

Southern Heritage

SEED

Collective

*Spring &
Summer
2019*

*Roselle □ Jamaican Sorrel □ Flor de Jamaica □ Florida Cranberry □ Red Zinger
Hibiscus sabdariffa*



Hello Growers!

We are so excited to be celebrating our 8th year! From a tiny little free seed library and a few dozen patrons, we've grown so much to where we are now! Once again, we're humbled to bring you a selection of seeds that represents our region; it's history, culture, and climate. From regional heirlooms, to new varieties improved for our challenging climate, we've got a great collection that is ever-growing. In fact we have over 400 varieties in our collection. The seasonal catalogs are but a small sample.

The Southern Heritage Seed Collective is now a program of Working Food. At Working Food, our mission is to cultivate and sustain a resilient local food community through collaboration, economic opportunity, education, and seed stewardship.

Seeds don't live in isolation, which is why this program is embedded deeply into the mission of Working Food. A local food community needs local seed. It is the most fundamental aspect of food after all!

We not only steward local varieties for our gardening community, but work nationally to network and bring more resources and opportunity to the Southeast. We work hard everyday to help protect, improve, and share our local agricultural biodiversity. We approach it in a unique way, integrating our work in the community, particularly supporting adults with special needs, that help power our work.

We hope you enjoy our seasonal seed offerings, that are hand picked with local input and experience. We grow approximately 30% of our own seed, and purchase the rest from seed companies we trust, many of which rely on small-scale, sustainable growers like us, and whom we go on a first name basis with. We also support the efforts of other seed stewards around the country, helping with evaluations and seed grow-outs, sharing in the responsibility of protecting global agricultural biodiversity.

Happy Gardening!
Melissa DeSa
SeedEO



COMMUNITY SEED STEWARDS

It takes a village to steward their seeds. Meet some of the people helping.



Kathy Paterson & Bruce Proctor **Lost Valley Farm, Shiloh**

Kathy and Bruce have operated a U-pick organic blackberry farm since 2009. Until 2013, they produced chestnuts. Last year, they added a U-pick roselle, and started growing and making turmeric powder. Their farm sponsors an entrepreneur vegetable farmer referred by Working Food. Kathy lovingly harvested and cleaned abundant amounts of roselle seed this year, while Bruce built us a really amazing seed cleaner, and other seedy equipment!

Gina Zdankowski, Gainesville Gardener

Gina is known in the Grow Gainesville community as the roselle whisperer. When we commented on her fondness for roselle which she grows and shares in abundance, she replied, “Ha ha ha ha ha ha ha ha! Roselle is the only plant that loves me back. I’m so limited with my time, I work twelve hours a day and I can only grow the things that grow in neglect... LOL!”. There you have it. Roselle is easy to grow, for anyone. Thank you for sharing seeds, and being honest.



Joe Durando & Trace Giornelli **Possum Hollow Farm, Alachua**

Joe and Trace manage a 50 acre farm, with about half in field crop production and orchards. They take great care in how they use their land, including managing parts for rare and endangered plants to encourage beneficial insects, using cover crops to increase soil fertility, and never using chemical pesticides, herbicides or fungicides. They have been growing a very special winter squash at their farm for over 5 years, that originally came from Cuba. Over time they have selected for long meaty necks, and extended keeping (long lasting after harvest). You will find this calabaza at their farmers market booth when in season, or you can try growing it yourself. They have generously supplied us with seed for the past 2 years.

Stephan Barron
Beaten Path Garden, Gainesville

Stephan's passion for growing food is rooted in his studies of both ecology and economy. He cultivated land in Porters Urban Farm and adjacent Beaten Path Garden with some friends a few years ago, and continues to grow his skills, plants, compost piles, and community. Through seeing more clearly how the world worked, he came to realize that putting food and seed production back in the hands of small scale farmers and the working class, was vital in creating the resilience and regenerative culture. Stephan helps with trials and seed production, contributing Chinese Tropical Pumpkin and Datil Pepper seed this season.



Joseph Pierce aka "Micanopy Joe"
Mosswood Farm Store, Micanopy

Joe has been growing in Alachua County for nearly 30 years. A passion for perennial food crops and exotic fruits and vegetables, drives his experimental gardening style. He and his family own and operate Mosswood Farm Store, a small coffee shop and bakery, with a beautiful garden nursery in Micanopy. Joe often tips us off on unique varieties to consider for our seed collection, and shares seeds, plants, knowledge, and his time generously.



