



2013/2014 Seed Catalogue

Create a stunning, delicious and nutritious vegetable garden with seeds from LovePlantLife.com

We are very happy to bring you a curated collection of some of the finest kitchen garden seeds around for New Zealand gardeners. This stunning collection has been selected and grown on the following criteria:

Nutritious and delicious;
Easy to grow;
Good-looking;
Perfect for organic growing;
Excellent results for lower North Island, New Zealand gardens;
Recommended for seed-saving.

And there are so many more reasons to purchase from our catalogue...

Our seeds are non-hybrid, non-treated, non-GMO.
Seeds are well-grown, well-harvested, well-stored and well-packaged.
All seedlines are germination tested to make sure they grow and are true-to-type.
Generous seed numbers.
Guaranteed seed - If you are in any way unhappy with your seeds, please let me know.
Buy LovePlantLife seeds and support NZ seed-saving, school and community garden initiatives.

How to buy seeds

Online ordering

You can place an order online through our secure shopping facility at www.store.loveplantlife.com

Email direct

Just send an email to anna@loveplantlife.com **with your order.**

Stockists

The following fabulous stores stock LovePlantLife Seeds:

Edible Backyard

268 Florida Rd
Ohau, Levin
www.ediblebackyard.co.nz

Edible Garden

889 Ashhurst-Bunnythorpe Rd
RD 10, Palmerston North
www.ediblegarden.co.nz

The Greenery

1198 SH1
Manakau
www.thegreenery.co.nz



Basil - Fino verde

Ocimum basilicum

Approx. 650 seeds

Refined looks, elegant features and a sophisticated flavour, Fino verde is a real connoisseur's basil. This lovely compact basil bush looks breathtaking in containers. Small, narrow leaves are sweeter and more tender than the large leaf varieties with a hint of spice. Fino verde makes insanely good pesto.

Start sowing in October and transplant the last of your Fino verde outside in early January. Basil needs a warm position with full sun, good soil, drainage and heat. Being the darling that it is, doesn't like to be shaded by other plants. Add more compost if the leaves aren't deep green. Pinch out tops throughout growing to encourage strong, bushy plants.

Sow period October to December for outdoor planting

Soil temp for germ. Above 21°C **Germ. time** 7 days

Plant initially in Trays Transplant in 5 weeks

Time till harvest: Micro 3 weeks **Mighty** 6 weeks

Spacing: Conv 30cm **Biointense** 20cm **Square ft** scatter

Height 40cm **Position** Full sun



Basil - Sweet genovese

Ocimum basilicum

Approx. 650 seeds

Summer is magic with the smell of both love and basil in the air. This favourite variety has a strong aroma and great flavour that lifts the mood of anyone nearby. The large shiny leaves just call out to be rubbed, releasing the rapturous fragrance. For the Italians it is a sign of love. When a woman puts out a pot of basil, she is ready to receive her suitor. Are you ready for your summer romance with sweet basil?

Transplant the last of your SG basil outside late December. Try them on a windowsill as tray sprouts at other times. Needs full sun, good soil, drainage and heat. Add more compost if the leaves aren't deep green. Pinch out tops to below 4 pairs of leaves throughout growth to encourage strong, bushy plants.

Sow period October to December for outdoor planting

Soil temp for germ. Above 21°C **Germ. time** 7 days

Plant initially in Trays Transplant in 5 weeks

Time till harvest (weeks): Micro 2 **Mini** 4 **Mighty** 8

Spacing: Conv 20cm **Biointense** 15cm **Square ft** scatter

Height 50cm **Position** Full sun

Bean - Bicolour pean

Phaseolus vulgaris

Approx. 30 seeds

The humble pea bean. Fresh sprout-pea taste when young but treasure is to be found when the pods are left to swell and the beans inside dry.

Transformation occurs and a perfectly formed egg-shaped bean appears in the most sublime colour combination - half deep maroon, half alabaster, as if some little pixie has gone in and hand-painted each one for you. Excellent dried bean for winter dishes. A very old heirloom variety, not-widely-available.

These very productive beans thrive in well-prepared beds with lots of lovely organic matter. A climbing bean, pinch the shoots back when they reach the top of the supports to allow them to bush out. Seem to do well with less water.

Sow period September to January

Soil temp for germ. Above 18°C **Germ. time** 4 days

Plant initially in Trays Transplant in 2 weeks

Time till harvest: Mighty 14 weeks

Spacing: Conv 15cm **Biointense** 10cm **Square ft** 9

Height To 2m **Position** Full sun



Bean - Borlotti firetongue

Phaseolus vulgaris

Approx. 50 seeds

These bedazzled beans will light up the season. The darling of Italian cooking and one of the oldest borlotti varieites, the 'lingua di fuoco' is multi-purpose - stringless snap or delicious dried bean if you have any left over. True beauty lies in keeping these lovelies for shelling. 14cm long dangling jewels of red splashed pods contain 4-6 red flecked beans with a delicious creamy flavour. Give shelled beans a quick boil and lick of olive oil.

These beans thrive in warmth. Dig in plenty of organic matter and you will be rewarded with heavy cropping after several feeds once the flowers appear. Borlottis will be drought tolerant, but good watering after flowering will ensure best pod development.

Sow period September to February

Soil temp for germ. Above 18°C **Germ. time** 4 days

Plant initially in Trays Transplant in 2 weeks

Time till harvest: Mighty 8 weeks

Spacing: Conv 20cm **Biointense** 15cm **Square ft** 9

Height 40cm **Position** Full sun





Bean - Holy

Phaseolus vulgaris

Approx. 30 seeds

Holy bean, angel or meditation bean-no matter what you call them, these beans are clearly transcendent. The very clear little marking around the eye is angelic, the creamy taste heavenly, the white and yellow flowers extraordinary.

Traditionally passed to daughters upon marriage to start their own gardens, not only as they look pretty but also easy to grow, providing green veg in summer and dried beans as protein for the winter.

Beans love warmth and plenty of organic matter dug into the soil. You will be rewarded with heavy cropping after several feeds once the flowers appear.

