy.

Mixed-a wonderfully diverse, selected mix of naturalised chicory cultivars in a broad range of forms, colours, tastes and textures. (O/G)

CHILACAYOTE *Cucurbita ficifolia* (O/G) P/t/sp,su,au/4/S/35
This cold-tolerant squash vine can cover a substantial area and will climb over (with relatively sparse shading) any suitable structure (fences, trees etc.) It produces a watermelon shaped fruit with white flesh. The fruit may be used from the immature stage right through to the edible(roasted) seed. Young fruit may be used as a vegetable in stir fries, stews etc, eaten like a cucumber, made into a breakfast dish (sort of porridge) or a sweetmeat. The mature fruit is traditionally used in preserves. The fruit can be stored for two years or more, becoming sweeter with age. Grows well in Tasmania.

CHOISUM *Brassica rapa var. chinensis* B/d/esu,au/200/S/25/FT
A relatively quick growing Asian vegetable. The young, bright-green flower heads and foliage are a delightful addition to stir fries or lightly steamed. Suitable for sowing from early summer in temperate areas.

CLOVER-Red *Trifolium pratense* P/d/esp,cau/20g/S/25/FT
Widely utilised leguminous green manure and cover crop. Traditionally used in rotation with other crops. Said to improve the quality and yield of subsequent crops of corn and wheat. Hardy. Displaces weeds.

CLOVER-Strawberry *Trifolium fragiferum* P/d/au,sp/10g/S/25/FT,DT
Valuable, widely adaptable legume. Green manure and cover crop. Withstands extremes of hot and cold as well as flooding and drought (sounds like a native!). Tolerates salty conditions to boot.

CLOVER-Subterranean *Trifolium subterraneum* A/d/au/20g/S/25/FT,DT
Winter growing legume. Green manure and cover crop. Adapted to climates with cool, moist winters and dry summers. Buries its own seed and thereby self-propagates.

CLOVER-White *Trifolium repens* P/d/sp/20g/S/25/FT,DT
Hardy legume widely used as a green manure and cover crop as well as in erosion control and crop rotation. Self-propagating once established. Spreads rapidly. Temperate-zone species.

COLLARDS *Brassica oleracea* B/d,t/sp,au/500/S/20/FT
To 1m. Very hardy and nutritious, non-heading cabbage. Grows like a tree cabbage. Simply harvest leaves as required.

CORN-Sweet *Zea mays var. rugosa* NOT TO WA A/d/sp,su/80/S/25/Dark
A favourite summer treat with many gardeners. Delicious, succulent, sweetly flavoured ears are eaten raw, lightly steamed, boiled or roasted. Tasmanian grown seed.

Golden Bantam-2.5+m. Wonderful flavour, fresh or cooked. Often produces two ears per plant. Longer, slender and tender ears. (O/G)

True Gold-3m. A lovely variety. Usually produces multiple ears of deliciously sweet and tasty, golden yellow corn. Reliable performer. (O/G)

CORN SALAD *Valerianella locusta* A/d,t/sp,au/40/S-I/35
To 18cm. Lamb's Lettuce. A hardy member of the Valerian Family and native to North Africa, Europe and Asia. Easily grown. Will stand all winter. Mild, pleasing flavour. Mainly used raw in salads.

COSSACK PINEAPPLE *Physalis pruinosa* A/d,t/sp,su/20/S/27
To 50+cm. A native of eastern North America. Ground covering plants which produce copious quantities of 1-1.5cm diameter, sweet, yellow-orange fruit with a distinct pineapple-like tang. Eaten raw or preserved(O/G)

CROWN VETCH-*Pennigift Coronilla varia* P/d/sp,su,au/200/L/20/FT,DT
To 80cm. A hardy, perennial ground cover used for effective erosion control. It is disease resistant, out performs weeds and improves/stabilises the soil. Produces a pretty carpet of pink and white flowers through summer.

CUCUMBER *Cucumis sativus* A/d,t/sp/15/S/35
Wonderful cooling, refreshing vegetable used in sandwiches, salads, dips, pickling etc. Native to South Asia. Fast growing, frost sensitive. A warm season crop.

Chinese Sayo Long-sweet, burp-less, non-bitter, dark-green, ribbed fruit grow to 40cm in length. Sets early fruit. Heat tolerant and pretty forgiving.

Crystal Apple-round, white fruit when mature. Crisp, mild flesh. Prolific.
Diva-award winning US cultivar and one of the best tasting of all cucumbers. The fruit is sweet, crisp with a soft-green skin. Fruit set is heavy and early. All-female plants set fruit without pollination.

Early Fortune-vigorous, disease resistant, old variety(1906) producing early, smooth skinned, dark-green fruit up to 20cm long and 5cm diameter.

Lebanese-excellent salad cucumber. Smooth, green skinned fruit to 20cm (best at 10-12cm). Very tasty. May be pickled too. (O/G)

Little Leaf Pickling-small, thick fruit of fine quality. Suitable for fresh eating as well as for pickling. Trellising is beneficial.

Sweeter Yet FI-top quality US hybrid. Produces 25+cm dark-green, deliciously sweet, cylindrical fruit on a vigorous, short vine. No need to peel. All female flowers. Multi-disease resistant. 8 seed per packet.

Tasty Jade FI-outstanding Japanese hybrid variety. The shiny smooth, 30cm long fruit are able to set without pollination and the tasty, crisp flesh makes them ideal for salad use. Shows tolerance of Powdery and Downy Mildew. Strong growth with a heavy yield. 6 seed per packet.

DAIGAI CHOI *Brassica juncea* var. *involans* A/d,t/late sp,su,au/100/S/25
An Asian mustard green with large leaves that tend to form a blanched, loose head, prized as an ingredient in stir-fries, soups, salads etc. (O/G)

DANDELION CHICORY *Cichorium intybus* P/d,t/anytime/150/S/20/FT
To 50cm. A native of the Mediterranean region. Cultivated for the quick growing, dark-green, bitter/sweet dandelion-like foliage which is popular as a salad green or used in cooking.

EGGPLANT *Solanum melongena* var. *esculentum* A(P)/t/w.sp/20/I.-EL/30
A native of Asia also known as Aubergine. Very tasty when sliced and fried. Loves to grow in the warmth of summer. Decorative foliage and fruit. Avoid cold weather planting.

Diamond-Ukraine variety. 50-60cm high plants produce deep-violet, cylindrical fruit up to 20cm long and 7cm in diameter. The flesh is dense, green and of excellent flavour. They do not become bitter.

Florida High Bush Select-produces classic, dark-purple/black, long, oval fruit of high quality. Yields are enhanced by good long, warm seasons. Dependable production.

Listada de Gandia-a strikingly attractive Italian cultivar with high quality, purple and white striped, 15-20cm long, thin-skinned fruit.

Ping Tung Long-a quality Taiwanese cultivar. Early set with prolific crops of 5cm diameter by 25cm long, purple and white, sweet and tender fruit.

ENDIVE *Cichorium endiva* A-B/d,t/sp,su,au/100/S/20/FT
Lettuce-like plant though with more bite. Attractive and tasty in salads. Resists autumn frost better than lettuce. Easily grown.

Batavian Fullheart-Escarole. Broad-leaved endive with dark-green outer leaves and a blanched, creamy, dense heart.

Nina-crisp, deeply cut, dark-green, tasty, sweetly-bitter leaves. Self blanching centre. Good yields and tolerant of adverse conditions. (O/G)

FENUGREEK *Trigonella foenum-graecum* A/d/sp,su/10g/S/25
60cm. Has been grown since antiquity for medicinal and culinary purposes. Use the seeds as a spice or for sprouting and the foliage for greens in salad mixes. Excellent leguminous forage species.

FLORENCE FENNEL *Foeniculum vulgare* var. *azoricum* P/d,t/mid sp,su/50/S/25

1m. Cultivated for its delicious, fragrant, anise flavoured swollen stems which are used in salads and many cooked dishes. Leaves are used with fish and pork dishes or in soups and sauces. The entire plant is edible. (O/G)

GOURD-Large Mix *Lagenaria siceraria* A/d,t/sp/10/S/25
20m vine. Large, decorative (and for very practical use too) gourds in a variety of different forms. Including: bottle; container; speckled swan; apple and Corsican varieties. Fruit is best left to fully mature. The dried fruit last for many years if preserved correctly. Can be decorated.

GOURD-Small Mix *Cucurbita pepo* var. *ovifera* A/d,t/sp,su/20/S/25
Vine. Produces small, decorative gourds in a diverse array of shapes, sizes and colours. Waxed, properly dried fruit keep for years. May be eaten.

HON TSAI TAI *Brassica rapa* *Ruvo* Group A-B/d,t/sp,su,au/150/S/20/FT
Also known as purple-flowered Choi Sum. A quick growing, mildly mustard sibling of Broccoli Raab with rich-purple stems and leaf veins. The leaves are either dark-green or purple. Winter (cold) enhances the colours. Use in stir-fries, soups, salads etc.

JAM MELON *Citrullus lanatus* var. *citroides* A/d,t/sp,su/8/S/35
A very close relative of the watermelon and grown specifically for use in jams and preserves. The fruit are like miniature watermelons with white flesh and are produced successfully in cooler, shorter season areas.

KALE *Brassica napus/oleracea* *Pabularia/Acephala* Group B/d,t/sp,su/200/S/20/FT

An ancestor of the Cabbage Family. One of the hardiest winter greens. A very attractive plant in the garden. Very long harvest period especially if picking individual leaves as required. Frost greatly improves the flavour. Excellent nutrition.

Morton's Mix-a diverse mix of cultivars in an assortment of foliage colour and form with a tendency towards more purple colour. (O/G)

Pentland Brig-an outstanding English variety bred for texture and flavour. The foliage and early spring sprouts are eaten.

Russian Red-an uncommon strain. Very colourful. Especially valued for its early spring flower buds. (*Brassica napus Pabularia* Group) (O/G)

KANG KONG *Ipomoea aquatica* A/d/sp,su,au/25/S/30
50cm vine or trailing ground cover. A relative of the Sweet Potato. Also known as Water Spinach. The young 15cm shoots are eaten raw or cooked. The mature leaves are eaten cooked. High nutritional value. As the name suggests, it prefers to be kept moist and will grow in shallow ponds. Does well in the lowland tropics in the wet season.

KOHLRABI *Brassica oleracea* *Gongylodes* Group B/d,t/anytime/200/S/15/FT

Unusual vegetable with an edible, round, swollen stem base. The greens are good to eat when young. Rapid growth, early picking is best (golfball size).

Early Purple Vienna-very hardy. Fine quality
Super Schmelz-an outstanding Swiss cultivar producing large white bulbs that remain tender regardless of size.

LEEK *Allium ampeloprasum* *Porrum* Group B/d,t/w/70/S/20/FT
These have been cultivated for 4000 years for the succulent leaf bases. Sweet, subtle, onion-like flavour. Enhances many savoury dishes. Hardy.

Blue Solaise-a beautiful heirloom variety from France. Has quite blue leaves which become violet after frost. Thick, medium-long stem.

Musselburgh-fine quality, standard variety. Winter hardy. (O/G)

Royal/Perennial-a valuable cultivar producing large, thick stalks. Sets suckers, resulting in ongoing production. Virtually perennial. (O/G)

LETTUCE *Lactuca sativa* A/d,t/-/80/S/23/Light
A delightfully cooling food. Cultivated since 500BC for the highly developed radical leaves. Almost always eaten fresh and raw though I find them an excellent addition to an omelette.

