

## Instructions

Please complete the order form with the quantity of seed packets required. There is a minimum order value of £5, even if you do not order 5 packets of seed, this covers postage and packaging costs. Orders over £5 will be posted free of charge.

When ordering via post and the payment is by cheque please make out a 'Limit Cheque' i.e. write in words 'not more than £(maximum order value)' and leave us to fill in the actual amount in figures. This helps prevent credit notes swapping about. Please make all cheques payable to Yvonne Holden.

If ordering by email please send your completed order form to [rebehaksveg@talktalk.net](mailto:rebehaksveg@talktalk.net) then post payment to the address below. Please allow 7 days from cleared payment for delivery.

We try to ensure all the seeds on our list are in stock, however we cannot guarantee they will be available at the time of your order. If you order a variety that is out of stock we will contact you on the telephone number you have provided and let you know an approximate delivery date.

Don't forget to fill in all the 'Order Details' sections so that we are able to send off your order, and a telephone number so we can contact you if there are any problems/issues with your order.

Cheques Payable to: Yvonne Holden

Postal address:  
Rebekah's Veg  
c/o Springfield Nurseries  
2 Back Gisburn Rd  
Blacko  
BB9 6LT

Rebekah's Old Fashioned and Unusual Vegetables

Seed Catalogue

Total: £5.00

Ref	Variety	Name	Description	Qty
AUB01	Aubergine	Baby Belle	A dwarf compact plant which is ideal for container work. The approx. 30cm high plants bear lots of small jet fruits. The variety has the added benefit of being spine free.	
AUB02		Farmers Long	A vigorous, erect plant producing prolific and early top quality long slender, purple red fruit measuring 30cm in length. The plants have white tender flesh with a good flavour. Tolerant of bacterial wilt.	
AS01	Asparagus	Pea	An unusual plant which produces attractive red flowers followed by angular pods. Pods should be harvested when 5-8cm in length.	
BBR01	Bean - Broad	Aquadulce	A standard variety for over wintering. Very good cold tolerance, semi-compact plant (approx 90cm with high yield. A very early maturing variety. Sow Oct/Nov. or Feb/March.	
BBR02		Bunyards Exhibiton	These tall plants produce good yields and is a very reliable performer.	
BBR03		Imperial Green Longpod	This high yielding variety produces dazzling bright green beans suitable for both fresh and freezing. The tender beans are superb eaten young in salads.	
BBR04		The Sutton	This dwarf, bicoloured variety looks great in containers, the variety produces good quality beans over a long period, ideal as a 'patio vegetable'. Suitable for autumn sowing, at 45cm is ideal for an exposed area.	
BCF01	Bean - Climbing French	Barlotta Lingua Di Fuoco	A dual purpose bean for use as both green pod or dry bean. Spectacular green pods with decorative red strips. Excellent flavour.	
BCF02		Blauhlide	Strong growing plants, resistant to virus diseases. Produces stringless blue beans which turn green on cooking.	

BCF03		Cobra	Very high quality with a long harvest period. Long round pods which remain very straight and have a bright green, smooth service. This variety is black seeded with good vigour. <u>Stringless.</u>	
BCF04		Cosse Violetto	Circa 1868. This highly ornamental climber, height 150cm produces rich purple pods in abundance and is distinguished because it retains its colour when dried. When boiled it turns a brilliant green colour and has a wonderfully great taste.	
BCF05	Bean- Climbing French	Eva	Organically produced seed suited to early production with dark green oval pods. Sow under glass from Feb. onwards or alternatively sow direct outside in May, <u>Harvest July onwards.</u>	
BCF06		Limka	Very similar to the dwarf varieties, early maturing specially suited to greenhouse, tunnel or open ground. Performs well under difficult conditions. An excellent plant and <u>a very heavy cropper.</u>	
BDF01	Bean - Dwarf French	Borlotto Suprema	High quality selection of dwarf borlotto beans. Produces a good yield of decorative pods containing brightly coloured beans. Excellent flavour. Adds interesting colour <u>to cooking.</u>	
BDF02		Cantare	A maturing variety producing fine to medium beans approximately 12cm in length. Pods are dark green with good flavour. Resistant to BCMV, Halo Blight and <u>Anthraxnose.</u>	
BDF03		Hildora	Organically produced seed, this bright yellow podded dwarf bean produces high yields of long, straight pencil podded beans. Sow under glass from Feb. onwards, or <u>direct sow in May.</u>	
BDF04		Maxi	Organically produced seed. This early and heavy yielding variety has medium green, round / oval pods. The robust plants are suited to poor growing seasons and give a high return from limited space. Tolerant of <u>BMV race 1</u>	

BDF05		Valdor	A high quality dwarf wax bean variety sometimes known as kidney beans due to the shape. Little evidence these beans come from France, in fact they appear to come from South America. Round attractive golden yellow pods they are slow growing and a late cropper with a good upright habit.	
BRU01	Bean - Runner	Celebration	Originally introduced from South America for the ornamental flowers and useful screening. This salmon pink flowered variety was bred especially for growers in the UK. An early variety producing a very heavy crop of smooth, medium to long pods with a more pronounced flavour than French Beans.	
BRU02	Bean- Runner	Enorma	An appropriate name for a runner bean with enormously long smooth slender pods. Red flowers with purple seed organically produced. Early, very high yields with plenty of vigour. Apart from its good flavour, Enorma is a popular variety with competition growers. AGM.	
BRU03		Painted Lady	Circ 1596 The name refers to Queen Elizabeth 1st who, like many women of the Elizabethan era, painted her face with a concoction made of lead and chalk to whiten her skin. Blooms are bi-coloured scarlet and white. A good cropper, height 90/120cm.	
BRU04		Red Rum	Very early into production because of it's free setting ability. Extremely heavy crops of narrow, medium length pods.	
BRU05		Scarlet Emperor	One of the most established runner beans, used as an attractive climber, pick the beans when very young for a soft tender stringless bean. Harvest regularly otherwise the crop will be reduced. Within an hour of picking either cook or freeze. Well used during the war effort and 'Dig for Victory'.	
BRU06		White Emergo	White seeded and white flowered. A very heavy cropping stick bean with a pod length of up to 30cm.	

BDR01	Bean - Dwarf Runner	Hestia	This dwarf bicoloured variety looks great in containers and produces good quality beans over a long period. Ideal as a 'patio vegetable'. Sow direct in May/June.	
BDR02		Pickwick	Originally introduced from South America for the ornamental flowers and useful screening. Pickwick is a red flowered dwarf variety ideal for growing in containers on a patio. Produces medium length and stringless, smooth straight pods. Better yield than most of the traditional dwarf types.	
BEE01	Beetroot	Albina Ice	A truly white beetroot which does not bleed when cut. Excellent flavour and texture. Wavy topped leaves can be used like spinach.	
BEE02		Blankoma	Reputedly better tasting than red beet this unusual round slightly conical beetroot is tasty with tender pure white roots.	
BEE03	Beetroot	Burpees Golden	Traditional variety from before 1828 this Victorian delicacy has something different from the usual red beetroot. Won't bleed and stain, the leaves are light green, the roots orange/yellow turning golden yellow when cooked. Tender, sweet tasting and a fine texture even when large.	
BEE04		Chioggia Barbietola	Bulls Eye Beet. Mid 19th Century a traditional variety from Chioggia (a fishing village on the Adriatic Coast) When sliced unusual red and white rings are exposed, adding an attractive element to the salad plate, has a sweet taste. Suitable for use in salads or as a hot vegetable.	
BEE05		Cylindra	As the name suggests, a long slim, cylindrical shaped beetroot, with a dark red colour to both the outer smooth skin and the inner sweet tasting flesh. Ideal variety for slicing. <u>Matures medium early.</u>	
BEE06		Egyptian Turnip Rooted	Circa 1870 onwards this very distinctive variety has fine deep red flesh, strongly recommended for shallow soils and cold frames. Valuable for summer salads as it comes to maturity early in the season.	

