



The Lost Seed

Rare & Heirloom Seeds - Non-Hybrid, Non-GM, Open-Pollinated

**HERBS, ANCIENT GRAINS
FLOWERS &
GREEN MANURE SEED**

2018

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The heritage of the past is the seed that brings forth the harvest of the future."

Inscribed on the National Archives Building, Washington DC

ALL SEED PACKETS

\$3.60 (INCL. GST)



OUR SEED:

All of our seed is:

Non-Hybrid Hybrid seed is the result of cross-pollinating two or more different types of a variety to produce another. If seed is saved & planted from this hybrid plant, either (1) the seed will not germinate or (2) the germinated seed will not grow true-to-type. We choose to AVOID hybrid varieties.

Open-Pollinated All of our seed comes from open-pollinated varieties. This means that they will remain true-to-type, producing the same type of plant year after year, provided cross pollination does not occur. If you wish to save your own seed, be sure to follow seed saving guidelines, ensuring correct distancing requirements etc.

Non-GMO We do not buy, sell, grow or support the growth of GMO seed.

Chemical Free* We choose NOT to coat our seed with artificial chemicals, choosing rather to present it to you in the most natural form possible. Also, where possible, we choose seed which is organic or organically grown.
(* Seed has not been coated with Thirim, Methyl Bromide or any other artificial coating)

Germination Tested Whether our seed is grown by ourselves, or it is produced by one of our carefully selected experienced seed growers, all of our seed is germination tested prior to release.

While the majority of our seed shows 95-100% germination, all will have at least 85% at time of packaging.

It is important to keep in mind that regardless of our test results, it is your climate, soil & planting practice that will have the final say for actual in-ground germination.

NOTE:

Seed quantities listed are approx. & may be subject to change depending on batch. Prices are subject to change without notice.

Catalogue current from 1st July 2017 to 30th June 2018.

Unless indicated otherwise on order form, if items are ordered but are currently out of stock, these items will either be substituted for a similar variety, or placed on backorder & forwarded to you as soon as possible, unless otherwise indicated..

It is the responsibility of the purchaser to ensure that all seed varieties ordered are permitted entry into their state according to their state's quarantine requirements, but please feel free to discuss this with us.

QUARANTINE & SHIPPING

Please note that we are able to send seed to all states of Australia except Western Australia. If a particular variety is not permitted entry into a particular state, it will have the words *****NOT TO TAS***** (or similar) at the beginning of the description.

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SQUASH
WINT
Spag/

MARROW
Cowla--ds
Gre

BEAN
CLIMBING
1500 Year Old
Cave Bear

HOW TO ORDER:

You can place an order by.....

POST/FAX: Simply fill out the Order Form enclosed, and post with payment (payment may be made by cheque, money order, credit card or direct deposit) to:

**The Lost Seed
PO Box 3092
BEMBOKA
NSW 2550**

Alternatively, fax your order to us at
fax: 02 6493 0486

ONLINE: Visit our website at
www.thelostseed.com.au and order online (payment may be made using your credit card via the secure Paypal system) or Bank Deposit.

PHONE : Call us on ph: **02 6493 0486** with your order (payment may be made using credit card)

We will then quickly process your order & despatch it to you by Australia Post. Alternatively our seeds may be purchased from a number of stores across Australia (please contact us for

HERBS

BASIL

(*Ocimum basilicum*) Annual. Use leaves in salads, as herbal tea or pot pourri. Sow after frost. Approx. 600 seeds / gram

SOW WHEN	SOIL
TEMP	
Cool: Mid Spring to Early Autumn	20-32°C
Warm: Early Spring to Mid Autumn	
Tropical: Mid Autumn to Early Spring	

COMPANIONS

LIKES: Apricot, Asparagus, Cucumber, Fennel, Tomato

DISLIKES: Rue

CORSICAN Mediterranean heirloom from Napoleon's island birthplace off the Italian French coast. Attractive green & purple mottled leaves with mild, sweet flavour. Bush to 75cm high. Use as a garnish, in cooked dishes or as a filler in bouquets. a great addition to the garden attracting both bees & butterflies. 800 seeds

DARK OPAL Introduced in 1950 by University of Connecticut. Annual. Bush to 70cm with dark purple leaves. Excellent for adding colour to salads, vinegars etc. 1000 seeds

FINO VERDE Annual. Strongly aromatic, light green leaves to 2cm in length. Ideal for making Pesto. Culinary & medicinal uses. Repels flies & mosquitos. 800 seeds

GENOVESE GIANT Annual. Mammoth leaf. Large, green leaf variety. Excellent for small areas where large quantities of leaf are required. Bush 45-60cm high. 800 seeds