Black Velvet-3.5 months. Large, tight, crisp head. Hardy. (sow au,w,sp)

Bronze Arrowhead-3 months. a Californian heirloom producing large, looseleaf, green leaves with a bronze edge. Very tasty, hardy and adaptable.

Butternut-3 months. A long-standing, loose-leaf, butterhead-type lettuce. Round, light-green foliage with lovely flavour. (O/G)

Cos Verdi-3 months. Dark-green, upright leaves. (O/G) (sow au,sp,su)

Freckles-a beautiful heirloom cultivar. A cos-type form with delicate, green foliage and splashes of rusty-red. Holds in the garden for some time, allowing for an extended harvest. Good heat tolerance. (O/G) (sow sp,su)

Green Mignonette-2.5 months. Soft leaf, small, sweet heart. (sow sp,su)

Green Oakleaf-distinctively shaped, loose leaf cultivar. (O/G) (sow sp,su)

Purple Oakleaf-delightful, purple tinged, deeply lobed, loose leaf variety.

Tolerant of heat and cold. Less insect damage. Colourful. (O/G) (anytime)

Red Cos-2.5 months. Red leaved upright form. Lovely lettuce(sow sp,su,au)

Red Mignonette-2.5 months. Soft leaf, small sweet heart. (O/G) (sow sp,su)

Red Velvet-striking loose leaf cultivar. Brilliant, dark-red, crisp, velvety foliage is gorgeous as well as delicious. (O/G) (sow sp,su)

Ricciolina da Taglio-2+ months. Impressive Italian loose leaf cultivar.

Sweet, curly, deeply lobed, light-green leaves. (O/G) (sow sp,su)

Sucrine-2 months. French butterhead lettuce with superior flavour. Crisply sweet, loosely formed heads of green cos-like leaves. (O/G) (sow sp,su)

LUFFA *Luffa aegyptiaca* A/d,t/sp/10/S/35

Dishcloth Gourd. Eat like a marrow when young or dry when mature and use as a bath sponge. A long, preferably hot growing season is needed.

LUPIN-Bitter Blue *Lupinus angustifolius* A/d,t/au,sp/50g/S/25/FT
A valuable green manure and cover crop. A hardy legume helpful in the rejuvenation and conditioning of the poorest of soils. NOT TO WA

MINER'S LETTUCE *Montia perfoliata* A/d,t/anytime/40/S/20/FT
10-30cm. A very hardy, small plant with thick, succulent, bright-green leaves which are best eaten raw. Can grow right through winter, providing fresh greens at a time they are often lacking. NOT TO WA (O/G)

MINUTINA *Plantago coronopus* A-B/d,t/anytime/100/S/21/FT,DT
To 30cm. A wild salad herb native to Europe and North Africa. Was quite popular in French cuisine and appears to be making an encore. The young leaves may be used directly in salad mixes though are at their best when briefly boiled just before adding. Valuable nutritionally.

MIZUNA *Brassica rapa Japonica* Group A/d,t/sp,cau/350/S/20/FT
30+ days. Attractive, quick growing Japanese salad plant with deeply cut, light-green leaves. Pick foliage as required. Vigorous and winter hardy. Useful as an edible border for garden beds.

MUSTARD GREENS *Brassica juncea* A/d,usp,su.au/100/S/25

A native of Asia and Europe grown for the fresh, pungent (some are quite mild) foliage which adds a delightful mustard warmth to salads, sandwiches etc. An excellent source of calcium, iron and vitamin A.

Hot Mix-a wonderful selection of hot mustards in a range of colours and textures. Mostly reds and purples with frilled foliage. (O/G)

Mild Mix-a delightful, diverse mix of mild (not pungent) mustard greens. Mixed colours add a lovely touch to the vegie patch. (O/G)

OKRA *Abelmoschus esculentus* A/d,usp/20/L/35
Delicious specialty vegetable. The nutritious, immature fruit are eaten cooked. Does best in a long, warm season. Used for soups, in stews etc where it imparts a useful, thickening effect. Dried seed is rich in protein.

Cajun Delight F1-award winning hybrid variety that brings successful okra cultivation well within the reach of southern gardeners. A vigorous, precocious, high yielding plant with green pods. Best harvested when approximately 7cm long.

Clemson Spinless-produces an abundance of relatively smooth, green pods in about 2 months from seed. Best to harvest pods when approx. 7cm. long.

ONION *Allium cepa Cepa Group* B/d,u-/200/S/23/FT
A basic item in most kitchens, onions(both bulbs and foliage) enhance a wide range of cooked dishes, salads, dips etc with their distinctive flavour. Successful culture depends on day length, temperature and feeding. Eat thinnings in salads. High in nutrients, low in fat.

Ailsa Craig-large, high quality, Scottish bred, Sweet Spanish variety with hard, mild flesh and a light-yellow skin. Bulbs form relatively quickly and store very well. (sow Jul-Sep)

Australian Brown(Brown Spanish)-an older style(<1900) storage onion with firm, pungent flesh. Medium large bulbs. (sow Jul/Aug/Sep)

Bedfordshire Champion-a Scottish cultivar producing a large, brown-skinned, globular bulb with strongly flavoured, pungent, white flesh. Very good keeping qualities. (sow Jul-Sep)

Creamgold Long Keeper-a welcome return of this very popular late season brown onion with excellent keeping qualities. (sow Jul/Aug/Sep)

Giant Zittau-100 year old variety which produces a flattened, globular bulb with golden-brown skin and pungent flesh. One of the longest keeping onions available (creamgold growers disagree). (sow May-Sep)

Red-depending on demand and subsequent availability the variety will vary though the onions resulting will be similar: deep red skin and mildly pungent, mostly white flesh with a pink tinge. Adds a lovely taste and colour to salads, stir fries etc. (sow Jul/Aug/Sep)

ONION-Spring *Allium fistulosum* P/d,t/anytime/500/S/23/FT
Handy vegetable for brightening salads through most of the year. The entire plant may be used in a variety of dishes, cooked or raw.

ORACH *Atriplex hortensis* A/d,usp,su/40/S/23/FT,DT
To 2m. Also known as Mountain Spinach. Nutritious, leafy vegetable. Tolerates extremes of hot and cold. Bears longer and yields better than common spinach. Decorative in the garden.

Green-rich-green, soft leaves can grow quite large. (O/G)

Purple Heart-very dark-purple leaves. In salads or cooked. (O/G)

PAK CHOI *Brassica parachinensis* B/d,usp,su.au/200/S/25
Popular Chinese greens. Thick, crisp, succulent stalks. Leaves form a dense clump. Adapted to warmer climates. May bolt in cold conditions.

Chinese-standard non-hybrid strain produces variable 45cm tall plants with thick, shiny, dark-green leaves and flat white stems with a green tinge.

Mei Qing Choi F1-a hybrid variety producing very compact pak choi about half the size of standard cultivars. Petioles are a soft green and form a thick, succulent base-even in the immature stages.

PARSNIP *Pastinaca sativa* B/d,usp,su/200/L/17/FT
One of the hardiest root vegetables. Unique, delicious flavour. Cooked in various ways: baked, stewed, mashed (with carrot especially), chipped etc. Vigorous grower. Frost adds sweetness to their flavour. Allow 3+ weeks for the seed to germinate, keeping the soil moist during this time.

Tender and True-top quality 100 year old European variety. Produces some of the largest roots while maintaining very good flavour.

The Student-top flavour. Heavy yield of medium-long white roots.

PEA *Pisum sativum var. sativum* A/d,usp,su.au/100/S/23
A true delight to pick sweet, fresh, home grown peas and eat them on the spot. Sow regularly to extend the seasons harvest. A cool weather crop. Protein rich, nutritious food. Young shoots/flowers may be used in salads.

Greenfcast Dwarf-good, sweet flavour. Wilt resistant. Bush habit.

Mammoth Melting Snow-popular tall variety of green snow pea. (O/G)

Onward-an old English, main-crop bush variety. Well-filled pods in pairs.

Oregon Snow-edible pods, commonly used when immature in stir fries, salads etc. A high yielding bush variety that does better with some support.

Sugar Snap-fleshy, edible-podded, sweet peas. Climbs to 1.5m-best to provide some support. A heavy bearer. Extended harvest.

Telephone-a favourite climbing pea. Produces an abundant crop of large, sweet, green peas full of flavour. Provide a trellis to 2.5+m.

PHACELIA *Phacelia tanacetifolia* A/d,usp,su.au/200/S/25/FT,DT

To 1.3m. A hardy, quick-to-establish green manure/ground cover native to southern USA. Produces masses of lavender-blue flowers which attract beneficial insects(pollinating & predatory). Good orchard species.

PUMPKIN & SQUASH *Cucurbita spp.* A/d,usp,(early su)/15/S/35

Delicious fruit for pies, soups, scones, baked, steamed, boiled-you name it! Winter squash/pumpkins are suitable for storage and winter use. Summer squashes are softer skinned and best used fresh. The flowers are edible-try them stuffed and fried or baked. Squash/pumpkins are a highly nutritious food rich in vitamins and minerals- the edible seeds especially so.

Anna Swartz Hubbard-3+ months. An heirloom cultivar producing 2.5-3.5kg teardrop shaped fruit with a high quality flesh not unlike the colour and flavour of sweet potato. An excellent keeper.

Blue Hubbard-4 months. Vine. Much requested variety. Large, blue-green fruit(7-12kg) with medium dry, tasty, yellow-orange flesh. Excellent storer.

Buttercup-3+months. Vine. A well loved and respected variety. Cylindrical fruit with a distinct turban at the blossom end. Fine quality, bright orange, sweet and dry fiber-less flesh. Thin skinned. Moderate keeper. 1.5-2.5kg.

Butternut Large Waltham-4 months. Vine. Delicious, large, elongated pear shaped fruit which is mostly flesh. Rich, full flavour.

Delicata-3.5 months. Short vine. The fruit is like a fat, ivory-yellow zucchini with green stripes. Very sweet, orange flesh. Use straight from the garden or store for winter. <1kg fruit ideal for stuffing/baking. (O/G)

Early Golden Summer Crookneck-2.5 months. Bush. Produces a heavy crop of 25cm long golden fruit. Excellent flavour. Best at about 15cm.(O/G)

Golden Nugget-2+ months. Bush. Very early set of 0.5-1kg round, orange fruit. A handy size and very flavourful.

Kakai-3.5+ months. European cultivar bred for the hull-less seed which produces a valuable oil. The seed is very nutritious and delicious to eat, especially after roasting. 2-3kg round, golden-yellow fruit with black stripes

Lady Godiva-4+ months. Grown specifically for the naked, hull-less green seed which is rich in protein, high nutritious and very tasty. (O/G)

Marina di Chioggia-3.5+ months. An outstanding heirloom variety from the coast of Italy. The large, classically shaped blue-green fruit is of excellent quality. The thick, sweet, orange flesh is just delicious. Vine.

Queensland Blue-a return of this stalwart of the Australian vegie garden. Fruits are 30-40cm flattened globes to 5kg or more in weight. Blue-grey skin with firm, rich, sweet, deep orange flesh. An excellent keeper.

Small Sugar-3.5 months. Vine. Very sweet yellow flesh. Round, orange 17cm diameter, 2-4kg fruit. Excellent for pies and baking generally.