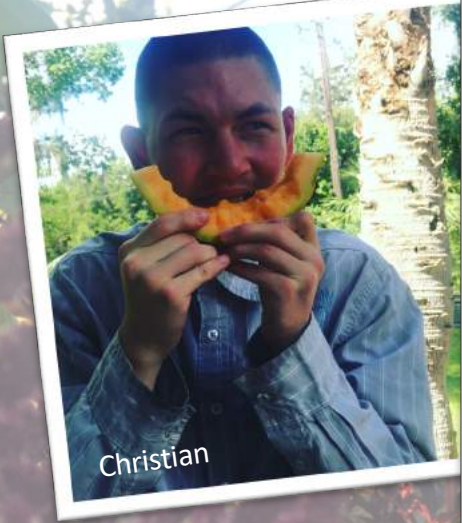
Timothy Noyes, The "Garden Explorer"

It was just another normal day in the garden, that was until Tim bit into a radioactive tomato. Soon after, the DNA from the fruit combined with his own, and he learned to communicate with plants. With great power came great responsibility. You will find him producing seeds for grow outs, teaching classes, testing new varieties, and even breeding his own plants. He is currently teamed up with us here at Working Food as well as national partners like Seed Savers Exchange, The Dwarf Tomato Project, and Grow Gainesville.



Grow Hub & Alachua County Farm to School to Work Hub

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.



Christian



Keanu



Shaquille and Melissa



Cydney Robbins and "Joshie"



Tari, Joan, Rosa and Tudorell



Gregory



Brandi Sadler

flowers & herbs

Celosia, Cockscomb Purple

Celosia argentea

~300 seeds

90 days. A stunning and long-lasting garden flower in the amaranth family. Wonderful in bouquets and irresistible to pollinators. The leaves are also edible and nutritious, prepared like any cooked green. Plants reach about 5' tall or more depending on soil fertility. Drought tolerant. Sow very shallowly and somewhat thickly (to accommodate for naturally lower germination of the tiny seeds), about 12" apart. Can be direct sown, and will likely self-sow in the garden, if left to go to seed. We originally acquired this seed from Michael Adler's Edible Plant Project, and have been growing and saving it for about 5 years. It's a staple, reliable flower, food and pollinator plant in our summer gardens, and gets plenty of attention when visitors tour the gardens. Grow a bunch one year and you may never have to get seed again from us! **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 volunteers year after year, while attracting loads of pollinators. Carefree, wispy and drought tolerant. Cosmos hate being soggy, and have struggled in really wet summers, but still produced and send out lots of seeds and volunteers. 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. Grow a bunch one year and you may never have to get seed again from us!

French Marigold, Sparky

Tagetes patula

~45 seeds

No garden should be without marigolds! Why? Easy to grow, long lasting, gorgeous bright

flowers, attractive to pollinators, deters nematodes and other pests, edible, and their seeds are easy to save and really neat looking! They are native to the Americas, and *T.patula* in particular is known to be a deterrent for a wider range of nematode species. Can be an effective and beneficial cover crop in an area that's been ravaged by nematodes, or pre-planted for at least 2 months before you grow a susceptible crop like hibiscus, okra, peppers or tomatoes. This variety is small and bushy with flowers about 2" wide, in a range of bright yellows, oranges, reds, mahogany and bi-colors! For more information about how to use marigolds as nematode control, read the IFAS publication, "[Marigolds \(Tagetes spp.\) for Nematode Management](#)".

Mexican Sunflower

Tithonia rotundifolia

~40 seeds

A wonderful and hardy plant reaching 6-7' tall, with bright neon orange flowers. One of the most attractive flowers for our local pollinators and other beneficial insects. Sun-loving and drought tolerant when established. They can get a big lanky in appearance, so if you keep a tidy garden, this tough plant may not be for you, or better relegated to the back fence where it can still get good sun and be



admired. Sow 1/4-1/2" deep, spaced 9-12". Can be direct sown after last frost. Will self-sow. **LOCALLY SAVED**

Basil, Eleonora
Ocimum basilicum
~100 seeds

65 days. This variety exhibits some downy mildew resistance, although with the prevalence of this disease here, we've noticed this one eventually gets it too. It's upright form with more elongated stems allows 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, Mrs. Burns Lemon
Ocimum basilicum
~100 seeds

60 days. Sweet and tangy lemon basil. Very bright green small leaves, with white blooms. Intensely flavorful. The flowers are fragrant and very attractive to pollinators. We find that Lemon, Thai, and Tulsi basil do not get downy mildew that afflicts the sweet Italian basil varieties. Grows to be 20-24" tall. Sow 1/4" deep, 18" apart.