Sow period September to February

Soil temp for germ. Above 18°C **Germ. time** 4 days

Plant initially in Trays **Transplant in** 2 weeks

Time till harvest: Mighty 8 weeks

Spacing: Conv 20cm **Biointense** 15cm **Square ft** 9

Height 1.5-2m **Position** Full sun



Bean - Scarlet runner

Phaseolus vulgaris

Approx. 25 seeds

With wild flaming-orange flowers and huge beans with psychedelic markings, Scarlet Runners are a visual treat. Not bad for one of the oldest cultivated foods of the New World. The flowers ignite salads, tasty pods can be used sliced or enjoyed steamed and the versatile beans can go from meaty to creamy depending on how long you cook them.

Very easy plants, but watch out for snails. They produce beans throughout summer and autumn then go dormant in winter before emerging again the following spring. Help it keep vigour with well rotted compost. Keep watered. Pick young pods regularly for 4-6 weeks then allow the rest to mature for drying.

Sow period September to January

Soil temp for germ. Above 16°C **Germ. time** 10 days

Plant initially in Beds

Time till harvest: Mighty 9 weeks

Spacing: Conv 20cm **Biointense** 15cm **Square ft** 4

Height To 3m **Position** Full sun **Keep well watered**

For more info, images, tips, and recipes see www.loveplantlife.com

Beet - Perpetual Spinach

Beta vulgaris

Approx. 100 seeds

An easy-going, strong, dependable friend who's always there for you and really holds the garden together year-round with its good looks. A very popular green that produces masses of tasty leaf well into the 2nd year. Super easy to grow and can handle getting a little hot or dry.

Not a true spinach, it is instead a beet. Good flavour, not bitter and lovely as a baby leaf. Pick outer leaves often. Like all spinaches, plant more than you think you can use as it wilts to little in the pan. Looks good and produces well in a pot if you're short on space. Loves a well-manured patch.

Sow period August-April

Soil temp for germ. Above 10°C **Germ. time** 10 days

Plant initially in Trays Transplant in 3-4 weeks

Time till harvest (weeks): Micro -- Mini 4 Mighty 8

Spacing: Conv 25cm Biointense 15cm Square ft 4

Height 50cm **Position** Full sun



Beet - Leafy rainbow brights

Beta vulgaris var. cicla

Approx. 200 seeds

Gloriously coloured stems of red, yellow, orange, pink and white contrast with lush green leaves to bring brightness and delight to your garden and plate.

- Spectacular planted en masse as a backdrop
- Dramatic in a bucket on the deck
- Grow in seed trays for beautiful baby leaf salads

No matter where you want these stunners to be, make sure the soil has plenty of compost dug in. Soak seeds overnight before sowing. Dig plenty of compost into the soil. Tolerant of most weather conditions, but not such a fan of frost.

Sow period August-April

Soil temp for germ. Above 10°C **Germ. time** 10 days

Plant initially in Trays Transplant in 3-4 weeks

Time till harvest (weeks): Micro 2 Mini 4 Mighty 7-18

Spacing: Conv 30cm Biointense 10cm Square ft 4

Height To 70cm **Position** Full sun





Beetroot - Bulls blood

Beta vulgaris var. crassa

Approx. 200 seeds

An old variety that dates back to before 1900, the beautiful bull's blood beetroot brings everything alive. There are just so many wonderful things to say about this plant - we could talk about the striking good looks (metallic, burgundy leaves give a great contrast to your winter greens), or the sweet tasty leaves (make wonderful microgreens), or the tasty candy-striped root. It's even a natural food colourant. But all of this just really means one thing - you need this in your garden!

Soak your seeds overnight before sowing directly where you want them to grow. Full sun to partial shade. Keep them moist and pick those beautiful outer leaves for salads or steaming.

Sow period August-April

Soil temp for germ. Above 10°C **Germ. time** 8 days

Plant initially in Beds

Time till harvest (weeks): Micro 3 Mini 4 Mighty (roots) 8

Spacing: Conv 30cm Biointense 20cm Square ft 9

Height 20cm **Position** Full sun



Borage

Borago officinalis

Approx. 100 seeds

Believed to bring buoyancy to the soul. Loved by bees, the beautiful blue star-shaped flowers make a lovely addition to salads or in the ice-tray for G&Ts. A friendly flower that each day will open up new blooms for you to enjoy.

The young leaves can be eaten like spinach and any consumption of these plants will assist with the immune and nervous systems. Its potassium and calcium will benefit you and the compost bin - an excellent addition to your liquid feed mix.

A fabulous companion to tomatoes, strawberries and under fruit trees to attract bees. Will grow in any good soil and self-seeds readily.

Sow period September-March

Soil temp for germ. Above 18°C **Germ. time** 10 days

Plant initially in Trays or Beds

Spacing: Conv 30cm Biointense 20cm Square ft 1

Height 70cm **Position** Full sun - light shade

Best Brassicas Combo Mix

Brassica oleracea varieties

Approx. 350 seeds

* Broccoli ** Cabbage ** Red cabbage ** Cauliflower *

The best of the brassicas - a combo pack of four fine vege specimens to stand proud in your garden. Super-nutritious - packed full of vitamins, minerals, dietary fibre. There is ever-increasing evidence that eating brassicas daily may reduce the risk of several types of cancer.

Most suitable in the cooler months to limit the blasted white butterfly, and will grow through the winter. Brassicas are heavy feeders, preferring a well-drained soil rich in organic matter and like a bit of shade. Plant a dozen seeds a week and plant out the strongest growers to have a continuous supply.

Sow period Autumn recommended

Soil temp for germ. Above 6°C **Germ. time** 7 days

Plant initially in Trays Transplant in 8 weeks

Time till harvest: Around 60 days from transplant

Spacing: Conv 50cm Biointense 40cm

Square ft 4 per 9 squares **Position** Partial shade



Broccoli - Precoce romanesco

Brassica oleracea italica

Approx. 200 seeds

While some are busy arguing over whether this is technically a broccoli or a cauliflower, some are wondering if it is actually from this earth. Well, now it can be from your very own garden, just as Italian gardeners have grown for generations. The pyramid shaped head with intense fractal spirals grows just as a normal brassica would. But this beauty certainly isn't ordinary. Very striking vegetable for your plot. Nice flavour, a bit nutty. Fractal-icious!