GREEK Annual to 40cm. Fragrant, small leaves. Slower to flower than other basil. Use raw in salads, cooked, or medicinally. Aromatic. 1200 seeds

LARGE SWEET ITALIAN Large, green, aromatic leaf, popular culinary herb. Annual 50-90cm. Repels flies & mosquitos. 1200 seeds

LICORICE Also known as 'Anise' or 'Persian' basil. Long, thin, silvery, pointed leaves & purplish stems with intense licorice smell & flavour of tarragon. 1000 seeds

LIME Annual. Thin, oval shaped light green leaves adds citrus flavour & aroma to salads & desserts. Small bush to 65cm. Similar to Lemon Basil but with darker green leaves & lime flavour & aroma. 1000 seeds

MAMMOTH Annual originating in Italy. Medium green, strongly aromatic leaves with size as big as a hand & flavour a combination of mint, licorice & cinnamon. Shorter bush than regular basil - great for pots. 800 seeds

MIXTURE Annual. Mix of 8 different types of basil. Useful for growing in containers. Height to 45cm. 1000 seeds

SACRED (*Ocimum sanctum*) Also known as 'Holy Basil' - revered by Hindus & other Eastern religions. Green, oval shaped leaves with purplish coloured stem. Medicinal qualities & insect repellent. Attracts bees to the garden. 800 seeds

SPICY GLOBE Bright green leaves on small, compact bush. Strong flavour & fragrance. Use fresh or dried. Ideal for pots, and attractive in the garden. Attracts bees to the garden. 1000 seeds

SWEET GENOVESE Heirloom. Annual to 90cm. Large green leaves. Aromatic. 800 seeds

THAI Annual. Leaves bright green with attractive red-purple flowers. 800 seeds

BORAGE - BLUE (*Borago officinalis*) Heirloom. Annual. Wide, hairy, bluish-green, leafy plant with star-shaped blue flowers. Height 80cm. Medicinal herb. Flowers used in salads or pot pourri. Young leaves used in salads, soups, cooked like spinach, or as mulch. Seeds contain over 20% GLA (gamma linolenic acid) which is extracted and used commercially as an economical substitute for evening primrose oil. Tolerates poor soil conditions. 100 seeds

BURDOCK - TAKINOGAWA LONG (*Arctium lappa*) Heirloom. Biennial. Edible roots 30 - 60cm long; stalks also eaten. Delicious flavour. Use like carrots; fresh in salads, stir-fry, or cooked. Stores well. 120 days. 50 seeds

CARAWAY (*Carum carvi*) Biennial or perennial. Bush height to 60cm. Highly aromatic foliage & seeds with flavour similar to liquorice. Dried seeds used in cooking or as medicinal herb. Roots edible & used like carrot. Helps break down heavy soils. 800 seeds

CHAMOMILE - GERMAN (*Matricaria chamomilla*) Annual. Medicinal herb often used as tea, hair rinse or as fungicide spray in garden. Fine, feathery, green leaves with yellow-centred, white flowers. Deters flies & mosquitoes and strengthens nearby plants. 10,000 seeds

CHIVES - COMMON (*Allium schoenoprasum*) Perennial. Culinary herb with thin, dark-green tubular leaves & pale purple flowers, growing in small, low clumps to 60cm high. Hardy - will tolerate frost & temperatures to -37°C. Use leaves & flowers in salads, dips, dressings, egg dishes etc. 800 seeds

CHIVES - GARLIC (*Allium tuberosum*) Culinary herb with thin, dark-green tubular leaves

& white flowers, growing in small, low clumps. Use leaves & flowers in salads, dips, dressings etc. 220 seeds

CORIANDER (*Coriandrum sativum*) Also known as Chinese Parsley; seed & leaf used fresh in salads, cooking or medicinally. Bush 60-80cm high. Leaves rich in Vitamin C. Attracts bees to the garden. 500 seeds

DILL

(*Anethum graveolens*) Annual. Leaf used in cooking, salads, dressings, or medicinally.

SOW WHEN	SOIL
TEMP	
Cool: Mid Spring to Early Autumn	20-32°C
Warm: Early Spring to Mid Autumn	
Tropical: Mid Autumn to Early Spring	

COMPANIONS

LIKES: Cabbage

DILL - BOUQUET Best variety for harvesting seeds. Large umbels of flowers producing masses of seeds. Seed used in cooking, salads, dressings, or medicinally. Bush 90-150cm high. Easy to grow. 60-70 days. 800 seeds

DILL - LONG ISLAND MAMMOTH Heirloom. Attractive feathery blue/green leaves, with umbrella shaped yellow flowers. Bush 90-150cm high. Easy to grow. 60-70 days. 1000 seeds

DILL - VIERLING Annual. Dwarf type, height to 60cm, with dark blue-green, finely cut, feathery leaves. Ideal for small gardens or growing in containers. Slow to bolt. 600 seeds

