



# 2018 Spring & Summer Seed Collection

*Southern Heritage Seed Collective*



The *Southern Heritage Seed Collective* is a program of Working Food. Now in our 8th year, we have grown far beyond simply providing garden seeds to our community. We work tirelessly every day to build a community-based regional and biodiverse seed bank by:

- Cultivating relationships with national and local leaders that help us grow our own seed, organization, and community.
- Preserving and sharing local seed, stories and culture.
- Sharing our knowledge and passion through workshops, talks, classes, events and supporting other programs.
- Teaching garden and seed work with youth, particularly those most vulnerable and underserved in our community.

When you support us and grow our seeds, you are paying for more than just seeds. Visit [workingfood.org](http://workingfood.org) to learn more.



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## Spring & Summer 2018

### Flowers & Herbs

*Please note that many of our summer greens are also great flowers! They are listed in the greens section at the end.*



#### Celosia, Cockscomb Purple

*Celosia argentea*

~200 seeds

90 days. A stunning and long lasting garden flower in the amaranth family, that is wonderful in bouquets and irresistible to pollinators. The leaves are also edible and nutritious, prepared like any cooked green. Sow very shallowly (tiny seeds) about 12" apart. Can be direct sown, and will likely self-sow in the garden.

**LOCALLY SAVED!**

#### Cosmos, Bright Lights Orange

*Cosmos bipinnatus*

~40 seeds

52 days. An easy to grow spring, summer and fall flower that readily produces seeds and attracts loads of pollinators. Prefers full

sun but tolerates some shade. Once established, seems to tolerate poor soils and drought conditions. Sow 1/4" deep about 12" apart. Can be direct sown after last frost. Will likely self-sow in the garden.  
**LOCALLY SAVED!**

#### Marigold, Red gem

*Tagetes tenuifolia*

~50 seeds

Bite-size for use as edible garnish. Hundreds of petite flowers in low mounds of lacy foliage with a citrusy scent. Long-blooming and attracts pollinators. Leaves of the plant are edible and used as flavorful salad greens and garnish. Sow 1/4" deep, spaced 8-12".

#### Basil, Eleonora

*Ocimum basilicum*

~100 seeds

65 days. A basil with some downy mildew resistance. Plants are more upright with elongated stems for better airflow. Large, medium green, lightly serrated leaves with good flavor. However, it is not as bolt tolerant and may need more trimming. Sow very shallowly, spaced 12" apart.

#### Basil, Lemon

*Ocimum basilicum*

~100 seeds

60 days. Sweet and tangy lemon basil. Very bright green, 2 1/2" long leaves with white blooms make this basil both attractive and intensely flavorful. Grows to be 20-24". Sow 1/4" deep, 18" apart.

### **Basil, Thai**

*Ocimum basilicum*

~100 seeds

63 days. Exotic clove-licorice flavor perfect in Thai cuisine. Lovely potted herb, edible bedding plant and cut flower for floral arrangements. Gorgeous narrow green leaves with vivid dark purple stems and blossoms; adored by bees. Leaves are 2" long and plants reach 12-18" tall. Sow  $\frac{1}{4}$ " deep, 18" apart.

### **Roselle, Thai Red**

*Hibiscus sabdariffa*

~50 seeds

150-200 days. Beautiful large hibiscus shrub with showy flowers and edible red calyxes make a "zingy" tea, sauce, or jam. Also called "Florida cranberry" due to its ability to substitute for cranberry. Harvest the red calyxes anytime. Use fresh or dried to make tea or jelly (they contain natural pectin). Space 4' apart or more. We are not sure if this is the early or late fruiting variety, and are working on separating them out.

**LOCALLY SAVED!**



### ***Seed Saving***

Most flowers are insect pollinated and prone to cross-pollination. For example, if you are growing two types of zinnias (both *Z.elegans*) and they flower at the same time, it's likely they will cross with one another. The seeds will be fine to save, but will be a hybrid version when grown out the following year.

For improved genetic diversity it is best to have a high number of flowering individuals; the more the better. A minimum of 5 but ideally in the range of 20-50+ would be a good size for home seed saving. After flowers bloom and die back, wait for dried seed heads to appear. Gather as they are ready if you wish to save for re-planting next year. Many flower seeds will readily self-sow.

If you continually deadhead your flowers before seeds are matured to encourage more blooming, and don't save seed until the end of the season, you may not have the best quality seeds. Try saving some early on or from plants that haven't been excessively cut back.

For roselle, wait as long as possible for red pods to dry back exposing dried seed pods in the middle and then harvest. If they are getting moldy or it's too wet, then harvest earlier. Seeds can be obtained from harvesting edible calyxes by allowing the naked seed pod to dry indoors until it turns brown and brown seeds are exposed.

