Arugula, Apollo, Seed Saver Exchange
This improved Dutch strain of garden arugula (also known as rocket) is noted for its lack of bitterness and its spicy, large, rounded leaves, which are high in vitamin C. This variety can be harvested three to five times per sowing, functioning like a cut-and-come again crop. 40-45 days.

**Direct Seed:** 1” Apart, **Seed Depth:** 1/4”, **Germination:** 5-7 Days, **Thin:** 1-6” Apart, **Light:** Full Sun or Partial Shade

**Instructions:** Sow seeds outdoors as soon as soil can be worked and danger of hard frost has passed. For a continuous supply of arugula, sow every three weeks throughout the summer. Best grown in cooler weather.

Bean, Calypso, Seed Savers Exchange
(aka Yin Yang) Originally from the Caribbean. One of the best for baking and soups. Round black and white seeds with contrasting eye borne heavily on strong 15” plants. Averages 4-5 seeds per pod. Adapts well to all types of production areas. Bush habit, dry, 70-90 days.

**Direct Seed:** 2” Apart, **Seed Depth:** 1”, **Rows Apart:** 36-48”, **Light:** Full Sun

**Instructions:** Sow seeds outdoors after danger of frost has passed and soil and air temperatures have warmed. Harvest dry beans when the pods are completely mature and dry.

Bean, Cherokee Trail of Tears, Seed Savers Exchange
Good as both a snap and a dry bean; when mature, the greenish-purple 6” pods encase shiny jet-black seeds. This bean was shared with Seed Savers Exchange by the late Dr. John Wyche of Hugo, Oklahoma. His Cherokee ancestors carried this bean over the Trail of Tears, the infamous winter death march from the Smoky Mountains to Oklahoma (1838-39). Pole habit, snap or dry, 85 days.

**Direct Seed:** 2” Apart, **Seed Depth:** 1”, **Support:** Trellis, Tepee, or Fencing, **Light:** Full Sun

**Instructions:** Sow seeds outdoors after danger of frost has passed and soil and air temperatures have warmed. Harvest frequently to increase yield. Pods can be left on the vine to mature and then harvested as dry beans.

Bean, Provider, Fedco Seed
Known as the most dependable early green bean, this easy-to-grow variety offers excellent flavor and is one of the best for freezing and canning. It germinates well in cooler soil, adapts to diverse soil and climate conditions, and is disease-resistant. Round, straight pods grow heavily on compact plants. Introduced in 1965 by horticulturist Dr. Hoffman of the U.S. Vegetable Laboratory in South Carolina. Bush habit, snap, 50-55 days.

**Direct Seed:** 3-4” Apart, **Seed Depth:** 1”, **Rows Apart:** 24-30”, **Light:** Full Sun

**Instructions:** Sow seeds outdoors after danger of frost has passed and soil and air temperatures have warmed. Harvest frequently for increased yields.
**Beet, Bull’s Blood, Seed Savers Exchange**

A cool-weather plant that is as ornamental as it is tasty. This purple-foliaged variety can be used to produce two great crops for eating. The deliciously sweet leaves are perfect for adding to salads, but the variety can also be grown for its delectable baby roots. We suggest picking the leaves at about 35 days. Selected by Dutch seedsman and Seed Savers Exchange member Kees Sahin in 1986 from the French variety Crapaudine for the darkest-colored leaves. 35 days for baby leaf tops, 55 days for edible roots.

**Direct Seed:** 2” Apart, **Seed Depth:** 1/2”, **Rows Apart:** 20-24”, **Thin:** 4-6” Apart

Instructions: Sow seeds outdoors as soon as soil can be worked in spring. Seeds will germinate in 5-10 days. Beets can be planted at two-week intervals for continuous harvests. All parts of the beet plant are edible.

**Cabbage, Early Jersey, Seed Saver Exchange**

This early-maturing variety is delicious eaten fresh. The conical, solid, tightly held heads grow up to 15” long by 7” wide and weigh 3-4 pounds each. An historic variety, this cabbage was first grown in the United States by Francis Brill of Jersey City, New Jersey, in 1840. 60-75 days from transplant.

**Start Indoors:** 4-6 weeks before last frost, **Germination:** 7-12 Days, **Plant Outdoors:** 24-36” Apart, **Light:** Full Sun

Instructions: Cabbage is easy to grow. Sow seed indoors ¼” deep 4-6 weeks before the last frost. Plant out just before the last frost. Take care not to disrupt the shallow root system while transplanting and weeding. Make sure cabbage has a regular supply of water. Mulching will reduce weeds and keep moderate temperatures and even moisture in the soil. Cabbage is a heavy feeder and needs an even supply of nutrients.