Heavy-feeder so have your beds well-prepared, but this plant doesn't like an oversupply of nitrogen. Start seeds in trays and prick out into large 8cm trays or toilet rolls after 4 weeks. Transplant 4 weeks after that.

Sow period Autumn recommended

Soil temp for germ. Above 6°C **Germ. time** 7 days

Plant initially in Trays Transplant in 8 weeks

Time till harvest: Around 60 days from transplant

Spacing: 80cm **Position** Partial shade





Buckwheat

Fagopyrum esculentum

14 grams of seed (will cover 1 m2)

A particularly generous plant, there are just so many reasons to grow buckwheat. Will do well in almost any type of soil. Excellent green crop for establishing a new veg bed. Uses:

- A fast green manure crop (7-10 weeks)
- Cover crop for suppressing weeds
- Grow after root crops to replenish phosphorus
- Produces dry matter for the compost pile
- Pretty, fragrant flowers that bees love (good honey)
- Attracts beneficial insects-hoverflies & predatory wasps
- Use under apple trees to counter leafroller
- Seeds are highly nutritious and contain lysine
- Can be ground into flour or used for sprouting
- Good chicken feed crop

Sow period September-April Frost sensitive

Soil temp for germ. Above 20°C **Germ. time** 3-4 days

Plant initially in Beds

Time till harvest 10-12 weeks for seed

Spacing: Sow contents of this pkt over 1m2

Height 60cm **Position** Full sun - light shade



Calendula

Calendula officinalis

Approx. 50 seeds

Calendula is sunshine in a petal. One of the world's most popular domestic remedies & an absolute delight in the garden, everybody and every bee loves calendula. This variety has been chosen for it's strong medicinal value; a wonderful remedy for skin problems, soothing and used widely for its antiseptic properties. Fresh petals are lovely in salads and can be used as a saffron substitute to colour and flavour rice. Has a similar nutritional profile to dandelion.

Fun and fast growing, calendula is a delight for kids. Will sit very nicely in your veg patch or a container. Grows almost anywhere there is good soil moisture. Calendula is an annual but so easily self-seeds, you'll think it a perennial.

Sow period September-February

Soil temp for germ. Above 18°C **Germ. time** 5-10 days

Plant initially in Trays **Transplant in** 3 weeks

Spacing: Conv 30cm **Biointense** 20cm **Square ft** 4

Height 50cm **Position** Full sun

For more info, images, tips, and recipes see www.loveplantlife.com

Celery - Dwarf

Apium graveolens

Approx. 1000 seeds

Young and fresh like a holiday romance. All the flavour, none of the strings, none of the hassle. Snappy and fresh this pint-sized packaged super snack is best homegrown. The bushy plants produce lots of small stalks that give fabulous flavour to soups and stews.

Completely different from the engineered, pesticide-laden cousin from the supermarket shelf and just not as high-maintenance as its tall relations. Grows well in containers, but does require plenty of moisture.

Sow period September-March
Soil temp for germ. Above 18°C **Germ. time** 12 days
Plant initially in Trays
Time till harvest (weeks): From 8
Spacing: 15cm
Height To 70cm **Position** Full sun



Chamomile - German

Matricaria chamomilla

Approx. 2000 seeds

Delicate and wistful with that delightful wildflower look. Children seem drawn to this plant with its faint pineapple smell and wonderful affect on their demeanour. Soothing for the skin, sleep, tummies and tantrums. Gorgeous in the garden.

Chamomile seed needs light to germinate, so simply scatter onto a tray and press down gently. Doesn't require rich soil and isn't too affected by pestly problems. Drought-tolerant once established. Harvest the chamomile flowers when fully open. They can be used fresh as a tea or added to the bath and may be dried and stored for later use.

Sow period September - December
Soil temp for germ. Above 18°C **Germ. time** 12 days
Plant initially in Trays
Time till harvest (weeks): 10
Spacing: 15-30cm **Height** 30cm
Position Full sun





Chives - Garlic

Allium tuberosum

Approx 450 seeds

Garlic chives are good-looking and long-living plants that are just plain tasty. With a mild garlic flavour, these are used extensively in Asian cooking, but work really well in just about anything. The dark leaves are a great garnish. And wait until they flower! Striking white balls of florets with a delicate perfume are sensational at the end of summer.

Easy to grow. Direct sow or transplant in clumps. Makes an excellent companion plant in the veg patch or a rather fine addition to your windowsill. Will sit dormant if temperatures get too low (under about 5°) but make a strong comeback in Spring.

Sow period September-March

Soil temp for germ. Above 10°C **Germ. time** 7-14 days

Plant initially in Trays or direct **Transplant in** 3-4 weeks

Time till harvest: 30 days

Spacing: Clump

Height To 70cm **Position** Full sun



Cleome

Cleome spinosa

seeds

Dramatic with a hint of danger, cleome are spectacular exotic-looking companions for your tomatoes and a very important catch-crop for shield bugs. Known as the Spider Plant probably due to their strange, spikey flowerheads, these tall scented flowers really do cut a distinguished figure at the back or middle of a bed.

Germinate well after a week in the fridge and a bit of light, so don't completely cover your seed. Transplant out after frosts have gone. Can be direct sown once the soil has warmed enough (ie when the runner beans make their dash). Cleomes thrive in the sun and need minimal attention and care. In exposed areas they may need staking. Will flower from mid-summer until autumn frosts.

Sow period October-February

Soil temp for germ. Above 16°C **Germ. time** 7-21 days

Plant initially in Trays or direct

Spacing: 50cm

Height 150cm **Position** Full sun

For more info, images, tips, and recipes see www.loveplantlife.com

Coriander

Coriandrum sativum

Approx. 300 seeds

Also known as cilantro, this very quick-growing, bright green herb is renowned for its exotic flavour and intense smell. Probably the most widely used flavouring herb in world cuisine. The seeds are popular medicinally to soothe stomachs or stored in the spice rack to add an alluring flavour to your dish.

