Southern Heritage SEED Collective

Fall & Winter 2018-2019 Collection

Pusa Rudhira Carrot
Locally saved by Angie Minno
Loved by Swallowtail Butterflies
Art by Melissa DeSa
COMMUNITY SEED SAVERS

It takes a village to do the work of stewarding our seeds. Meet some of the people contributing to the catalog’s offerings this season.

Angie Minno
Angie keeps a lovely homestead with her partner Ethan and their three children in Alachua. She is passionate about home grown food and has been doing some of her own work to select for the best plants that do well in her garden through seed saving. Angie provides detailed and useful observations on plants for their vigor and taste, and has provided numerous seeds to the collective. You’ll love her blog, where you can read all about her homesteading and other adventures.

Brickman “Bricky” Way
Bricky is the historic farm manager at Morningside Nature Center. He is the one that first tipped us off to the Feaster Family Mustard. He’s a dedicated care taker of the Dudley Farm Dent Corn and the Feaster Family Heirloom Mustard, both of which are showcased in the heirloom garden representative of the 1870’s in North Florida.

Charley Lybrand
Charley is the market manager for the Union Street Farmers Market, an avid gardener and bee keeper, producing delicious local honey in Alachua. Being a Southerner, he loves a good mess of greens, and was very interested in growing the unique mustards in our collection. Last year he saved us about a half pound of Myers Family Mustard. This past season, intrigued by the Feaster Family Mustard, he grew out enough for eating and enough for seed saving. This allowed us to harvest about a pound of seed. This is his new favorite mustard variety!
Jerome Feaster
Jerome has been keeping his family’s mustard tradition alive throughout his life time in Shiloh, Florida near Micanopy. The seed was passed down from his mother who may have had received it from his grandfather Feaster in the late 1800’s. He’s now passing the love of gardening to his grandsons who help with keeping up the garden and harvesting the seeds. We met him a couple years ago at Morningside Nature Center for the Seed and Story Swap, when in the middle of Bricky’s story about Jerome, in he walked! Jerome sent his seed, story, and a sample of the mustards up to the folks at Seed Savers Exchange in Decorah, Iowa in 2015. They confirmed they had never seen a mustard like this and that it was indeed a unique variety. It’s been officially named the Feaster Family Heirloom Mustard, and registered in their seed database. Thanks to Jerome’s efforts, we’ve sent them 8 pounds of seed for their commercial catalog. You can read more about this story here, and on the Seed Savers Exchange blog.

Terry Zinn
Terry oversees the growing, gathering, cleaning and distributing of some of our most beautiful native wildflowers through his work with the Florida Wildflower Cooperative. He’s been hugely helpful to us over the years offering advice on seed storage and cleaning, and hosting us a couple times a year at his farm to run our seeds through the seed cleaning machine. This ensures our home grown seed is the best it can be by the time it gets to you.
Grow Hub & Farm to School to Work
The diverse crew we are blessed to work with includes staff, students, and volunteers that work throughout the year to help us grow, clean, and package seeds. This work has shown that adults of all abilities can find meaningful opportunities, and be a powerful work force. Honestly, we couldn’t do it without them.
Read more about Grow Hub and Farm to School to Work.
Vegetables

**Arugula**
*Eruca sativa*
~150 seeds
40 days. Distinctive peppery leaves, an easy and prolific green to grow. Readily self-seeds, coming back year after year. This is 2014 seed, but germ tests show 100% vigor.
Locally grown seed!

**Asian Mustards, Hon Tsai Tai**
*Brassica rapa*
~50 seeds
37 days. A Chinese specialty that we’ve been growing since 2015 and have found to grow easily in our cooler season, readily self-sows again and again, and has even come up and thrived during the middle of our intense summer! In August, it was volunteering in our gardens and still tasted good. Plants produce abundant long, thin, purpleish, stems and lovely yellow flowers that attract pollinators. Tastes great at all life stages from baby greens through flowering. It has a pleasing mild mustard taste that even kids are OK with, can be used raw in salads, or lightly cooked in stir-fries or soups. You can harvest multiple times from the leaves, stems and flowers. Eddie Cromer the chef at Daily Green harvested the flowers to make a delicious pesto. Who knew? A winner in our garden, we think you’ll love it too. Beautiful, tasty, easy to grow.
Locally grown seed!

**Asian Mustards, Maruba Santoh**
*Brassica rapa*
~50 seeds
35 days. Another Chinese mustard that piqued our interest from a Virginia-based gardening blog. Trialed along with Tokyo Bekana and Michihli Cabbage, all of which impressed us and we have tough standards! It is a really beautiful plant with soft, tender, rounded chartreuse leaves that are semi-heading and have excellent flavor. A mild mustard, not too spicy, not bitter, not bland like lettuce (sorry lettuce, but it’s true!) The flat white stems impart a juicy, crisp pac-choy taste. This will be a staple in our garden as it grew really well and was great to eat. It started to produce flowers at the end of the season, so it seems a good candidate for future seed saving efforts. Wouldn’t want to lose this one! Try growing it throughout the year and let us know how it does for you as a fall/winter vs. spring green.