Basil, Tulsi
Ocimum tenuiflorum

A sacred herb in India, where different varieties abound, and everyone keeps a plant or two outside their house and in in public courtyards in special pots. Grown for religious and medicinal purposes, Ayurvedic medicine considers it an adaptogenic herb. Our local Indian gardener friend Gomathy, just eats the leaves raw from the plant or brewed as tea, for which her family mainly uses to treat colds, and boost their immunity. There are several Indian varieties, but really only one commonly available here. They easily flower, so if you want more leaves, cut back the early flowers. Eventually they fully flower out, but leaves are still good. In our youth gardens, we call it the "cotton candy" plant. It's kind of sweet, but also spicy. Nothing like sweet Italian basil, and cannot be substituted. The flowers are fragrant

and very attractive to pollinators. Readily re-seeds in the garden. Grows to be 20-24" tall. Sow 1/4" deep, 18" apart.

Papalo or "Summer Cilantro"
Porophyllum ruderale
~35 seeds

80 days. A cilantro substitute that likes our heat, and is used widely in Hispanic cuisine. The small leaves have a citrusy, minty and cilantro-like flavor. Yum! A little goes a long way. Once they flower, the flavor can be quite pungent. One site describes the "skunky fragrance as shocking- like a cross between citrus and cilantro on steroids." Sow shallowly when conditions are warm, spacing to 12" apart. Plants can reach up to 5' tall. Might be good to prune them early on to encourage branching.

Roselle
Hibiscus sabdariffa
~20 seeds

150-200 days. Beautiful large hibiscus shrub with showy flowers and edible red calyxes make a "zingy" tea, sauce, or jam. Roselle was called "Florida cranberry" in the 1890s and is still sometimes called sorrel or Jamaica sorrel. Harvest the red calyxes anytime. Use fresh or dried to make faux cranberry sauce, tea (red zinger), jelly, sauce and more. We've even seen Judith put a decadent roselle sauce on top of chocolate cake. The immature green seed pods contain natural pectin which assists in the gelling process of jam and sauce making. Space 4-5' apart or more. They require little care once established, but will thrive in full sun, and good soil fertility. Susceptible to frost. We are not sure if this is the early or late fruiting variety, sometimes it is mixed. A must have Florida garden plant. **LOCALLY SAVED**

melons

Jelly Melon/African Horned Melon
Cucumis metuliferus
~10 seeds

120 days. We grew this one time only when we had the farm out at Prairie Creek and it was....wild! Be warned! Climbing, vigorous, spiny vines are very productive and should be trellised. Don't plant this where you can't have it take over! If you have some extra room and a sturdy fence in the sun, go for it. They will out-perform any cucumbers, resisting wilt and extreme heat. Early when green, they taste a lot like cucumbers. When they further ripen to a yellow/orange they were a bit sweeter, even fruity. The fruits are spiny and the leaves a bit prickly, so garden gloves are recommended.

Melon, Edisto 47

Cucumis melo

~ 20 seeds

88 days. A great variety for hot and humid conditions. It exceeds disease resistance of many hybrid cantaloupes, with resistance to alternaria leaf spot, powdery mildew, and downy mildew. Fruits are 6-7" in diameter. Plant 1/2" deep with 18-24" spacing between plants, with rows 4-5' apart.

Watermelon, Crimson Sweet

Citrullus lanatus

~20 seeds

95 days. The classic and favorite melon, crisp and sweet, medium-red flesh, mild flavor. The only one that Jordan of Family Garden will grow this spring because it's his best tasting one. Fruits are about 15-20 lb. The plants have some disease resistance to fusarium wilt and anthracnose. Watermelons are heavy feeders, be sure to fertilize and keep well-watered. Sow 1/2" deep with 12-18" spacing between plants, with rows 6' apart.

Watermelon, Moon and Stars

Citrullus lanatus

~20 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. One of Angie Minno's favorites in Alachua. Sow 1/2" deep with 12-18" spacing between plants, with rows 6' apart.

Some are locally saved, some from Seed Savers Exchange due to low local stock.

LOCALLY SAVED

legumes

Bean, Provider (bush)

Phaseolus vulgaris

~45 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, Poamoho (pole)

Phaseolus vulgaris

~20 seeds

From the University of Hawaii's Seed Lab, Poamoho is a stringless green bean variety resistant to root knot nematode. Pods mature to 5-6". Sow 1" deep 3-5" apart on a trellis.

Please save your own seeds for future use.

Bean, Manoa Wonder (pole)

Phaseolus vulgaris

~20 seeds

From the University of Hawaii's Seed Lab, Manoa is a green bean variety resistant to root knot nematode. Pods are flat maturing to 5-6". Sow 1" deep 3-5" apart on a trellis.

Please save your own seeds for future use.