A good companion plant in the garden, the flowers are very attractive to pollinating insects. Will grow easily almost anywhere. Does very well in a tray on the windowsill for easy snipping. Ideal in the cooler seasons, yet this seed has been chosen as it's slower to bolt in warm weather. This pack should sustain your coriander hankerings year-round.

Sow period September-January

Soil temp for germ. Above 10°C **Germ. time** 10 days

Plant initially in Trays Transplant in 3-4 weeks

Time till harvest (weeks): Micro 2 Mini 4 Mighty 7

Spacing: Conv 45cm Biointense 15cm Square ft 4 or 9

Height 30cm **Position** Part shade



Corn - Crimson popcorn

Zea mays

Approx. 50 seeds

The ultimate in organic, heirloom snack foods. An absolute delight, these beautiful shiny crimson kernels explode into little fluffy snow white clouds of yum. Has a nicely nutty flavour that's simply delicious. This popcorn will win hearts, minds and tastebuds.

Highly decorative variety with cobs resembling big fat berries. Grow in full sun, rich soil & keep moist. Plant in a grid pattern well away from other corn varieties. Feed with nitrogen-rich, fish fertiliser 3 times: once at planting, then at 20cm tall and when tassels appear. Leave to fully ripen on plants before picking. After harvest, pull back the sheaths, leave in a well-ventilated area & allow the kernels to dry on the cob for another month. Pop to your heart's content.

Sow period October-January

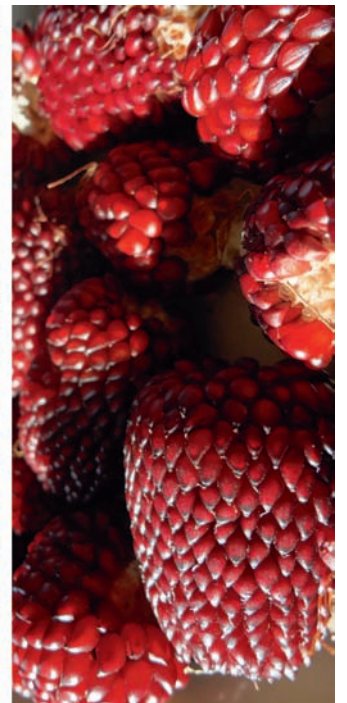
Soil temp for germ. Above 18°C **Germ. time** 10 days

Plant initially in Trays of direct sow Transplant in 2 weeks

Time till harvest (weeks): About 3 months

Spacing: Conv 45cm Biointense 30cm Square ft 4

Height 120cm **Position** Full sun





Dill

Anethum graveolens

Approx. 500 seeds

Wafty and wavy mesmerising bees with its sway, many a gardener and florist have been ensnared by the graceful beauty of dill. And flavour follows form with a delightfully soft sweet-then-sour flavour on the tongue. The spicy seeds are stronger and more complex. Dill-icious with pickles, potatoes and fish. Soothing on the mind and the digestive system, this is a lovely herb to keep in the garden.

Dill is oh-so-easy to grow and maintenance free. High winds will hurt the fragile stems so plant in amongst other tall growers at the back of the bed. Plant in spring for a delicious summer harvest. Loses its flavour quickly so use as soon after picking as possible.

Sow period September - November, March

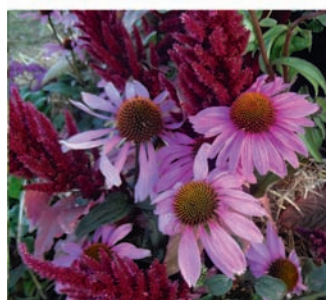
Soil temp for germ. Above 10°C **Germ. time** 7 days

Plant initially in Beds

Time till harvest (weeks): 8

Spacing: 5-20cm **Height** 1m

Position Full sun **Watering** In long dry spells



Echinacea

Echinacea purpurea

Approx 120 seeds

Pretty flowers, powerful properties. Grow your very own antibiotics, right at your back door. Echinacea has a well researched & confirmed reputation for enhancing immune function. It's widely used to treat a large range of infections, inflammations, hay fever, cold sores and slow-healing wounds.

Best treated as a biennial & sown from seed. (Please note that seeds can take 4 weeks to germinate). Sow pre-soaked seed into trays in early autumn, transplanting into the garden in spring. You'll see flowering before the end of next autumn. Echinacea loves full sun and can handle drought and wind. Slugs and snails are its worst enemies - be warned!

Sow period February-April

Soil temp for germ. Above 15°C **Germ. time** 10-30 days

Plant initially in Trays **Transplant in** Spring

Spacing: 30cm

Height To 90cm **Position** Full sun

For more info, images, tips, and recipes see www.loveplantlife.com

Kale - Cavolo nero

Brassica oleracea acephala

Approx. 250 seeds

Put some height and texture into your veg garden with this striking, gourmet vegetable. Good on looks and great on flavour. A strong Italian heritage variety.

Leaves can be chopped and used like cabbage or kale - just remove the thick central rib first. Super-yum sauteed in olive oil with garlic and chilli. Perfect ingredient for slow-cooked winter dishes. Equally good in a quick stir-fry or salad. Very nutritious... and delicious.



Sow period February-June, or anytime in trays
Soil temp for germ. Above 8°C **Germ. time** 6-10 days
Plant initially in Trays **Transplant in** 4-6 weeks
Time till harvest: from 40 days
Spacing: Conv 75cm Biointense 50cm **Square ft** 1
Height 40cm **Position** Full sun

Lettuce - Heirloom

Lactuca sativa

3 x 450 seeds per packet, separately bagged

It's boring having just one type of lettuce so we created a triumvirate of lettuce power. Three tasty, tantalising lettuce for leaf harvest as you like. All heirloom varieties with a good nutritional profile and lovely lettucey looks.

--Speckled trout (Forellenschuss): Austrian heirloom cos. Beautiful green, soft leaf with maroon speckles, high antioxidant levels.

--Little Gem: English heirloom. Delicate but delightful flavour with a satisfying crunch.

--And one mystery, surprise variety: A special heirloom variety with details in each pack. More fun than bubblegum.