**Asian Mustards, Red Rain (Hybrid)**
*Brassica rapa*
~50 seeds
21-42 days. Deeply toothed leaves are similar in appearance to a mustard but with a mild rather than hot taste. Excellent for full size bunching or baby leaf and holds well. We don’t typically offer hybrids but a large bag was given to us from Charlie at Hammock Hollow Farms and you know if he likes it, it’s a good one. Thanks Charlie! Let us all know what you think of it.

**Growing Asian Greens and Saving Seed**
Direct sow or transplant 1/4” deep, spaced 10-12” apart.

All *Brassica rapa* will cross-pollinate if flowering at the same time. Isolation distances that prevent cross-pollination are often greater than a home gardener can achieve; about ½ mile! More plants flowering at once produce quality seed, 20-80 + recommended.

Always save from later bolting plants. After flowering and pollination, small green pods will form and continue growing a, eventually drying and turning brown. Gather them at this point.
Asian Mustards, Tokyo Bekana
*Brassica rapa*
~50 seeds
45 days. Another Chinese Mustard that piqued our interest from a [Virginia-based gardening blog](#). Trialed along with Marubah Santoh and Michihli Cabbage, all of which impressed us and we have tough standards! The pale green, lettuce-like leaves of this baby Chinese cabbage are sweet and mild and never bitter. They are great in salad mixes or make a wonderful slaw. You can pretty much sub this for lettuce and it’s surely more nutritious (brassicas are nutritional powerhouses). They can be eaten pretty quickly as young baby greens or up till when they form very loose “heads”. Try growing it throughout the year and let us know how it does for you as a fall/winter vs. spring green.

Beet, Chiogga
*Beta vulgaris*
~ 60 seeds
60 days. Unique and beautiful striped beet. A new strain of the popular Italian heirloom. One of our favorites.

Beet, Detroit Dark Red
*Beta vulgaris*
~60 seeds
60 days. Used for canning and fresh eating, this blood red 3” diameter juicy beet is great! A historic variety that was introduced in 1892 by D.M. Ferry & Company.

Beet, Three Color Grex
*Beta vulgaris*
~60
54 days. An interbreeding mix (GREX) of three heirlooms: Yellow Intermediate, Crosby Purple Egyptian and Lutz Saladleaf. Such a genepool shows great variation that continues to morph. This is not a stable line, but a mix. These magical beets come in three distinct colors, pinkish red, some orange and a bright gold along with an iridescent orange. We thought they’d be fun for you to play with!

Broccoli Raab
*Brassica rapa*
~ 50 seeds
42 days. Grown for tender leaves and flower shoots, easier to grow than heading broccoli; similar cultivation as mustards and other greens. Does NOT form broccoli heads. Has a more pungent mustard-like spicy flavor.

Broccoli Leaf, Spigariello Liscia
*Brassica oleracea*
~50 seeds
45 days. A “leaf” broccoli grown like raab. Harvest individual leaves continually, does NOT from broccoli heads but rather small florets. Sweet broccoli/ kale flavor. We love this variety, recommended to us by local garden friend, Chris Quire years ago. We’ve grown it ever since but had trouble saving seed because it’s so bolt resistant!

**Growing Beets and Saving Seed**
Direct seed only, 1/4”-1/2” deep, 3 seeds per inch, thinning to 1-2” apart. Crowded roots result in poor growth formation. Beets tend to be challenging for beginner gardeners. Even watering, rich soil, full sun and thinning may help. Unfortunately beets are very unlikely to produce seeds in Florida. Beets are biennials, meaning they need a winter dormancy and two seasons of growth for seed production which does not happen this far south!
Cabbage, Charleston Wakefield  
*Brassica oleracea*  
~ 50 seeds  
75 days. Dark green, compact, conical shaped heads. Reach 4-6 lbs in size. Developed in 1892, and still a great heirloom for the South.

Cabbage, Late Flat Dutch  
*Brassica oleracea*  
~ 50 seeds  
100 days. Very large 10-15 lb giant flat heads, old heirloom variety that still does well today.

Cabbage, Perfection Savoy  
*Brassica oleracea*  
~50 seeds  
89 days. Flattened, round 6-8 lb heads are white inside, wrapped on the outside with well-savoyed, blue-green leaves. Good heat tolerance, makes especially beautiful heads. A favorite garden variety at the homestead of Angie Minno in Alachua.

Carrot, Danvers  
*Daucus carota*  
~ 200 seeds  
70 days. A stocky variety about 6-8” long, deep-orange color, rugged, strong tops, and disease resistance. A rich dark orange flesh. A great variety for canning, freezing, storing, and juicing.