Grandma Ernestine's Heirloom Butterbean

Phaseolus lunatus

~15 seeds

One of the first varieties passed on to Melissa that was a personal project to keep a family heirloom alive. Eight years ago, her friend Adam shared these butterbean (lima bean) seeds from his Gainesville, FL garden, he got them from his grandmother Ernestine Tyrone. This variety has been grown in Mississippi since 1900 or before. This vigorous, drought

tolerant, productive lima bean bears loads of tasty pods. Vines will climb over 10 ft tall, be sure to trellis them. We sow in April and they produce until frost, with plenty for eating and plenty for seed saving. **Please save your own seeds for future use.**
LOCALLY SAVED

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. Direct sow 1" deep, 2-3" apart on a trellis. **Please save your own seeds for future use.**
LOCALLY SAVED

Cowpea, Bettersnap (bush)

Vigna unguiculata

~25 seeds

61 days. We grew this for Southern Exposure Seed Exchange a couple years ago and loved it. Like snap peas or snap beans, the young pods of Bettersnap can be eaten. A good substitute for the common green bean, as it will outperform in the heat of summer. 1-3 pods/cluster with small white seeds, are held high above the foliage for easier picking. A bush habit, not requiring a trellis. Resistant to root knot nematodes and many other Southern afflictions. Suitable for use as a cream-type southern pea. Pods not harvested for use as snaps are suitable for later harvest of either fresh-shell or dry peas. Direct sow 1" deep spaced 6" apart. For background on the breeding process, and more info [read here](#).

Please save your own seeds for future use.

LOCALLY SAVED

Cowpea, Pink-Eyed Purple Hull (semi-bush)

Vigna unguiculata

~25 seeds

65 days. Our seed came from Michael of the Edible Plant Project years ago, and is a popular variety in the south. Heavy-yielding, semi-bush variety does not need a trellis but would grow well with one. Has good disease resistance.

Concentrated set of 6-7 in. dark purple pods, buff-colored peas with purple or pink eyes. For canning, freezing, or fresh eating. Direct sow 1" deep spaced 6" apart.

Please save your own seeds for future use.

LOCALLY SAVED



Cowpea, Whipporwill (semi-bush)

Vigna unguiculata

~25 seeds

72 days. Once the standard for southern peas, it was grown by Thomas Jefferson at Monticello! This hardy variety is drought-tolerant and will grow in almost all soils. Can be bush habit but will send out some long 5 ft. vines and will grow onto a trellis well. High production of 7-9" green pods. Small seeds are light brown with dark speckles, good eaten green or dried. Direct sow 1" deep spaced 6" apart. **Please save your own seeds for future use.**
LOCALLY SAVED

Cowpea, Yard Long Red Noodle (pole)

Vigna unguiculata

~35 seeds

85 days. Healthy, vigorous vining plants produce loads of foot long pods. Plant 1/2"-1"

deep, spaced 3-4" apart, or 7 seeds at the base of a pole. A favorite of ours especially with kids because of how tall the plants get, how productive the vines are, and the wow factor of long red peas! Direct sow 1" deep spaced 3" apart.**Please save your own seeds for future use.**

Pigeon Pea

Cajanus cajan

~20 seeds

70-150 days. A multipurpose plant: edible, hedge or windbreak, a trellis for other veggies, nitrogen-fixer, and provides light shade for other plants grown beneath it. May also be grown in a three sisters type garden in Florida. Pigeon pea can be eaten as garden peas or lentils. A perennial shrub 5 to 7 ft. tall, but tends to die back in our frosts and is treated more like an annual. They are day length sensitive and won't flower until fall or winter, so we're often harvesting for a short window before they die back. They may survive warmer microclimates. David the Good, "The Survival Gardener", has a [good write up](#) of this plant. **LOCALLY SAVED** cucumbers

Cucumber, DMR-264

Cucumis sativus

~25 seeds

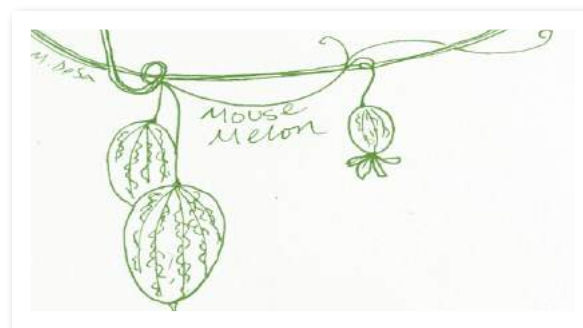
70 days. We wish there were a better name, but this cucumber has shown excellent downy mildew resistance, surpassing any other green slicing cucumber in the trials at Commonwealth Seed Growers in Virginia. This is a new release from Cornell University, bred by Michael Mazourek, whose breeding program at Cornell focuses on breeding for organic conditions. (He also bred the lovely Habanada Pepper). These are smaller than a standard slicer and should be picked at 5 inches. Direct sowing is best, 1/2" deep 6-12" apart. Cucumbers are best trellised if possible.