Sunburst F1-2.5 months. Bush. An award winning hybrid cultivar which produces an abundant crop of bright-yellow, rounded fruit with a scalloped edge. A tasty summer treat. Best harvested at about 4-5cm in diameter.

Sunshine F1-3+ months. An award winning US hybrid cultivar which produces eye-catching, ~2kg bright orange, round fruit with high quality, thick, dry flesh suitable for baking, mashing and pie-making. In southern Tas this sets fruit early and matures quickly. Fine, edible skin.

Sweet Meat-3+ months. Long, vigorous vines produce large(3-5kg), grey, hard skinned fruit with thick, rich yellow, sweet, dry, finely textured, flavourful flesh. Excellent baked and in pies. Keeps very well.

Thelma Sanders Sweet Potato-an outstanding family heirloom from Missouri in the USA. Small-medium acorn-type fruit. Heavy crop. Superb flavour baked.

Tuffy Acorn-3 months. Vine. Distinctive cultivar producing 1kg, dark-green, 'acorn' fruit with sweet, dry, orange flesh. Very productive. Bake.

PURSLANE-Golden *Portulaca oleracea var. sativa*A/d,usp,su.au/200/S/20
To 45cm. A succulent herb native to Europe and Asia. It produces 4cm wide, thick leaves on golden stems-all of which may be used in salads or as a pot herb. Significantly larger than the wild form. Pick as needed. (O/G)

RADICCHIO *Cichorium intybus* A/d,(t)/anytime/50/S/20/FT
One of the many delightful vegetable cultivars developed by Italian gardeners. It is a beautiful form of chicory used primarily as a gourmet salad ingredient, with a pleasingly bitter taste. A colourful addition to the garden.

Castelfranco-a gorgeous Italian heirloom variety with rounded heads of creamy leaves flecked with deep-red splashes.

Chioggia Red Preco-early, round, compact heads of rich-red leaves and white midribs.

Treviso Red Preco-upright, cos lettuce-like heads. The green foliage turns a deep red with white veins on exposure to cold weather.

- RADISH** *Raphanus sativus* A/d/-/200/S/30/FT
Black Spanish-8cm globular, black skinned roots with crisp, white, pungent flesh. Suitable for storing. (sow su,au)
- Daikon**-very popular Japanese variety sown all year round. Mildly pungent white roots to 40+cm long. (sow sp,su,au)
- D'Avignon**-a French cultivar producing a 10cm long cylindrical root in as little as three weeks from sowing. Most of the root is a bright crimson red and the tip is white. (sow sp,su,au)
- German Giant**-produces a large (for a radish), round, red root which may be consumed when it is as small as a marble or as large as a cricket ball and still not be woody or pithy. Crisp, white, flesh with a bite. (sow sp,su,au)
- Pink Beauty**-round, rosy-pink, small to medium sized, crisp, mild, white fleshed radish. High quality. Not pithy when larger. (O/G) (sow anytime)
- Red Meat**-gourmet variety producing 5-10cm white globular roots with a green crown and a beautiful bright-pink heart. The root is unusually sweet and tasty. Delicious salad ingredient. (sow su,au)
- RHUBARB** *Rheum rhabarbarum* P/d,u/sp,su/15/L/25/FT
 A native of Manchuria grown in temperate climates for its edible leaf stalks. Used for sweet pies and preserves. The broad leaves may be fermented and sprayed in the garden to discourage bugs. Variable from seed.
- ROCKMELON** *Cucumis melo subsp. Melo* A/d,t/sp,su/20/S/32
 Delightful eating indeed. Cultivated widely for the luxuriously rich dessert fruit high in vitamin A. A warm season crop.
- Amish**-a lovely heirloom from the Amish of North America. Produces 2-3kg oval fruit with full flavoured, sweet and juicy orange flesh, even under adverse conditions (tolerates heat, drought, cool and wet).
- Charentais**-highly sought after French cultivar. The grey-green, up to 1kg fruit is full of very sweet, fragrant, deep-orange flesh.
- Collective Farm Woman**-an old Ukrainian variety capable of ripening fruit in Moscow. It produces an early crop of smooth, orange/yellow skinned (when ripe) fruit with very sweet, white flesh.
- Delicious**-an outstanding open pollinated rockmelon developed at Cornell University in the USA. Adapted to shorter season areas while still managing to taste as a rockmelon should. The 1.5kg round, netted fruit with thick, salmon flesh are truly delicious. Resistant to Powdery Mildew. (O/G)
- Sweetie # 6 FI**-unique hybrid melon with a taste reminiscent of butterscotch. The green and white skin has a blush of yellow when ripe and the orange/green flesh is of fine eating quality all the way to the rind. Fragrant and very sweet. Fruit is produced early and average around 500g with about 8 per vine. Multi-disease resistance. Less seed per packet.
- SALSIFY** *Tragopogon porrifolius* B/d,t/sp,esu/40/S/25/FT
 To 1.3m. A native of the eastern Mediterranean that has been gathered in the wild since ancient times. Modern varieties and cultivation techniques make this root vegetable well worth growing in the home garden. Produces fleshy, 20cm long, white roots with a flavour likened to oysters. They may be baked, boiled, fried, souped, stewed etc.
- SCORZONERA** *Scorzonera hispanica* P/d/sp/80/S/20
 Sometimes referred to as Black Salsify and many consider the flavour better than salsify. Grown mainly as a root vegetable although the tender leaves are well worth utilising. Unlike salsify, the roots remain tender after the first year. Promising perennial vegetable.
- SEAKALE** *Crambe maritima* P/d,t/sp,su,au/5/S-L/21/FT/Light
 To 1m. A long-lived perennial relative of cabbage native to the seashores of western Europe and Asia Minor. The blanched, early spring stalks and, later, the flowering heads are eaten. The stalks are prepared much like asparagus, served with a white sauce or butter. The luminous light-blue/grey foliage is very decorative in the garden. (O/G)
- SENPOSAI** *Brassica X rapa* (hybrid) A/d/sp,esu/200/S/20/FT
 35+ days. A Japanese-bred hybrid of cabbage and mustard spinach. The fast growing green combines the sweetness of cabbage and the succulence of komatsuna (mustard spinach). Used in salads, stir-fries etc. Grow all year.
- SHISO** *Perilla frutescens* A/d,t/sp,su/50/S/25/Light
 1m. A colouring and flavouring vegetable native to the Himalayan region.
- Green**-widely cultivated as a flavouring agent for cooked dishes. This variety has bright-green, broad leaves. Also referred to as green cumin due to its distinctly cumin-like flavour with just a hint of cinnamon.
- Red**-also known as the Beefsteak Plant and very popular in Asia. The richly coloured, curry flavoured leaves are used to flavour soups, salads, vegetable drinks and to colour pickles. The seeds are also used to produce an oil.
- SHUNGIKU** *Chrysanthemum coronarium* A/d,t/sp,au/200/S/25
 Edible Chrysanthemum. The cooked leaves give a distinctive Chinese flavour to any stir fry or soup. The flowers are edible. Store by dipping in salted boiling water and then drying. Self seeds.
- SILVERBEET** *Beta vulgaris Cicla Group* B/d,t/sp,su,au/200/S/25
 Milder flavour than spinach. Very useful and nutritious green. Large, juicy, thick stems and leaves. Provides an generous, long harvest of a valuable food rich in vitamins and minerals. Self seeds.
- Fordhook Giant**-tender, deep-green leaves, good flavour and heavy yield. The best known variety.
- Oriole**-beautiful cultivar with bright-orange stems and leaf veins and glossy green leaves. Edible ornamental. Smooth buttery texture. (O/G)
- Perpetual Spinach**-respected by European gardeners as one of the most useful green vegetables. It has smooth, bright-green leaves and small, light-green midribs. 100+ year old variety. Drought and bolt resistant. (O/G)
- Rainbow Chard**-beautiful, multi-coloured leaves in a mix of green, orange, yellow and purple. Very decorative as well as nutritious.
- Rhubarb Chard**-has large, ruffled green leaves with bright red stalks and veins. A delight to see in the garden as well as to use in the kitchen.
- SPINACH** *Spinacia oleracea* A/d,t/-/150/S/21
 Very nutritious green rich in Vitamins A and B, Iron and protein. Used raw when young or cooked. Harvest early to retard bolting. Expect higher germination rate in early spring than in late summer. Excellent food.
- Bloomsdale**-48 days. Thick leaves. Bolt resistant. (sow esp, late su, (au))
- Giant Winter**-60 days. Large, smooth, medium-green, fleshy leaves. Very hardy-grows in winter. (sow sp,su,au)
- Tyee FI**-quality, hybrid variety with outstanding vigour and bolt resistance. Deep-green, wrinkled leaves. (O/G) (sow sp,su,au)
- SPINACH-Ceylon** *Basella alba* A(P)/d,t/sp/50/S/35
 Tropical climbing spinach. Frost tender. Thick, tasty, shiny leaves on 1.2m vines. Doesn't bolt like spinach in summer. Sow indoors when night temperatures are greater than 15degC.
- SPINACH-Mustard** *Brassica rapa* B/d,t/sp,su,au/200/S/25
 35 days. Fast growing, all season Japanese salad vegetable. Mild mustard flavour. Slow to bolt. The roots are edible too and are actually preferred over the foliage in Japanese cuisine. Also known as Komatsuna.
- STRAWBERRY-Alpine** *Fragaria vesca cv.* P/t/sp/50/L/20
 To 30cm. A cultivar of a wild strawberry species native to the woodlands of Eurasia and North America. Produces an annual crop of richly flavoured, sweetly acid, small strawberries from the second season of sowing. Suited to temperate cultivation. Small, compact plants.
- Alexandria**-improved European cultivar with larger than normal, bright-red fruit with juicy, aromatic flesh of excellent flavour.
- STRAWBERRY SPINACH** *Chenopodium capitatum* NOT TO WA (O/G)
 A/d/anytime/40/S/21/FT
 To 45+cm. This relatively unknown, unusual herb was apparently found in a monastery in Europe. It has been cultivated since about 1600 for the surprisingly sweet, tasty, strawberry-like fruit. The foliage, with its delightfully nutty flavour, is used as a pot herb or in salads to good effect.
- SUNFLOWER** *Helianthus annuus* A/d,t/sp/300/S/30/DT
 A much cultivated native of North America. Grown commercially worldwide for the nutritious seed and its oil. The striking, tall, strong plants are used as wind breaks for gardens and as feature plants.
- SUNFLOWER-Perennial** *Helianthus maximilianii* NOT TO WA (O/G)
 P/d,t/sp/15/S/30/DT
 To 3+m tall. A perennial species native to North America. Once utilised by the indigenous population as a food source. Besides the potential of breeding for larger edible tubers, the stately bush is very ornamental.
- SWEDE** *Brassica napus Napobrassica Group* B/d,t/sp,su,au/200/S/30/FT
 Hardy root vegetable. Larger and sweeter than most turnips and with a more fibrous texture. Best after frost. Easy to grow. Can be stored for winter use. A nutritious food rich in minerals.
- Butter**-aptly named due to the delightful, smooth, buttery quality of the cooked root. Doesn't tend to go woody with age and can be sown virtually year-round with similar high quality results. (O/G)
- Joan/Laurentian**-Main crop, northern USA cultivar. Produces a large, purple crowned root with creamy yellow, sweet, flavourful flesh.
- TATSUI** *Brassica rapa Narinosa Group* B/d/sp,su,au/200/S/25/FT
 Tender and mild Oriental green used in salads, mesclun mixes and stir fry dishes. Small, dark-green, spoon shaped leaves in a compact rosette form. Very hardy and easy to grow. (O/G)
- TOKYO BEKANA** *Brassica rapa Chinensis Group*
 B/d/sp,su,au/200/S/25/FT
 The young, lettuce-like, ruffled foliage is light-green, crisp, sweet and tender. An excellent addition to mesclun mixes and salads generally. More mature foliage may be used in stir fries etc. Mild flavour. Hardy and easy.
- TOMATILLO** *Physalis ixocarpa* A/d,t/sp,su,(au)/20/S/25/DT/Light
 1m. A not too well known fruiting bush which deserves wider cultivation. Often bears in 3 months. Produces a large quantity of 2.5-5cm diameter fruit which are used immature as a cooked vegetable (this is the base ingredient of Mexican taco sauce) and used in pies and preserves when left to ripen. The flavour is best at the green stage. NOT TO WA

TOMATO *Lycopersicon lycopersicum* A(P)/d./s/p/20/S/30
Probably the most popular cultivated vegetable. Grown for the juicy fruit which is eaten raw or cooked in countless ways. One of so many food species to have come via the South American Andes. A good source of vitamins A, B and C. Usually germinates poorly in cool soil. Endeavour to keep the soil temperature above 25degC. A warm-season crop with no frost tolerance.