Carrot, Scarlet Nantes  
*Daucus carota*  
~ 200 seeds  
70 days. A favorite garden variety with mild flavor, averaging about 6” long. Bright red-orange flesh. Excellent for freezing and juicing.

Carrot, Jaune de Doubs  
*Daucus carota*  
~ 300 seeds  
70 days. Bright yellow skin with conical roots about 8-10 inches long. We grew this one year from a free seed pack from Seed Savers Exchange and loved how easily it grew and how beautiful and big the carrots were. It’s an old French heirloom that seems a bit more wild than the tamed domestic carrots. May have an “unrefined” appearance and taste to some gardeners.

Carrot, Pusa Rudhira  
*Daucus carota*  
~ 300  
85-90 days. A red carrot high in beta-carotene and lycopene. Great for juicing! Was developed particularly for small farmers in India. Angie told us about how much she loved this beautiful pinkish-orange carrot, AND that it went to seed! This is very unusual for carrots in our region. Carrot flowers are gorgeous and attractive to pollinators. Thanks to Angie and Ethan’s observations and efforts, we can offer this rare carrot seed to you. *Locally grown seed!*

Carrot, Oxheart  
*Daucus carota*  
~300 seeds  
90 days. An old French variety good for heavy and shallow soils. Massive heart shaped roots can grow

Growing Cabbage and Saving Seed  
Direct sow or transplant 1/4” deep or less, spaced 9-16” apart, depending on the size of the cabbage. Harvest entire head when fully developed. Unfortunately cabbages are unlikely to produce seeds in Florida. Cabbages are biennials, meaning they need a winter dormancy and two season’s of growth for seed production which does not happen this far south!

Growing Carrots and Saving Seed  
Direct sow only ¼” deep or less, with very little soil on top. 3 seeds per inch, thinning to about 2”. Keep well-watered. Thinning is key to good carrot production. Crowding creates stunted, twisted roots.

Unfortunately, carrots are unlikely to produce seeds in Florida. Carrots are biennials, meaning they need a winter dormancy and two seasons of growth for seed production which does not happen this far south! There are a few exceptions, like *Pusa Rudhira* and one other we know of (*Uberlandia*) that produce seed in one season. If you want to save carrot seed, you need a large population (over 200 flowering at once), and you can’t eat your carrots AND save seed. Selection is important. This is NOT recommended for beginners or small gardeners.
to be one pound each. Crispy, sweet and mild in taste. A favorite recommended by Angie.

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**Collards** are the quintessential Southern vegetable, with a long and fascinating history in our region. Only recently have we “discovered” that hundreds of varieties exist. For so long we’ve been limited to the few available commercially like Georgia Southern, Champion and Vates. Well no longer! If you are interested in learning more, read *Collards: A Southern Tradition from Seed to Table*.

Southern Exposure Seed Exchange and Seed Savers Exchange are working to revive and distribute the numerous varieties available that are currently very rare and hard to come by. The diversity is breathtaking, and exciting for us Southern gardeners and collard lovers. We’ve been growing as many varieties as we can get our hands on, and have loved the uniqueness of each one. We’re sharing our trial results with these great seed organizations, and hope you will tell us how you like them, too!

Over the next few years, we hope the Heirloom Collard Project will make more varieties readily available and that we will be able to help disperse them! Some of the rarer ones we have to offer you are limited in how many seeds per packet, and how many packets we have to distribute.

You’ll notice that some of these older “landrace” aka farmer varieties are not uniform, they have not been heavily selected for, so there is often variation among plants. Which is a good thing in our books, especially for gardeners.

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**Collards, Alabama Blue**
*Brassica oleracea*
~25 seeds
75 days. A landrace variety (see definition to right) with wide variation of beautiful leaf colors. We definitely noticed a difference between each plant for color and leaf type. This diversity is fun for gardeners! They have smaller leaves than most collards and so plants can be more closely spaced. The leaves are more tender and faster to cook, and plants hold their sweetness longer in hot weather. Rare and hard to find. We grew this last fall and loved it.

**Collards, Evenstar Landrace**
*Brassica oleracea*
~25
Full disclosure, this is our first time trying them too! So let’s discover together how they like Florida gardens. They are described as vigorous and winter-hardy, selected for tenderness and mild flavor. The small leaves are sweet enough for mesclun use (assorted young salad green leaves). No susceptibility to autumn powdery mildew, and tolerant of a wide range of soils. Can’t wait!

**Collards, Georgia Southern**
*Brassica oleracea*
~50 seeds
75 days. An old standard variety dating back to 1879, deep blue/green color. Slow to bolt, non-heading growing about 2-3ft tall. Tolerates heat and poor/sandy soils. A classic, staple in Southern gardens for many generations. You can’t go wrong with Georgia collards.