Either way, remove the red calyx, and dry indoors with good air circulation until seed pod dries and pops open. Seeds should be fully dried and brown before storing.

## Fruit



### Watermelon, Ali Baba

*Citrullus lanatus*

~30 seeds

100 days. Vigorous plants with large oblong fruit and superb flavor. Unique hard apple-green rinds are perfect for shipping and storage; few seeds. Rescued from war-torn Middle East. Grew well for us for several years. Sow 1/2" deep, spaced 12-18" apart, give them room to roam!

**LOCALLY SAVED!**

### Watermelon, Crimson Sweet

*Citrullus lanatus*

~25 seeds

80 days. A pretty, light green melon with dark stripes, Crimson Sweet is famous for its sugar content and great flavor. Sow 1/2" deep, spaced 2-3' apart, give them room to roam!

### Watermelon, Moon and Stars

*Citrullus lanatus*

~30 seeds

100 days. Extremely popular heirloom with sweet flavor and attractive yellow spots. Dark green rind and foliage are decorated with large yellow spots (moons) and smaller ones (stars). Flesh is dark red with excellent flavor and a thick protective rind. Large oblong fruits can grow to enormous sizes, up to 40 lbs. Sow 1/2" deep, spaced 12-18" apart, give them room to roam!

**LOCALLY SAVED!**

### Melon, Edisto 47 Muskmelon

*Cucumis melo*

~25 seeds

88 days. Exceeds disease resistance of many hybrid cantaloupes. Has resistance to alternaria leaf spot, powdery mildew, and downy mildew. Well adapted to hot, humid areas. Rind is netted, fruits are round-oval, about 6-7 in. in diameter. Keeps well. Space plants 12-18" apart in rows 5-6' apart.



### Seed Saving

Watermelon varieties will easily cross with one another if grown within a half mile or so of each other. For most home seed savers this means you will only grow one variety at a time, unless you hand-pollinate or flowers mature at different times. Remember this only matters if you are saving seed, if you are not then you can grow as many watermelon types as you like!

A minimum of 5-10 plants is required, but 25 or more is even better for genetic diversity.

Fortunately, seeds are ready at the same time the fruit is ready to eat, so simply save your seeds as you enjoy the melons. Rinse and dry on a towel for several days until really dried.

## Legumes

### Bean, Dragon's Tongue (bush)

*Phaseolus vulgaris*

~50 seeds

55-60 days. Exotic looking beans that are crème with vivid purple streaks crisp and juicy. When blanched they lose their unique purple streaks. The stringless pods are 6-8". A compact high yielding bush bean. Sow 1" deep, spaced 2-4" apart.

### Bean, Gita Yardlong (pole)

*Vigna unguiculata*

~35 seeds

78 days. A more widely adapted day-neutral variety of a subtropical Asian specialty. Graceful, 16-20" long, dark green pods, no bigger than the diameter of a pencil. Stringless, sweet, and richly flavored for steaming and stir-fry. Prefers warm days and nights. Sow 1" deep, spaced 2-4" apart.

### Bean, Provider (bush)

*Phaseolus vulgaris*

~50 seeds

50 days. Standard market variety green bean can be planted earlier than other beans as they germinate well in cool soils. Sow 1" deep, spaced 4-6" apart.

### Bean, Rattlesnake (pole)

*Phaseolus vulgaris*

~40 seeds

60-90 days. Also known as the Preacher bean, with its 8" pods that resemble the skin of a rattlesnake, they will impress you with how well they do in heat. When established they are drought resistant. Vines grow to 10'. Sow 1" deep, 2-4" apart.

### Bean, Red Noodle Yardlong (pole)

*Vigna unguiculata*

~35 seeds

90 days. Absolutely the most unusual and spectacular yard-long bean for the home garden. This standout plant is heat-tolerant and robust, producing red 18 inch long pods. Sweet and stringless, enjoy them steamed, stir-fried, or in soup. Brown seeds. Sow 1" deep, 2-4" apart.

### Bean, Yam

*Pachyrhizus erosus*

~10 seeds

180 days. **Eaten for it's roots NOT it's toxic seeds!!!** Eat raw and chopped for salads or with dips, or cooked and used in stir-fries and soups, retaining most of it's crispness similar to water chestnut. Flavor is like mild snow peas with a faint sweetness and crisp, juicy texture. **All other parts of the plant besides the root are toxic.** Sow 1" deep spaced 8-10" apart along a fence or trellis.