STAKING TYPES:

Amish Paste-a vigorous variety producing heavy yields of deep-red, acorn shaped fruit of thick flesh and rich flavour. Excellent for paste/fresh eating.

Beam's Yellow Pear-an outstanding strain producing clusters of yellow, 5cm long, pear shaped fruit. Top flavour.

Black Krim-a Russian variety producing very dark, red/purple fruit with a wonderfully rich, complex flavour. Medium large flattened globe. (O/G)

Black Russian-a cool tolerant, bushy variety producing medium sized, flattened globe fruit with black/dark brown skin and richly flavoured, dark flesh of creamy texture. Requires some staking. (O/G)

Brandywine-American Amish heirloom with the reputation of having the very best flavour. Large(450g) fruit, deep-pink skin(red flesh) with a flattened globe form.

Cherry Cocktail(Red Cherry)-much requested, bite sized variety. Produces masses of bright-red, sweet fruit. (O/G)

Debarao-beautiful heirloom plum tomato developed in Siberia. The elongated-oval, plum shaped fruit is a rich, deep-red colour and of firm texture. A fine cultivar for sauces as well as salads.

Eva Purple Ball-an outstanding German heirloom. The beautiful, globular, deep-pink fruit of medium-large size is deliciously sweet and tasty. Shows good disease tolerance and performs well in variable conditions.

Gardener's Delight-a German bred cherry tomato producing clusters of 6-10, bite-sized, sweet, red fruit of excellent flavour. (O/G)

Giant Syrian-produces large, globular, very meaty, dark-pink fruit of very good flavour. Fruit(on well cultivated plants) commonly weigh 450g. (O/G)

Golden Sunrise-produces lovely golden fruit of really good, distinctive flavour. Smooth, globular fruit. (O/G)

Grosse Lisse-large fruit. Widely grown cultivar in Australia. (O/G)

Italian Heirloom-beautiful heirloom from Italy. Produces large (400+g) flattened-globe shaped fruit of fine flavour. Quick to size. (O/G)

Kellogg's Breakfast-superb American heirloom. Beautiful, large, deep-orange, 'beefsteak' fruit of outstanding flavour is produced on a large plant with some disease tolerance. (O/G)

Leicester Jones-this variety is named after the Tasmanian naturopath who bred it over 25 years ago-aiming for a low-acid fruit. The relatively large, pink, ridged fruit has excellent flavour and performs well in Tasmania(O/G)

Nyagous-a reliable production of dark red/purple fruit of rich and complex flavour. Medium-large round fruit borne on clusters.

Pyriform-a distinctive, pear shaped variety from northern Italy. 200-250g red fruit with meaty flesh of wonderful flavour. For fresh eating.

Riesentraube-an heirloom from Germany. The name translates into English as 'giant bunch of grapes'. 2-3cm bright-red fruit of top flavour is produced in large clusters(20-40 fruit per cluster). (O/G)

Rouge de Marmande-an early, dependable variety. Sets fruit in cooler conditions than others. Slightly ribbed, red fruit with quality flavour. (O/G)

St. Pierre-lovely French heirloom producing large, round, deep-red fruit of full, rich flavour-even in adverse conditions. (O/G)

Stupice-outstanding Czechoslovakian variety. Produces an extra early crop of richly flavoured, medium sized, red fruit. One of the best choices for cooler or short season areas. Pronounced stoo-peeck-ka.

Tigerella-produces a bountiful crop of small to medium sized, tart, flavourful fruit that ripen red with orange stripes. Does well in Tas. (O/G)

Tommy Toe-outstanding cultivar producing a prodigious crop of small to medium sized, round red fruit of fabulous flavour over a long season. (O/G)

BUSH TYPES:

Gold Dust-an early maturing, cool tolerant, determinate plant producing globular, orange coloured fruit of good flavour. (O/G)

Olomovic-bred by the Czechoslovakian who gave us Stupice. Similarly suited to cooler/short season areas. In Tasmania, has proven to be a prolific producer of medium sized, flattened-globular red fruit of good flavour(O/G)

Principe Borghese-popular Italian drying tomato. Very meaty with little juice, the plum shaped fruit are also suitable for normal processing. (O/G)

Roma-the favourite, dependable paste and bottling variety of many gardeners. Seems to be forgiving of a variable conditions. Medium sized, cylindrical, rich-red, meaty fruit.

Wapsipicon Peach-produces a heavy crop of medium sized, round, rough-skinned, copper-yellow fruit of excellent flavour.

Tiny Tim-a hardy and prolific cultivar producing lots of small red fruit. A good choice for the tropic 'wet'. Suited to containers and small gardens.

TOMATO-Wild *Lycopersicon pimpinellifolium* A(P)/u/sp/20/S/30
This species of tomato is little changed from the wild. The indeterminate (need staking) plants produce literally hundreds of tiny (3-4g) red fruit on long trusses. These ripen sequentially so that fruit may be ripe at the top of the truss and still quite green at the bottom. Rich, sweet and tart taste.

TUBEROUS CHERVIL *Chaerophyllum bulbosum*
B/d./s/p./su./au/20/L.-EL/25/FT

To 2m. A member of the Carrot Family and native to Europe. It produces a grey/black, tuberous root with yellow-white flesh. These are eaten boiled, steamed etc. and have an excellent, unique flavour. (O/G)

TURNIP *Brassica rapa Rapifera Group* B/d./s/p./su./au/300/S/30/FT
An ancient root vegetable, used as a food since prehistoric times. Turnips prefer the same conditions as beetroots. They are easily grown, very hardy plants and quite nutritious.

Golden Ball-main crop variety with orange-yellow flesh of fine flavour. These can be left in the ground to produce winter greens.

Hakurei F1-Japanese bred hybrid variety which produces very mild (sweet) salad turnips best harvested when about 5cm in diameter. They are very quick to size (almost as quick as radishes) and raise the standard of quality for turnips. Use the leaves raw in salads or steamed. Less seed/packet.

Purple Top White Globe-55 days. Fine quality popular main crop cultivar. Mostly white, egg shaped roots except for the purple crown. (O/G)

VITAMIN GREEN *Brassica rapa cv.* A/d./s/p./su./au/300/S/25/FT

A quick growing, mild, very juicy, tasty, leafy green. Soft, bright-green leaves with a juicy white mid-rib. Harvest individual leaves from the young stage to maturity. Good for stir fries and steaming.

WALDO *Brassica rapa* A/d./s/p./su./au/300/S/25/FT
A broad-leaved version of Mizuna with more flavour, more substance and easier to prepare in the kitchen. Bright green serrated leaves.

WATERMELON *Citrullus lanatus* A/d./s/p./su./12/S/35
The large, juicy, sweet, refreshing fruit is a wonderful summer treat. Plants like full sun and to be kept constantly moist. A long, warm season crop. A significant source of the valuable phytochemical lycopene. The protein rich seed is the most nutritious part of the entire plant.

Blacktail Mountain-bred specifically for reliable production in short season climates. 3-5kg, round, dark-green fruit with sweet, juicy, crisp, red flesh. Suitable for warmer climates too.

Cream of Saskatchewan-excellent Russian/Canadian cultivar producing an early crop of 2-4kg fruit with sweet, juicy, creamy-white flesh. Capable of fruiting well in cooler conditions.

Sweet Siberian-A Russian cultivar introduced to the USA pre-1900. Produces an early crop of small-medium(~4kg), light-green, oblong fruit with beautifully coloured(apricot-orange), very sweet flesh.

White Wonder-white varieties of watermelon were quite common 200 years ago and are closer to the wild form than modern strains. The small (1.5-3.5kg), round, green-skinned (with black stripes) fruit has fruity, delicious, translucent white flesh. An early producer not suitable for transporting as it cracks easily(not a problem in the home garden).

YUKINA SAVOY *Brassica juncea* B/d./s/p./su./au/200/S/21/FT
To 35cm. A newly developed cultivar of Asian leaf mustard which produces thick, dark-green, wrinkled leaves. At their optimum growth (about 30cm tall) each plant may be harvested as a bunch of ready to use greens though they can be harvested from about three weeks of seedling stage. Tolerant of both heat and cold.

ZUCCHINI *Cucurbita pepo var. melopepo* A/d./s/p./su./15/S/35
A quick growing summer squash. The thinly skinned cylindrical fruit is normally eaten when immature. Production is enhanced by regular harvest. A couple of plants at a time is normally plenty for most large families.

Black-prolific, early bearing. Dark-green fruit. 50+ days to harvest. (O/G)

Costata Romanesco-yet another wonderful Italian cultivar. A large bush with big leaves and light, grey-green fruit with longitudinal ribs. The eating quality is outstanding with denser flesh of a more delicious and richer flavour than current standards.