**Collards, White Mountain Cabbage**
*Brassica oleracea*
~50 seeds
70 days. Beautiful dark green savoyed leaves. Some plants are semi-heading while others had a very loose head formation in our gardens. They got quite big, up to 3ft. Known to make excellent sauerkraut.

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**LANDRACE VARIETY:**
“A variable population, which is identifiable and usually has a local name. It lacks “formal” crop improvement, is characterized by a specific adaptation to the environmental conditions of the area of cultivation (tolerant to the biotic and abiotic stresses of that area) and is closely associated with the traditional uses, knowledge, habits, dialects, and celebrations of the people who developed and continue to grow it.”

~ Food and Agriculture Organization of the United Nations
Mustard Greens, Feaster Family Heirloom  
*Brassica juncea*  
~50 seeds  
45 days. An old family heirloom grown by the Feaster family in Shiloh, FL for over a hundred years (and maybe more)! We are so proud to have acquired this seed for you to enjoy! Broad, pale green, smooth, enormous leaves have a nice spicy bite. They self-sow, and are known to show up all over the garden and in side-walk cracks and other places. A must grow mustard for our area! Thanks to Jerome Feaster and his stewardship of this family heirloom that we can now all enjoy. The past couple of years, Brickly from Morningside Nature Center, and Charley Lybrand the Union Street Farmers Market Manager, grew out quantities of seed for the collective. Fun fact, we had many self-sow in our summer garden and they did well. This mustard loves growing here.  
*Locally grown seed!*

Kale, Ethiopian  
*Brassica carinata*  
~ 50 seeds  
40 days or much less if you eat as a tender baby green. We have trouble describing this but its like a kale and a mustard are combined into one plant. It is more like a kale in flavor, but richer with a very mild mustardy appeal. Texture is more like a mustard, a softer more tender feel than tough, sturdy kale. Good in salads raw, or as a cooked green. Stands up well in warm weather. Even when it's flowering, it still tastes good. This is not a very commonly available seed although it is being grown at huge scales commercially for its seed use for jet fuel and other things! Read more about the SPARC Team at UF and their work advancing this crop. We originally got our seeds from Echo Farm in South Florida.  
*Locally grown seed!*

Kale, Lacinato  
*Brassica oleracea*  
~ 50 seeds  
60 days. A dark green heirloom kale, sweet delicious and very cold hardy. Blue/green bumpy leaves 11-19” long. A reliable standard kale variety for our region (and just about anywhere else). Great texture for making kale chips.

Kale, Red Russian  
*Brassica oleracea*  
~ 50 seeds  
40 days. Mild, tender leaves with purple/pink veins and light purple on the margins. Grows up to 2ft
tall. A reliable standard and beautiful kale variety for our region (and just about anywhere else). More tender than Lacinato.

**Lettuce, Devil’s Ears**  
*Lactuca sativa*  
~100 seeds  
50 days. Described by Angie as part of her 2017-2018 lettuce trial as not crispy, slightly tougher than a butterhead type, but with a surprisingly sweet flavor even with warmer weather. Massive plants, semi-heading with deer tongue shaped leaves splotched with burgundy edges and crunchy green midribs. A very slow to bolt variety which makes it heat tolerant and delicious! We grew this at the recommendation of Cody from Siembra Farm, who reports that it pops up all over the farm as a vigorous volunteer. Really pretty, stood out to everyone who visited our garden. even in warmer weather.  
*Locally saved seed!*

**Lettuce, Grandpa Admires**  
*Lactuca sativa*  
~ 100 seeds  
55 days. A beautiful butterhead type lettuce with leaves that swirl around a crispy head, with a touch of redish-bronze, or purplish-pink artistic watercolor-like strokes through the light green ruffled leaves (depending on how you see color!). Truly beautiful, regardless! We originally grew it after seeing how lovely it was at the demonstration gardens of Seed Savers Exchange in Iowa, and were impressed with its vigor down here. This was one of the lettuces grown in Angie’s 2017-2018 lettuce trial, and she liked it a lot. We’ve been saving this for three years now, so these seeds know our area a little better! Not the first to bolt in the garden, but not as long standing as some others. Can get quite large if well cared for. Named after George Admire, a veteran of the American Civil War.  
*Locally grown seed!*

**Lettuce, Key Lime**  
*Lactuva sativa*  
~100 seeds  
60 days. We acquired this variety from Heirloom Seeds a few years ago, on a recommendation from Southern crop historian David Shields (link). Heirloom Seeds got it from an elderly Texas seed saver who has been growing it all his life. The seed initially came from his father, who grew up in southern Florida, thus the name "Key Lime". It’s really a beautiful butterhead type lettuce, with lime green heads and a sweet, buttery flavor. The large heads can grow up to 1 pound, supposedly although we have never weighed ours. It has done very well in tests throughout the United States, and seems resistant to most lettuce diseases. A very slow bolting variety, so excellent for the South. We were able to increase our limited seed stock we started with in 2015 and now have enough to share with you all! Save these seeds!  
*Locally saved seed!*