### Cowpea, Bettersnap

*Vigna unguiculata*

~25 seeds

61 days. Like snap peas or snap beans, the young pods of Bettersnap can be eaten! 9-11 in. green pods, 1-3 pods/cluster small white seeds, bush habit. Resistant to root knot nematodes and many other Southern afflictions.

#### LOCALLY SAVED!

**\*\*Please save your own seeds for next year and consider this your starter population. Seeds too laborious to save on a large scale for us. \*\***

### **Cowpea, Piggot pea (pole)**

*Vigna unguiculata*

~25 seeds

63 days. Grown in Louisiana since the 1850's, an early and productive plant from the Piggot Family. Good fresh or dried. 6-7" pods have medium sized brown seeds with light speckling. Vigorous and drought resistant vines grow to 8' tall. Sow 1" deep, 2" apart.

#### **LOCALLY SAVED!**

***\*\*Please save your own seeds for next year and consider this your starter population. Seeds too laborious to save on a large scale for us.\*\****

### **Pea, Pigeon**

*Cajanus Cajun*

~20 seeds

70-150 days. A multipurpose plant; edible hedge/windbreak, trellis for other veggies, or grown for mulch. Pigeon pea can be eaten as garden peas or lentils. A perennial shrub 5 to 7 ft. tall.

#### **LOCALLY SAVED!**



### **Seed Saving**

Legumes are among the easiest seeds to save, but do present challenges in our subtropical environment. Bean pods should dry on the plant as much as possible before harvesting for seed and sometimes can become too damp in our climate. Allow seeds to dry indoors once picked and shell soon to avoid molds from forming. Harvest early and bring indoors if they are close to maturity but it's humid and rainy.

Bean varieties are unlikely to cross with one another and need only to be separated by 10-20ft.

Common beans (*Phaseolus vulgaris*) require less of a population than any of the cowpeas (*Vigna unguiculata*). For common beans, 5-10 plants is a great number of plants to save from, while 20+ is even better. For cowpeas 10-25 is great, while 50+ is better.

## **Cucumber**

### **Cucumber, DMR-264**

*Cucumis sativus*

~25 seeds

70 days. Excellent downy mildew resistance, surpassing any other green slicing cucumber. A new release from Cornell University, bred for organic growers. This variety makes cucumber production possible when other varieties die from downy mildew. These are smaller than a standard slicer and should be picked at 5 inches. Direct sowing is best,  $\frac{1}{2}$ " deep 6-12" apart. Cucumbers are best trellised if possible.

### **Cucumber, DMR-401**

*Cucumis sativus*

~25 seeds

59 days. Another Cornell variety grown for organic conditions, and that shows superior downy mildew resistance. Early and productive, 8" long cukes. Direct sowing is best,  $\frac{1}{2}$ " deep 6-12" apart. Cucumbers are best trellised if possible.

### **Cucumber, Little Leaf Pickling**

*Cucumis sativus*

~25 seeds

57 days. Broad disease resistance and stress tolerance; compact vines and small leaves. Blocky medium-sized fruits are good for fresh eating, pickle well. Parthenocarpic (plants can set fruit without pollination). Direct sowing is best,  $\frac{1}{2}$ " deep 6-12" apart. Cucumbers are best trellised if possible.

### **Mexican Sour Gherkin**

*Cucumis sativus*

~25 seeds

60-70 days. If you enjoy sweet with a surprising pickled sourness, this 1-2" cucumber that resembles a watermelon might be for you. Grow well on a trellis and likes well fertilized soil. Sow  $\frac{1}{4}$ - $\frac{1}{2}$ " deep, 12-18" apart.



### **Seed Saving**

Cucumbers are easily crossed with one another and varieties should be separated by up to a  $\frac{1}{2}$  mile. For most home seed savers this means only growing one at a time, or making sure to hand pollinate or stagger the flowering times if possible. A plant population of 5-10 is great to save from, while 25+ is even better for genetic diversity.

Cucumber seeds are NOT ripe at the same time you harvest fruit for eating. Fruits must be left on the plant much longer until they turn a brownish yellow color and the skin hardens. At this point you can harvest,

and shell out the seeds, rinse and dry on a towel.

## **Eggplant**

### **Eggplant, UH Long Green**

*Solanum melongena*

~35 seeds

120 days. From the University of Hawaii's breeding program. A long oriental type green eggplant. Very tender and excellent for cooking. Fruits are 8-12 inches in length. Excellent producer for backyard gardens. Sow  $\frac{1}{4}$  -  $\frac{1}{2}$ " deep, spaced 2-3' apart.