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HERBS & FLOWERS

- ANGELICA** *Angelica archangelica* B-P/d,t/asap/20/S-L/17/FT/Light
To 2+m. An attractive, sweetly aromatic herb native to Europe and Asia. It has a rich history of medicinal and culinary use. Also used in commercial flavouring and perfumery. The stately plant makes a lovely addition to the herb/kitchen garden. (O/G)
- ANISE** *Pimpinella anisum* A/d/sp/50/S/25
To 50cm. A native of Eurasia and North Africa. The seed is used for flavouring cakes, breads, sweets and savoury dishes. Roots, stems, leaves and flowers are all edible and add aromatic warmth to a variety of dishes. Used medicinally. White flowers.
- ANISE-HYSSOP** *Agastache foeniculum* P/d,t/sp,su,au/50/S/30/DT/Light
To 1m. A member of the Mint Family and native to Central and North America. Its leaves (especially when dried) have a delightful anise scent and flavour. Used for tea and pot-pourri. Beautiful blue flowers. Bee plant.(O/G)
- ARNICA** *Arnica chamissonis subsp. foliosa*P/t/sp,su,au/30/S-L/20/FT/Light
30-60cm. A North American species of this famous healing herb which has been shown to be very similar in all aspects to its better known sibling (*Arnica montana*) though is considerably easier to cultivate. A well respected healing herb. Used in homeopathic preparations.
- ASHWAGANDA** *Withania somnifera* P/d,t/sp,su/20/S-L/21/Light
To 2m. A native of southern Eurasia and North Africa. Ashwaganda is an important member of the Ayurvedic herbs of India. It is used for specific purposes medicinally and as a general tonic. Sometimes referred to as 'Indian Ginseng'. The plant is also used in soap manufacture and for dyeing. All parts are considered poisonous/toxic. (O/G)
- AZTEC SWEET HERB** *Phyla scaberrima* P/d,t/sp,su/20/S-L/28
To 25cm. A quick growing ground cover native to Central America. Western scientists have recently focused on this plant since it apparently contains compounds 1000 times sweeter than sugar. The native Indians didn't need to be told since they've been chewing the sweet leaves since before the Aztecs arrived. White flowers. (O/G)
- BALM-Lemon** *Melissa officinalis* P/d,t/sp,cau/100/S/25/Light
60cm. A native of southern Europe also known as Bee Balm. The leaves are used fresh in salads and cooked dishes. It also makes a delightfully fragrant herbal tea. Does best in cool, moist conditions. Self seeds. White flowers.
- BASIL-Bush or Dwarf** *Ocimum basilicum cv. 'minimum'*
A/d,t/sp,su/200/S/30
Basils of this species are native to the tropics of the Old World. This diminutive (15-30cm) version of Sweet Basil takes a compact form with finer leaves. Suitable for pot culture. White or purple flowers.
- BASIL-Holy (Purple Tulsi)** *Ocimum sanctum* (O/G) P/d,t/sp,su/30/S/27
70cm. Also known as Sacred Basil or Tulsi by the Hindus. Delightful, richly aromatic (sweeter than the Sacred Basil below) foliage. Use fresh in salads. The expressed oil is an insect repellent and an antibiotic. Pink flowers.
- BASIL-Lemon** *Ocimum basilicum cv. Citriodorum* A/d,t/sp/50/S/30
To 60cm. A cultivated variety of Sweet Basil with a distinctive, delightful lemon fragrance which is especially nice when used with fish or vinegar dressings. White or purple flowers.
- BASIL-Purple** *Ocimum basilicum cv. Purpurascens* A/d,t/sp/100/S/30
30-45cm. Dark red/purple foliage with pale lilac blossoms on red stems. The scent and flavour are softer than Sweet Basil. Use to garnish and colour salads, vinegars etc.
- BASIL-Sacred** *Ocimum sanctum* P/d,t/sp,su/20/S/27
70cm. A different form of the above listing. A delightful, sweetly aromatic basil species native to India. Use fresh in salads. The expressed oil is an insect repellent and antibiotic. Pink flowers. (O/G)
- BASIL-Sweet** *Ocimum basilicum* A/d,t/sp/200/S/30
To 60cm. One of the most commonly cultivated herbs, Basil has a broad range of culinary uses and is also used medicinally. Plant with tomatoes and cook both together. Enjoys a warm, sunny position. Creamy flowers. (O/G)
- BASIL-Thai** *Ocimum basilicum* A/d,t/sp,su/100/S/30
30-45cm. A cultivated form of Sweet Basil from Thailand with delightful, anise/clove scented leaves which are used in cooking. An attractive plant with small green leaves, purple stems and flowers.
- BEARBERRY** *Arctostaphylos uva-ursi* P/t/anytime/15-20/L-EL/20/L-FT,DT
To 15cm. A hardy, evergreen, prostrate shrub native to cool temperate regions of the Northern Hemisphere. Used for centuries in traditional medicine and is still used by modern herbalists. White/pink flowers. (O/G)
- BERGAMOT** *Monarda didyma* P/t/sp,su,au/20/S/25
60cm. A member of the Mint Family native to North America. Most commonly grown for the showy red flowers which are edible, and the foliage which makes a pleasant tea. Also used medicinally and in pot-pourri. A good bee attractant.
- BETONY** *Stachys officinalis* P/d,t/sp,su/20/S/23/FT
1m. A once much valued medicinal herb and a common inclusion in physic gardens. Native to Eurasia. Was held in high esteem as a general panacea and it is still widely utilised. A pretty woodland plant worthy of a place in the flower garden. Red/purple flowers. (O/G)
- BORAGE** *Borago officinalis* A/d/sp,su/40/S/25/Dark
90cm. A native of Europe and North Africa. Bushy, with brilliant blue flowers. Known as the 'Herb of Gladness'. Excellent bee forage. Young leaves and flowers useful in salads and for tea.
- BURNET** *Poterium sanguisorba* P/d,t/sp,au/70/S/25
15-45cm. A native of Europe and Western Asia. The nutty, cucumber flavour of the leaves compliments salads, soups etc. A few plants suffice for kitchen use though en masse it does make a lovely border for the garden bed. Small green/purplish flowers.
- CARAWAY** *Carum carvi* B/d/sp,au/180/S/25/FT/Light
60cm. A native of Europe. Use the fresh leaves in salads. Edible roots. Use the seed in cakes, bread and savoury dishes. Has medicinal uses too. White/pink flowers.
- CATNIP** *Nepeta cataria* P/d,t/sp,au/250/S/25/DT/Light
60cm. A native of Eurasia. It is used as a soothing tea. Cats are said to find the leaves intoxicating. Prefers a sunny position. Has insect repellent qualities (catnip oil is an excellent mosquito repellent). Self sows readily once established. White flowers with purple spots.
- CELERY-Chinese** *Apium graveolens var. dulce* B/t/anytime/200/L-EL/20
Used to flavour soups, stews etc., as a garnish or in the same way regular celery is used in general cooking. The stalks are long and thin, the leaves finer than regular celery, the flavour richer and stronger.
- CHAMOMILE** *Matricaria recutita* A/d,t/sp/500/S/25/Light
To 60cm. A native of Europe and western Asia. Makes a wonderful tea as well as a popular hair for blondes. Inhalation aids nose colds. A prolific plant which reseeds readily. Prefers a sunny position. A delight in the flower garden too. White petals with yellow disks.
- CHERVIL** *Anthriscus cerefolium* A/d,t/sp/100/S/25/Light
60cm. A native of southeastern Europe and western Asia. The delightful, subtle flavour of the fresh foliage may be used to enhance salads and a range of cooked dishes. Sow successively in a shady spot. Can be grown indoors. White flowers. (O/G)
- CHIA-Mexican** *Salvia hispanica* A/d,t/sp,su/50/S/30/DT
1-2m. A native of South and Central America. Chia is a remarkable plant. The Aztec Indians cultivated it as an important staple, energy/endurance food and medicine. Blue flowers. (O/G)
- CHICKWEED** *Stellaria media* A/d/sp,su,au/50/S/25/FT
45cm. Native to all temperate regions. A wholesome herb when used fresh in salads or cooked as is spinach. Very cold hardy. Held in high esteem by herbalists, especially as an ointment. White flowers. (O/G)
- CHIVES** *Allium schoenoprasum* P/d/sp/200/S/17/FT
30cm. A native of Europe and Asia and an essential kitchen herb closely related to the Onion. Round, dark green stems are used in sandwiches, salads and cooking for its distinctive mild flavour. Good pot plant. Edible, rose coloured flowers.
- CHIVES-Garlic** *Allium tuberosum* P/d,t/sp/100/S/17/FT
90cm. A native of southeast Asia. A flat stemmed, garlic flavoured species used much the same as standard chives. Fragrant white flowers.
- CICELY-Sweet** *Myrrhis odorata* P/d,t/sp,cau/8/S-EL/18/FT
To 1m. A native of Europe. A sweetly aromatic herb with delicate, fern like leaves. The foliage, seed and thick root have been used since Roman times for both culinary and medicinal purposes. Fresh foliage and seed are a taste treat. White flowers. Does best in a cool, moist climate in semi-shade. (O/G)
- CLARY SAGE** *Salvia sclarea* B-P/d,t/sp,su/25/S/17/DT
To 1+m. An old favourite native to Southern Europe. Stunning blue and white or all white flowers in mid-summer. The large, coarse leaves can be used in cooking. A favourite with birds and bees too. Worthy of a place in the flower garden. Has been used for medicinal purposes.
- COMFREY** *Symphytum officinale* P/d,t/anytime/5/L-EL/21/FT,DT
To 1m. A wonderfully useful perennial herb found in the wild in Europe and Asia. It is a valuable forage and composting species. Has also been respected as a healing herb for centuries. The flowers are usually light shades of purple. Normally difficult to germinate.
- CONEFLOWER** *Echinacea angustifolia* P/d,t/w,sp/30/S/25/DT/Light
50cm. A native of North America and the most important medicinal herb of the Plains Indians. Used in a wide range of applications. Quite a beautiful rose-purple or whitish flower. This species is often preferred by herbalists and is better suited to dry, barren situations. (O/G)
- CONEFLOWER-Purple** *Echinacea purpurea* P/d,t/w,sp/40/S/25/DT/Light
60cm. A close relative of the above species also native to North America. It is used in a wide range of medicinal applications from influenza to many forms of cancer. The large (100mm) daisy-like, purple flowers make an attractive addition to the herb or flower garden. (O/G)