Cucumber, Little Leaf

Cucumis sativus

~25 seeds

57 days. A longtime favorite of ours because of the smaller leaves and more compact vines, that make the cukes easier to spot, and offers a more open and airy plant that dries out better in the humid rains of early summer. Broad disease resistance and stress tolerance as well. Blocky medium-sized fruits are good for fresh eating, and pickle well. Parthenocarpic (plants can set fruit without pollination). Direct sowing is best, 1/2" deep 6-12" apart. Cucumbers are best trellised if possible.



Mexican Sour Gherkin/Mouse Melon

Melothria scabra

~15 seeds

60-70 days. These itty bitty 1" cucumbers native to Mexico and Central America, bear loads of fruit that already taste like they are pickled, and resemble tiny watermelons. Kids and adults love them, and they often don't make it to the kitchen, being eaten straight off the vine in the garden! Grows well on a trellis, and like most cucurbits will do much better in fertile soil. Sow 1/4" deep spaced 12" apart on a trellis ideally.

Please save your own seeds for future use.

Cucumber, Parade

Cucumis sativus

~25 seeds

50-60 days. A popular Russian variety and a favorite at Seed Savers Exchange, as well as locally by Angie Minno, who shared some of her saved seed with us. This is what she has to say, "I've trialed a lot of cucumbers and this one always has the best sweet flavor and beautiful fruit. It's never bitter, great for pickling and slicing, edible even when fairly large, prolific and easy to grow." The uniform

fruits mature at relatively the same time, making it a good processing variety. Fruits are 5" long by 2" in diameter, Resistant to extreme weather conditions. Direct sowing is best, 1/2" deep 6-12" apart. Cucumbers are best trellised if possible.

eggplant

Eggplant, Florida High Bush

Solanum melongena

~25 seeds

85 days. A prolific and reliable eggplant that was a standard market variety bred in Florida in the early 1900s for the commercial trade. Vigorous, upright, well-branched plants bear high-quality fruits continuously throughout the season, and its large purple-black pear-shaped eggplants are held high off the ground. Disease- and drought-resistant. Sow 1/4-1/2" deep, spaced 24-36" apart.

Eggplant, Long Green Hawaiiin

Solanum melongena

~25 seeds

100 days. From the seed producers at the University of Hawaii. A long oriental- type eggplant in a nice light green color. Tender, mild (but flavorful), excellent for cooking. Has very few seeds. We like the long eggplants, because they are easy to dice into small rounds for cooking or baking. Fruits are 8-12" long. An excellent producer for back yard gardens. Sow 1/4-1/2" deep, spaced 24-36" apart.

Eggplant, Pala 49

Solanum melongena

~ 25 seeds

A Turkish heirloom from our seed steward friend Mehmet Oztan of [Two Seeds in a Pod](#). We grew this out for his collection last summer, and saved just a few seeds for ourselves, sending the rest to him. It produced well with little care. An interesting shape; not long and skinny ,nor huge and round but long with a curve at the blossom end, and a deep purple almost black color. A nice medium sized fruit. Sow 1/4-1/2" deep, spaced 24-36"

apart. **very limited availability, low seed stock** **LOCALLY SAVED**

Eggplant, Ping Tung

Solanum melongena

~25 seeds

70 days. Disease resistant Taiwanese variety with shiny deep lavender fruits, up to 11" long, making impressive filets in the kitchen. High yielding and tasty, about 20 fruits per plant. A favorite at Siembra Farm, and with us too! The long skinny fruits are easy in the kitchen to dice in the kitchen. Sow 1/4-1/2" deep, spaced 2-3' apart.

Eggplant, Waimanalo Long Hawaiiin Purple

Solanum melongena

~ 25 seeds

90 days. From the seed producers at the University of Hawaii. A long slender oriental type eggplant with deep purple color, fruits are about 8-12" long, with tender flesh. Ripens to a soft pink-purple and eventually to a deep purple color. One of the most commonly grown varieties in Hawaii. Sow 1/4-1/2" deep, spaced 2-3' apart.

okra

Okra, Burgundy

Abelmoschus esculentum

~25 seeds

55 days. Large crimson pods on vigorous plants with beautiful red stems and veining. Plants grow 4-5' tall, with spineless pods up to 10" long. They are most tender at 7" or less. Seeds can be hard to germinate, soak overnight and/ or abrade seed coat with sandpaper. Sow 1/2-1" deep, spaced 18" apart.