BEE07		Pronto	Suited to early, main season and late sowings. Globe shaped, dark red internal colouring with a smooth skin. A high quality variety with good resistance to bolting. A good choice for baby beet.	
BRO01	Broccoli	Early Purple Sprouting	Good quality spears can be harvested from this variety over several weeks. The fat tasty and juicy dark purple spears are produced from a central flower head. In order to prolong the harvest keep picking the side shoots to encourage more.	
BRO02		Early White, White Eye	A quality variety producing white spears for cropping in Feb/Mar. Popular as a 'cut and come again' crop.	
BRO03		Late Purple Sprouting	Plants are popular as a 'cut and come again' crop. Late maturing variety, good quality, strong plants with large heads.	
BRUS01	Brussels Sprouts	Bedford Darkmar 21	This solid variety was introduced in 1925 and is open pollinated which produces large flavoursome high yield sprouts. They taste better after a frost.	
BRUS02		Evesham Special	Very hardy, surviving the severest weather to provide winter greens. This is a well known variety popular with amateur growers. The flavour improves vastly after frost.	
BRUS03		Red Bull	This novel variety produces red sprouts. A high yielding open pollinated variety with the best performance of the red sprouts. In order to develop more colour expose to cold weather.	
CABB01	Cabbage-Ballhead	Golden Acre Earliest of All	This ballhead cabbage is very early with round heads. Can be sown under glass without heat from Feb. Outside sowings can be made mid March. Harvest from early July to Sept.	
CABB02		Primo	Circa 1929 known as Golden Acre. On account of the smaller compact head it may be planted closer than any other variety with a head of similar size. It's remarkable fine quality and tenderness will be greatly appreciated.	

CABP01	Cabbage - Pointed	April	This autumn sowing cabbage is early to mature, a pointed cabbage with compact frame, good for use as greens in the spring. As the name would suggest is ready to pick in April.	
CABP02		Durham Early	A cabbage that can only be sown late summer or early autumn. If sown earlier it can bolt prematurely. A very hardy winter grown pointed cabbage that can also be used as a spring cabbage. Ideal for growing outside even in the North East.	
CABP03		Greyhound	Also known as Express. Short stemmed, the head is small and oval and forms quickly. An extra early variety with very few leaves but extremely useful for spring sowings.	
CABP04		Offenham Flower of Spring	A large framed variety with good leaf colour and very little wastage. Excellent for Spring Greens.	
CABP05		Offenham 3 Wintergreen	A high quality variety with dark green leaf colour. A heavy yielding crop of spring greens at first cut. Sow in the Autumn.	
CABP06	Cabbage - Pointed	Winningstadt	A Canadian Variety circa 1878. Large conical heads, leaves bright glossy green. One of the hardiest varieties, resists cold, wet and pests.	
CABR01	Cabbage - Red	Red Drumhead	Noted as Red Dutch Cabage by Messer's Mawe and Abercrombie in 1787. Solid round heads with good internal structure and all over a very deep or dark red with very thick leaves.	
CABW01	Cabbage - Winter / Savoy	Best of All	Sow this variety Mar/May and harvest Sept/Dec. This standard summer/autumn savoy is flat headed with large leaves of a good blue green colouring.	
CABW02		January King	Sow this variety Mar/May and harvest Sept/Dec. This standard January King type winter cabbage has flat, round, medium purple colour with interesting textured leaves.	

CALA01	Calabrese	Green Sprouting	Sow March and April for cutting in Aug. Fairly well known as calabrese, this is an excellent vegetable for late summer and autumn use. It first produces a good sized central head, when this is cut the plant produces from each joint, shoots or <del>sprouts gathered as 'cut again'</del>	
CALA02		Waltham	Calabrese is a useful late summer vegetable, which can be grown over a long season, often succeeding where other brassicas fail. Waltham produces a central head and numerous side shoots, all with a <del>great flavour</del>	
CARD01	Cardoon - cynara	Cardunculus	Smooth Solid Cardoon. Pre 19th Century. Perennial yet large attractive plant with the stunning purple head in the autumn for your herbaceous border. Edible if blanched, a great Victorian plant. Hardy. (Not to be <del>confused with the Artichoke</del> )	
CARR01	Carrot	Amsterdam Forcing 2	Cylindrical (Amsterdam) type, early maturing with slim roots. Uniform in size, heavy yielding, very well suited to early glasshouse growing. Sow Feb/April and <del>harvest May/July.</del>	
CARR02		Chantenay 2 Red Cored	These maincrop carrots are evenly shaped and tapered stump rooted. The smooth skinned carrots also have excellent colour. Sow April/October and harvest <del>July/October.</del>	
CARR03	Carrot	Pariser Market 4	Small round Parisien Market carrots with a good flavour, great for heavy clay or stoney soils, good in hanging baskets or in pots around the terrace, grows to the size of a <del>golf ball.</del>	
CARR04		Rothild	Another all season crop this organic variety is of high yielding quality. An Autumn King type with very good flavour and intense red colour due to high carotene content. Large roots of good shape. A late maincrop <del>variety.</del>	
CARR05		St Valery	Carotte Longue Rouge de Saint-Valery. Circa 1881. Exhibition roots up to 10ins long, fine grained and sweet tasting. An improved version of the long orange carrot, a variety in use in the 1600's. One of the tastiest varieties as it has a distinctive <del>yellow core.</del>	

CARR06		White Belgium	Originally from 1852 and derived from the 'old long white' carrot, which had been in commercial use since the 1600's. Once considered the forage carrot, however its mildness of flavour and unusual colour has made it desirable. Medium long, fine in poor soil, tender when cooked.	
CAUL01	Cauliflower	All the Year Round	Circa 16th century Cyprus. The plant was described as the flourie colewort of which the small stems grow together in the centre, thick set and fast through together. Can be harvested through most of the year, with good shelf life and storage. Suitable for successional sowings.	
CAUL02		Autum Giant	Cauliflowers are brassicas grown for their characteristic flower heads or curds and are usually white or creamy. This is a popular late variety maturing Nov/Dec.	
CAUL03		Snowball	Can be harvested through most of the year and has a good self life. Good quality robust plants well suited to successional sowings. Snowball is an over wintering type with a large cream head and delicate flavour.	
CEL01	Celeriac	Prague Giant	Well shaped smooth celeriac, has vigorous roots and an upright foliage. Round relatively smooth skin with good inner quality. Suitable for storage.	
CELE01	Celery	Dark Green Soup	Leaf or cutting celery is very hardy and robust (can survive minus 10F.) and closely related to wild celery. A branching bushy plant with glossy leaves and thin, fine stems this variety is rarely affected by pest or diseases.	
CELE02		Giant Red	Similar to Giant White, with very attractive purple-red stems, which turn pink on blanching. Very hardy, producing thick, tasty crisp purple-red sticks into the new year. Also known as soup celery and the seed can be used as a condiment.	

CELE03		Golden Self Blanching	Grown in France and Italy in the 17th Century but not known in Britain until the year 1800. Self blanching types are now a mainstay of salad vegetables. Yellow to green stalks which, if block planted will self blanch. A very popular variety.	
CELE04		Solid White	Trench Variety. Very hardy producing thick crisp sticks into the new year. Requires constant supply of manure, water and liquid feed, also requires earthing up. Wrap paper around the stems in August and draw up the soil around them, take care not to get soil in the crown. Complete earthing by Sept. when only the top leaves should be showing. Protect tops from severe weather.	
CHIC01	Chicory	Brussels Witloof	Chicory leaves picked young are often included in those delicious bags of Italian salad leaves. They are easy to grow and very robust, so are particularly useful for winter salads. The leaves turn red as the temperature drops. Large thick stemmed leaves, stalks and leaves are used for salads when blanched.	
COUR01	Courgette	Green Bush	Striped fruits, a good uniform shape and prolific cropper. Can be picked as small courgettes or left to mature into marrows.	
COUR02		Tondo Chiaro di Nizza	A delightful round shaped courgette. Very productive and fruit should be cut at about 10cm diameter. Pale green colour and excellent flavour.	
COUR03		Tromboncino Albenga	A very different type of courgette with long curved, bell ended fruits up to 1m in length but best harvested when about 30cm long. Vigorous trailing or climbing in habit.	
CUC01	Cucumber	Crystal Lemon	Circa 1900. A very interesting, quick growing, very prolific variety producing loads of delightful, rounded, lemon coloured fruit. Excellent for either slicing, pickling or stuffed. Great for the kids.	
CUC02		Gerkin National	A ridge type this variety is very quick growing and prolific in habit. Producing a mass of small prickly fruit for pickling.	