Sow period Anytime
Soil temp for germ. Above 12°C **Germ. time** 7 days
Plant initially in Trays **Transplant in** 2-6 weeks
Time till harvest (weeks): Mini -- 2-3 **Mighty** -- 12 weeks
Spacing: Conv 20cm Biointense 20cm **Square ft** 4
Height 20cm **Position** Part shade



Lettuce - Mixed

Lactuca sativa

Approx. 4000 seeds

A sensational, colourful blend of high-performers. Over 10 varieties of lovely lettuce leaves with which to create salad magic. Use as baby leaves or fine, full-grown specimens to feed a family.

Lettuce need to be grown quickly. Give them a good start with lots of organic content in the soil and keep them moist. Sow seed lightly in trays and either snip them at baby leaf stage or transplant as soon as large enough to handle, before they have six leaves. Plant out at 20cm intervals. Snip down to 5cm after leaves are more than 10cm tall and to produce more leaves. Easy to grow in pots. Try planting a dozen seeds every 2 weeks year-round for a continuous supply.

Sow period Anytime

Soil temp for germ. Above 12°C **Germ. time** 7 days

Plant initially in Trays **Transplant in** 2-6 weeks

Time till harvest (weeks): Mini -- 2-3 **Mighty** -- 12 weeks

Spacing: Conv 20cm **Biointense** 20cm **Square ft** 4

Height 20cm **Position** Part shade



Marigold - Single gold

Tagetes patula

Approx. 200 seeds

The first lesson of companion planting is: Marigolds with everything. We've chosen a star - a tall-growing variety with lots of lovely dark green foliage and bright orange flowers that will make your garden sing. It brings bees and children into the garden and keeps nematodes away.

The single golds will brighten up your garden, your salads and your heart. Starts flowering early and just keeps on giving.

Sow into seed trays first before transplanting out all around the veg garden.

Sow period September-March

Soil temp for germ. Above 18°C **Germ. time** 7-10 days

Plant initially in Trays or direct sow **Transplant** 2-4 weeks

Spacing: Conv 30cm **Biointense** 15cm **Square ft** 4

Height 60cm **Position** Full sun

Mesclun

Approx. 4000 seeds

Like it just stepped off the screen of your favourite food show, this potpourri of young and tasty leaves will look amazing on the plate and taste delish. There is little in life to make you feel more truly virtuous than an organic, homegrown, fresh-as, crisp salad. Nutritionally jam-packed, calorifically small, these 14 varieties of leaf will invigorate. Starring a full ensemble of brassicas, beets, lettuce, spinach and rocket.

Mesclun is one of the easiest of all garden crops to grow. Sow the seeds & then begin to harvest the baby leaves in 2-5 weeks, depending upon the season. This is such a pretty crop, use it as an edible, ornamental border or grow in seed trays for a simple but elegant short-lived crop.

Sow period Anytime

Soil temp for germ. Above 12°C **Germ. time** 7 days

Plant initially in Trays Transplant in 2-6 weeks

Time till harvest (weeks): Mini -- 2-5 **Mighty** -- 12 weeks

Spacing: Conv 20cm Biointense 20cm Square ft 4

Height 20cm **Position** Part shade



Onion - Welsh bunching

Allium fistulosum

Approx. 500 seeds

These fine, strapping white welsh onions will multiply quickly providing a reliable year-round supply for the kitchen. Great for those with limited space. These wonders have a much milder taste than bulbing onions for those with whom other onions don't agree. They have big hollow leaves like spring onions that are great for salads and garnishes.

Prefers moist, free draining soils with lots of organic matter, in an open sunny position. Frost resistant (stepped out of Siberia centuries ago) but drought tender. Tall, clumping plants look great in the garden. Grows well with most plants, especially roses, carrots, beet and chamomile, but keep them away from your beans and peas.

Sow period September-March

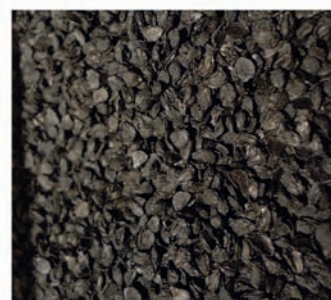
Soil temp for germ. Above 10°C **Germ. time** 12 days

Plant initially in Trays Transplant in 8 weeks

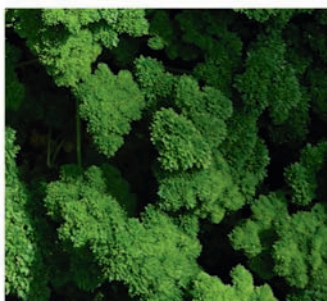
Time till harvest (weeks): Mini -- 4 weeks **Mighty** -- 16

Spacing: Conv 30cm Biointense 15cm Square ft 9

Height 40cm **Position** Part shade



For more info, images, tips, and recipes see www.loveplantlife.com



Parsley - Darki

Petroselinum crispum

Approx. 900 seeds

Our darki parsley is an evergreen allstar that gives so much for so little attention. A sweep of lovely dark and deep foliage really dresses up the garden. The great taste is an essential in the kitchen providing a burst of freshness to everything it touches and a healthy dose of vitamins and minerals. Beautiful as a cut herb or foliage.

Likes morning sun and will help keep aphids away, but when flowering welcomes bees to play. All plants like to have it nearby, except for mint. Parsley seeds can be notoriously slow germinators. Try soaking them for 24 hours before planting. Sow first in trays as they take a long time to become established.

Sow period September-March

Soil temp for germ. 15°C **Germ. time** 14-28 days

Plant initially in Trays Transplant in 10 weeks

Time till harvest (weeks): Micro -- Mini -- Mighty 9

Spacing: Conv 25cm Biointense 12cm Square ft 4

Height 25cm **Position** Part shade



Parsley - Italian

Petroselinum crispum

Approx. 900 seeds

The main staple of any kitchen garden has got to be parsley. The smooth strong flavour of this Italian heirloom variety lends itself to any dish. Amazing to make pesto with. Packed with vitamins and a natural breath freshener too.

Plants grow vigorously and easily. It does well in most soils and can be grown in containers inside or out. Parsley likes it's morning sun. Keep harvesting by taking off the outer leaves. Generally thought of as a biannual plant but second year growth is often disappointing, so plant anew each year for healthy plants and a constant supply.