Okra, Burmese

Abelmoschus esculentum

~15 seeds

One of our favorites, and these seeds were saved locally by a seed saver in Micanopy. Heavy production, huge leaves, and slender 9-12 in. pods are curved and virtually spineless. Pods mature from light green to creamy yellow-green. At 10 in. long they are

tender, sweet, and spineless enough to be eaten raw or added to salads. Pods are less gooey than other okra. **very limited availability, low seed stock** **LOCALLY SAVED**



Okra, Clemson Spineless
Abelmoschus esculentum
~35 seeds

50-64 days. Most popular variety in the south, introduced by Clemson University. Its deep green color, ribbed body and spineless pods are best harvested at 3" for best flavor and tenderness. Grows to 4-7'. Sow 1/2-1" deep, spaced 18" apart. This lot has about 60% germination but it likely higher in warmer conditions, but to be safe we've overpacked each packet to have more!

squashes & gourds

Winter squash refers to a squash typically with a longer growth season and also a much longer storage life. A winter squash may last for several months depending on the quality and variety, with a hardened skin and richer, sweeter flesh than a summer squash that is harvested much earlier, has tender skin and

more bland flesh. It has nothing to do with the season in which they grow, which is similar.

Luffa
Luffa aegyptiaca
~30 Seeds

50-90 days. Vigorous climbing vines will reach 20' or more and clamber over everything. They produce loads of beautiful flowers much loved by bees. Young fruits are edible, reminiscent of zucchini-okra. Large, dried fruits can be grown for sponges. Sow 1/2-1" deep about 12" apart on a trellis. **LOCALLY SAVED**

Chinese Tropical Pumpkin (winter)
Cucurbita moschata
~15 seeds

120 days. A small squash that displays beautiful hues of blue/green blotches coated in a lovely chalky coat, or white bloom, when ripe. If left to sit even longer, it will turn a creamy tan color and get sweeter. Flavor is rich, sweet and creamy. Displays good downy mildew resistance, and was one of the top performers in in a 2014 downy mildew trial in Virginia. Not a long keeper, about 3 months. Our friend Stephan from Beaten Path Garden grew these in his food forest with very minimal care and under erratic conditions (dry when sown, very wet during fruit set) and he was impressed with their tenacity. Given more attention, and a place to climb, they will likely be a vigorous producer. A new favorite winter squash for our climate. Sow 1/2" deep, spaced 36" apart in rows a few feet apart, preferably up a sturdy trellis. 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. **very limited availability, low seed stock**
.**Please save your own seeds for future use.** **LOCALLY SAVED**

Cuban Calabaza (winter)
Cucurbita moschata
~25 seeds
100 days

A wonderful variety similar to the Seminole Pumpkin for its hardiness and flavor. This variety has been grown out by Joe and Trace at Possum Hollow Farm in Alachua for over 5 years, originally from Cuba and brought back from a birding excursion they went on. They have been selecting for long, meaty necks and shelf life, but a good deal of crossing occurs among other types, keeping the line diverse. Sow ½” deep, spaced 36” apart in rows a few feet apart, preferably up a sturdy trellis. 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. **LOCALLY SAVED**

Jamaican Cushaw (winter)

Cucurbita argyrosperma

~25 seeds

95 days. Big white and green striped fruit, oblong shape with round bottoms, pale yellow flesh. Vigorous vines, sprawl far and wide. Grew exceptionally well for us when we trialed them several years ago, and produced hundreds of pounds of squash in a relatively small space. Sow ½” deep, spaced 36” apart in rows a few feet apart.

Seminole Pumpkin (winter)

Cucurbita moschata

~25 seeds

120 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. The Miccosukee tribe referred to it as Chassahowitska meaning hanging pumpkin. Our “variety” is definitely diverse, reflecting the local conditions and growers that have kept it for many years. May have crossed with other moschatas, but regardless is a vigorous, delicious local pumpkin. Sow ½” deep, spaced 36” apart in rows a few feet apart. 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. **LOCALLY SAVED**

Squash, Tatume (summer and winter)

Cucurbita pepo

~25 seeds

65 days. A must in Mexican cuisine, where they are known as “calabacita” or little pumpkin. This old heirloom is quite rare, so be sure to save your seeds if you like it! Picked small about the size of a baseball, it is like a zucchini but with much better flavor and firmer texture. It’s shape allows for easy cutting into thick round patties for easy cooking, grilling, baking. Left loner to mature, the orange skinned mature fruit is like a winter squash. Unlike other summer squash, this is a vigorous vining plant, that takes up quite a bit of room in the garden. They are fairly resistant to disease. If you leave them on the plant longer, they mature like a winter squash. Recommended initially by Tim Noyes, and grown out for a trial at Siembra Farm a few years ago. They did well, but customers were reluctant to buy them because they were a bit odd, not a typical looking squash. Their vining habit makes them a more tolerant summer squash to pests, but not immune.