**Lettuce, Nevada**  
*Lactuca sativa*  
~ 100 seeds  
55 days. We got wind of this variety from fellow seed junkies that said Suzanne Ashworth (the well-known author of the classic *Seed to Seed* book) had it listed in the Seed Exchange, and it was a great heat tolerant and slow to bolt variety. We acquired a small amount of seed in 2014 and have been growing and saving it enough to be able to offer to y’all! Open heads of thick, vibrant green leaves that are glossy and beautifully ruffled. Has a crunchy texture and buttery smoothness. Resistant to tip burn, bolting, and downy mildew, plus tolerant of lettuce mosaic virus. Excellent bolt resistance, so a great variety for the South.  
*Locally grown seed!*

**Lettuce, Salvius**  
*Lactuca sativa*  
~100 seeds  
58 days. Medium green, upright plants with an open habit makes it more suitable for heads. Crisp texture and sweetness, with high resistance to downy mildew. Recommended to us by local gardeners, Jesse and Chris. It reminded us a little of Queensland and Nevada combined. We’re not offering Queensland this year as we need to increase our seed stock. It isn’t among the last to bolt, but in our gardens lasted quite a while before starting to bolt. Angie found it have the best flavor of any of the romaine types she tried.  
*Locally grown seed!*
Lettuce, Sanguine Ameliore  
*Lactuca sativa*  
~100 seeds  
This unique 19th century French heirloom was introduced to America by C.C. Morse in 1906 under the name “Strawberry Cabbage Lettuce.” The small cabbage or butter-head type plants are quite charming with green leaves that are splashed in scarlet-red as if a red rain fell upon them, glistening and beautiful. Leaves are tender, mild and of a high quality. Recommended and saved by Angie, but we didn’t get enough seed from her to disperse to y’all, so bought some from Seed Savers Exchange, and hope to grow more of our own seed next year.

Pea, Green Arrow  
*Pisum sativum*  
~45 seeds  
68 days. A classic garden pea with heavy yields of slim, densely packed pods of up to 11 delicious peas. Shelling pea, good for freezing and fresh eating. Best to trellis. We grow this at the fervent recommendation of Faith Carr who just adores this plant. Best to trellis it.

Pea, Oregon Giant Dwarf Snow Pea  
*Pisum sativum*  
~45 seeds  
60 days. An edible snap pea that has the qualities for earliness, productivity, and a compact growth habit. The sweetest of the dwarf snap peas. Can be eaten like snow peas, or let them fill out to eat with peas inside like a snap pea. A cool weather crop, sown in cooler weather. No trellis necessary but it’s better, so if you can let them climb on something a few feet high.

Pea, Sutton’s Harbinger  
*Pisum sativum*  
~25 seeds  
52-60 days. An early and heavy producing variety. A shelling pea, also great to eat like a snow pea. It’s an old heirloom that we’ve grown for several years now, from Seed Savers Exchange. It has quickly become a favorite for its vigor, tenderness and sweetness. We finally have enough of our own grown seed to offer you a sample. Packets are smaller, but still plenty for a row or two and some for seed saving. These are hard for us to save in large quantities so be sure to save your seeds for next year.

Radish, Black Spanish Round  
*Raphanus sativus*  
~50 seeds  
53 days. Large 5-inch roots, probably grown since 16th century or before. Striking for their size, black skin, and white flesh. They keep awhile in good conditions. A fine, fairly hot flavor, great raw, cooked or fermented. Recommended a few years ago by our gardening, fermenting, and herbal magic friends Susan Marynowski and Karen Sherwood, who raved about its superb fermentability. Turns out it grows easily here, so win, win. Grow your own ferments!
Radish, Farmer John’s Daikon
*Raphanus sativus*

~100 seeds

We obtained this from one of the best known farmers around, “Farmer John” in Starke, just down the road from us in Gainesville. Daikons often grows partially above ground, and can get massive. Excellent for pickling and fermenting! Farmer John has been growing and saving this daikon for a long time, but with his age and time limitations has not been able to continue full stewardship of the seed. We rescued a shed full of old pods and stalks a few years back, shelled them all, and planted out hundreds to make sure we saved them. They are vigorous and happy here! He’s been trying to select for purple roots, but it’s hard with an out-crossing crop to get that quickly and reliably so it’s a lovely mix of mostly whites but still lots of purples. Some have really striking purple colored leaves. This is still a work in progress, but we’re happy to carry it and share this local treasure with y’all.

*Locally grown seeds!*

Radish, Pink Beauty
*Raphanus sativus*

~100 seeds

27 days. Full disclosure we’ve never grown this variety, but it’s hard to grow wrong with radishes. Plus, Charley from Hammock Hollow Farm gave us a big bag, so they must be good! Described as having uniform roots with medium tops and a tender, crisp texture and taste. An eye-catching, top-quality radish. Resists pithiness.