Sow period September-March

Soil temp for germ. 15°C **Germ. time** 14-28 days

Plant initially in Trays Transplant in 10 weeks

Time till harvest (weeks): Micro -- Mini 4 Mighty 9

Spacing: Conv 30cm Biointense 15cm Square ft 4

Height 50cm **Position** Part shade

For more info, images, tips, and recipes see www.loveplantlife.com

Pea - Snow

Pisum sativum

Approx. 80 seeds

Youth, vigour, vitality and very, very tasty. Shiny green pods on waist-high vines, that make sweet snacking for littlies. If any make it to the kitchen then steaming and stir-frying are sensational. If they don't, sauteed snow pea shoots are quite the delicacy.

Your peas will need supports to cuddle up to, but are very low maintenance. If you planted them in well-prepared beds they won't need any more feeding but do like a good water weekly after flowering begins. This variety has excellent disease-resistance. Sow some often in spring and autumn. Pick pea pods young and often.

Sow period March-October

Soil temp for germ. Above 12°C **Germ. time** 5 days

Plant initially in Direct sow

Time till harvest (weeks): 8-10

Spacing: Conv 10cm Biointense 10cm Square ft 9

Height 80cm **Position** Full sun



Pea - Wando

Pisum sativum

Approx. 80 seeds

Wando is an extremely dependable pea variety that's been with us since the '40s. It came from fine parents and deals equally well with heat and cold weather. It's a prolific producer of long and chubby pods with perfectly-formed peas (about 8 per pod, great for shelling). If you have any leftover you can freeze them - but these are so tasty, the chances are slim.

Plant in full sun in a moist, fertile and well-drained soil. Sweeten them up with some lime, give them a bit of a climbing frame, make sure they have a bit of shelter from strong winds and keep them well watered. You'll be rewarded with plenty of juicy pods to keep picking once they're ready.

Sow period March-October

Soil temp for germ. Above 12°C **Germ. time** 5 days

Plant initially in Direct sow

Time till harvest (weeks): 10

Spacing: Conv 10cm Biointense 10cm Square ft 9

Height 80cm **Position** Full sun





Pepper - Jalapeno

Capsicum annum

Approx. 50 seeds

Forget the macho mumble, chillis should be about flavour not burning. Relatively low on the scoville scale of scalding these peppers will add zing and a bit of zang to homemade chilli, beans or dips. Enjoy whole jalapenos stuffed, pickled, poppered or experiment with the deep sweet flavour of smoked chipotle.

Get those peppers bedded in by December. Should do ok in most soils but they'll need some staking, lots of light, good air circulation and watering. Perfect to pick for peckish growers when fruit is 6cm long, dark green, glossy and firm. May colour up to luscious scarlet. Heat levels depend on cultivation and preparation. Typically produce about 30 peppers per plant. Container grown plants can overwinter inside.

Sow period August-November

Soil temp for germ. Above 20°C **Germ. time** 7 days

Plant initially in Trays Transplant in 7 weeks

Time till harvest (weeks): 10-12

Spacing: Conv 50cm Biointense 30cm Square ft 1

Height 100cm **Position** Full sun



Pepper - Jimmy Nardello

Capsicum annum

Approx. 50 seeds

Long and curled, shiny fire-engine-red jewels will set your garden ablaze thanks to this bright spark of a capsicum. And you will be thankful for how easy the Jimmy Nardello pepper is to grow. Hands down the best capsicum you can grow in cooler climates, not only because it's dang easy, but darn prolific and damned delicious.

Sweet flavour with a nice pepp at the finish. Just magic on the bbq fried in olive oil with garlic and slathered over steaks. Or string them, dry them, fry them and salt them for tasty tapas anytime. Southern Italian heirloom variety registered with Slow Food USA's Ark of Tastes.

Sow period September-November

Soil temp for germ. Above 20°C **Germ. time** 7 days

Plant initially in Trays Transplant in 7 weeks

Time till harvest (weeks): 10-12

Spacing: Conv 50cm Biointense 30cm Square ft 1

Height 60cm **Position** Full sun

Phacelia

Phacelia tanacetifolia

Approx. 4500 seeds

A great plant for the suburban vege grower, Phacelia is very easy to grow and incredibly useful to have around. It grows quickly and blooms heavily over a long period. Spikes of clustered tiny mauve blooms with long whiskery stamens make a lovely cut flower.

Phacelia's planted for the primary purpose of attracting pollinators, predators and parasites of pest insects. It's one of the top honey-producing flowers for bees and attracts the natural predators of aphids and psyllids.

Producing a lot of biomass, it makes an excellent cover crop or an abundant source of material for the compost heap.

Sow period August-April

Soil temp for germ. Above 15°C **Germ. time** 10 days

Plant initially in Direct sow

Spacing: 10cm or sprinkle packet over 1m²

Height 120cm **Position** Full sun



Radish - Easter egg

Raphanus sativus

Approx. 250 seeds

These little radishes are just so gosh-darn delightful. Your kids will love them - it's like finding Easter eggs in your garden - pink ones, red ones, purple ones and white too. They just make you smile. And the mild peppery flavour gives salads a bit of snap and adds a good dose vitamin C.

They're so super-easy and quick to grow. Sow seed directly where you want them. Just make sure they get regular waterings and do plant them in a different spot.

Sow period Anytime

Soil temp for germ. Above 10°C **Germ. time** 5 days

Plant initially in Beds

Time till harvest (weeks): 4

Spacing: Conv 10cm Biointense 5cm Square ft 16

Height 15cm **Position** Full sun





Rocket

Eruca sativa

Approx. 3200 seeds

Salads were just plain dull before this spicy little number exploded onto the scene. The peppery taste goes oh-so-well with either tomatoes or steak. Used for centuries with health claims ranging from curing freckles to acting as a natural deoderant.

Rocket by name, rocket by nature-this is a quick and easy salad crop to grow. Direct sow seed into a cooler part of the garden and pick regularly to stop it from bolting away too quickly. Use leaves when 7-10cm long. Or grow your own rocket farm on a damp napkin inside for tasty sprouts or microgreens at any time of the year.