### **Eggplant, UH Waimanalo Long B1 Purple**

*Solanum melongena*

~35 seeds

90 days. From the University of Hawaii's breeding program. A long, slender, high quality eggplant 8-12 inches in length, with a rich purple color. Sow  $\frac{1}{4}$  -  $\frac{1}{2}$ " deep, spaced 2-3' apart.



### **Seed Saving**

Eggplants are easily crossed with one another and varieties should be separated by about 1,600ft. For most home seed savers this means only growing one at a time, or making sure to hand pollinate or stagger the flowering times if possible.

A plant population of 5-20 is great, while 50+ is even better for genetic diversity.

Eggplant seeds are NOT ripe at the same time you harvest fruit for eating. Fruits must be left on the plant much longer until they turn a brownish yellow color and the

skin hardens. At this point you can harvest, and shell out the seeds, rinse and dry on a towel.

## Okra



### Okra, Red Burgundy

*Abelmoschus esculentum*

~25 seeds

65 days. Large tender crimson pods on vigorous plants with beautiful red stems and veining. Plants grow 4-5' tall, with 6-8" long pods. Seeds can be hard to germinate, soak overnight and/ or abrade seed coat with sandpaper. Sow 1/2-1" deep, spaced 18" apart.

### Okra, Clemson Spineless

*Abelmoschus esculentum*

~25 seeds

50-64 days. Most popular. Introduced by Clemson University and a winner in "All American Selection" in 1939. Its deep green color, ribbed body and spineless pods are best harvested at 3", otherwise taste will be bitter. Grows to 3-5'. Sow 1/2-1" deep, spaced 18" apart.

### Okra, Gold Coast

*Abelmoschus esculentum*

~25 seeds

50 days. Sweet, mild, spineless light-green pods up to 6" long. Plants grow to be 5-6" tall. Has good drought, heat, and nematode resistance. Sow 1/2-1" deep, space 18" apart.



## Seed Saving

Okras are easily crossed with one another and varieties should be separated by up to 1,600ft. For most home seed savers this means only growing one at a time, or making sure to hand pollinate or stagger the flowering times if possible.

A plant population of 5-10 is great to save from, while 25+ is even better for genetic diversity.

Okra seeds are NOT ripe at the same time you harvest fruit for eating. Fruits must be left on the plant much longer until they turn a brownish color and dry down. They may split, revealing seeds. Bring indoors to dry down further especially if it's very humid or rainy.

## Squashes & Gourds



### Luffa, Gourd

*Luffa Aegyptiaca*

~30 seeds

50-90 days. Vigorous climbing vines produce loads of beautiful flowers much loved by bees. Young fruits less than 12" are edible, reminiscent of zucchini-okra. Large, dried fruits can be grown for sponges. Sow 1/2" deep spaced 12" apart along a sturdy trellis.

**LOCALLY SAVED!**

### **Squash, Bennings Green Tint (summer)**

*Cucurbita pepo*

~25 seeds

52 days. Bushy plants provide good yields of saucer shaped fruits creamy white or pale green, with scalloped edges. No formally noted virus resistance, but has shown field resistance in High Mowing trials. Grew like gang-busters at Forage last two seasons, we loved it for its vigor and good flavor/textured. Sow  $\frac{1}{2}$ " deep, spaced 12-24" apart.

### **Squash, Costata Romanesco Zucchini (summer)**

*Cucurbita pepo*

~25 seeds

52 days. This distinctive zucchini is medium gray-green, with pale green flecks and prominent ribs. Big, large-leaved semi-bush plants with only about half the yield of hybrids, but much better flavor. Better textured, nutty, and delicious, raw or cooked. Also a good producer of heavy male blossoms for cooking. Sow  $\frac{1}{2}$ -1" deep, space 24-30" apart.

### **Squash, Golden Bush Scallop (summer)**

*Cucurbita pepo*

~25 seeds

68 days. Golden-yellow, plump, patty-pan fruits on a small bush plant. Prolific and hardy. They bear continuously over a long season. Harvest when the fruits are 4-5" across. Sow  $\frac{1}{2}$ -1" deep, space 18-30" apart.

### **Squash, Seminole Pumpkin (winter)**

*Cucurbita moschata*

~35 seeds

100 days. The best squash to grow in our climate, hands-down! Vigorous plants defy

our insects and disease, producing sweet pumpkins that have a long storage life. This old Florida heirloom grown by Native Americans for centuries has a lot of variability in size, shape and color. Caution! They will climb anything and everything they contact, give them room. Pumpkins will grow vertically on a sturdy trellis like a chain link fence. Direct sow 1" deep, 24" apart in rows 3' apart.