CUC03		Marketmore	A popular ridge slicer type producing straight, dark green fruits, approximately 20cm in length. Good disease resistance.
CUC04		Tanja	Robust organically produced seed ideal for use in either a tunnel or outdoors. Gives prolific crops of 35cm long dark green, bitter free fruits.
END01	Endive / Scarole	Blond Full Heart	Endive is similar to lettuce but with a more bitter taste, this can however be reduced with blanching, Scarole types have broader leaves than Frisee. Blond Full Heart is a popular Scarole type with good flavour and colour
END02	Endive / Frisee	Panalieri	Panalieri is an excellent Frisee type and can be produced throughout the year. It has finely serrated green leaves with nice white colour to the heart and ribs.
FENN01	Florence Fennel	Zefa Fino	This type of fennel is mainly grown for its bulbous roots which are becoming very popular used in specialist cuisine. Can also be used as a 'mini-veg'. This variety produces flat, round bulbs of a good size, and is resistant to bolting. Sow March to May.
GMAN01	Green Manure	General Mix	A mix of green manure designed to provide short term manure for use throughout the year. Includes Rye, Minerva Maple Peas and English Early Common Vetch.
GMAN02		Spring Mix	A mix tailored for use in the spring. Includes English Early Common Vetch and White Tilney Mustard.
GMAN03		Winter Mix	A mix to use in the winter includes Crimson Clover, Broad Leaf Red Clover and White Tilney Mustard.
HERB01	<b>Culinary Herbs</b>	Angelica	A biennial plant that grows up to 2m in height with long hollow stems and fleshy roots. Useful for medicinal purposes and for confectionery.

HERB02		Anise	Anise is a native of eastern Mediterranean countries. Can be sown outside and yields the round aromatic seeds in late summer. The whole plant may be cut carefully at ground level when first ripe, laid on paper in a warm place to finish drying. Used as flavour in liqueur making and medicinally against coughs and chest infections, also used for flavouring cakes.	
HERB 03		Balm Lemon	Often called Lemon Balm this perennial is used for medicinal purposes, seasoning and for flavouring fruit cordials.	
HERB04		Basil Bush	Basil has a pleasant, warm, clove like flavour and is used in many continental recipes. It is used to flavour tomato dishes, soup and fruit preserves. Grown as a half annual in this country, it is best to sow in a pan or box in the greenhouse with an average temp. of 60deg. F. during late March and April. Seldom above 15cm in height, it has a reputation for hardiness. The leaves may be used fresh or dried. Deliciously scented foliage and used	
HERB05		Basil Cinnamon	A vigorous plant with a distinct flavour and a strong cinnamon aroma. Leaves olive/brown/green with a hint of purple. Height 30/40cm. Used for sweet spicy dishes and salad dressinas.	
HERB06		Basil Lemon	This attractive annual is lemon scented and has medium sized foliage and pink flowers.	
HERB07		Basil Neopolitana	A traditional variety from Southern Italy. The large frilly leaves are deeply veined and have a distinctive flavour.	
HERB08		Basil Purple Ruffles	Annual, fragrant and dramatic garden subject. Larger leaves than Dark Opal, heavily fringed and ruffled, dark purple almost black in colour. Height 35/45cm.	
HERB09		Basil Red Rubin	Excellent purple leaved form. Use to add colour and taste to salads and pasta dishes. Can also be used as a decorative border plant.	
HERB 10		Basil Siam Queen	Annual. Excellent for seasoning and salads. Height 40/50cm.	

HERB 11	<b>Culinary Herbs</b>	Basil Sweet Genovese	A pleasant, warm, clove like flavour used in many continental recipes. Used to flavour the special Fetter Lane sausages and appreciated in tomato dishes, soup and fruit preserves. Grow as a half hardy annual sow in a pan in the greenhouse during late March/April 60deg F. Use the <del>leaves fresh or dried</del>	
HERB 12		Basil Sweet Thai	Sow in a seed tray on the window sill in early spring, and treat as a frost tender annual. Plant outside in early summer. Harvest the leaves from the top of the plant to encourage bushy growth. Has green leaves, violet stalks and flowers with a strong scent of aniseed and cloves. Ideal in <del>Thai cooking</del>	
HERB 13		Borage	This is a most decorative annual with pink buds on stems covered with purplish grey hairs that glisten in the sun. The flowers are intense blue with a black cone of anthers. Sow in a seedbox in March/April under glass or outside April/May in a sunny site. The peeled stems have a cucumber flavour and may be used in salads, and the flowers put in for decoration. This herb is an excellent bee-plant, as the plant is rich in potassium nitrate, and infusion of the leaves makes a really cooling drink.	
HERB 14		Caraway	The seeds can be used for flavouring in cakes, bread and soups. The young leaves can also be added to salads. Height 30/60cm	
HERB 15		Chervil Curled	This annual has fine cut dark green leaves and grows to height of 20/40cm. It is used for flavouring salads and stuffings.	
HERB 16		Chives	The chopped foliage brings a hint of spring onions into the salad or omelette. They also make an excellent edging to the herb bed planted 6/8ins apart and are good tempered and will grow under most conditions. Chives 'grass' is used finely chopped in many dishes, to garnish soup, to blend into cream cheese, and for salads.	

HERB 17		Chives Garlic	Pleasant mild garlic flavour, the small white flowers are also edible. Leaves are approx. 40cm high and broader than normal chives.	
HERB 18	<b>Culinary Herbs</b>	Comfrey	The flowers of Russian Comfrey are clear pale blue with pink buds on high 120/150cm stems with large, ovate, harsh-haired leaves, very decorative for the herb garden. Used as a green manure providing a cheap, economical source of composting material and soil improver. CAN CAUSE SKIN IRRITATION	
HERB 19		Coriander	A long established and popular hardy annual, growing to 60cm in height and well known for the round 'seeds' that are used chiefly to flavour curries, soups and in confectionery. The seeds are pleasingly aromatic	
HERB 20		Coriander Leisure	Specifically bred for leaf production, large leaves, slower to form seeds than standard coriander types. Ideal for late season production. Sow mid June to September.	
HERB 21		Cumin	A small annual found wild in upper Egypt, but cultivated from early times in Mediterranean countries. The leaves are thread like, similar to Fennel and the seeds rather resemble that of caraway. In India, cumin can form an ingredient in curry powder	
HERB 22		Dill	This hardy annual is frequently confused with Fennel which it closely resembles. Has its own characteristic cooler, acquired scent. Can be used as a condiment and in pickling. Height 90cm	
HERB 23		Dill Hercules	This annual is one of the best varieties for leaf production. It produces a tall erect plant with dark green foliage which is very vigorous. Very slow to flower.	

HERB 24		Fennel Bronze	Bronze Fennels are decorative for indoor flower arrangements, but the stems should be plunged deeply into water for some hours before making the arrangement. Foliage is used fresh or dried as a flavouring with salmon, mackerel and other fish. To some the scent is pleasing, to others it is too aniseed or liquorice, the flavour however is enjoyed by all.
HERB 25		Fennel Common	An erect growing plant with dark green fine cut foliage that is indispensable in the herb garden. The foliage is used, fresh or dried, as a flavouring with fish.
HERB 26		Feverfew Golden	Aromatic leaves used for the relief of rheumatism and migraine. Height 30cm.
HERB 27	<b>Culinary Herbs</b>	Lemon Grass	An East Indian Strain growing to 20/30cm in height. Grow as a tender perennial. Used for flavouring and scents.
HERB 28		Marjoram Sweet	Italian Oregano is also known as Sweet Marjoram. Can be used fresh or dried in the <i>bouquet-garni</i> , mixed herbs, veal and poultry stuffing, to flavour omelettes or in salads the warm flavour being delightful.
HERB 29		Marjoram White	Commonly known as Oregano. An erect plant with a woody rhizomatous root stock from which leafy stems appear annually. Height 40/60cm.
HERB 30		Onion Welsh Red	Similar to chives but coarser and stronger flavoured. Can be harvested all the year round. Very attractive and a stronger flavour than the white type.
HERB 31		Onion Welsh White	Similar to chives with the same uses but coarser and stronger flavoured. Large decorative white flower heads. Can be harvested all year round. Sow April / May

HERB 32		Peppermint	This is the most important medicinal Mint, yielding the universally known flavour in 'bull's eyes' and other confectionery better known than the plant itself. Peppermint oil is also used in pharmaceutical preparations containing Menthol, for rheumatism and neuralgia. Peppermint tea can be made by pouring boiling water onto fresh leaves.	
HERB 33		Rosemary	An evergreen perennial shrub with grey-green pinnate leaves, silver underneath, and elegantly fluted mist blue flowers in April/May on last year's wood. The scent is refreshingly pungent with a hint of ginger. Used in seasoning lamb or as an infusion of dried or fresh leaves makes a good rinse for brunette hair.	
HERB 34		Rue	Strongly aromatic evergreen bush with yellow flowers. Finely chopped leaves can be added to sandwiches and salads. Height 40/60cm	
HERB 35	<b>Culinary Herbs</b>	Sage	Well known as a flavour, for duck, goose and pork including sausages. It is one of the earliest crops to be harvested, a first cut in May, then in August and often a third later. It is also straightforward to dry and can be piled fairly heavily on trays, provided that it is stirred up daily to prevent going into a solid mass when the sage will go black with an unpleasant smell.	
HERB 36		Sorrel Broad Leaved	Young leaves have a tangy taste used to liven up salads. Used for salads, also as a vegetable like spinach.	
HERB 37		Sorrel Large French	The cultivated form of the ordinary wild Sorrel is often called French Sorrel, and has large bright green citric leaves with an acid flavour. Some cooks wrap a rather tough joint of meat in Sorrel leaves tied securely round before boiling, and the acidity given off helps to make the meat tender while cooking.	
HERB 38		Spearmint	A perennial with dark green, oval, toothed foliage and arrow shaped lilac flowers. Do not cover the seed for germination. Used in cooking.	