Sow period Anytime

Soil temp for germ. Above 10°C **Germ. time** 2-4 days

Plant initially in Trays or direct sow

Time till harvest (weeks): Micro 1 Mini 4 Mighty 6

Spacing: Conv 5cm Biointense 5cm Square ft 16

Height 20cm **Position** Full sun



Salad burnet

Sanguisorba minor

Approx. 100 seeds

Salad burnet keeps a low-profile. Yet, it is the secret herb to make your salad smashing. Cool as a cucumber, with a very similar flavour. Used medicinally in times past to heal wounds and protect against the plague. Said to do remarkable things when added to a glass of claret.

Very easy to grow, just cut the old leaves back regularly to enjoy the fresh and tenders. The lacy scalloped leaves grow on a low mound. It isn't picky about soil or temperature and can tolerate light shade. Drought-tolerant. This lovely perennial will return year after year.

Sow period September-March

Soil temp for germ. Above 15°C **Germ. time** 7 days

Plant initially in Trays **Transplant in** 2-4 weeks

Time till harvest (weeks): 8

Spacing: Conv 40cm Biointense 30cm Square ft 4

Height 15cm **Position** Full sun - light shade

Spinach - Bloomsdale

Spinacia oleracea

Approx 250 seeds

Bloomsdale is a blimmin beauty of a spinach for autumn planting: Large, thick, crinkly, gorgeous dark green leaves; A beautiful, slightly sweet taste; Produces a great yield (about 350g a plant) and holds up well in those chilly months. Add in all those spinachy nutritional benefits ie good source of protein, iron, fibre, vitamins A & C. Whichever way you look at it, this is a sensational winter green.

Spinach needs rich well-drained soil, becoming diseased if it becomes waterlogged. Easy to grow and takes only 50 days to reach maturity. Remember to plant a little often for continuous supply. If you get carried away though, Bloomsdale freezes well.

Sow period Feb-May, Aug-Oct

Soil temp for germ. Above 10°C **Germ. time** 7 days

Plant initially in Trays Transplant in 4-6 weeks

Time till harvest (weeks): Micro -- Mini 4 Mighty 8

Spacing: Conv 25cm Biointense 10cm Square ft 4

Height 25cm **Position** Full sun



Spinach - Malabar

Basella rubra

Approx. 50 seeds

Malabar is a whole new dimension in spinach--twisty, twiney, tasty. This is a perennial ornamental vegetable vine that is great for small gardens. Tantalising fresh green taste much like a pea. Crunchy and juicy when raw, traditionally spinachy when cooked.

Pretty red stems and tiny pink flowers with dark green leaves.

Super easy to grow. Loves the heat so great to have in the garden when you're other greens are wilting woefully in the summer sun.

Sow period September-February

Soil temp for germ. Above 10°C **Germ. time** 10 days

Plant initially in Trays Transplant in 4-6 weeks

Time till harvest (weeks): 8

Spacing: Conv 45cm Biointense 30cm Square ft 4

Height 150cm **Position** Full sun





Spinach - New Zealand

Tetragonia tetragonoides

Approx. 40 seeds

The living mulch that just keeps giving and giving and the only NZ native to be commercially cultivated for food. It's drought-tolerant, doesn't bolt, tasty to humans but bugs and disease seem to stay away. A great plant!

OK, so this isn't a true spinach, but most people find the taste more to their liking than the real thing. The dark green triangular leaves are fleshy and used like any other spinach. A nice source of important vitamins.

A trick to getting the seeds started: soak them in hot water for 24 hours first. Plant in fertile soil and let it do its thing. Looks fantastic cascading over the side of planters or rambling around under your veges.

Sow period September-February

Soil temp for germ. Above 10°C **Germ. time** 10 days

Plant initially in Trays or direct **Transplant in** 4-6 weeks

Time till harvest (weeks): 8

Spacing: Conv 70cm Biointense 50cm **Square ft** 1

Height 20cm **Position** Full sun



Spinach - Santana

Spinacia oleracea

Approx. 280 seeds

This is some fine-looking spinach. Santana is smooth, dark and perfectly formed. Handsome, and enduring - meaning it grows well, is slow to bolt and resistant to most common viruses and mildew.

And it's yum! Eat at baby leaf stage or wait for a nice big bunch. Tastes great raw or lightly steamed. Easy to grow all year-round - keep planting at weekly intervals to ensure a continuous supply or grow plenty to pop in the freezer.

Sow period All year

Soil temp for germ. Above 10°C **Germ. time** 4-8 days

Plant initially in Trays **Transplant in** 3 weeks

Time till harvest (weeks): Micro -- Mini 30 Mighty 60

Spacing: Conv 25cm Biointense 10cm **Square ft** 4

Height 30cm **Position** Full sun

Sunflower - Russian giant

Helianthus annuus

Approx. 30 seeds

A gentle giant that grows quickly and easily, tolerating both drought and poor soil. Black and white stripey seeds are delicious to both birds and humans and it's a bit of a race to see who gets them first. Well worth the effort of growing.

For best results use lots of compost and plenty of water, giants do get very hungry and thirsty. Direct sow seed.

Sow period October-December

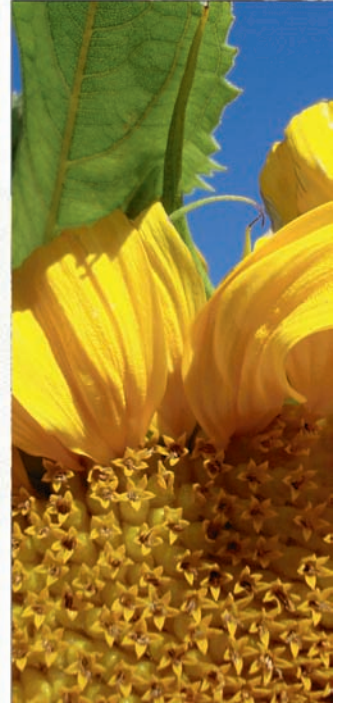
Germ. time 5-10 days

Plant initially in Trays or direct sow **Transplant in** 2 weeks

Time till harvest (weeks): 8-12

Spacing: 50cm

Height 2m+ **Position** Full sun



Sunflower - Tarahumara

Helianthus annuus

Approx. 30 seeds

Solid gold hits! This is an excellent producer of ivory seeds on large heads 18 - 20 cm across. From the Mennonites, adopted by the Taramahara Indians, loved for decades and developed as an eating variety. Tolerant of less than ideal conditions.