Radish, Plum Purple
*Raphanus sativus*

~100

25-30 days. One of those things we saw in the Seed Savers Exchange gardens and catalog, and had to try. Really a great variety for the novelty market or home gardener that wants something unique. This special large root has a lovely purple color and firm white flesh. Stays mild for a long time and rarely pithy. Kids think it’s cool, and they are fun to pull out of the Earth.

Growing Radishes and Saving Seed
Direct seed only, as radishes do not like to be transplanted. This is a good rule of thumb for most root and legume plants. Sow about 1/4”-1/2” deep, 4-6” apart. Give daikons more room, about 12” or more. Even further if you are planning to save seed.

Regular watering helps with better growth and keeps them less pungent. Harvest when they are ready, rather than leaving in the ground too long, to avoid them becoming pithy.

Not all radishes will readily seed here, but we’ve found that Black Spanish and Daikon do! When fall planted, good specimens will produce spring seed. Radishes require a fairly high number of flowering plants at once for good seed set; 20-80+ recommended. They get enormous and may need staking. If you can’t take them all the way to seed, consider letting the flowers bloom awhile, as they are much loved by pollinators.

After flowering and pollination, green pods will appear that are really tasty! Save some and let them dry up and turn brown. The longer they mature on the plant, the better.
Radish, Watermelon
*Raphanus sativus*
~100 seeds
50 days. Beautiful medium-sized radish with white skins and pink flesh, that grow 2-4". Sweet, crisp flavor. A conversation about good, less spicy radishes on the Grow Gainesville Facebook page awhile back revealed this as a local favorite, and supposedly even kids like it. It sure is pretty too.

Sorrel, Red-Veined
*Rumex acetosa*
~40 seeds
40 days. Sorrel grows great here and tends to last through the summer heat, surprisingly. It wants to act like a perennial and you may have trouble removing it, so plant it somewhere it can stay awhile! Sorrel has a lovely tangy, lemony, acidic flavor that is a great addition to salads, and is used in French dishes, for example wrapping fish fillets with the tangy leaves and baking. Kids really like sorrel and can’t stop picking at it.

Spinach, Responder (hybrid)
*Spinacia oleracea*
~50 seeds
42 days. Full disclosure, we’ve not grown this before but was donated by Charley from Hammock Hollow Farms. Described as a fast-growing spinach that seems to resist disease and hold nicely in the field. Thick, arrow-shaped, semi-savoyed deep green leaves. Spinach tends to give gardeners trouble here, and we usually recommend growing other greens that are easier. But this being a hybrid, will probably make production a bit easier. Full sun, regular watering and fertile soil also helps!

Swiss Chard, Argentata
*Beta vulgaris*
~30 seeds
55 days. There’s not a lot of variety of Swiss Chard out there, and we’ve not actually grown this particular one, but have not found a lot of difference in varieties except for the colored ones tend to be smaller and less vigorous. This is an old Italian heirloom also known as 'Italian Silver Rib'. Described as having excellent flavor. Attractive, vigorous plant with very wide, white stems & crinkled dark green leaves. Tolerates wide range of conditions.

Turnip, Purple Top White Globe
*Brassica rapa*
~50 seeds
57 days. A traditional southern variety, smooth round purple roots above ground, white below. Flesh is white, fine grained and tender, about 3” in diameter. Large, lobed greens. Keeps well.

Turnip Greens, Seven Top
*Brassica rapa*
~50 seeds
45 days. Popular southern variety grown only for greens, and not roots. Leaves grow 18-22” tall, but should be harvested when young and tender. Turnip greens are a Southern staple! This was requested for us from years ago to be carried in the collective and thus we’ve kept it. Easy to grow, hard to go wrong.

Growing Turnips and Saving Seed
Direct seed only, as turnips do not like to be transplanted. This is a good rule of thumb for most root and legume plants. Sow 1/4” deep, spaced 4-6” apart.

Turnips are unlikely to go to seed in our climate because they are biennials, requiring vernalization (overwintering) to trigger flowering. Don’t bother!
Flowers

**Beach Sunflower**  
*Helianthus debilis*  
Native to the Gulf Coast of Florida, a multi-branching plant that grows to 6 ft. Yellow flowers sit on a long stem while the leaves are similar to a cucumber. Drought tolerant. Vigorous. Plant blooms for three months and sprawls.  
*Locally grown seed obtained from the Florida Wildflower Cooperative!*

**Black-eyed Susan**  
*Rudbeckia hirta*  
About 1-2 ft tall, yellow aster like flowers with a brown central disc. Blooms from spring through fall. Perennial that reseeds easily.  
*Locally grown seed obtained from the Florida Wildflower Cooperative!*