- CORIANDER** *Coriandrum sativum* A/d/sp,(au)/80/S/17/FT/Dark
45cm. A very aromatic ancient herb native to Southern Europe. The ripe seed is used in cakes, curries and pickles. Young foliage is used in salads and cooked dishes. This is an essential ingredient in many Asian and Mexican dishes. It has medicinal uses too. White/rose flowers. (O/G)
- COWSLIP** *Primula veris* P/d/sp,su,au/20/S-L/5/FT
To 20cm. A hardy native of Asia. Once common, this herb is now more a rarity in Europe where it has been enjoyed as one of the first flowers of spring. It is used for both culinary and medicinal purposes. The foliage and bright yellow flowers may be eaten.
- CRESS-Garden** *Lepidium sativum* (O/G) A/d/sp,su,au/200/S/21
To 60cm. Native to North Africa and western Asia. The fresh young foliage adds a peppery zest to salads, soups and sandwiches. Sow regularly for a continuous supply. May be cultivated indoors for a year round harvest. This strain is a breeders mix with an excellent diversity of leaf forms and textures
- CRESS-Water** *Nasturtium officinale* P/d/sp,su,au/200/S/15/Light
25cm. A native of Europe. The foliage is delicious either steamed or raw and is very nutritious. Plant in moist locations e.g. along a stream, edge of a pond or simply water frequently. May be cultivated indoors. White flowers.
- CUMIN** *Cuminum cyminum* A/d,u/sp/200/S/28
To 30cm. Native of the Mediterranean region. The strongly flavoured seed is used sparingly in baking, cheese making, sauerkraut and curries etc. The ground seed is one of the standard ingredients of curry powder. White or rose flowers.
- DANDELION-French** *Taraxacum officinale sativus* P/d,u/sp,su,au/200/S/21
To 50cm. Native to Europe and Asia. Usually derided as a weed, it is a very underestimated plant rich in nutrients. Pick young leaves as required for salads, sandwiches or add to the herb mix when cooking. Grind the roasted roots in their second year for a delicious coffee substitute. Also used medicinally. Hardy. Yellow flowers. (O/G)
- DILL** *Anethum graveolens* A/d/sp/500/S/21/Light
To 1m or more. A native of Southwest Asia producing flavoursome foliage and seed which are used in cakes, sauces, pickling etc. Soother of upset stomachs. 70 days to maturity. Small yellow flowers. (O/G)
- ELECAMPANE** *Inula helenium* P/d,u/sp,su/20/S/20/FT/Light
2m. A handsome plant with large, velvety leaves and big, bright yellow flowers somewhat like sunflowers to which it is related. Native to Central Asia. Cultivated for culinary and medicinal use. The root used to be candied and eaten as a sweetmeat. It is a favourite remedy for coughs, bronchitis and other chest ailments. (O/G)
- EPAZOTE** *Chenopodium ambrosioides* A-P/d,u/sp,su,au/50/S/25/FT,DT
1+m. A native of Tropical America. The leaves are used to flavour a variety of dishes and are said to reduce the 'gassiness' associated with bean consumption. It is used as a tea (the plant is also referred to as Mexican Tea) as well as medicinally (Oil of Chenopodium). Yellow/green flowers. (O/G)
- EVENING PRIMROSE** *Oenothera biennis* NOT TO WA (O/G)
B/d,u/sp,su,au/100/L/25/FT,DT/Light
1.8m. Native to Peru. Bright, attractive, sweetly scented, yellow flowers in summer. The flowers open in the evening. The whole plant may be eaten raw or cooked. The roots are best the first year. Respected medicinally.
- FEVERFEW** *Tanacetum parthenium* P/d,u/sp,su/200/S/25/FT,DT/Light
To 1m. A bushy, aromatic plant native to Europe. Abundant bright yellow and white daisy flowers with light green, lacy foliage. Used medicinally to dispel fevers and as a tonic. Useful border plant. (O/G)
- GOAT'S RUE** *Galega officinalis* P/d/sp,au/25/S/25
1.5m. An attractive legume native to from Central Europe to Iran. Tea made from the dried flowering plant and seed is used to promote the flow of milk. The fresh juice can be used to clot milk. Lilac/white flowers.
- HYSSOP** *Hyssopus officinalis* P/d,u/sp,au/50/S/21/FT
To 60cm. Decorative, aromatic herb native to south and east Europe. Used for culinary, tea and perfumery purposes. Likes a sunny position. Wonderful bee forage. Blue flowers.
- INDIAN TOBACCO** *Lobelia inflata* A/d,u/sp,su,au/50/S/25/FT,DT
To 1m. A native of North America. As the name suggests, the herb was smoked by some tribes, commonly to treat asthma. The dried flowering herb and seed were used. Modern herbalists also make use of the plant-especially as a relaxant. Use with caution. Blue/white flowers. (O/G)
- INDIGO** *Indigofera australis* P/d/sp,su/40/S/25
To 1.3m. The Australian species of this genus renowned as a source of clear, fast, blue dye. Has been used since ancient times. Showy red flowers.
- LADY'S MANTLE** *Alchemilla xanthochlora*
P/d,u/sp,su,au/30/L-EL/20/FT/Light
To 45cm. A hardy native of Europe. Regarded in ages past as a holy plant, it still is used medicinally. Of particular benefit to woman though it has general applications. The whole flowering plant used. Green/yellow flowers.
- LAVENDER** *Lavandula angustifolia* P/u/sp,au/40/L/21/FT,DT/Dark
90cm. A native of the Mediterranean region. Popular for its sweet, heady fragrance and delightful form/colour. A slow grower, good in rockeries. Bees love the blue flower heads. (O/G)
- LIQUORICE** *Glycyrrhiza glabra* P/d,u/sp,su,au/10/S-L/21/FT,DT
To 1m. A hardy, leguminous plant native to the Mediterranean region and southwest and central Asia. Valued since ancient times. A root component is 50 times sweeter than sugar. Widely used as a flavouring in foods, as a tea, as a sweetener, in brewing and as medicine. Roots can be enjoyed by chewing raw. Blue/violet flowers.
- LIQUORICE MINT** *Agastache rugosa* P/d,u/sp,su,au/30/S/30/FT
To 1.2m. A hardy, perennial herb native to east Asia. This is a selected strain of Korean Mint which has a strong liquorice-mint fragrance and taste. It is actually of better culinary quality than Anise Hyssop. Used to make teas, flavour salads etc. (O/G)
- LOVAGE** *Levisticum officinale* P/d,u/sp,su,au/100/S/21/FT/Dark
To 2m. Native to southern Europe. A sweet smelling, celery-like plant. Has culinary and medicinal uses. The entire plant is edible, including the aromatic rhizome. Greenish yellow flowers.
- LUPIN-Russell Hybrids** *Lupinus X spp.* NOT TO WA
P/d,u/sp,su,au/20/L/17/FT
To 1+m. One of the most easily recognisable flowers due to the tall, dense stalks of brilliantly coloured blossoms. A wonderful feature plant for lining driveways, paths, garden fences etc. with eye catching effect. Colours include: blue, white, red, yellow, pink, purple, lavender etc. Flower stalks reappear annually in spring/summer and put on a display that lasts weeks.
- MARIGOLD-English** *Calendula officinalis*
A/d,u/sp,su,au,(w)/65/S/17/FT,DT/Dark
To 60cm. Pot Marigold. A beautiful, hardy plant native to southern Europe with bright yellow or orange blossoms. Has culinary and medicinal uses. Long flowering season. Self seeds readily. Makes a lovely border. The petals make a tasty addition to salads and sandwiches. (O/G)
- MARJORAM** *Origanum majorana* P/u/sp/500/L/20
30cm. A close relative of Oregano and native to North Africa and southwest Asia. Spicy sweet flavour from the dried leaves. Excellent kitchen herb used in teas, salads, sauces etc. Also has medicinal uses. May be grown indoors. White/pinkish flowers.
- MARSHMALLOW** *Althaea officinalis* P/d,u/sp,su/25/S/20/FT
To 1.5m. A native of Europe. Once commonly grown for its medicinal qualities. Best known for its soothing properties. The young leaves, blue to rose coloured flowers, immature seed pods and roots are all edible. (O/G)
- MIGNONETTE** *Reseda odorata* A/d/sp,su/100/S/17/Light
30cm. Old fashioned favourite. Delightful, highly perfumed, off-white flowers. Ideal for cutting. Bees love these too. (O/G)
- MOTHERWORT** *Leonurus cardiaca* P/d,u/sp,su/25/S/20/FT
1.5m. A native of temperate Europe. According to early herbalists, there is no better herb for strengthening and gladdening the heart. Very useful as a tonic. The whole herb is used. White/pink flowers. (O/G)
- NASTURTIUM** *Tropaeolum majus* A/d,u/sp,su,au/10/S/25/Dark
A cheery, succulent, spreading or rambling herb native to South America. Flower buds and young fruit are used for seasoning. Leaves and the brightly coloured flowers (yellows, oranges, reds) are used in salads and sandwiches, adding a peppery zest.
- NETTLE** *Urtica dioica* NOT TO TAS P/d,u/sp,su/25/S/25/FT,DT
To 1m. A hardy native of Europe and Asia. Though commonly avoided because of their stinging properties, nettles are rich in nutrients and the young plants make an excellent pot herb. Used by herbalists. Leaves make a refreshing rejuvenating tea. Useful fiber. Small green flowers. (O/G)
- OREGANO** *Origanum vulgare subsp. hirtum*
P/d,u/sp,su,au,(indoors)/50/S/21
To 75cm. The wild relative of Marjoram and native to Europe and central Asia. In ancient times it was used solely for medicinal purposes and only relatively recently enjoying popularity as a cooking herb. It combines well with other herbs and adds a distinctive flavour to a broad range of dishes. Very popular with pizza makers. White flowers.
- PARSLEY** *Petroselinum crispum* B/u/sp/200/L-EL/21/FT
To 1m. One of the most popular kitchen herbs. Native to Europe and western Asia. A highly nutritious plant rich in vitamins A and C and Iron. Used as a vegetable in its own right or as a garnish. Full sun or partial shade. Green/yellow flowers.
- Curly**-compact plant with finely cut, curly, dark green leaves. Good flavour. (O/G)
- Giant Italian**-large, bushy plant with broad, flat leaves and thick stalks. Very popular with Italian cooks as a seasoning. (O/G)
- Italian/Plain**-72 days. Rich flavour, preferred in Europe. Dark green, deeply cut, flat leaves. (O/G)