HERB 39		Summer Savory	This annual makes a bushy plant with pinnate foliage. The peppery, aromatic leaves and young shoots are used in flavouring and potpourris. Height 35/40cm
HERB 40		Sweet Cicely	Slightly aniseed flavoured fern like leaves, used to sweeten and reduce acidity of stewed fruit. Height 90cm.
HERB 41		Tarragon Russian	A perennial which dies to the ground in autumn, has narrow, pale green willowy leaves and a spicy flavour, less spicy than French. Can be used to make vinegar, and is an ingredient in chicken stuffings and most continental recipes
HERB 42		Thyme English Winter	Low growing perennial with tiny, dull green leaves, a favourite in most gardens. Tie it into <i>bouquets garnis</i> and use it in soups, stuffings, casseroles and sauces. It goes well with all meats and be added to a court bouillion for poaching fish. Use the chopped leaves to make herb butter, for bread and scone doughs and use them to make a jelly to serve with roast meats.
HERB 43	<b>Culinary Herbs</b>	Thyme Purple Creeping	A creeping habit with attractive purple flowers forming mats 10cm in height. Used in the garden as an ornamental plant and also in the kitchen for culinary use.
KALE01	Kale	Black Tuscan	Large strap leaved plant with very dark leaves. Also known as 'Palm Cabbage' because of its appearance. A popular supply of winter greens when other brassicas are not available.
KALE02		Dark Green Curled	One of the best of the open pollinated varieties, well flavoured with good cold tolerance. A popular supply of winter greens when other brassicas are not available.
KALE03		Hungary Gap	Sow July and August. Produces succulent side shoots in the spring when fresh green are in short supply.

KALE04		Nero di Toscana	From 1885 this very rare and highly ornamental plant grows to 6ft topped by a bouquet of thin dark green leaves 2ft long, growing from the same point at the top of the stalk, so that the plants look like mini palms. Hardy, pick in the winter to provide edible winter greens.	
KOHL01	Kohl Rabi	Azur Star	An odd looking vegetable producing kale like, edible attractive leaves from a root the size of a tennis ball. The root has a nutty, fresh flavour and should be cooked like a turnip. This variety has striking deep purple skin and sweet white flesh. Suitable for a greenhouse with good resistance to bolting.	
KOHL02		Quickstar	A very versatile green skinned variety that can also be produced under glass for extra early sowings. Very little pithy tissue and flat round bulbs. Slow to bolt and a quick maturing variety.	
LEEK01	Leek	Lyon 2 Prizetaker	Leeks are another mainstay of the winter cropping programme. Early varieties are the most suitable for baby leeks. A good crop for harvesting over a long period with a good self life. Sow mid March to May.	
LEEK02		Mammoth 2 Hannibal	One of the best selections of the Autumn Mammoth type. Gives excellent heavy yields of thick, medium long, white shanks with dark green erect leaves and good resistance to bolting. Good for extending the season.	
LEEK03	Leek	Musselburgh	Scotch Flag. Raised in 1834. Leeks are another mainstay of winter cropping and can be harvested over a long period rather like onions, you can't have enough as they are endlessly versatile and easy to store. Sow mid March/May.	
LEEK04		Zermatt	An early Swiss Giant variety with long shaft and erect foliage. Features a good base and some rust resistance. Good storage characteristics. Excellent as 'baby' leek.	

LETT01	Lettuce - Butterhead	Marvel of Four Seasons	Circa 1880 This French Heirloom is a dependable organic variety holding its flavour even in hot weather. Compact, very hardy butterhead, with cranberry tinged leaves and tender butter yellow centre.	
LETT02		Tom Thumb	An English Heirloom 1700. Oldest lettuce still grown, a gourmet variety great for window boxes, indoor pots, and cute border plant. The mild tasting leaves are soft and buttery, not crunchy. The compact 4in loose heads are perfect for individual salads	
LETT03		Trocadero	A mainstay amongst salad crops providing an all year supply of salad leaf. Curly and coloured lettuce are becoming increasingly popular. Butterheads are flattish, rounded heads, soft texture, heart forming and can be grown nearly all year round. This variety is a large headed pale green suitable for Spring and Autumn, fast maturing with few outer leaves.	
LETT04		Valdor	This variety is a winter hardy butterhead type, with solid dark green heads for Spring cutting from an Autumn sowing.	
LETT05	Lettuce - Cos	Little Gem	A small quick maturing compact cos type with tight hearts. Especially suited to container or patio planting. Very sweet flavour.	
LETT06		Lobjoits Green	Excellent small compact variety from 1790 producing medium sized heads of deep green slightly wrinkled leaves on tidy plants with a crisp texture and good flavour. Hardy, it is suitable for both Spring and Autumn sowing	
LETT07		Nymans -Red	A medium sized red cos variety with an attractive burgundy colour halfway into the heart, which contrasts well with the bright green base. Slow to bolt. Sweet flavour.	
LETT08	Lettuce - Crisp / Iceberg	Webbs Wonderful	A large headed variety with frilly edged leaves, crisp leaves and a compact heart. A very popular variety which is slow to bolt even in hot weather.	

LETT09	Lettuce / Curled Leaf	Cancan	Bright green lettuce with a frisee appearance and spreading habit and characterized by indented leaves. A non hearting type suitable for 'cut and come again' or full head production.	
MEL01	Melon	Blenheim Orange	Circa 1881. The famous 2nd fruits have thin, finely netted skins and thick, fragrant orange flesh. Best in short season cold climates. Plants trained to climb a trellis and had their fruit netted for support, thus the classic net pattern	
MEL02		Sweetheart	This variety is early and vigorous and produces a heavy crop of medium size very tasty fruits.	
ONIO1	Onion / Maincrop	Ailsa Craig Prizewinner	A popular crop with a long storage life, which makes for a good continuity of supply. Also popular for competition growing. Pale straw coloured skin, fairly large, globe shaped bulbs and reasonable yields	
ONIO2		Bedfordshire Champion	A popular crop with long storage life which makes for good continuity of supply. Also popular for competition growing. This is a well established, globe shaped variety	
ONIO3		Long De Florence Simiane	An excellent red skinned variety which produces elongated pinky red bulbs with an outstanding sweet flavour. A continental type which is very popular in France and Southern Europe. Perfect as a raw slicer.	
ONIO4		Red Baron	Superb quality shiny dark red skin, good colour and texture, very attractive appearance and delicious sweet flavour. Thick necked, globe to semi-globe shape. Medium storage ability.	
ONIO5		Utah Jumbo White	Popular for competition growing. A large globe shaped onion with white bulbs. Medium late maturity, a good quality bulb with medium storage performance.	
ONIO6	Onion / Salad	Guardsman	Standard salad crop for bunching, with relatively low maintenance. Guardsman is vigorous and high yielding. The tall and erect plants have medium green foliage, and are resistant to bulbing and Botrytis. Very good winter hardiness	

ONI07	Onion / Salad	North Holland Bloodred Redmate	This salad variety is extremely versatile, not only as a salad onion but also as a bulbing type, intense red in colour, and very popular with the hotel trade.	
ONI08		Paris Silverskin	varieties suitable for pickling never develop a papery outer skin. Best grown in fertile soil, will tolerate poorer conditions than bulb onions. Also known as White Silverskin this variety is a pickling type that can be pulled young or left to mature into small pickling onions.	
ONI09		Ramrod	Very high performing, and suitable for salads this very distinct variety of Lisbon is erect and stiff leaved and ideal for spring and late summer / autumn production. Is winter hardy.	
ONI 10		White Lisbon	Circa 1882. Perfect for pickling. Quick growing, this traditional crisp salad spring onion with white bulbs up to 4cm in diameter has mild sweet thick rings inside for a mild taste and fresh green tops.	
PARS01	Parsnip	Hollow Crown	A long standing popular low maintenance crop, can be harvested over a long period. Long tapered roots that require a good well cultivated area of ground. Has a good quality skin finish and internal colour. Sow Feb/April and Harvest Oct/Feb.	
PARS02		Tender and True	An old favourite with good flavour this long rooted variety is of high quality, showing good canker resistance. Delicious eaten as a baby vegetable in the summer, or left in the ground until you are ready to eat them in winter.	
PARS03		White Gem	Low maintenance crop that can be harvested over a long period. This is a good wedge shaped variety, medium sized with good resistance to canker. Strong flavoured, with good texture and skin quality.	