**Calendula, Flashback Mix, GCC Gardens**

The spectacular colors and the array of petal formations in this flower mix make it a great choice for borders and mass plantings. This annual’s edible flowers—the petals are tangy and sweet—are also good for cutting and arranging. This European native has been used for thousands of years in creams to soothe irritated skin and resolve other inflammatory problems. Self-sowing hardy annual, 20-24” tall.

**Start Indoors:** 1/4” deep and transplant after last frost, or, **Direct Seed:** After last frost.

Instructions: Prefers light well-drained soil and will tolerate dry conditions. Good cut flower. Calendula petals are edible and have a tangy slightly sweet flavor.

**Cucumber, Double Yield, Seed Savers Exchange**

This variety was introduced in 1924 by Joseph Harris Company of Coldwater, New York, with the claim that “the remarkable thing about this new cucumber is its wonderful productiveness. For every pickle that is cut off, two or three more are produced.” Gardeners today love not only its productivty but also its crisp and juicy texture and melon-like taste. A very early pickling type, this variety bears fruits that are best for canning or fresh eating when 4-5” long. Early- to mid-season maturity. 50-60 days.

**Direct Seed:** 1” Deep, **Seed to Hill:** 6-8, **Thin:** To 3-4 Plants, **Light:** Full Sun

Instructions: When growing plants on a trellis, space seed 6-8” apart and thin as necessary; train the plants to climb the trellis with an initial guidance. Alternatively, make 12” hills at least 6’ apart. Plant 6-8 cucumber seeds per hill 1” deep. After germination, thin to 3-4 plants per hill.

**Eggplant, Pingtung Long, Seed Saver Exchange**

This versatile variety matures earlier than most and is a perfect choice to use in an appetizer or side dish. A beautiful eggplant from Pingtung, Taiwan, with slender fruits that grow up to 12” long with shiny, dark-lavender skin. Produces very well, even in very hot weather. Hardy, vigorous, and disease-resistant plants. 65-75 days from transplant.

**Start Indoors:** 8 weeks before last frost, **Germination:** 14 Days, **Plant Outdoors:** 18-24” Apart, **Light:** Full Sun

Instructions: Sow seeds indoors ¼” deep. Transplant outdoors once danger of frost has passed and soil is warm. Using landscape fabric or black plastic can accelerate growth and productivity in cooler climates.
Kale, Lacinato, Seed Saver Exchange
(aka Dinosaur, Nero di Toscana) Italian kale which reportedly dates back to the 18th century. Blue-green strap-like leaves are 3” wide by 10-18” long with a heavily savoyed texture. Excellent flavor that is enhanced by frost. Best eaten when leaves are small and tender. 62 days from transplant.

**Start Indoors:** 6-8 weeks before last frost, **Germination:** 3-10 Days, **Plant Outdoors:** 24” Apart, **Light:** Full Sun

**Instructions:** Sow seeds indoors ¼” deep. Plant out just before the last frost. Kale is most tender and delicious after a frost. Harvest can continue even after snow.

Lettuce, Bronze Arrowhead, Seed Savers Exchange
One of the mildest radishes, with a hint of sweetness, the oblong roots of this variety are soft rosy-pink with bright white flesh. Pink Lady Slipper stores well and stays crisp for weeks after harvest, even late in the season. An excellent choice for both home and market growers. 25-30 days.

**Direct Seed:** 1” Apart, **Seed Depth:** 1/2”, **Rows Apart:** 12”, **Thin:** 2-3” Apart

**Instructions** - Sow seeds outdoors as soon as soil can be worked in spring. Plant in full sun. Successive plantings can be made every 3-4 weeks throughout summer and fall to provide a continual harvest.

Lettuce, Grandma Hadleys, Seeds Savers Exchange
Donated to SSE in 1988 by Pam Andrew of Arizona. It was given to her by her 85-year-old great-aunt, Flossie Cramer, of Crawford County, IL. Flossie’s grandmother, Emma Hadley, grew the lettuce when Flossie was a child (around 1915). It was a family favorite used in a wilted lettuce salad with hot bacon dressing. The dark purple tinged leaves are buttery, crisp and slightly sweet. Butterhead, 40-50 days.