ECHINACEA - PURPUREA (*Echinacea purpurea*) Perennial, medicinal herb, with purple coneflowers. 250 seeds

FENUGREEK (*Trigonella foenumgraecum*) Annual. Attractive plant to 60cm tall with small round leaves and yellow / white flowers producing long, yellow seed pods containing seeds commonly used in cooking or dyeing. Indigenous to the Mediterranean & grown widely in Europe & Asia. Also used as green manure crop adding nitrogen, phosphorus & organic matter back into the soil. Excellent for loosening heavy, clay soils & controlling weeds. Grows well in cool areas. 10g

MARJORAM - SWEET (*Origanum majorana hortensis*) Perennial, culinary herb. Plant 40-60cm in height. Leaves used as flavouring cooked dishes. 3000 seeds

MARSHMALLOW (*Althea officinalis*) Perennial. Medicinal herb with soft, slightly furry leaves & pale-pink flowers. Leaves, along with flowers, seed pods & roots are edible. Height to 1.5m. Roots were originally used to make marshmallow confectionary. Attracts bees to the garden. 200 seeds

NASTURTIUM (*Tropaeolum majus*) Perennial. Low spreading vine often used as a ground cover. Round, flat, pale-green leaves with

peppery taste & bright orange/yellow flowers. Leaves & flowers used in salads. Seeds also reputed to have antibiotic properties. 15 seeds

OREGANO (*Origanum vulgare*) Perennial. Culinary herb, aromatic, green leaves. Use cooked in stews, pasta etc. More pungent than marjoram. Tolerates wide range of conditions. 3000 seeds

PARSLEY

(*Petroselinum sativum*) Biennial. Culinary herb high in minerals.

SOW WHEN TEMP	SOIL
Cool: Mid Spring to Early Autumn Warm: Early Spring to Mid Autumn Tropical: Mid Autumn to Early Spring	10-30°C

COMPANIONS

LIKES: Asparagus, Carrot, Chive, Tomato, Roses

DISLIKES: Mint

GIANT ITALIAN Biennial. Large, flat, green leaf. Excellent flavour. Well suited to drying. 70-80 days. 1800 seeds

ITALIAN (*Petroselinum sativum*) Annual. Large, flat leaf variety with stronger flavour than curled types. Well suited to drying. 78 days 1800 seeds

TRIPLE CURL (*Petroselinum sativum*) Annual. Tightly curled, dark green leaves, high in Vitamin C. Most popular variety. 68-75 days. 1000 seeds

RED CLOVER (*Trifolium pratense*) Biennial, ground cover producing abundant, leafy growth & pink-purple flowers. Medicinal herb, soil improver (adds nitrogen), bee forage, fodder, or used as green-manure crop. 1380 seeds

ROCKET - see "Salad Greens"

SAGE - CLARY (*Salvia sclarea*) Heirloom. Native to Southern & Eastern Europe. First appeared in 1827. Biennial. Medicinal & culinary herb. Large bush to 90cm with highly aromatic leaves & pink flowers. Young leaves used to flavour soups & stews; also gives wine a muscatel flavour, & added to potpourri. 560 seeds

SAGE - COMMON (*Salvia officinalis*) Native to the Mediterranean. Perennial. Pale green / silvery leaves on medium sized bush. Hardy once established. Culinary & medicinal uses. Attracts bees to the garden. 180 seeds

TARRAGON - RUSSIAN (*Artemisia dracunculus*) Perennial. Height 1.5m. Will tolerate dry & poor soil conditions. Culinary or medicinal use. More prolific than French Tarragon. 3000 seeds

THYME

Culinary & medicinal herb. Prefers dry, sunny position. Use fresh in salads, or to add flavour to cooked dishes.

SOW WHEN TEMP	SOIL
Cool: Mid Spring to Mid Summer Warm: Early Spring to Mid Autumn Tropical: All Year	15-30°C

COMPANIONS

LIKES: Cabbage, all plants in general

ENGLISH (*Thymus vulgaris*) Perennial to 30cm. Culinary herb with broad, dark green leaves. Common variety. Used in bouquet garni, stews etc. Attracts bees to garden. Small seed. 3000 seeds

YARROW - WHITE (*Achillea millefolium*) Perennial, medicinal herb with soft, feathery leaves. Creeping plant; useful when grown as lawn in unused areas. Repels insects from garden. High in organic potassium, copper, iron, sulphur. Useful as compost activator. Hardy; tolerates most conditions. 5000 seeds

ANCIENT GRAINS

AMARANTH - GRAIN (*Amaranthus hypochondriacus*) Originating with the Ancient Aztecs. Hardy plant to 1m with both leaf & grain used in salads, and cooked dishes. Higher in protein (18%) than wheat or rice. Easy to grow being drought, heat and pest resistant. Direct sow. 110-150 days. 3500 seeds