**Beebalm/ Horsemint**  
*Monarda punctata*  
Also known as dotted horsemint, a perennial that dies back to the ground in North Florida. Almost bushy in form, with 2-4’ spread and height of about 3’. Can grow taller with irrigation and fertilizer. Showy lavender and cream flowers are perhaps the best Florida wildflower for attracting vast numbers of pollinators. From summer through fall the blooms attract pollinators. Very drought resistant. Tastes like spicy intense oregano, and used in the kitchen as an herb or tea.  
*Locally grown seed obtained from the Florida Wildflower Cooperative!*

**Blanket Flower**  
*Gaillardia pulchella*  
Annual re-seeding bright orange and yellow flowers get 12-18” wide and tall or more! Peak flowering is mid spring to late Summer. It has a reputation as being tough as nails; if you have an open, sunny sandy spot where nothing grows, try blanket flower.  
*Locally grown seed obtained from the Florida Wildflower Cooperative!*

**Borage**  
*Borago officinalis*  
~25 seeds  
60 days. Edible flower and young leaves, with mild cucumber flavor. Large plants bear lots of small blueish/purple flowers. Attracts bees and butterflies, big time! Plant 1/4” deep, 18” apart. Give borage room, it really gets big. Leaves are a bit prickly and can be irritating. Once it’s past its prime and temperatures heat up, borage seems to just melt into a mushy black mess. But while it’s alive it’s spectacular.  
*Seed Saving:* dried brown flower heads contain seeds inside, can be a bit tricky to identify. More flowers to save from is better. We rarely see it self-sow, so gathering seeds to store for next season is best, if you can find a few.  
*Locally grown seed!*

**Calendula**  
*Calendula officinalis*  
~30 seeds  
55 days. Bright yellow and orange blooms with excellent medicinal properties and an edible flower that looks awesome on salads and cakes! Grown in our gardens for the past four years. This year’s flowers are a reinvigorated mix, as we allowed them to open-pollinated with an ecotype from California. Many of those flowers had multiple branching blooms per flower, it was really spectacular. A great colorful splash in the garden for winter, that draws in pollinators.  
*Sow ½” deep or less, 6-12” apart. Seed Saving:* dried brown flower heads contain loads of funny shaped seeds in a circular cluster, that each look like the spiky curve back of a stegosaurus. Easy to save. More flowers to save from is better.  
*Locally grown seed!*

**Coreopsis, Lanceleaf**  
*Coreopsis lanceolata*  
Plants are 1/2 to 3ft tall on delicate stems. Self-seeding annual with copious delicate yellow flowers with dark center. Blooms spring and early summer. Plant somewhere it can easily re-seed without too much competition. This is what you see fields and roadsides full of in the summer time.  
*Locally grown seed obtained from the Florida Wildflower Cooperative!*

**Gayfeather/Blazing Star**  
*Liatris spicata*  
A tall spiky purple flower that readily re-seeds itself. Plant in the spring. Grows on wet soil in full sun. Blooms late summer and fall. A magnificent plant with beautiful flowers.
Giant Ironweed
*Vernonia gigantea*
A very tall and robust plant with purple flowers that is well adapted to a variety of conditions. It tends to sucker a lot and may require weeding eventually as it propagates itself. Plant in the fall, winter or spring. Grows best in sandy soils in full to partial sun. Blooms mid to late summer.

Larkspur
*Consolida ambigua*
~50 seeds
100 days. Beautiful tall spiked flowers of mixed colors but mostly purples that we’ve grown at Forage for a few years now. Originally, we got our seed from Master Gardener Lois McNamara, who got them from Mrs. Barbara Feaster in Shiloh, Florida, the same Feasters who have been stewarding their family’s mustard. A wonderful flower loved by pollinators. Planted in the fall, it starts blooming in the spring and blossoms last a long time. Direct seed 1/4” deep or less about 8-10” apart. Chill seed in refrigerator for 7 days for improved germination. **Seed Saving:** look for small brownish pods with openings at the end full of black seeds. Will readily self-sow and are easy to lose. More flowering plants is best for good seed.

Nasturtium
*Tropaeolum minus*
~10 seeds
60 days. Beautiful sprawling and entirely edible plant makes a great potted plant too. Seeds, leaves and flowers are spicy and delicious! We notice that they are very susceptible to even the lightest frosts so cover up to keep them going all fall and winter. Direct sow or transplant, 1/2-1” deep and 12” apart. **Seed Saving:** seeds look like wrinkled peas and you may miss them if you don’t peek inside the bushy plant to find them close to ground. Ideally picked from the plant when brown if possible or when fully plump and green, to dry down further. Will self-sow sometimes, but collecting seed insures you have some for next year.