**Direct Seed:** 1” Apart, **Seed Depth:** 1/4”, **Germination:** 7-14 Days, **Thin:** 6-8” Apart, **Light:** Full Sun or Partial Shade

**Instruction:** Sow continuously for a constant supply of lettuce. Best grown in cooler weather.

Pea, Green Arrow (Shelling Pea), Seed Savers Exchange
An English main crop variety and standard home and market variety. Slim pointed pods are 4-5” long and contain 8-11 small deep green peas. Pods are almost always borne in doubles. Very heavy reliable production. Medium vines grow 24-28” tall.

**Direct Seed:** 2-3” Apart, **Seed Depth:** ½-1”, **Rows Apart:** 24”, **Support:** Trellis

**Instructions:** Peas thrive in cool weather. Sow seeds outdoors as soon as soil can be worked in spring. Seeds will germinate in 7-14 days. Double rows of peas can be planted on each side of a trellis.

Pea, Swenson Swedish (Snow Pea), Seed Savers Exchange
A sweet and flavorful snowpea, this variety is a productive, vigorous climber. The pea came to Seed Savers Exchange from Charles Swenson. His grandfather brought the variety to Minnesota from Sweden in 1876. Charles says the peas are typically harvested while still flat, then cut into ¼” pieces and creamed to make a traditional Scandinavian dish. Edible-podded, 70 days.

**Direct Seed:** 2-3” Apart, **Seed Depth:** ½-1”, **Rows Apart:** 24”, **Support:** Trellis

**Instructions:** Peas thrive in cool weather. Sow seeds outdoors as soon as soil can be worked in spring. Seeds will germinate in 7-14 days. Double rows of peas can be planted on each side of a trellis.
**Pepper, Black Hungarian, Seed Savers Exchange**
Highly ornamental and useful in the kitchen, the 4" long fiery fruits of this early-to-mature pepper resemble jalapeños, but are shiny black and eventually ripen to red. The prolific plants grow to 3' tall and produce green foliage highlighted by dark-purple veins alongside beautiful purple flowers. A good substitute for jalapeños. 70-80 days from transplant. Medium hot.

**Start Indoors:** 8 weeks before last frost, **Germination:** 14 Days, **Plant Outdoors:** 12-24" Apart, **Light:** Full Sun

**Instructions:** Sow seeds indoors ¼" deep. Peppers germinate (14 days) best in warm soil, so gentle bottom heat may be helpful until seedlings emerge. Wait to transplant outdoors until soil is warm.

**Pepper, King of the North, Seed Savers Exchange**
This red bell pepper is the best variety for northern gardens where the seasons are cool and short. Full-figured, uniform fruits are excellent for stuffing or fresh eating and have a great, sweet flavor. Our stock originated from Fedco Seeds in Waterville, Maine. 70 days from transplant. Sweet.

**Start Indoors:** 8 weeks before last frost, **Germination:** 14 Days, **Plant Outdoors:** 12-24" Apart, **Light:** Full Sun

**Instructions:** Sow seeds indoors ¼" deep. Peppers germinate best in warm soil, so gentle bottom heat may be helpful until seedlings emerge. Wait to transplant outdoors until soil is warm.

**Radish, French Breakfast, Seed Savers Exchange**

**Direct Seed:** 1" Apart, **Seed Depth:** ½", **Rows Apart:** 12", **Thin:** 2"-3" Apart

**Instructions:** Sow seeds outdoors as soon as soil can be worked in spring. Plant in full sun. Successive plantings can be made every 3-4 weeks throughout summer and fall to provide a continual harvest.

**Radish, Pink Lady Slipper, Seed Savers Exchange**
One of the mildest radishes, with a hint of sweetness, the oblong roots of this variety are soft rosy-pink with bright white flesh. Pink Lady Slipper stores well and stays crisp for weeks after harvest, even late in the season. An excellent choice for both home and market growers. 25-30 days.

**Direct Seed:** 1" Apart, **Seed Depth:** ½", **Rows Apart:** 12", **Thin:** 2"-3" Apart

**Instructions:** Sow seeds outdoors as soon as soil can be worked in spring. Plant in full sun. Successive plantings can be made every 3-4 weeks throughout summer and fall to provide a continual harvest.