BELUGA LENTIL (*Lens culinaris*) Also known as 'Black Lentil'. Small, black, round legume so named as they shimmer when cooked making them look like beluga caviar. Mild, earthy flavour with soft texture. Maintain their shape when cooked making them ideal for salads and as a topping on egg, fish & seafood dishes. Bush 20-40cm tall requiring low support. May be left to mature and harvested for use as dried legume, or used when still green like snap peas. 70 days (pod harvested fresh) - 110 days (mature like dried legume). 450 seeds

CHIA (*Salvia hispanica*) Leafy plant producing small, greyish seeds with pleasant nutty flavour. Seeds contain antioxidants, fibre, protein & is one of the highest known plant sources of Omega-3. Use seeds mixed in water or juice, sprinkled on cereal, or ground and mixed with flour for use in baking. 2750 seeds

LENTIL - RED (*Lens culinaris*) Annual. Plant to 40cm high producing pods containing reddish brown coloured seeds commonly used as a legume. Drought tolerant. 450 seeds

QUINOA (*Chenopodium quinoa*) A grain crop grown for its edible seeds. Seeds high in protein. Best grown in areas where max. day time temperature does not exceed 32°C & night temperatures are cool (note: seeds may not germinate when planted in soil with night-time

temps. above 15°C). Easy to grow with plants tolerating dry soil & drought conditions. 5000 seeds

TEFF (*Eragrostis tef*) Ancient grain commonly grown in Africa, Ethiopia & Eritrea where it is used to make 'Injera' and also as the main ingredient for preparing 'Tella', a traditional beer. The smallest known grain in the world. A cereal type grass producing a tiny grain with mild, nutty flavour which is high in calcium, protein & fibre. May be used in cooking (similar to quinoa), breads, porridges, and grain-free fermented beverages. After harvest, its straw may be mixed with mud for making bricks. Plant is frost sensitive. Small seed. Easily grown & germinates quickly. 45-55 days. 10000 seeds

FLOWERS & EDIBLE FLOWERS

ALYSSUM - CARPET OF SNOW (*Lobularia maritima*) Annual. Bushy, trailing plant producing masses of tiny, delicate, pure white flowers. Low growing, wide spreading. Hardy. Early to bloom producing a continuous display of flowers all summer long. Attractive to butterflies & bees. Ideal for growing under orchard trees to assist in pollination. Grows well in sun or part shade. Small seed. 2000 seed

CALENDULA - EDIBLE MIX (*Calendula officinalis*) Height to 20cm, with pastel & regular coloured flowers 7-8cm across. Brightly coloured petals used to add colour to salads, as garnish or as a natural colour for icings, creams etc. Mature plants will tolerate frost (& snow). 60-70 days to flower. 250 seeds

CALENDULA - POT MARIGOLD (*Calendula officinalis*) Heirloom native to southern Europe. Old-fashioned herb used in salads, tinctures, herbal ointments etc. Annual. Single, vibrant, yellow-orange petals around a brown centre. Attracts bees & wild birds to the garden. Easy to grow. 180 seeds

COSMOS - BRIGHT LIGHTS (*Cosmos sulphureus*) Mxican heirloom. Annual. Brilliant, deep orange, tangerine, yellow, gold & red single & double flowers on lacy bush to 90cm high. Excellent for attracting butterflies to the garden or for cut flowers. Withstands poor soil, heat & humidity well. 180 seeds

COSMOS - SENSATION MIX (*Cosmos annatus*) Annual. Masses of large, daisy-like, single flowers ranging from white to pink to carmine in colour born on lacy bush to 120cm high. Easy to grow. Early to bloom. Great for attracting butterflies to the garden or for cut flowers or bouquets due to their strong stems & attractive appearance. 250 seeds

DIANTHUS - EDIBLE MIX (*Dianthus plumarius*) Also known as 'Pink'. Perennial / Annual. Bush to 50cm high with flowers in pink, rose, white & carmine shades. Strong, pleasant aroma. Attractive, edible flowers added to salads or used as garnish. Fast growing. 180 seeds

HOLLYHOCK - SUMMER CARNIVAL (*Alcea rosea*) Annual to 150cm high with large flower spikes of double flowers in shades of crimson, violet, white & yellow. Great for cottage gardens, growing along fences, as hedges, or against walls. Attracts bees & other beneficial insects to the garden. Long flowering. 90-97 days. 90 seeds