Squash, Tromboncino (summer and winter)

Cucurbita moschata

~25 seeds

80 days. Fruits grow very long, curving to a bell at one end. Eaten early on, they are like a firm summer squash. Left to mature longer, they are like a butternut! Vigorous plants. Not as awesome as Seminole, but similar resistances to our hot weather. Sow 1/2" deep, spaced 36" apart in rows a few feet apart, better yet grow them on a trellis and spaced 18".

summer greens

Forget lettuce and spinach. You live in the subtropics, it's time to venture outside the box, if you want fresh greens in the summer! Check in with us in the spring time for plants not available as seed including moringa, longevity "spinach", Malabar "spinach", cranberry hibiscus and more.

Amaranth, "Purple Mammoth"

Amaranthus spp.

~300 seeds

This "variety" is likely a mix of different amaranths we've grown over the years. The flowers are large, reddish pink, purple and drooping, a real beauty! The leaves like all amaranths are edible. These got about 5-7 ft tall. Not knowing what variety it is anymore, we're just calling it Purple Mammoth! Drought tolerant. Sow very shallowly (tiny seeds) about 12" apart. Can be direct sown, and will likely self-sow in the garden. There was low germination on this one, so we've stuffed the packs more and recommend you sow a bit thicker. **LOCALLY SAVED**

Amaranth, Cockscomb Celosia

Celosia argentea

See flowers and herbs at beginning of catalog.

Egyptian "Spinach" aka Molokhiya

Corchorus olitorius

~40 seeds

70 days. If you want easy, no fuss greens and have room for a small annual shrub, grow this! Mokokhiya is a Middle Eastern super-green,

known as Jew's mallow or Egyptian spinach. Leaves are rich in beta carotene, iron, vitamin C and antioxidants. This "food of kings" dates back to the time of the pharaohs, when an Egyptian king drank it in soup to recover from an illness. Today, it's one of the most widely eaten vegetables in Egypt. In the Philippines, it is called "saluyot" and is widely grown for the leaves.

In our gardens it has reached about ten feet tall. We've found that when cooked, it has the consistency of okra, but not when fresh. The seeds are used as flavoring and an herbal tea is made from dried leaves. Sow 1/4" deep, spaced 18 inches apart or more. Easily produces seed, and scatters them around too.

Availability dependent on supply and pending germ tests.

LOCALLY SAVED

Jewels of Opar

Talinum paniculatum

~50 seeds

35 days. A heat-tolerant leafy green vegetable, with beautiful delicate pink flowers. This is a purslane relative with mild succulent leaves. A little mucilaginous but much less so than Malabar Spinach. Has a nice crunch to it, actually and we really enjoy it. Grows low to the ground, about 1' tall, and will easily self-sow around the garden. Sow very shallowly, not burying at all because the seeds are very small. Space 2-3' apart. **LOCALLY SAVED**



Amaranth Nutrition Facts

Our friend Susan Marynowski gave us a little research summary report on the health benefits of amaranths. They have a number of properties that are relevant to current global human health trends, including anti-cancer, antiviral, and liver, nerve and heart protective properties.

Lucky for us, they are easy to grow here, and some provide great warm weather greens.

For people wishing to incorporate amaranths as a preventive and health-promoting home remedy, typical preparations would include as a nutritious super-food, as an infusion tea, up to 3 cups per day, or even as an herbal tincture alcohol extract of fresh or dried leaves, 30-60 drops 4 times per day..

Amaranth greens may be harvested at any time, although they are more palatable when the plants are younger. Amaranth greens may be prepared by simply steaming or boiling for 10 minutes and seasoning as desired, or used in the place of spinach in recipes.

COVER CROPS

We've got you covered! One pound bags of cover crop seed are available.

Why cover? [Read more](#) on IFAS's website.

Great seed descriptions and planting rates can be found on [Hancock Seed's](#) website, which is where we get our seed from.

Each bag is \$4

Buckwheat
Fagopyrum esculentum

An extremely fast growing cover crop, blooms in just 3-5 weeks from sowing. It's quick lifespan makes it a great in between crop for building soil while you wait to sow the next crop. Susceptible to frost and extreme heat, best sown fall and spring. Beautiful white flowers are attractive to pollinators. Seeds easily. Sow 1/2- 1 1/2: deep 6-8" apart. There are about 15,600 seeds/lb; 3 lbs of seed would cover a 1,000 square foot garden.

For more information about buckwheat as a cover crop, read the [IFAS bulletin: Buckwheat: A Cool-Season Cover Crop for Florida Vegetable Systems](#).

Iron and Clay Cowpea
Vigna unguiculata

A great multi-purpose crop, smothers soil, fixes nitrogen, and if you let it go to seed, you have edible pods. However for best nitrogen fixation, you should mow, chop or terminate during flowering stage. Crop can be cut back several times before incorporation. Bush, sprawling habit. Sow approximately 2-6" apart. There are approximately 4,500 seeds/lb; 3 lbs of seed would cover a 1,000 square foot garden.