**LOCALLY SAVED!**

### **Squash, Tatume (winter & summer!)**

*Cucurbita pepo*

~25 seeds

Popular in Mexican cuisine, this old heirloom when picked small is used like zucchini, but much tastier! Can also be harvested as a winter squash; let mature on vine until rind hardens and turns a golden yellow. Vigorous vining plants are fairly resistant to disease, more resistant to squash vine borer because of its vining habit. Direct sow 1" deep, 24" apart in rows 3' apart. Plants are fairly resistant to disease.

**LOCALLY SAVED!**



### **Seed Saving**

Squashes are easily crossed with one another and varieties should be separated by up to  $\frac{1}{2}$  mile if they are the same species. For most home seed savers this means only growing one at a time, or making sure to hand pollinate or stagger the flowering times if possible.

You can easily grow a *C.pepo* and *C.moschata* in the same garden and not worry about crossing. But you cannot grow more than one of a kind of *C.moschata* (i.e. butternut and Seminole) if you are seed saving.

A plant population of 5-10 is great to save from, while 25+ is even better for genetic diversity.

Winter squash (i.e. butternut, Seminole, Calabaza) seeds are generally ready when the fruit is ready for eating. It is always best to let the fruit cure a month or more after harvesting for best eating quality and also for the most mature seeds. Rinse and remove the flesh from seeds and dry on a towel for several days until seeds are dry enough to snap in half.

Summer squash seeds like zucchini, yellow squash and patty pan for example are not ready at the same time the fruit is for eating. Leave fruits to grow much bigger and turn a brownish yellow color, with a hardened skin. Then scrape seeds from flesh, rinse and dry on a towel for several days until seeds are dry enough to snap in half.

## Summer Greens

### Greens, Egyptian Spinach/ Molokhiya

*Corchorus olitorius*

~50 seeds

70 days. Fast-growing annual tall shrub grows up to ten feet tall, with a texture similar to that of okra, when cooked. The seeds are used as flavoring and an herbal tea is made from dried leaves. Leaves are

rich in beta carotene, iron, vitamin C and antioxidants. Sow 1/4" deep, spaced 18" apart or more.

**LOCALLY SAVED!**

### Greens, Jewels of Opar

*Talinum paniculatum*

~200 seeds

35 days. A heat-tolerant leafy green vegetable that is ornamental and loaded with lots of tiny beautiful flowers. A purslane relative with mild succulent leaves. A little mucilaginous but much less so than Malabar Spinach. Sow very shallowly, not burying at all, space 2-3' apart. Will readily re-seed in the garden.

**LOCALLY SAVED!**

### Flowers, Purple Mammoth Amaranth

*Amaranthus spp.*

~400 seeds

This "variety" is likely a mix of different amaranths we've grown over the years. The flowers are large, reddish purple and drooping, a real beauty! The leaves like all amaranths are edible, as are the seeds. These grow about 5-7' tall. Sow very shallowly, not burying at all, space 12-18" apart. Will readily re-seed in the garden.

**LOCALLY SAVED!**

### Greens, Calaloo, Black-seeded

*Amaranthus cruentus sp.*

~400 seeds

40 days. Amaranths are relatives of spinach with similar flavor. They grow fast and tall, and will produce seed even if most of the plant has been eaten. Their high nutrition is noticed by many insects, so you should be prepared with a bottle of Bt. Sow very

shallowly, not burying at all, space 12-18" apart. Will readily re-seed in the garden.

#### **LOCALLY SAVED!**



#### **Seed Saving**

Most of these greens form tiny seeds after the flower stalks have died back. The Amaranths, celosia and lamb's quarters develop humungous numbers of tiny seeds on the aging flower heads.

They can be shaken from the flowers into a bag periodically until you have enough seed, or cut stalks about ½-2/3 dried and bring indoors and dry on a surface that will catch the seeds.

Molokhiya/Egyptian spinach forms seed pods on the plant that are spring-loaded and easy to pop open. Bring them inside when turning brown and dry down a little more.

Jewels of Opar have tiny black seeds that form in the tiny little flower buds. They are easy to miss.

It is best to separate amaranth varieties from one another by up to 1,300 ft. Some cross with other species, while others do not. But the crossing can be fun, and you will still get amaranth. Kind of like our "Purple Mammoth". We grew many amaranths before we recognized they crossed, but the results have been...amaranth!

A plant population of 5-25 is great to save from, while 509+ is even better for genetic diversity.

***For more information about seed saving, contact us at any time! We host a number of seed saving workshops throughout the year. You can download our seed saving handout from our website.***



*Art by Melissa DeSa. Available for sale on our custom screen-printed cotton flour sac towels.*