SWEET ROCKET - MIXED (*Hesperis matronalis*) Heirloom dating back to 1840 and also known as 'Dame's Rocket'. Biennial / Perennial. Highly fragrant pink, purplish & white flower spikes produced on plant to 60cm tall. Flowers are clove-violet scented & become fragrant towards evening. Great for cottage gardens attracting bees & butterflies to the garden. The seed is also high in essential oils (up to 50%). Flowers may also be added to salads to create interest - blooms appear in mid-Spring. 800 seeds

VIOLA - EDIBLE MIX (*Viola cornuta*) Perennial. Colourful mix of round, medium sized flowers. Used as an attractive garnish for salads, cooked dishes & candied on cakes etc. Also used as a sandwich filling. Compact plant to 15cm high. Will tolerate frost to -29°C. Small seed. 180 seeds

back into the soil when the leaves are still fresh & green after approx. 8 weeks after planting. Allow the green manure to break down in the soil for up to 4 weeks before planting any vegetables. Smaller packets are ideal for the home garden.

ALFALFA - HUNTER RIVER (*Medicago sativa*) Heirloom being one of the first fodder plants to be domesticated. Alfalfa (also known as lucerne) is a flowering legume in the pea family resembling clover in appearance. When left to grow, plants will reach a height of 1m & produce clusters of small purple flowers which are beneficial in attracting wildlife including bees & butterflies to the garden. Although widely grown as a fodder crop being valued for its high level of protein. It is highly beneficial when used as a green manure crop in the garden & especially for breaking up compacted soils. The plants are very deep rooted, enabling the roots to draw up sub-surface minerals & break up compacted soils. The plant is able to fix large quantities of nitrogen from the air in root nodules & add carbon back into the soil.

1 pkt 6800 seeds; 400g \$11.00; 800g \$20.00

AMARANTH - GRAIN (*Amaranthus hypochondriacus*) Originating with the Ancient Aztecs. Hardy plant to 1m with both leaf & grain used in salads, and cooked dishes. Higher in protein (18%) than wheat or rice. Easy to grow being drought, heat and pest resistant. Direct sow. 110-150 days.

3500 seeds

ANCIENT GRAIN CARBON CROP (NOT TO TAS) (*Secale cereale*, *Avena sativa*, *Triticum spelta*, *Chenopodium quinoa*, *Fagopyrum esculentum*, *Amaranthus hypochondriacus*) A mix of rye, oats, spelt, quinoa, buckwheat & amaranth effectively used as a cover crop for digging back into the soil for organic matter, or if left to mature as seed for wildlife and as a prevention for soil erosion. It also acts as an attractant for predator insects to the garden. Suitable for all soil types.

1 pkt 1200 seeds; 200g \$8.00; 400g \$14.00

BARLEY (NOT TO TAS) (*Hordeum vulgare*) An ancient grain commonly used for food, fodder, as a green manure crop or for straw. Beneficial for adding bulk organic matter & controlling nematodes in the soil. Grows well on salty soils. Broadcast as needed or at a rate of 45kg/ha or 4g/sqm.

1 pkt 70g; 400g \$4.00; 800g \$6.00

BENEFICIAL INSECT BLEND Highly useful for attracting the predator insects to the garden. An attractive & colourful mix of flowers, herbs & vegetables designed to be irresistible to bees, hoverflies, lace wigs, lady bugs & the like. Also extremely useful for increasing pollination in both orchards & vegetable gardens. Contains: Fennel, Dill, Alyssum, Borage, Echinacea, Oregano, Basil, Red Clover, Bergamot, Coriander, Buckwheat, Alfalfa, Cosmos, Caraway, Marigold, Radish, Sweet William, Sunflower, Parsnip, Carrot & Yarrow. Broadcast

as needed.
1200 seeds

BROAD BEAN (*Vicia faba*) Useful as a green manure crop adding carbon & nitrogen to the soil & improving friability. Best dug back in the soil when leaves are still fresh & green & approx. 20-30cm high. Allow the green manure to break down in the soil for up to 4 weeks before planting any vegetables. Broadcast as needed or at a rate of 150kg/ha or 15g/sqm.

1 pkt 70g; 400g \$6.00; 800g \$11.00

BUCKWHEAT (NOT TO TAS) (*Fagopyrum esculentum*) Excellent green manure crop useful for adding both nutrients & carbon to the soil. Also useful for attracting beneficial insects, including bees to aid in pollination. Annual. Plant to 60cm high. Fast to grow & easy to dig in at any stage. Frost sensitive & prefers warmer soils.