Basil, Eleonora
*Ocimum basilicum*
~100 seeds
65 days. Downy mildew always does basil in, and this is the first organically available variety with some resistance! European breeding of sweet basil produced this more upright plant with elongated stems for better airflow and intermediate downy mildew resistance. It is not as bolt tolerant and may need more trimming. Basil is frost sensitive and we expect you’ll get an early fall planting out of it, before the cold does it in. **Seed Saving:** Easily produces seeds that may drop in the garden. More plants flowering at once is best, recommend 20-80 plants. But seed be collected off just a few plants too, but don’t expect them to be great after a couple of seasons, they’ll just be too inbred. The tall flower stalks (that pollinators love!), dry and tiny seeds are tightly wrapped inside each flower.

Celery, Cutting
*Apium graveolens var. secalinum*
~200 seeds
80 days. We learned about this one many years ago from our friend James Steel of the Melrose Herb Garden, when he brought it to the Downtown Farmers Garden and it grew wonderfully (neither the herb farm or downtown garden are in operation anymore, sadly). It’s not used like the celery you’re used to, with big juicy (and IMHO bland) stalks, but rather for its small skinny stalks and leaves. It’s more of an herb or to be used lightly….its flavor is like a concentrated essential oil of celery! The chefs we’ve had nibble on it really like it, but would suggest using it sparingly, like as a great Bloody Mary garnish or to be snuck in to a dish that could use a celery twang (like a soup or stew), maybe tossed lightly as a garnish on a pasta dish. Don’t juice it, will be too intense! It can handle part shade. If you cut at the base, new stalks and leaves will grow from there. **Seed Saving:** The flowers that come later in the season don’t seem to affect the flavor, and are really attractive to pollinators, and copious quantities of tiny seed are produced. More plants flowering at once is best, recommend 20-80 plants.

Locally grown seed!
Cilantro
*Coriander sativum*
~30 seeds
55 days leaf, 120 seed. Both leaves (cilantro) and seeds (coriander) are used in Chinese, Indian and Mexican cuisine. This cold hardy plant does not like warmer temperatures and must be grown during our cooler months. Good rich soil and full sun will help. Cilantro can be direct seeded in the ground, or started as transplants. Sow 1/4”-1/2” deep, 4” apart. **Seed Saving:** Wait for small round brown seeds after flowering, more plants flowering at once is best, recommend 20-80+ plants. Flowers are much loved by tiny pollinators, so even if you’re not saving seed, let them flower!

Dill, Bouquet
*Anethum graveolens*
~50 seeds
50 days leaf, 100+ days seed. Plants can grow up to 6’ tall; seed heads are beautiful and can grow to 18” across! Dill seed is great for pickling, leaves can be used fresh or dry. This is a host plant to swallowtail butterflies so you may find the caterpillars eating up your plants. Plant more of this, parsley and fennel to provide an extra row for the hungry! Does best direct seeded, but can be started as transplants too. Sow ¼” deep; 4-6” apart. **Seed Saving:** dried brown flower heads contain loads of seeds that are easy to save. Save from the biggest umbel for the biggest seeds, more plants flowering at once is best, recommend 20-80+ plants. *Locally grown seed!*

Fenugreek
*Trigonella foenum-graecum*
~25 seeds.
We decided to grow this herb/vegetable also known as “methi” and offer it through our seed collective, at the request of some of our Indian gardener friends. There’s a great thread in the Grow Gainesville Facebook group (search for Fenugreek), discussing the various ways to use it, and how north vs. south Indians use it differently! The flavor of the leaves is a bit bitter or maybe even bland, depending on your taste buds. Think of this more as a medicinal herb or green leaf vegetable to be used sparingly in various curries. It’s supposed to be quite good for you, and the seeds which smell like maple syrup, are used as a decongestant tea and for lactating women to increase milk production. What a cool plant! This is actually a legume so it’s good for your soil! We planted ours too far apart and had low germination, so would recommend planting a bit closer together. Plant 1/4” deep, space 4” apart in rich garden soil. **Seed Saving:** The long green slender pods can be hard to see at first. Watch them grow and eventually turn brown until you can peel them open to reveal the fragrant seeds.

Parsley, Dark Green Italian Flat Leaf
*Petroselinium crispum*
~40 seeds
78 days. This flat-leaf variety is a classic parsley, and is excellent a dried herb. This can handle partial shade and we’ve seen in growing sometimes in hotter months if it’s well watered and shaded from the intense sun. Flowers are much loved by tiny pollinators, so even if you’re not saving seed, let them flower! Foliage is a host plant for swallowtail butterflies! Can be direct seeded or started as transplants. Sow ¼” deep or less (seeds are small!), 12-18” apart. **Seed Saving:** Easy to save, allow several of the tiny brown seeds to mature. Parsley may act perennial in some gardens. More plants flowering at once is best, recommend 20-80 plants.
The Southern Heritage Seed Collective is a program of Working Food.

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You can learn more about the Seed Collective and our other programs like youth gardens, and kitchen business entrepreneurship by visiting our website and following us on Facebook and Instagram (WorkingFoodGNV)

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