**Radish, Watermelon, Seed Savers Exchange**
(aka Roseheart, Chinese Red Meat). Round 2-4" white radish with a stunning dark pink and white interior. Flesh is surprisingly sweet, crisp, and refreshing. Best grown in cool weather. Warm days, cool nights, and adequate nutrition and moisture result in a more colorful interior. 50-60 days.

**Direct Seed:** 1" Apart, **Seed Depth:** ½", **Rows Apart:** 12", **Thin:** 2"-3" Apart

**Instructions:** Sow seeds outdoors as soon as soil can be worked in spring. Plant in full sun. Successive plantings can be made every 3-4 weeks throughout summer and fall to provide a continual harvest.
**Scabiosa, Pincushion Flower Mix, GCC Gardens**
This spiky flower with stiff stems blooms throughout the summer until frost. This mix has a wide range of colors from red, dark purple, white and pink. The flower grows to a height of 24” -36”. Scabiosa is also a great nectar source for insects.

**Start Indoors:** In cell containers, ¼” deep, **Light:** Sun to Partial Shade

**Instructions:** Transplant recommended: sow indoors 4 to 6 weeks before transplanting; Plant Spacing: 9” -15”

**Spinach, Bloomsdale, Seed Savers Exchange**
Developed in 1874 by D. Landreth & Sons seed company of Philadelphia. Vigorous upright plants with dark green, glossy, savoyed leaves. Fine quality, very tender, excellent flavor. Quick growing variety with heavy yields. Well adapted for late spring or summer plantings, slow to bolt. 39-60 days.

**Direct Seed:** 1” Apart, **Seed Depth:** ½”, **Germination:** 7-14 Days, **Thin:** 6”-8” Apart

**Instructions:** Spinach grows best in cool weather and should be planted in early spring or late summer to produce a fall crop. For best yields, harvest continually and make successive plantings every ten days.

**Squash, Pennsylvania Dutch Crookneck, Seed Savers Exchange**
Gorgeous and enormous—fruits weigh 10-20 pounds. Very easy to prepare since the seeds are all contained neatly in the bottom bulb of the fruit. Simply cut the long curved neck into rings and bake. Sweet dark orange flesh, excellent for pies or soups. Good keeper. 100-110 days.

**Direct Seed, Seeds to Hill:** 6-8 Seeds, **Thin:** To 3-4 Plants, **Light:** Full Sun

**Instructions:** Sow seeds outdoors in 12” diameter hills after danger of frost has passed. Hills should be spaced 6’ apart in all directions. Can also be started indoors 3 weeks before transplanting out. Full sun.

**Squash, Waltham Butternut, Seed Savers Exchange**
This butternut, an AAS winner in 1970, was the result of years of patient refinement and selection by Professor Robert Young of the Massachusetts Agricultural Experiment Station in Waltham. Prized for its straight necks, rich dry yellow-orange flesh, nutty flavor, and high-yielding vines. Fruits are 3-6 pounds and exceptional keepers. One of the most popular types of baking squash. 83-100 days.

**Direct Seed:** 1” Deep, **Seeds to Hill:** 6-8, **Thin:** To 3-4 Plants, **Light:** Full Sun

**Instructions:** Sow seeds outdoors in 12” diameter hills after danger of frost has passed. Hills should be spaced 6’ apart in all directions. Can also be started indoors 3 weeks before transplanting out.

**Tithonia, GCC Gardens**
(aka - Mexican Sunflower) Stately 6’ plants with velvety dark green leaves bear scarlet-orange 4’-5” blooms that attract hummingbirds and monarch butterflies.

**Direct seed:** 12-24” Apart, **Seed Depth:** ¼”, **Light:** Full Sun

**Instructions:** Sow seeds outdoors after danger of frost. Can tolerate poor soil conditions. Can be started indoors 6 weeks before planting outside.
Tomato, Black Krim, Seed Savers Exchange

Also called Black Crimea and introduced to SSE by Lars Olov Rosenstrom of Sweden. Originally from the Crimean peninsula in the Black Sea. Beefsteak fruits are a unique combination of violet-brown and purple-red—they turn almost black with sufficient sunlight and heat. Excellent full flavor. Indeterminate, 70-90 days from transplant.

Start Indoors: 8 weeks before last frost, Germination: 7-14 Days, Plant Outdoors: 12-24” Apart, Support: Cage, Stake or Trellis, Light: Full Sun

Instructions: Sow seeds indoors ¼” deep. Tomatoes are sensitive to freezing temperatures, so wait to transplant outdoors until the soil is warm.