1 pkt 20g; 400g \$5.00; 800g \$9.00

BUTTERFLY PEA (NOT TO TAS) (*Clitoria ternatea*) Fast growing, climbing plant producing attractive blue/pink flowers in mid to late Summer. Useful in the garden when grown on a trellis as an attractive way to encourage butterflies into the garden, as they are one of their favourite food sources. Pods are also edible & delicious when eaten fresh or in stir-fry. Flowers are also used as a natural water-based food colouring used to add a brilliant blue colour to drinks, icings, cup-cake batters, jellies & sauces or dipped in tempura batter & fried. It also makes a bright blue coloured herbal tea. It should be noted that the flowers are high in anthocyanin antioxidants. It is an amazing plant in that when the flowers are made into a herbal tea, it shows as a brilliant blue coloured tea. If a few drops of lemon juice is added, it then changes to a brilliant purple colour, then with the addition of another few drops of lemon, becomes a brilliant hot pink colour.

1 pkt 800 seeds; 400g \$10.00; 800g \$18.00

CHICKEN GRAZING MIX (NOT TO TAS) A beneficial mix of hardy greens to give to your feathered friends. Either broadcast in pen & section off until grown, or grow in trays to put in pen for hens to peck at as needed (they'll go crazy over it!).

Contains: Amaranth, Medic, Bok Choy, Chicory, Millet, Clover, Nasturtium, Alfalfa (Lucerne), Silverbeet, Minutina, Sorrel, Dandelion, Carrot, Mustard, Swede, Cress, Gai Choi, Bok Choi, Fennel.

1 pkt 40g; 400g \$15.00; 800g \$28.00

CLOVER - WHITE (NOT TO TAS) (*Trifolium repens*) Annual legume. Deep-rooted ground cover useful for fixing nitrogen in the soil, and for attracting tachinid flies, ground beetles & parasitic wasps that prey on aphids, scales, caterpillars and whiteflies. Also used as a fodder crop being high in protein, and as a living mulch when planted around trees & amongst vegetables. Will die back in dry summers. Broadcast at a rate of 6-10kg/ha

1 pkt 34g; 400g \$10.00; 800g \$18.00

GREEN MANURE / FIELD CROPS

GREEN MANURE CROPS: When plants are grown as a green manure crop, they are best dug

FENUGREEK (*Trigonella foenumgraecum*) Annual. Attractive plant to 60cm tall with small round leaves and yellow / white flowers producing long, yellow seed pods containing seeds commonly used in cooking or dyeing. Indigenous to the Mediterranean & grown widely in Europe & Asia. Also used as green manure crop adding nitrogen, phosphorus & organic matter back into the soil. Excellent for loosening heavy, clay soils & controlling weeds. Grows well in cool areas. Broadcast at a rate of 5g/sqm.
1 pkt 10g; 200g \$22.00; 400g \$28.00

FIELD PEA (NOT TO TAS) (*Pisum sativum*) Heirloom and one of the oldest domesticated crops. Used as a cool season fodder or green manure crop grown throughout Autumn & Winter. May also be eaten as a legume. As a green manure crop, the field pea improves soil quality adding carbon & nitrogen to the soil, protects the soil from erosion, as well as improving friability. They are also an excellent livestock feed.
1 pkt 50g; 400g \$7.00; 800g \$12.00

FODDER BEET (*Beta vulgaris*) Also known as 'Mangel' & traditionally widely used across Europe as cattle feed as early as 1500's. Includes Red Mammoth, Giant White & Yellow Eckendorf. Abundant, edible leaves with very large root up to 10kg or more. Leaves used in salads or like spinach. Root when harvested young used in salads or cooked.
1 pkt 300 seeds

GREEN MANURE MIX -

AUTUMN / WINTER (NOT TO TAS) Beneficial mix of Alfalfa (*Lucerne*), Beetroot, Broad Bean, Clover, Corn Salad, Endive, Fenugreek, Kale, Medic, Millet, Mustard, Purslane, Radish, Cress, Spinach, Turnip, Vetch, Swede, Mizuna (Red Streaks), Mizuna, Dill & Pea.
1 pkt 70g; 400g \$10.00; 800g \$18.00

GREEN MANURE MIX -

SPRING / SUMMER (NOT TO TAS) Beneficial mix of Alfalfa (*Lucerne*), Beetroot, Broad Bean, Lab Lab Bean, Endive, Medic, Millet - White, Mustard, Purslane, Radish, Soy Bean, Butterfly Pea, Turnip, Vetch, Basil, Dill, Coriander, Fenugreek, Rocket, Amaranth, Cocksfoot, Chia, Quinoa.
1 pkt 80g; 400g \$10.00; 800g \$18.00

HERBAL LEY FOR PASTURE

ANIMALS (NOT TO TAS) Modern pastures of today are often lacking the wide variety of beneficial herbs & grasses which were present in traditional fields, with farmers today often choosing to grow just one monoculture variety. With a mix of herbs & grasses comes a wide spectrum of vitamins & minerals etc. Contains: Alfalfa, Caraway, clover, Sorrel, Turnip, Swede, Minutina, kParsley, Chicory, Dill, Dandelion, Fodder Beet, Fennel & Kohl Rabi.
1 pkt 70g; 200g \$15.00; 400g \$28.00