PEAD01	Peas - Dwarf	Lincoln	Circa 1884. Best in colder climates, the main crop is slightly curved with well filled pods of small peas with exceptional sweetness and flavour. Bushy 90cm plants that resist wilt and are tolerant of heat, plus the pods are easy to shell. Excellent for freezing	
PEA1E01	Peas - 1st Early	Douce Provence	This is a cross between Meteor and Kelvedon Wonder. A very early, round seeded, excellent cropper. Can be sown Nov/Feb.	
PEA1E02		Feltham First	Fresh garden peas are one of the highlights of the summer. This variety is a round seeded, dwarf variety with pointed, straight pod, for early and late sowings. Good cold tolerance.	
PEA2E01	Peas - 2nd Early	Ambassador	This second early/maincrop variety is semi-leafless for easy picking. Produces blunt podded, dark green peas. Excellent resistance to powdery mildew and fusarium wilt	
PEA2E02		Kelvedon Wonder	A first class pea suitable both as a second early and maincrop variety. It is a heavy cropper, producing well-filled pods the flavour being excellent. For a continuous crop, make regular sowings at fortnightly intervals. Use sticks or twigs to support the crop and make picking easier.	
PEAM01	Peas - Maincrop	Alderman Tall Telephone	Circa 1878. 180/220cm in height. Pods are very large and broad, straight and slightly curved towards the end. Green sweet tasting peas (wrinkled seeded variety), good for eating fresh or will freeze wonderfully	
PEAM02		Greensage	A semi-leafless Greenshaft type with long, slightly curved pointed pods. Has an excellent flavour. RHS AGM.	
PEAM03		Griffin	A multi-podded maincrop, with high yields of mid size high quality peas of excellent flavour.	
PEAM04		Hurst Greenshaft	High yielding variety with dark green peas. A reliable cropper at 75cm in height. RHS AGM	

PEAM05		Onward	High yielding, with large peas, a highly reliable well established variety. Height 60cm. Sow march/June, Nov for over wintering. Harvest May onwards.	
PEA 01	Peas - Mangetout	Carouby de Maussane	Tall with purple flowers. Almost certainly 19th century, a traditional French variety. Plants grow tall to 180cm with violet coloured flowers and pods containing very sweet peas that can be used as mangetout or shelled.	
PEA 02		Sugar Dwarf Sweet Green	Height 75cm this variety is high yielding producing flat podded mangetout type peas. Very sweet flavoured when the pods are picked young.	
PEA 03	Peas - Petit Pois	Waverex	Excellent petit pois, with lots of small sweetly flavoured peas. They are well suited to freezing.	
PEA 04	Peas - Sugar Snap	Sugar Snap	A tall variety 10/180cm in height. This very sweet flavoured pea is a heavy yielding variety with long stems and pods. Resistant to Race 1 of Pea Wilt. Sow from March/June or November for over wintering.	
PEA 05		Norli	A French mangetout type with small, dark green pods with good flavour. Height 50cm.	
PEA 06		Sugar Ann	A fine quality SugarSnap with round fleshy, pale green, sweet tasting succulent pods. Very early and heavy cropping. Ideal raw or in stir fries and suitable for freezing. Eat immature when stringless but less sweet or remove the string when fully developed. Sow in succession for a long season of picking.	
PEA 07	Peas - Sugar Pod	Oregon	A tall sugar pea 120cm, producing flat pods for eating whole as a mangetout. Pick whilst young before the pods become bulky.	
PEPPO1	Pepper	Hungarian Wax	This mid-hot very early wax pepper developed in Hungary, and has a waxy colour like bees wax. Actually orange red when ripe, but pick them while still yellow and have thin walls. Used fresh in salads, or pickled, a reliable producer in cooler climates.	

PEPPO2	Pepper - Sweet	Californian Wonder	High value and high yielding crop, peppers have become increasingly popular. This is an open pollinated variety, producing blocky, square shaped fruits.
PEPPO3		Marconi Red	High value and high yielding crop, Marconi Red is a mild, sweet flavoured pepper with long, slender pods with 3/4 lobes and medium flesh thickness.
PEPPO4		Marconi Yellow	Marconi Yellow is a mild, sweet flavoured pepper with long, slender pods and medium flesh thickness
PUMPO1	Pumpkin	Ghost Rider	Fruits weigh approx. 6/10kg and are an elongated globe shape. The habit is semi-trailing and the fruits are deep orange with a good handle. This is probably the most popular open pollinated pumpkin grown for Halloween.
PUMPO2		Jack O'Lantern	Circa 1600's Nice and smooth, no bumps to jar your carving knife. Bright orange, bred especially for carving. Stores for months. Great for Cooking.
RAD01	Radish	China Rose	A winter variety. China Rose has large half long stump ended roots with deep pink skin and white solid flesh.
RAD02		French Breakfast	A fast maturing, long season crop, a popular salad item which is high yielding in a limited space, sow every 2 weeks. An oval shaped radish with a white tip.
RAD03		Long White Icicle	Circa 1610. Good quality, the radishes will be smooth, firm and up to 10cm long. The colouring will be an even bright white with no blemishes or scars. The tops will be bright green and crisp and taste slightly milder than the red ones
RAD04		Scarlet Globe	A popular salad item which is high yielding and fast maturing in limited space. An excellent catch crop throughout the season. Scarlet Globe has red globe shaped roots of a good size and quality.
RHUB01	Rhubarb	Glaskin's Perpetual	An ideal low maintenance crop, this variety is long stemmed with bright red stalks. Early maturing, and establishes quickly.

RHUB02		Victoria	A wonderfully flavoured variety with its huge leaves and thick lavender pink stalks. Appears very striking when blooming in the summer. A wonderful tart flavour serves superbly in pies. Likes full sun.	
SPIN01	Spinach	Medania	Excellent as a choice for 'baby veg' leaf spinach, Medina is an older open pollinated variety, with good quality yields, slow to bolt, ideal for production during the spring and winter. Mildew resistance 1+3	
SPIN02		Space	Excellent as a 'baby veg' leaf, well regarded by the restaurant trade. Smooth dark green leaves, a slow bolting type for summer and autumn sowing. Mildew resistance 1.2+3	
SQU01	Squash - Summer	Yellow Bird	Bright yellow 'patty pan' type squash with scalloped edges. Pick fruits at around 8cm. Very heavy yielding bushy plants.	
SQU02	Squash - Winter	Buttercup	Eaten by the American Indians, heavy yields of 15cm long, rounded fruits, with distinctive protruding ring around the end. Dark green with narrow grey striped skin, surrounding a rich, sweet flavoured orange flesh that is fine grained and dense.	
SQU03	Squash - Winter	Buttercup Ponca	An earlier semi-bush Butternut with compact veins and smaller fruits. Creamy tan skin, hard smooth rind and deep orange flesh, this heirloom keeps well. A great variety for smaller gardens and stores well.	
SQU04		Early Buttercup	This organic variety produces fruit with a strong orange flesh, Can be grown early or late under glass. Sow outside <u>April/May/early June.</u>	
SQU05		Turks Turban	There are many varieties of squash, most of which store well. Turks Turban produces ornamental, edible large fruit with striped orange skin, a striking novelty crop. Plant in late spring they take about 4 months to mature but can be left in the ground until the frost	