- PYRETHRUM** *Tanacetum cinerariifolium* (O/G) P/d/sp,su/20/L/25
To 45cm. A native of the Balkans. The source of the very useful and effective insecticide, pyrethrum, which is prepared from the dried flower buds. Grown commercially in Tasmania. White and yellow daisy flowers.
- ROCKET** *Eruca vesicaria subsp. sativa* A/d,t/sp,au/100/S/21
To 75cm. A member of the Cabbage Family and native to the Mediterranean region. Young leaves are used in salads, sandwiches etc and the flowers used as garnish. Seed gives an oil for cooking, pickling and lighting. Strong, nutty flavour. Rose/lilac-veined, white flowers.
- ROSEMARY** *Rosmarinus officinalis* P/t/sp;25/L/17/FT/Light
To 2m. Native to the Mediterranean region, Portugal and northwest Spain. Used as a culinary and medicinal herb since ancient times. Makes a useful in-garden hedge/windbreak, hair rinse and is employed medicinally too. Bees love it. Blue flower spikes.
- RUE** *Ruta graveolens* P/t/sp,eau/50/S/21
60cm. An old medicinal herb native to Southern Europe. Is a useful flea repellent. Likes a sunny position. Makes a good hedge. In small quantities it has culinary uses too. Some people may be skin sensitive to the plant so approach cautiously initially. Greenish-yellow flowers.
- SAGE** *Salvia officinalis* P/d,t/sp,eau/40/S/17/FT/DT
60+cm. A native of northern and central Spain, the western Balkan Peninsula and Asia Minor. The Latin name refers to good health. A lovely aromatic plant and a popular culinary herb often utilised on its own. Good for teas and seasoning. Bees love the plant in flower. Blue blossoms. (O/G)
- SALTWORT** *Salsola komarovii* A/d,t/sp,su/100/S/21
To 45cm. A native of the salt marshes of Japan. The long, succulent foliage is used to add a distinctive texture and taste to salads and sushi. Also cooked
- SAVORY-Summer** *Satureja hortensis* A/d,t/sp,eau/100/S/21/FT/Light
45cm. A native of the Mediterranean region. The thin leaved, sparse, aromatic foliage is used fresh or dried for flavouring baked beans, meats and cabbage etc. White/pink/lilac flowers.
- SAVORY-Winter** *Satureja montana* P/d,t/sp,su/50/S/21/FT/Light
To 30cm. A hardy perennial native to the Mediterranean region. Used in much the same way as the above listing though is of stronger flavour. Makes a delightful border plant. Purplish flowers.
- SELF HEAL** *Prunella vulgaris* P/d,t/sp,su,au/65/S/21
To 90cm. A medicinal herb native to Eurasia though now widely naturalised. Said to be an excellent healer of external and internal wounds. An infusion may be used as a general tonic. Sweetened with honey it may be good for a sore throat/mouth. Purple flowers. (O/G)
- SKULLCAP** *Scutellaria laterifolia* P/d,t/sp,su,au/20/S-L/20/FT
To 1m. A native of North America. An erect, rhizomatous, non-aromatic, bitter herb. Used medicinally, it is said to be one of the finest nervines. Small blue flowers. (O/G)
- SOAPWORT** *Saponaria officinalis* P/d,t/sp,su,au/40/S-L/20/FT/Dark
To 1m. A stout herb native to Europe and Asia. The rhizomes are very rich in saponins (which can be poisonous) and useful as a soap or lathering agent e.g. shampoo. Also used medicinally. White/pink flowers.
- SORREL** *Rumex acetosa* NOT TO WA P/d,t/sp,su,au/200/S/20/FT
To 1m. A European herb cultivated for its tangy fresh leaves and used in salads, soups and fish dishes. Blends well with purslane in soup. Reddish green flowers. (O/G)
- SPEARMINT** *Mentha spicata* P/d,t/sp,su,au/50/S/20/FT
To 60cm. A native of the Mediterranean region and now widely naturalised. A very popular pot herb used for flavouring a variety of culinary dishes. Makes a delicious tea. Spreads via runners and can become weedy if not managed. Pot culture makes good sense. Lilac flowers.
- SWEET PEA-Mixed** *Lathyrus odoratus* A/d/esp,au/40/S/20/Dark
To 300cm. This mix contains a variety of cultivars selected for fragrance, colour and cutting qualities. A rainbow of colours in each packet. Being a climber, it is just the thing for beautifying fences or the sides of buildings with the aid of wire or trellising.
- TANSY** *Tanacetum vulgare* P/d,t/sp,su,au/200/S/20/FT,DT
To 1.5+m. A most useful aromatic herb. Native to Europe and Asia. It is used to discourage insect pests in the garden and orchard. One of the most mineral rich of all herbs and is excellent for composting. The dried foliage can keep moths and insects away. Freshly cut foliage may discourage ants. Bright yellow flowers. Self seeds readily.
- TARRAGON-Mexican** *Tagetes lucida* P/d,t/sp,su/20/S-L/25/DT
To 70cm. A sweetly fragrant perennial herb native to Mexico and Guatemala. It has a long history of culinary use though it does have medicinal applications too. The Aztecs used the plant to flavour a popular drink. Nowadays the leaves are substituted instead of French Tarragon. The dried leaves and flowers are used to make a popular Latin American tea.
- THYME** *Thymus vulgaris* P/t/sp,au/100/S/25/FT,DT
30cm. Lovely aromatic herb with a long record of culinary and medicinal use. Native to the Mediterranean region. Easily grown. Chop with sprigs of sage, chives and parsley for 'Fines Herbes'. White/lilac flowers.
- THYME-Creeping** *Thymus serpyllum* P/t/sp,au/50/S/25/FT,DT
A mat forming species of thyme native to northwest Europe. Suitable for use in herbal lawns, pathways, borders etc. The small, dark green, aromatic foliage may be used for culinary purposes. Purple flowers.
- TOBACCO** *Nicotiana tabacum* (O/G) A-P/d,t/sp,su/100/S/25/DT/Light
To 3+m. A native of Tropical America. An insecticide is produced by infusing the leaves and made use of in organic insect control. Externally, nicotine is an antiseptic and has other medicinal uses-internally it is a poison. A lovely plant suitable for indoors. Green/cream to pink/red flowers.
- VALERIAN** *Valeriana officinalis* P/d,t/sp,su/25/L/21/Light
1.2m. Native to Europe and Western Asia. A handsome plant used since ancient times. The dried roots perfume cupboards. Various medicinal applications. White/pink/lavender flowers. (O/G)
- VERVAIN** *Verbena officinalis* P/d,t/sp,su/30/S/25/FT/Dark
To 1m. A native of North America. Respected by many old cultures. Has been used medicinally since ancient times to treat many ailments, especially fevers. Not particularly decorative. Blue flowers. (O/G)
- WILD ROCKET** *Diplotaxis tenuifolia* P/d,t/anytime/100/S/21/FT,DT
To 45+cm. A very hardy wild herb native to Europe. Considered a wild form of common Rocket, this distinct genus produces similar, deeply lobed leaves with an even stronger pungency than its cultivated 'cousin'. Yellow flowers. NOT TO WA
- WOODRUFF-Sweet** *Galium odoratum* P/d,t/sp,su,au/5/L-EL/20
To 30cm. A native of the woodlands of Eurasia. The dried foliage emits a delightful fragrance very like fresh mown hay which lasts for years. A lovely tea is made from the leaves and white flowers. Used medicinally.
- WORMWOOD** *Artemisia absinthium* P/d,t/sp,au/500/L/21/FT,DT/Light
To 1.2+m. Native to Europe. The lovely soft, silvery green foliage is worthy of a place in any garden, even discounting its many beneficial deterrent qualities. Also used medicinally. An attractive hedge plant. Yellow flowers.
- YARROW** *Achillea millefolium* P/d,t/sp,su/100/S/25/FT,DT/Light
To 1m. A delightful addition to the herb or flower garden. Native to Europe and Western Asia. Strongly aromatic, grey-green, fern-like foliage and masses of tiny white flowers in summer and autumn. The whole herb is used medicinally. Yarrow-leaf tea is said to be a good remedy for severe colds.

TREES, SHRUBS & CLIMBING PLANTS

To grow trees from seed can be very satisfying and the rewards multitudinous. It is normally a much longer-term project than planting vegetable seed and well worth endeavouring to provide the best of conditions right from the beginning. My preferred method, generally speaking, is to simply sow seed in situ and let nature take its wonderfully right course, which may well mean death of the seed/subsequent seedlings. Next favourite is to transplant small seedlings as soon as they are ready by simply opening a slit in the earth where the plant is to grow with a spade, inserting the seedling, closing the opening firmly (with one foot pressure), watering thoroughly, mulching heavily (without covering or overwhelming the seedling) and, again, leaving it to nature.

Relative to vegetable seed, tree seed often takes much longer to germinate and the germination rate is sometimes naturally quite low. Also, special potting soil may be required to provide the best conditions for germination: for instance, a very fine mix for tiny seeds. Sterilized soil can be quite beneficial as a protection against pathogens which might otherwise give tender seedlings a hard time. Such mediums are also more likely to be free of troublesome weed seed which can make it difficult to identify and nurture emerging seedlings.

Seed of trees native to areas with cold winters may require cold-stratification to allow vital, low-temperature, biochemical reactions to occur. At its simplest, cold-stratification is an artificial winter. Most seed of this type provided by Phoenix Seeds is normally posted already stratified. Check the catalogue for confirmation. Information in the growing instructions can be of additional help. In nature, seed of many temperate-zone tree species may lie on the ground covered by leaf mulch throughout the winter before germinating in spring. At Phoenix such seed is stored in the fridge and is usually labelled 'Sow By ASAP'(sow as soon as possible). Some seed that is notoriously difficult to germinate may well benefit by being sown in pots and left outside exposed to the elements for many seasons. Generally speaking, the latter is probably the most effective of treatments as long as adequate moisture content of the potting medium is maintained.

Seed with a hard coat may benefit from scarification. This means allowing moisture to enter the seed by nicking, chipping, or filing the seedcoat opposite to where the seed was attached to the plant (usually made obvious by a small protrusion at one end or side of the seed). A knife, sandpaper or nailfile can be most useful here. Be careful not to damage the embryo though it is important to cut right through the seedcoat. For some species, especially Australian natives, hot water treatment is useful for softening the seedcoat to facilitate germination. To do this, simply pour boiling water over the seed in a suitable container and leave to soak for 24 hours. Smoke treatment is proving an effective method of initiating germination of some notoriously difficult native species.

In many instances, Gibberellic Acid treatment has proven to be an effective method of circumventing natural germination-blocking mechanisms. A trial with a sample seed lot may be of significant benefit. Do not look at this as a cure-all, simply one of many possibilities. See the catalogue entry for gibberellic acid for more details.

The time taken for seed to germinate in the soil can vary enormously. Normally allow 6-8 weeks remembering that with some species it may be months or longer (years in some cases) before all likely seedlings have emerged. Pines generally emerge over a period of 10-50 days though some may remain dormant for much longer.

Monoecious - Male and female flowers are borne on the same plant.

Diocious - Male and female flowers are borne on separate plants.

AVELLANO *Gevuina avellana*

Pt/sp,su,au/3/S/25/FT

To 15m. An evergreen native of Chile(33-45degS). Produces a leathery-skinned fruit with an edible kernel considered superior to the European Hazelnut. The nut is widely marketed in south and central Chile and is generally toasted. A multi-use species: ornamental, excellent honey production(Jan/Feb), highly decorative foliage used in flower arrangements, nut husks high in tannins, beautiful yellow timber and good wind resistance. Seeds sent stratified. Tasmanian grown seed.

BANKSIA INTEGRIFOLIA

Pt/sp,su/8/S-L/25/FT,DT

To 15m. An evergreen tree native to all eastern mainland states. Also known as Coastal Banksia. It is a hardy species producing 15cm long, lime green flower heads from autumn to winter. Excellent nectar/honey source.

BLACKWOOD *Acacia melanoxylon*

Pt/sp,su/30/S/27/FT

30m. An evergreen native of southern Australia. Superb dark timber for furniture making, boat building and general wood turning. Slower growing than most Acacias. Suitable for windbreaks. Best in moist situations.

BOLDO *Peumus boldus*

Pt/sp,su,(au)/10/EL/25/FT,DT

To 8m. Small, dioecious, evergreen tree native to Chile. Best known for its aromatic leaves which make a very nice tea. It has specific medicinal uses too. Also used for aromatic baths. Excellent windbreak. To top it off, the tree produces a small, delicious fruit.

BRAMBLE WATTLE *Acacia victoriae*

Pt/d,sp,su,au/20/S/25/FT,DT

To 3+m. An evergreen shrub or small tree native to all mainland states of Australia. This species is being farmed to support the burgeoning bushfoods industry where the seed is utilised to produce a highly nutritious flour. The seed is rich in protein and carbohydrates.

BUNCHBERRY *Cornus canadensis*

Pt/anytime/10/EL/17/FT

To 25cm. A hardy perennial herb native to a broad region of the Northern Hemisphere. The plant persists by way of a woody rhizome. Produces bunches of edible, bright red, juicy, 8mm berries-most popular with children and other wild animals. Seed is sent stratified.

CAROB *Ceratonia siliqua*

Pt/sp,au/20/S/30/DT

To 12m. A dioecious, evergreen, leguminous tree native to the eastern Mediterranean region. Long lived. Produces sweet, edible pods which are eaten raw or cooked and ground to a flour for hot beverages, baking and chocolate substitution. The yield after 7 years is 45-225kg per tree. The plant is a good soil improver and a useful bee forage.

CEYLON HILL CHERRY *Rhodomyrtus tomentosa*

Pt/sp,su/5/S/30/FT,semiDT

3m. A most useful evergreen shrub. It is an excellent hedge/windbreak and produces a sweet, aromatic, edible purple berry. It is reasonably tolerant of wind, shade, salt, drought and poor drainage and when mature takes -7°C.

CHINESE DATE *Ziziphus jujube* NOT TO WA

Pt/d,tan,sp/5/L/30

9m. Deciduous tree native to China and southeast Europe. Easily grown from seed. Wide climate range-from Malaysia to the Mediterranean. Does best in hot, dry conditions though it is quite hardy. Eat the fruit fresh or dry.