KHORASAN GRAIN (NOT TO TAS) (*Triticum persicus*) Ancient grain believed to

have originated in the fertile crescent. Beneficial for adding bulk organic matter to the soil. Grows best in areas with cool, wet summers. Will tolerate a wide range of soil & slightly acid soils. Broadcast at a rate of 10g/sqm.
1 pkt 55g; 200g \$8.00; 400g \$14.00

LAB LAB BEAN (*Lablab purpureus*) Heirloom native to Africa & one of the most ancient crops. Also known as 'Poor Man's Bean'. A very versatile plant producing edible pods with a strong 'beany' flavour which may be cooked like fresh green beans, or left to mature to produce black seeds to be cooked as a legume. May also be used for bean sprouts. Young leaves may be eaten raw in salads & older leaves used like spinach. Purple flowers may also be eaten either raw or steamed, & its large, starchy tubers may be boiled or baked. It should be noted that the raw, mature, dried beans are poisonous & can cause vomiting & even convulsions & unconsciousness. They are however edible when cooked correctly using two changes of water during the cooking process to remove toxins.
1 pkt 59g; 400g \$5.00; 800g \$9.00

LUPIN (NOT TO TAS) (*Lupinus angustifolius*) Attractive plant producing edible, dry seed. Commonly used as a green manure crop adding nitrogen, phosphorus & organic matter to the soil. Due to its long tap root, it is capable of extracting a wide range of nutrients & is useful for breaking up hard, compacted soils. Also useful in attracting bees, butterflies & other beneficial insects to the garden. Disease resistant. Best grown on well drained & sandy loam soils. Broadcast at a rate of 40-50kg/ha.
1 pkt 70g; 400g \$5.80; 800g \$10.00

MEDIC (*Medicago truncata*) Annual legume plant to 40cm high with yellow flowers. Commonly used as a cover crop & ideal for using as a living mulch. Beneficial for adding nitrogen & other nutrients to the soil, suppressing weeds & preventing erosion. Readily self-seeds in Autumn providing a lush green cover during the winter months. Drought tolerant.
1 pkt 43g; 400g \$9.00; 800g \$16.00

MILLET - WHITE FRENCH (NOT TO TAS) (*Panicum miliaceum*) Heirloom. Also known as 'Broom Corn Millet'. Vigorous growing, grass-like plant producing small, creamy white seeds which are non-acid. Commonly used as a soil conditioner for a wide range of soils. Also eaten as a cereal or grown as a poultry supplement. Quick to mature. Has a low water requirement. Will tolerate warmer conditions & saltier soils compared with other millet varieties. Broadcast at a rate of 8-10kg/ha or sow as needed.
1 pkt 70g; 400g \$5.00; 800g \$9.00

MUSTARD MIX (Nematode Control) (*Brassica juncea*, *Brassica alba*, *Brassica nigra*, *Brassica japonica*) Specially designed mix of mustard greens for use as green manure crop in controlling nematodes & fungal diseases such as fusarium & verticillium, as well as adding organic matter to the soil. When chopped back & then dug into the soil, the decaying plants release a

nematode killing gas - a process called biofumigation. Beneficial when used in crop rotation & planted after potatoes to eradicate wireworm. When left to mature, plants will attract beneficial insects to the garden. Fast growing & ideal for prevention of soil erosion. Broadcast as needed & allow to grow. Plants are then cut back (by hand or mower) anytime prior to setting seed & then dug back into the soil. Allow the green manure to break down in the soil for up to 4 weeks before planting any vegetables.
1 pkt 10g; 100g \$8.05; 200g \$15.95

OATS (NOT TO TAS) (*Avena sativa*) An ancient grain commonly used for food, fodder, as a green manure crop or for straw. Beneficial for adding bulk organic matter & controlling nematodes in the soil.
1 pkt 70g; 400g \$5.80; 800g \$10.00

RED CLOVER (*Trifolium pratense*) Biennial ground cover producing abundant, leafy growth & pink-purple flowers. Medicinal herb, soil improver (adds nitrogen), bee forage, fodder, or used as green-manure crop.
1 pkt 2500 seeds

RYE GRAIN (NOT TO TAS) (*Secale cereale*) An ancient grain dating back to 1800 BC commonly used for food, fodder & as a green manure crop. Much smaller & darker than wheat in appearance. Rye grain is relatively drought resistant & will tolerate cool conditions & waterlogging. Highly beneficial when used as a cover crop to prevent soil erosion. After harvest, the tough, resilient stubble may be left as a protective cover to reduce blowing of the soil & to assist colonisation by other species. The stubble of rye breaks down more slowly than the stubble of other cereals ensuring soil cover for a long period. Broadcast as needed.
1 pkt 60g; 200g \$8.00; 400g \$14.00