Sunn Hemp
Crotalaria juncea

A tall legume that can get woody if not pruned. Adds nitrogen to the soil after it's incorporated, similar to cowpea. Can be pruned many times to increase branching and biomass. Yields more nitrogen than cowpea. Typically, this seed is much more expensive than cowpea, but a bulk discount last season allows us to offer this much more affordably to you.

There are about 15,000 seeds/lb; about 3/4lb would cover a 1,000 square foot garden.



herbs & flowers

Most flowers are insect pollinated and prone to cross-pollination within the same species. For example, if you are growing two types of basil (both *Ocimum basilicum*), 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 grow 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 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. The plant won't have a lot of energy toward the end of its life to putting towards seeds if you've been cutting back a lot.

For roselle, wait as long as possible for red calyxes (pods) to mature, becoming plump and full. While it would be ideal to have the inner seed pod dry on the plant, our experience is that they get too moldy, and must be harvested for seed similar to the time of when harvesting for eating. Peel back the calyx for eating, and then dry the immature, closed green pods indoors and wait for them to dry, crack open, and seeds to mature. You may have some that are not viable, but will likely have plenty that are just fine. This plant will be happiest long term if you save from numerous plants, rather than just from one or a small number.

cucumbers

Cucumbers are easily crossed with one another and varieties should be separated by up to a ½ 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 minimum of 5-10 is required, but 25 or more 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.

melons

Watermelon varieties will easily cross with one another if grown within a half mile or so of each other. Same goes for anything in the cucurbit family (melons, cucumbers, squashes). For most home seed savers this means you will only grow one variety at a time, unless you hand-pollinate. Remember this only matter if you are saving seed, if you are not then you can grow as many watermelon types as you like! Or...let them cross and see what kind of melon you get next time!

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 (peas & beans)

Legumes are among the easiest seeds to save. However they can be tricky as our spring and summer months can be humid and wet while the pods are drying on the vine. 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, or encouraging pests hiding in the pods. Harvest early and bring indoors if they are close to maturity but it's humid and rainy, and field drying is risky.

Bean varieties are unlikely to cross with one another and need only to be separated by 10-20ft. That said, we have seen large heavy bees working all of our legume flowers, likely crossing them from time to time.

Common beans (*Phaseolus vulgaris*) require less of a population than any of the cowpeas (*Vigna unguiculata*).

A minimum of 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. In theory, these self-pollinating plants mean that you could save from just one plant. But it's better practice to save from more.

eggplants

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 required, but 50 or more is even better for genetic diversity.

Eggplant seeds are NOT ripe at the same time you harvest them 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. Determining the final maturity color takes a bit of practice and depends on the variety. If you have many fruits to harvest seed from, it's easiest to put chunks of eggplant into a food processor with a plastic pastry blade and add some water. Pulse until the seeds loosen then decant, strain, repeat until seeds are clean.

okra

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 required, while 25 or more 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.

squash & gourds

Squashes are easily crossed with one another and varieties should be separated by up to ½ mile if they are the same species. All the winter squashes we carry are *Cucurbita moschata*, which means if they are growing and flowering at the same time near one another, they will likely cross. 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 concerned about seed saving.

A plant population of 5-10 required, while 25 or more 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. Some folks like to ferment their seeds in a bucket for a day or so to facilitate cleaning, and help with any disease issues. We don't find it's necessary.

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.

greens

Most of these greens in our summer collection form tiny seeds after the flower stalks have died back. The Amaranths develop enormous numbers of tiny black seeds on the aging flower heads. Many will scatter in the garden, self-sowing. This can become somewhat weedy.

They can be shaken from the flowers into a bag periodically until you have enough seed, or cut stalks about $\frac{1}{2}$ - $\frac{2}{3}$ 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, and will likely self-sow themselves around your garden.

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. However, if you don't mind, the crosses will be unique and you are likely to still get great plants and interesting flowers. This is what happened to our "Purple Mammoth Amaranth".

A plant population of 5-25 is required, while 50 or more is even better for genetic diversity.

Pro tips

Never dry seeds on paper products. They will stick to the paper and make it difficult to scrape off for storage. The exception are coffee filters which work great, and you can write on them too. We use cloth napkins and towels.

Fans are great ways to increase air movement and drying in our humid climate.

Dehydrators can be used, but with caution. Going over 90F for too long will kill the embryo.

Once seeds are adequately dried, place them in an airtight container and store somewhere cool, dark, dry.

Desiccant gels and packets work well too, but must be re-activated by heat drying in order to be useful. Once exposed to moist seeds or the humid air, they become saturated and ineffective.

More information can be found on our website, and seed saving questions can be asked on the Grow Gainesville page!

Our favorite book is *The Seed Garden: The Art and Practice of Seed Saving* by Seed Savers Exchange. You can borrow it from our lending library.