SQU06	Squash - Trailing	Uchiki Kuri	Organically produced seed, each plant forms three to five small pumpkin like fruits of intense orange red with a golden flesh. Very early to mature and well suited to the UK climate with superb storage. Direct sow in June. Harvest July to October.	
SWED01	Swede	Marian	A crop going through a mini revival in recent years, good storage and a good source of winter food. This variety is purple topped, yellow fleshed, hardy and a reliable cropper. A high yield of large uniform roots. Resistant to clubroot and mildew. Ideal for Christmas.	
SWED02		Willhelmsburger	A long established green top variety with round slightly irregularly shaped root. Smooth skin which has a green top and pale yellow base, firm, tender flesh, creamy white in colour. Sow May/June and Harvest Autumn onwards. Ideal for making Cornish Pasties. RHS AGM.	
SWEE01	Sweetcorn	Earigold	A replacement for the popular variety Earliking. Good early vigour makes this a good choice for difficult seasons. Early maturing with well filled cobs on robust plants.	
SWEE02		Golden Bantam	Circa 1902 An early variety, standard yellow 8 row sweet corn that's been a favourite since the turn of the century. Height 180cm producing ears loaded with sweet, plump, gold kernels ideal for fresh eating or freezing on the cob, known as a roasting cob.	
SWEE03	Sweetcorn	Jubilee	This a versatile and popular crop with the home gardener. Sow April/June and Harvest August /Oct. This organic variety is a mid to late season type and one of the highest yielding varieties, producing extra sweet cobs.	
SWEE04		Minipop	Very tender pericarp makes this an ideal variety for mini sweetcorn. Best grown and harvested when the cobs are approx. 10cm long. Usually produces 5/6 cobs per plant. Srops after about 65 days and does not require pollination to produce cobs.	

SWEE05		True Gold	Organically produced seed. An open pollinated variety popular for its distinctive buttery flavour. Produces large yellow cobs.	
SWIS01	Swiss Chard	Blood Red	An extremely versatile crop becoming very popular in salad leaf mixtures. This variety produces dark red leaves, suitable for both baby and salad leaf.	
SWIS02		Bright Lights	A range of colours including white, cream, yellow, orange, pink, lipstick and red. Terrific colour splashes for use in salad or for growing as large plants.	
SWIS03		Bright Yellow	Bright yellow stems and leaf veins that contrast with dark green leaves. Can be used as a mature vegetable or as baby leaf.	
SWIS04		Canary Yellow	An extremely versatile crop, that produces bright yellow stems adding interest in a mixed salad. Can be picked small for baby leaf or left to mature.	
SWIS05		Orange Fantasia	Bright orange stems and leaf veins that contrast with mid green, crinkled leaves. A slightly deeper colour than Bright Yellow. Can be also used as Baby Leaf.	
SWIS06		Pink Lipstick	A pink/red selection of Swiss Chard. Petioles have a mild sweet flavour.	
SWIS07		Rainbow	This mixture of varying coloured stems are very attractive. They can be harvested as both baby leaf and fully grown.	
SWIS08		Red Titan	These plants are very vigorous and very upright with purple petioles and dark green leaves of a creamy flavour. Ideal for use in salads and can also be used as a red chard alternative.	
SWIS09	Swiss Chard	Rhubarb	Less prone to bolting the tall stems are suitable for both ornamental and culinary use. Can be picked small for salad use or left to mature.	
SWIS 10		White Silver	Used for both leaf and stem the celery stalks and spinach like leaves are very useful during summer and autumn. Easy to produce requiring little maintenance.	

TOM01	Tomato	Ailsa Craig	The favourite for a greenhouse. Fruit of medium size, bright red and tough skin that rarely cracks. A great cropper when forced. If grown outside grow against a south wall.	
TOM02		Black Russian	Deep purple black skins with dark flesh. May not look appealing but don't be put off - the flavour is outstanding.	
TOM03		Golden Sunrise	Tomatoes are among the most rewarding crops to grow, not least because of their flavour. This variety has attractive vibrant orange yellow fruits, with a distinctive flavour.	
TOM04		Pineapple	From the USA 1881. Yellow skin and flesh with a red blossom end and a starburst of red streaking through the tomatoes, forming unique patterns. Very distinct, scrumptious, sweet fruity flavour. Strong, productive plants with heavy foliage to protect the fruit.	
TOM05	Tomato - Basket / Container	Cherry Fox	A cherry type tomato producing a high yield of small, sweet tasting fruit on the vine.	
TOM06		Garden Pearl	A bush type variety that produces cherry tomatoes. It has been bred specifically for use in hanging baskets and containers and has an excellent cascading habit. Will produce an abundance of tomatoes all throughout the summer.	
TOM07		Maskotka	A determinate, highly productive, compact and trailing variety which is ideal for hanging baskets, containers and pots. The cherry size fruits have an exceptional flavour.	
TOM08		Roma	Highly productive variety with delicious fleshy. Plum shaped fruits. Ideal for sauces and soups. May need some support.	
TOM09	Tomato - Outdoor	First in the Field	Tolerant of light frost and can be sown and grown cold instead of being raised in heat. Early cropping dwarf round red variety. Vigorous growth.	
TOM 10		Gardeners Delight	A very popular organic variety of cherry red tomato for home gardeners. The numerous small fruits have a fine tangy flavour.	

TOM 11		Outdoor Girl	A bush variety, one of the first varieties to ripen outside. Potatot leaved with medium sized fruits of good flavour and colour. RHS AGM	
TURN01	Turnip	Goldana	A very fast maturing vegetable for all the season, can be grown under glass or in the open ground. Pick during the summer as a min-veg, or later on as a full grown product. Has a good self life. Goldana is an improved version of the popular Golden Ball, and produces uniform yellow fleshed roots and tender flesh with a good flavour.	
TURN02		Manchester Market	Manchester Market is a traditional green top variety with white flesh. A main crop type that has good storage.	
TURN03		Purple Top Milan	Pre 1885. The roots are white, with purple top, round flattened and very solid with a slender tap root. Very popular, good quality, organic seed.	
TURN04		Snowball	Early White Stone or Early Six Weeks (circ 1826). A white skinned turnip which is a fine crop and relatively quick maturing.	
		<b>Speciality Seeds</b>		
	<b>'Come &amp; Cut Again'</b>			
C/C 01	Borecole	Redbor	Strongly coloured red borecole with a very frilly leaved and suited both to salad leaf and full sized production. A very attractive and worthy addition to any salad.	
C/C02		Red Russian	The leaves are flat with frilly edges, a blue green colour to the leaves with a purple accent to the veins, has a sweet flavour. Often used for 'baby leaf' and can also be steamed and used in stir-fry and salads. The colour intensifies with colder temperatures.	
C/C03	Celtnce		Looks like a cross between celery and lettuce and is grown for the edible enlarged seed stalk. Outer leaves resemble loose leaf lettuce but a lighter green and is eaten in salads at a young tender stage. The flavour is somewhat like cucumber yet different	

C/C04	Cornsalad	Verte de Cambrai	A small delicate salad green, a variety with shiny dark green, round and thick leaves and normal maturity. The growing period is autumn and winter. Very cold resistant (survives snow), and a high yielding variety. Pick a few leaves at a time.
C/C05	Cress	American Land	A very hardy, low growing biennial, with dark green glossy deeply cut leaves that remain green all winter. Its strong flavour is almost indistinguishable from watercress and it is used in the same way, cooked or raw in salads. It grows best in moist humus rich soils in light shade.
C/C06		Curly	A nicely curled variety which is suitable for use in sandwich fillings.
C/C07		Plain or Common	A well known variety which is used extensively in salads and sandwiches and can be grown all the year round. Cress has both finely curly and broader flat leaved types, which tend to be slower growing. All can be grown indoors or in the garden.
C/C08		Water	This crop is available over a long period, strong flavoured and tall growing, this cress requires moist conditions. Plant out 15cm apart throughout the summer. It is also high in mineral content and Vitamin C and B1.
C/C09	Komatsuna	Torasan	Has a flavour which could be described as a combination of mustard and cabbage with a hint of spinach, hence its common name Mustard Spinach. Uniform, quick growing with light green leaf stems which are juicy and tender. Leaves are dark green and glossy and can be used in salads and stir-fry.
C/C 10	Leaf Beet	Erbette	A perpetual spinach but with narrower leaves and paler midribs. This organic grown seed also has an excellent flavour.
C/C 11		Flamingo	This is an extremely versatile crop becoming very popular in salad mixtures. As the name suggests this variety produces attractive pinky-red stems. Can be picked small for baby leaf or left to mature.