CORNELIAN CHERRY *Cornus mas*

Pt/sp,su,(au)/6/L-EL/20/FT,DT

To 8m. A small, hardy, long lived, deciduous tree or large shrub native to central and southern Europe and western Asia. The species is known to have been used as a food since Neolithic times. The fruit is an edible, 2cm long, astringent, dark red, ovoid drupe commonly used in tarts and confectionary though, if allowed to fully ripen, is well liked as a fresh fruit. Quality of fruit varies from tree to tree. The tree is used medicinally and ornamentally.

CRANBERRY BUSH-American *Viburnum trilobum*

Pt/d,sp,su,au/15/EL/5-21/FT

To 5m. A richly decorative, dense, rounded, deciduous shrub native to North America. A lovely garden specimen producing large, maple like leaves which develop a beautiful yellow to red hue in autumn(especially in cooler climates), delightful white flower heads and masses of bright red fruit which persist into winter. These may be used as an excellent substitute for cranberries. They are high in vitamin C. Used to make jam, sauce, wine, etc.

DESERT RAISIN *Solanum centrale*

Pt/d,sp,su/1-2/dried fruit/S/30/DT

15-45cm. An arid land shrub native to the red sand hills of central Australia. The dried, shrivelled fruit(~1cm in diameter) have a rich, full taste similar to sultanas and, apparently, after rubbing in the native red sand, taste similar to raisins. Now a popular bush tucker item.

ELDERBERRY-European *Sambucus nigra*

Pt/sp,su,au/100A-EL/15-20/FT

To 10m. A deciduous shrub/tree native to temperate regions of the Northern Hemisphere. It produces umbels of strongly fragrant, yellow/white flowers followed by small, shiny, black, juicy, edible drupes in spring. Flowers and fruit are used to make beverages(eg. Wine).

GUAVA-Common *Psidium guajava*

Pt/sp/25/L/30

9m. An evergreen tree native to tropical America. One of the most important fruit crops in the tropics and warm sub-tropics. Fruit has a very high vitamin C content. The tree tolerates cold but will not stand heavy frosts. Bears in about 4 years.

JAPANESE RAISIN TREE *Hovenia dulcis*

Pt/d,sp,su/20/S/27/FT

To 10m. A small deciduous tree native to Japan. Well suited to the home garden. Produces (eventually) copious quantities of sweet, raisin-like, edible, fleshy flower-stalks. Temperate/sub-tropical climes. Hardy to -15°C.

JOJOBA *Simmondsia chinensis* P/t/sp/2/S/30/DT
2.5m. A slow growing evergreen, dioecious shrub native to desert areas of the USA and Mexico. An extremely valuable plant due to its fine oil production. Has medicinal properties. Very long lived.

JUNIPER *Juniperus communis* P/t/sp,su,au/25/EEL/25/FT,DT
3-12m. A small, variable, dioecious, evergreen tree or shrub native to the cooler regions of the Northern Hemisphere. Finely grained, durable, aromatic timber. Best known for its fruit which is used to impart the distinctive flavour to gin. Also used medicinally.

KURRAJONG *Brachychiton populneus* P/t/sp/20/L-EL/27/DT
6-18m. A deciduous or evergreen ornamental tree native to Australia. Its roots are full of water which may gush out when cut. Young roots were boiled as a vegetable by the Aborigines. The seed is eaten. Suitable as fodder. The seed makes an agreeable coffee substitute.

MAQUI *Aristotelia chilensis* P/t/sp,su,au(indoors)/20/L/15-20
To 4m. A dioecious, evergreen shrub or small tree native to Chile. Female plants produce small, bright black berries which may be eaten fresh (a mouthful at a time is best to fully appreciate the flavour) or used for juicing or wine making. Adaptable, fast growing and a good honey plant. Lovely ornamental species.

MULBERRY-Black *Morus nigra* P/d,t/sp,su,au/25/L/20/FT,DT
To 10m. A hardy, deciduous, monoecious or dioecious tree native to western Asia. It produces large, juicy, edible, purple-black fruit similar in appearance to a blackberry. The foliage forms a rounded, dense crown. May be espaliered to good effect.

MURTILLA *Ugni molinae* P/t/sp,su,(au)/15/L-EL/25/FT
0.5-2m. Beautiful evergreen shrub. Sought after in Chile (its natural home) for the delicious, aromatic berries which are eaten raw or used in jams, jellies, juice, ice-cream etc. Likely to do well in all temperate zones of Australia. Does well in most soil types. Tolerates cold, wind and wet feet. Excellent small hedge species.

NATAL PLUM *Carissa grandiflora* P/t/sp,su,(au)/8/S-L/28
To 6m. A valuable, decorative, evergreen shrub native to South Africa. Very useful hedge species. The bright red, 5cm fruit is eaten fresh, in fruit salads, jams, tarts etc. Fragrant white flowers. Suitable for growth in containers. Tolerant of coastal conditions.

NITRE BUSH *Nitraria billardieri* P/d,t/sp,su,au/5/L-EL/25/FT,DT
To 2+m. A sprawling evergreen shrub native to NSW, Qld, SA and Vic. In some arid areas, the slightly salty, agreeably flavoured fruit of this species formed a significant part of the traditional Aboriginal diet. Some plants produce enormous quantities of the bright red or purple, olive-like fruit which, besides by man, is eagerly consumed by emus.

OSAGE ORANGE *Maclura pomifera* P/t/sp,su,au/10/L-EL/27/FT,DT
To 15m. A deciduous, small to medium sized tree native to the southern and central USA. It is often grown as a living hedge/fence. The timber is highly esteemed for fencing and for the construction of railway sleepers since it lasts so well and is so strong. Recent reports show that the wood (as fence posts) is still sound after 90+ years exposed to the soil and elements. Thorny, especially when young. An impenetrable hedge.

PERSIMMON-Oriental *Diospyros kaki* P/d,t/sp,su,(au)/5/L-EL/20-25/FT
To 13m. A deciduous, usually dioecious, small to medium sized tree native to China. After about 4-5 years the plant produces (providing fertilisation occurs) a delicious, large, orange berry. Persimmon wood is very hard and useful to wood turners. An excellent bee forage/honey species.

PINE-Stone *Pinus pinea* P/t/au,sp/4/L/27/DT
To 25m. An evergreen conifer native to the Mediterranean region. Wide, flat crown. Yields the tasty pine nut often utilised in European and Middle Eastern cooking. Cones are up to 13cm across. The plant is very heat and drought tolerant once established. Suited to temperate and southern subtropical areas. Selected Portuguese strain. Food, wind/sun shade & timber.

POMEGRANATE *Punica granatum* P/t/sp,su/30/L-EL/28/DT/Light
To 7m. A deciduous, small tree or large shrub native to Europe and Asia. Has been cultivated since ancient times for the red, thick skinned, globular fruit with juicy, red, edible pulp. An ornamental species.

SALAL *Gaultheria shallon* P/d,t/sp,su/50/S-L/20/FT
To 2m. An evergreen shrub native to the forests of North America. Cultivated both for its ornamental value and for the edible black berries which are eaten fresh & after drying or made into jellies and wine. White or pink, Lily of the Valley-like blossoms.

SAND PLUM *Pyrus pyrifolia* P/t/sp,su,(au)/12/L/25/FT
To 17m. A close relative of the common pear. A deciduous tree native to China. Produces small, edible, apple-like fruit. Responds well to cultivation and is quite hardy.

SASKATOON *Amelanchier alnifolia* P/t/anytime/10/L-EL/20/FT
To 7m. A hardy deciduous shrub native to the temperate swamps of North America and Canada. Produces a lovely flower show in spring followed by sweet, dark-red/purple edible fruit in early summer. Sometimes sown as a shelterbelt and for wildlife habitat.

SIBERIAN PEA TREE *Caragana arborescens* P/d,t/au,sp,su/20/S/25/FT
To 7m. A deciduous species native to Siberia and closely related to Honey Locust. A leguminous soil improver with edible seed pods which provide useful chicken forage.

TAGASASTE *Chamaecytisus palmensis* P/d,t/sp,su/35/S/27/FT
To 6m. An evergreen, leguminous shrub or small tree native to the Canary Islands. Has weed potential in some situations. A valuable cattle and poultry fodder. Good bee plant, soil improver. A very hardy species suited to cool temperate to sub-tropical areas. Wind and salt tolerant. Very fast growth.

TAMARILLO-Denmark Gold *Cyphomandra betacea* P/t/sp,su/12/L/30/Light
To 3m. Bred by the producers of the Ecuadorian variety in southwest WA, this outstanding variety produces a lovely golden yellow fruit of a quality suitable for fresh eating as well as the usual preserves, jellies etc.

WALNUT-Black *Juglans nigra* NOT TO WA P/t/au,sp/21/L/27/FT
To 20m. A handsome, long lived, deciduous tree native to North America. The nuts are hard shelled and have a strong flavour. Bears after about 8 years. The timber is highly prized. Casts a light shade.

WIRY WATTLE *Acacia coriacea* P/d,t/sp,su/20/S/28/FT,DT
To 8m. Australian native. A hardy, leguminous evergreen tree. Produces a heavy crop of long pods with relatively large seed which are delicious eaten raw when green or lightly roasted when black(mature). The seed is also ground into a paste and eaten.

WISTERIA-Japanese *Wisteria floribunda* P/d,t/sp,su/31/L/30/FT
A native of Japan. A hardy, deciduous, leguminous woody vine. This is the best known of the Wisteria genus and is used to cover and add sparkle to pergolas, patios and walkways. Can climb to 11m or more. Very long racemes of delightfully fragrant, violet blossoms.

YUCCA *Yucca baccata* P/t/sp,su/8/S-EL/20/DT
To 7+m. A long lived, evergreen plant native to the arid southwest of North America. 60cm long, white inflorescences are followed by large, banana-like fruit. The leaves yield a very useful fibre, the flowers and ripe fruit are edible either raw or cooked. The large roots are rich in saponins and can be used as soap.

BOOKS & MISCELLANEOUS

GROWING AUSTRALIAN NATIVE PLANTS FROM SEED \$30.00

Murray Ralph 2nd Edition 156pp softcover Aust

A most useful book that deals specifically with the propagation from seed of a broad range of indigenous Australian plants. After briefly discussing the merits of utilising native species, the author introduces basic, practical botanical information and horticultural techniques before providing specific germination data for 880 plus plant genera.

SEED COLLECTION OF AUSTRALIAN NATIVE PLANTS \$25.00

Murray Ralph 199pp softcover Aust

Murray briefly discusses the merits of collecting and utilising indigenous Australian seed, details the many different fruiting habits of native species and how to handle the seed once collected, provides a list of the plants by botanical name with specific collection information and, finally, includes a calendar of when to actually collect seed of various trees, shrubs, ground covers and grasses.

SEED PRODUCTION FOR THE AUSTRALIAN HOME

VEGETABLE GARDENER \$6.60

Allen and Christina Barry (HDA) 40pp softcover Aust

A general guide to saving seed of the most commonly cultivated vegetables in Australia. Contains useful technical information.

GIBBERELIC ACID (GA 3) \$5.50

Gibberellins are plant growth hormones which have been shown to dramatically enhance seed germination of some species. They occur naturally within plants and play an integral role in normal development. Research regarding gibberellins and seed germination is rather limited and recommendations are not available for most species. It is clear that Gibberellic Acid stimulates germination of some of the notoriously difficult species. A packet contains enough powder to make up at least 20 litres of solution. Instructions are included.