



SEED UPDATE

Newsletter Update - APRIL 2022

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NEW SEED VARIETIES

The Lost Seed

BEETROOT - SUGARBEET

(Beta vulgaris) Heirloom. Biennial. Root grown for its sugar content (18-20%). Used for extracting sugar, sweetening preserves, or as high energy crop for animals. 280 seeds

GOURD - CUCUZZA (ITALIAN EDIBLE GOURD)

(Lagenaria siceraria) Italian heirloom also known as 'Indian Squash'. Long, thin, green fruit with white flesh. Well known for its remarkable length growing up to 1m in length. Best harvested when 15-25cm long as they become woody as they mature. Used like zucchini when harvested young. or when left to mature may be used as decoration or for 'wood carvings'. Best grown on a trellis to achieve straight fruit. 8 seeds

ENDIVE - GOURMET MIX

(Chicorium endiva) An attractive and exciting mix of various endive and chicory varieties. Include this tasty mix of greens with a lettuce mix or steam and serve with lemon juice, olive oil and sea salt as the traditional Greek dish 'horta'. 45-85 days. 350 seeds

BRUSSEL SPROUTS - CATSKILL

(Brassica oleracea var. gemmifera) First introduced onto the market in 1914. Extra large, green sprout growing up to 5cm across with rich, cabbage-like flavour and tender texture. Flavour improves with frost. Produced on a dwarf like bush. High yields. May be eaten raw or frozen. 400 seeds

OKRA - COWS HORN

(Abelmoschus esculentus) South American heirloom dating back to 1860's during the Civil War. Distinctive, long, green curved and twisted pods resembling a cow's horn, to 38cm long produced on a massive 2.5m bush - a truly impressive plant with equally impressive fruit!!! Pods remain tender even when large in size and mature. Early variety. Great for soups, stews, frying or in curries, retaining its crunch when cooked. 55 days. 50 seeds

KOHL RABI - SUPERSCHMELZ GIANT WHITE

(Brassica oleracea var. gongylodes) Heirloom originating in Switzerland. Also known as 'Giant White'. Absolutely huge, pale green bulb up to 5kg. Stays tender even when fully mature. The largest variety of kohlrabi on the market today. 400 seeds

LETTUCE, COS - CELTUCE

(Lactuca sativa) French heirloom dating back to 1700. Also known as 'Chinese' or 'Asparagus' lettuce. Non-hearting. Leaves have 2-4 times more Vitamin C than regular lettuce and tolerates heat well. Leaves used raw in salads, or left until 30cm and used like Chinese vegetable in stir-fry. 1100 seeds

LETTUCE, LOOSELEAF - AMISH DEER TONGUE

(Lactuca sativa) Amish heirloom dating back to 1840. Thick, compact plant with sharp, triangular green leaves, straight edges & thin mid-rib. Crisp & sweet. Tolerates wide range of conditions. 45-55 days. 800 seeds

OKRA - PERKINS LONG POD

(Abelmoschus esculentus) South American heirloom dating back to 1800's. Long, thin, bright green, tender pods to 20cm produced on bush to 1.5m high. High yields. Early variety. Best harvested when 7-10cm long. 50-65 days. 50 seeds.

ONION - YELLOW SPANISH EARLY

(Allium cepa) Heirloom. Large, globe shaped, yellow skinned bulb with crisp, white, mild, sweet flesh weighing up to 250g. Late to mature - long day type. Stores well. Disease resistant. 110 days. 400 seeds

CABBAGE - EARLY JERSEY WAKEFIELD

(Brassica oleracea) American heirloom dating back to 1840. 'Sugarloaf' type with dark green, conical heads averaging 12-15cm across; weighing up to 1.5kg. 64 days. 300 seeds

Once again, thank you for your continued support. Until next time, if we may be of assistance in any way, please do not hesitate to contact us.

Kerryn Martin (Proprietor / Grower)