C/C 12		Spinach Perennial	More or less trouble free, this crop is suited to both summer and autumn production. Can also be overwintered and will last up to 2 seasons.
C/C 13	Lettuce Baby Leaf Types	Osterley	Attractive dark green cos with thick crunchy leaves.
C/C 14		Exbury	Vibrant cherry red cos with tear drop shape and serrated margins.
C/C 15		Blenheim	Bright green Lool type with finely curled, well textured leaves.
C/C 16		Rubane	Vibrant cherry red batavian with thick, crunchy leaves.
C/C 17		Bridgemere	A bright green oak leaf type, with thick, well lobed leaves
C/C 18		Roselee	Vibrant deep red Italian style oakleaf with thick leaves.
CC 19	Mibuna		A Japanese vegetable from Mibu province, a strong fast growing brassica with strap like leaves and densely packed heads. Has a mild flavour that tends to get stronger as the plant matures. In Japan it is used as a fresh vegetable and pickled, it can also be used in winter and spring salads, and in stir fried greens.
C/C 20	Mitsuba	Japanese Parsley	Very much a Japanese plant and considered one of the most important native fresh vegetables. Has a delightful flavour, often described as celery, a unique blend of parsley, celery and angelica. The leaves, the green stems and the highly prized blanched white stems are the main parts used. The cress like young seedlings are used in salads with the fresh chopped blanched stems looking looking beautiful scattered over soup.
C/C 21	Mizuna		Closely related to mibuna this beautiful Japanese brassica has pencil thin white stalks with serrated, dark green leaves. It is a very adaptable, vigorous, easily grown plant. A prolific cropper the plant will reform after cutting and is very useful as 'cut and come again' It has a refreshing mild mustard flavour.

C/C 22	Parsley	Bravour	Excellent selection of Moss Curled Type, long stemmed vigorous plants, with tightly curled heads of good colour and texture.
C/C 23		Champion Moss Curled	A multi-use crop this is also suited as a standard crop for harvesting one-off or cut and come again. Very popular curled type of crisp texture. Sow from Feb. to July / Sept. Harvest June onwards for <del>Spring sown or April form Autumn sown</del>
C/C 24		Oscar Italian Giant	An Italian flat leafed variety with good vigour and superb strong flavour. Has broad dark green leaves that can be cut repeatedly and used fresh or dried.
C/C 25		Plain Leaved French	This original plain leaved variety is completely unsurpassed with its intense flavour over and above the curled varieties. It is said to improve the health and vigour or roses and tomatoes when grown next to them. Height 90/120cm. Hardy
C/C 26	Purslane	Golden	An annual. The fresh young leaves can be eaten raw in salads or cooked like Spinach. Summer Purslane is a small plant with pretty, succulent, rounded or oval leaves and fleshy stems. It is tender, thriving in warm weather but miserable in cold wet conditions. Its cool, refreshing quality compensates for a rather bland flavour.
C/C 27	Rebekah's	All Green Mix	A combination of baby leaf ideally suited to stir-fry and other salad use. This mix includes Mizuna, Red Giant Mustard, Komatsuna, Tatsoi and Red Russian Kale. A great selection of different shaped leaf and flavour noted for their versatility and healthiness, excellent value especially in winter
C/C 28		Chrysanthemum Greens Shungiku	If you like oriental cuisine then this is for you. Harvest on a pick and come again basis. Easy to grow, harvest when 20cm high and stir fry or cook like spinach. Highly aromatic flavour, becomes bitter if allowed to flower
C/C 29		French Mix	A classic Mesclum Mix containing Rocket Discovery, Curled Chervil, Red Batavian Lettuce, Radicchio Palla Rossa and Kale black Tuscany.

C/C 30		Hot Oriental Mix	If you like oriental cuisine then this is the mix for you. It is hotter than Rebekah's Spicy but ideal for eastern cooking. Be adventurous and give it a go. Contains Red Giant & Green Giant Mustard, Green & White Pak Choi, Mizuna and Tatsoi Tah Tsai	
C/C 31		Spicy Mix	A combination of baby leaf ideally suited to stir-fry and other salad use especially if you want a spicy tange. This mix includes Salad Rocket, Red Giant Mustard, Green Wave Mustard and Mizuna.	
C/C 32	Rocket	Cultivated	Leaves can be picked individually for a distinctive peppery flavoured leaf. Very useful in a mixed salad. Long, strap like, serrated leaves, dark green in colour. Very quick maturing.	
C/C 33		Discovery	Rocket remains a popular ingredient of a mixed salad, the tangy leaves add a distinctive flavour. This variety has the serrated leaves of wild rocket but with a flavour that is both tangy and peppery. Very suitable as baby leaf	
C/C 34		Salad	Rocket is a highly spiced salad leaf. Pick regularly when seedlings are 5cm tall. Can be used as a 'cut and come again salad leaf. Tends to run to seed during the hottest months. Has a distinctive rich, strong flavoured leaf, so use in salads to add a little spice	
C/C 35	Rocket	Voyager	This variety has a distinctive flavour with excellent uniformity of well serrated dark green leaves. More important is slow to bolt.	
C/C 36		Wild	Very strong flavoured version of the more commonly known standard salad rocket. Smaller plant with a narrower leaf shape. Recommended where the flavour is especially important.	
C/C 37	Salad Burnet		Young cucumber flavoured leaves, ideal as a 'come & cut again' salad.	

C/C 38	Sorrel	Red Veined	Attractive bright green leaves that contrast sharply with the red stems and red veins. The leaves have a sharp and tangy Sorrel flavour. Some cooks wrap a rather tough joint of meat in Sorrel leaves tied securely round before boiling to tenderise the meat	
	<b>Oriental</b>			
ORI 01	Amaranth	Red Army	A selection of Amaranth with an intense cherry red colour, grown for the exceptionally nutritious leaves and young stems. Best harvested while young, tastes like pea shells. Not hardy but thrives during the summer. Regular picking is essential for prolonged lush growth, and to prevent the stems from becoming woody. Cook like spinach, is excellent steamed, very young leaves can also be used in	
ORI 02	Bulls Blood Beet	Red Devil	A exceptional deep red beetroot leaf, use whilst immature. Ideal to colour up salads, the colour intensifies as the plant matures into the autumn.	
ORI 03	Chinese Cabbage	Summer Bright	A chinese cabbage with a medium to large frame and dark green outer leaves. The firm, well wrapped heads are elongated and slow to bolt.	
ORI 04	Chinese Spinach		A member of the Amaranth Family, Chinese Spinach leaves are used similar to spinach but the plants are more resistant to bolting and taste like spinach with a 'bit of a twang'. Indoor crops from spring to autumn or outdoors from mid-summer onwards	

ORI 05	Choy Sum	Purple Flowering Hon Tsai Tai	The purple flowering colouring differentiates this Cantonese vegetable from other flowering brassicas. The flower and leaf stalks and leaf veins are often deep purple, while the leaves are dark green or purple. The leaves vary in size, but are usually serrated, rather like turnip leaves. The colour intensifies in cold weather making it a colourful plant, the pale yellow flowers contrasting the foliage. Vigorous in fertile soil producing up to forty pencil thick flowering shoots. Sow late summer early autumn and harvest early winter. Will survive minus 5.	
ORI 06	Mooli	April Cross	A large, well formed white rooted variety, very high quality, good flavour and crisp texture. Cropping August to November.	
ORI 07	Mustard	Golden Streaks	A new pale green coloured mustard with a stunning serrated leaf shape. Looks like an endive but has a pungent mustard flavour. Quick growing but is not quick to bolt.	
ORI 08		Green Giant	A green version of the popular Red Giant Mustard. A broad leaf with a savoyed texture. Suitable as baby leaf.	
ORI 09		Green Waves	These are distinguished by their curly, sometimes stiff crisp leaves, not unlike curly kale. The flavour is distinctive on the peppery side, becoming very hot as the plants mature. They are cooked or used raw in green salads. Best sown in late summer for winter use. Plants that over winter stand well in spring without bolting. Can be sown in spring and early summer and harvested young 4/5 weeks. This variety is a very pretty light green, with fairly broad leaves, frilled at the margins. Slow to	