SPELT GRAIN (NOT TO TAS) (*Triticum spelta*) Persian heirloom dating back thousands of years. Produces versatile grain which is low in gluten & has a low G.I. Commonly used for food, fodder & as a green manure crop. Highly beneficial when used as a cover crop to prevent soil erosion. After harvest, the tough, resilient stubble may be left as a protective cover to reduce blowing of the soil, and to assist colonisation by other species. Best sown during Autumn & Winter. Broadcast as needed or at a rate of 40-50kg/ha. Grown on a certified organic farm.
1 pkt 70g; 200g \$8.00; 400g \$14.00

SUB CLOVER (NOT TO TAS) (*Trifolium subterraneum*) Annual legume. Heirloom native of northwestern Europe. Its name is derived from its underground seed development which is not displayed in other clovers. Most commonly used as a fodder crop & for fixing nitrogen into the soil. Tolerates water-logging & poor quality soils where other clovers cannot survive. It's white flowers are often located beneath the leaves & are low in nectar, making it both unappealing & difficult for bees to access. Ideally grown in more permanent places such as under fruit trees where it will

become a living mulch fixing nitrogen into the soil, keeping the soil moist & preventing soil exposure. 1 pkt 70g; 400g \$9.00; 800g \$16.00

SUNFLOWER (*Helianthus annuus*) An attractive way to supplement your chooks diet. Simply select a plot, broadcast seed, allow to grow & harvest seed heads placing directly into pen or hanging indoors. A welcome & nutritious treat!

1 pkt 50g; 200g \$5.00; 400g \$8.00; 800g \$10.00

SUNFLOWER (Organically Grown) (*Helianthus annuus*) An attractive way to supplement your chooks diet. Simply select a plot, broadcast seed, allow to grow & harvest seed heads placing directly into pen or hanging indoors. A welcome & nutritious treat! May be used to shade other vegetables in the garden, or as climbing pole for beans, peas etc.

1 pkt 550 seeds; 200g \$8.00; 400g \$14.00; 800g \$22.00

TURNIP - MAMMOTH PURPLE TOP

(*Brassica rapa*) Globe shaped root. Commonly used in cooking with excellent flavour, as fodder crop or for green manure. When left to mature also attracts bees, butterflies & other beneficial insects to the garden. High yields. As a fodder crop, turnips offer feed during winter when grasses are scarce. Broadcast at a rate of 4-5kg/ha or 1g/sqm.

1 pkt 2000 seeds; 400g \$15.00; 800g \$28.00

VETCH (*Vicia villosa*) Annual legume grown on viney, tendrilled plants with attractive, purple flowers. High protei seed. Self-seeding. Commonly used as a fodder crop or for green manure adding nitrogen & organic matter to the soil & upressing weeds, as well as attracting beneficial insects to the garden. May be combined with oats for support.

1 pkt 70g; 400g \$5.00; 800g \$9.00

used as fodder. Good plant for soil erosion areas due to deep roots. 15 seeds

CHIA (*Salvia hispanica*) Grasslike plant producing small, greyish seeds with pleasant nutty flavour. Seeds contain antioxidants, fibre, protein & is one of the highest known plant sources of Omega-3. Use seeds mixed in water or juice, sprinkled on cereal, or ground and mixed with flour for use in baking. 2500 seeds

STRAWBERRY - ALPINE (*Fragaria vesca*) Perennial. Low growing bush producing small, sweet, red berries. Does not produce runners. Hardier & more frost resistant than most other varieties. 800 seeds

TOMATILLO - VERDE PUEBLA (*Physalis ixocarpa*) Annual. Heirloom. Vigorous bush 1-1.2m, yielding attractive, small, purple fruits which are delicious raw or cooked. Has sharper flavour than green variety. Used for salsa, grilled, or as a colourful addition to salads. Provides the 'taco' flavour of Mexican dishes, when cooked with tomatoes. 100 days. 80 seeds

"It is my passion to open up to you the smorgasbord of seed available, to restore what an industrialised world has taken away, and to do this in the most natural way possible. I thank you for your support & wish for you a most abundant harvest."

*Keryn Martin
Proprietor & Grower*

TREES & OTHER EDIBLES

CAPE GOOSEBERRY (*Physalis peruviana*) Heirloom. Perennial - annual cooler areas. Bush height to 1m, producing many small, sweet, round, yellow fruit. Eaten fresh or preserved. 280 seeds

CAROB (*Ceratonia siliqua*) Also known as St. John's Bread. Medium sized tree producing pods which may be ground & used as an alternative to chocolate. Leaves & branches