ORI 10		Japanese Sherifong Improved	Otherwise known as 'Green in Snow' this variety is very vigorous, fast growing and very hardy and displays considerable resistance to pest and disease. Young raw leaves are pleasantly spicy, but mature leaves become very hot when running to seed, though they are still good cooked. <del>Best sown in late autumn</del>	
ORI 11		Red Giant	Probably the best of the red mustard varieties suited to the UK. Very strong deep red colour and can be cut either at the 15cm leaf stage or left to mature to 45cm. Very useful where a well coloured leaf is required	
ORI 12		Ruby Streaks	Fast growing, slow to bolt, suitable for sowing throughout the growing season, needs protection over winter for salad and large plants, reporting a lack of interest from slugs. Purple tinted leaves (colour deepening in cooler conditions) and pale green stems	
ORI 13	New Belt	Chinese Chives	Chinese chives have been cultivated for centuries in China, Japan and other Eastern Countries, where they have a long tradition of both culinary and medicinal use and are described as 'jewels among vegetables'. Whether used raw or cooked all have a delicate, mild garlic flavour, mainly used in soups, fish and meat dishes, particularly good stirred in scrambled eggs or mixed with bean sprouts.	
ORI 14	Okahijiki		Often known as 'Seaweed on Land' this salad item has intricately branched spikes of fleshy, bright green, slender, crunchy leaf stems. An unusual item best harvested when young.	
ORI 15	Okra	Clemsons Spineless	A vigorous and heavily cropping variety ideal for Asian cuisine and also used in Greece as a 'starter'. As the name suggests the dark green seed pods are spineless. Best picked young.	
ORI 16	Onion	Ishikura	A vigorous Japanese bunching onion with long, slender white stalks and no bulbing. Sow March to June and Harvest May to October.	

ORI 17		Summer Isle	A Japanese bunching onion with sweet flavour and low pungency. Strong, bright green tops and long white shafts which are slender and virtually bulbless. Early maturing.	
ORI 18	Orach	Red Plume	Ideally suited for salad leaf, the colour, texture, shape and flavour of salad leaf adds interest to any salad bowl. Very vigorous growth approx. 2m in height and a vibrant red coloured leaf.	
ORI 19	Pak Choi	Gracious	A quick growing variety with smooth leaves and thick white petioles. This variety has a tender texture with good flavour. Tolerant of heat and damp conditions it is ideally suited to baby leaf and summer sowings.	
ORI 20		Ivory	A white stemmed Pak Choi with a large upright frame and thick, round, dark green leaves. Ideal for outdoor production and produces both baby leaf and head.	
ORI 21		Mei Qing Choi	Very pale green stems with rich green foliage. Good for baby leaf or full head production. Very good bolt resistance and tolerant of hot and cold temperatures.	
ORI 22	Pak Choi	Tatsoi Tah Tsai	This is a distinct eye-catching rosette type of pak choi with rounded, dark green, nearly black, thick spoon shaped leaves and short light green leaf stalks. They are upright in hot weather, but later form flat, very symmetrical rosettes. A high performing variety suitable for both baby leaf and whole head use.	
ORI 23	Parsley	Hamburg Turnip Rooted	Grown for its parsnip like root which is smooth and white with a very distinctive flavour. Very hardy, lift as required in late autumn or early winter, they are frost resistant. Can be roasted or boiled or grated raw on salads.	
ORI 24	Perilla	Shiso Green	Often used in oriental cooking the Green Perilla has a Cinnamon flavour, and is more spicy than its red counterpart. Normally used as baby leaf for wrapping around Shushi.	

ORI 25		Shiso Red	Deep purple feathery leaves for use in salads or as a stir fry vegetable. Perilla is the quintessential Japanese herb for seasoning and garnishing and used to wrap sushi before dipping in soy sauce. It was also used by the Victorians as a popular summer bedding plant. Very eye catching.	
ORI 26	Shimonita	Onion	A very unusual Japanese salad onion. It has extremely thick succulent leaves and looks more like a leek. It has a sweet, pungent flavour and should be sown from April to July.	
	<b>Sprouting</b>			
SPRO 01	Adzuki Beans		Pre-soak for 24hrs, harvest in 2-5 days using the jar method. Highly nutritious with a distinctive sweet nutty flavour. Can be used raw to add flavour and texture to salads and sandwiches, or blanch in boiling water to add to other vegetables in stews, soup, casseroles and curries. Also delicious added to stir fries.	
SPRO 02	Alfalfa		A popular sprouting vegetable with a sweet taste and flavour similar to peas, very nutritious and vitamin rich. It is however best used raw in salads. Soak 8hrs and harvest in approx. 2/5days. Can be eaten short or long, if grown long they can be exposed to indirect sunlight for the final day to develop chlorophyll.	
SPRO 03	Broccoli		Reported to contain relatively high levels of sulforaphane a beneficial anti-cancer compound (it stimulates the natural resources in our body), which help reduce the risk of developing cancer. Easy to grow and full of nutrition with a flavour milder than mature Broccoli. The thick tender shoots can be used for growing on and produce tender flower heads. Fast growing the seeds will be ready to harvest in approx. 6days. Pre-soak for 8hrs. Excellent	
SPRO 04	Beetroot		A mild beetroot taste to enhance a mixed salad also adds striking dark red colour to cooking. Pre-soak for 8hrs. Ready to harvest in 6/8days.	

SPRO 05	Brown Lentil		Good for use in sprout mixes, salads, loaves and casseroles. Also high in Vitamin C, iron and amino acids. Pre-soak for 12hrs, harvest in 2/4days.
SPRO 06	Chick Peas		Crunchy sprouts with sweet nutty flavour will become bitter if left too long. High in vitamins A & C, a good source of amino acids, carbohydrate and fibre plus minerals calcium, magnesium and potassium. Ideal for use in humus, sprout loaves, salads and casseroles. Pre-soak for 8hrs and ready in 2/4days.
SPRO 07	Fenugreek		Use to add a spicy flavour to salads and cooked dishes. For a strong curry flavour harvest when 0.5 long, if you heed a milder flavour then wait until they are 5/7cm long, harvest in 2/4days. High in Vitamins A and C. plus iron and phosphorous. Easy to sprout, pre-soak for 8hrs, pungent therefore it is best to mix with milder sprouts. It goes bitter if left too long. Ideal for curries, salads, soups and loaves.
SPRO 08	Leek		Slow growing, you can harvest in approx. 10/14days, pre-soak 12hrs. Has a distinctive leek taste.
SPRO 09	Mung Bean		These popular Chinese bean sprouts can be eaten raw or used in cooking. Green beans produce long, bulky sprouts and are both crisp and crunchy. They are better tasting than Soya Beans and high in Vitamin C. Pre-soak for 24hrs, harvest when approx. 05/2cm long, which is normally after 2/5days. Grow using the jar method. Ideal for use in stir fry, salads, loaves, juices and <del>finger snacks</del> .
SPRO 10	Mustard	White	One of the original products used in salads and in sandwiches all the year round and still very popular today. Has a more peppery taste than salad rape. Ideal for soups, curries and Mexican dishes. Pre-soak 8hrs, and harvest 0.5/2cm long in 2/7days. If mixed with other milder sprouts use the jar method. If grown on their own use the damp kitchen towel lmethod. High in Vitamins A>C>minerals and chlorophyll.

SPRO 11	Onion		Sprouted shoots resemble small salad onions whose mild onion flavoured shoots enhance a mixed salad. Soak 12hrs.	
SPRO 12	Radish	Red Sango	A reddish stemmed radish, adding colour and a tangy taste, with the spicy flavour of Radish Daikon high in Vitamin C, potassium and chlorophyll. Attractive used in soups, curries, Mexican dishes, sandwiches and as a garnish to salads and stir fries. Nice mixed with Alfalfa. Pre-soak 8hrs. Harvest in 2/4 days when the seeds are nice and spicy.	
SPRO 13	Red Cabbage		Quick growing, these sprouts are bright red/purple in colour with a mild brassica flavour. High in Vitamins A,Q,C and U plus trace elements iodine and sulphur. Has a strong flavour and is better mixed with milder sprouts like alfalfa, the attractive pinkish tinge to the stems adds colour to salads.	
SPRO 14	Rocket		The same strong flavoured peppery salad flavour of mature rocket leaves in a sprout format. Rocket is high in antioxidants and Vitamin C. Easy to sprout using the damp kitchen towel method. Harvest in approx. 6days	
SPRO 15	Salad Rape		An unusual leaf shape, these seedlings are commonly grown for use in salads and sandwiches all year round. Salad rape is a milder flavour and often used as a mustard substitute. Pre-soak 8hrs. Harvest 0.5/2cm in 2/7days	

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