Sow period October-December

Germ. time 5-10 days

Plant initially in Trays or direct sow **Transplant in** 2 weeks

Time till harvest (weeks): 8-12

Spacing: 50cm

Height 1.5m+ **Position** Full sun



Sweetpea - Matucana

Lathyrus odoratus

Approx. 35 seeds

An old-fashioned garden classic with lashings of 1920s splendour. With a strong sensuous scent that develops like a fine wine, these heritage sweetpeas will make you deliriously happy. The masses of jazzy two-toned crimson, violet flowers are enough to make angels sing.

Slightly nick the seeds with a knife and soak overnight to rehydrate them. They love a rich, moist soil. Encourage side shoots by pinching out the tips above a set of leaves for robust plants with lots of shoots and therefore flowers. Snip regularly for the vase and deadhead regularly for a long-lasting flowering period. Do not eat these seeds.

Sow period May-November

Soil temp for germ. Above 18°C **Germ. time** 10 days

Plant initially in Trays or direct sow

Spacing 25cm

Height 180cm **Position** Full sun



Thyme - Wild

Thymus serpyllum

Approx. 800 seeds

Culinary delight, medicinal powerhouse, landscaping legend. Different than common garden thyme, but with much the same culinary use and medicinal properties - decongestant, antiseptic, cough remedy & a digestive aid. Wild thyme tea is an excellent remedy for headache and other nervous afflictions.

A perennial, thickset and creeping variety with long trailing branches, rooting where they touch the ground. The leaves are bright green ovals and the flowers are a lovely deep pink which bees flock too. Best as a small area ground cover or filler between stepping stones. Grown for it's essential oil, this plant smells amazing when walked on. Will sprawl over small rocks or over ledges in the rock garden.

Sow period October-January

Soil temp for germ. Above 18°C **Germ. time** 14-21 days

Plant initially in Trays **Transplant in** 6-8 weeks

Spacing 15cm

Height 20cm **Position** Full sun

Tomato - Baxters Early Bush

Lycopersicon esculentum

Approx. 50 seeds

Baxter's early bush tomatoes are as productive and pretty as they are painless to grow. Where other tomatoes get so fussy about setting fruit, these beauties have great weather tolerance and ripen to beautiful 3-4cm red cherries. Great tomato flavour - sweet with a touch of acid. Heavy yields of fruit that won't split on a compact, determinate bush.

Make sure all your tomatoes are in a fertile bed or container before Christmas. Plant amongst lots of flowers and herbs, especially basil and marigolds, for companionship and gorgeousness. Feed your tomatoes weekly with comfrey once you start seeing fruit and be consistent with your watering.

Sow period September-December

Soil temp for germ. Above 20°C **Germ. time** 7-14 days

Plant initially in Trays Transplant in 8 weeks

Time till harvest (weeks): 8-10

Spacing: Conv 100cm Biointense 45cm Square ft 1:4

Height 80cm **Position** Full sun



Tomato - Gold Nugget

Lycopersicon esculentum

Approx. 50 seeds

A most delicious and delightful little bush of cherry tomatoes that are gloriously golden. It's like all the summer sunshine encapsulated in one little nugget of a tomato. Prepare for gold fever with this early ripening, very productive variety.

Make sure all your tomatoes are in a fertile bed or container before Christmas. Plant amongst lots of flowers and herbs, especially basil and marigolds, for companionship and gorgeousness. Feed your tomatoes weekly with comfrey once you start seeing fruit and be consistent with your watering.

Sow period September-December

Soil temp for germ. Above 20°C **Germ. time** 7-14 days

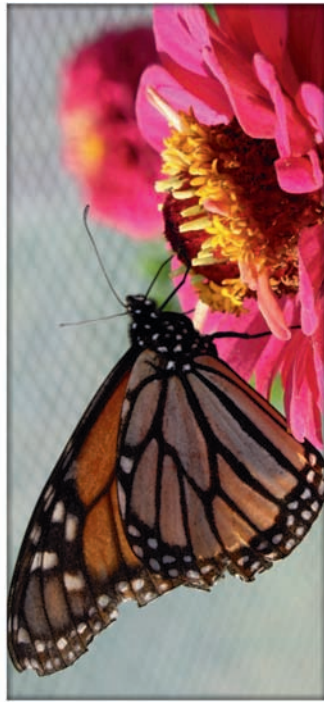
Plant initially in Trays Transplant in 8 weeks

Time till harvest (weeks): 8-10

Spacing: Conv 80cm Biointense 45cm Square ft 1:4

Height 80cm **Position** Full sun





Zinnia - Chromosia

Zinnia elegans

seeds

The party girls of the summer garden, flowering zinnias make veg gardens explode with life and love. A carnival of brightly coloured blooms, they cause mad delight amongst children, bees, butterflies and me. Require oodles of sunshine but return boodles of flowers for cutting through summer and autumn. This is a hard-to-find variety that delivers as much colour as a Mexican pinata.

Cover your zinnia seeds very lightly as they like a bit of light to germinate. Can be direct sown once the soil has warmed enough (ie when the runner beans make their dash). Keep them deadheaded for continuous flowering up to first frost. Resilient and resistant plants that are quick to flower (60 days).

Sow period September-February

Soil temp for germ. Above 20°C **Germ. time** 7 days

Plant initially in Trays or direct sow **Transplant in** 4 weeks

Time till harvest (weeks) 8

Spacing 30cm

Height 100cm **Position** Full sun



Zucchini - Cocozelle

Cucurbita pepo

Approx. 25 seeds

An elegant Italian in a pinstripe suit, devilishly handsome and very delectable. Hardworking too, producing plenty of beautiful vegetables to pick at any size; at 5cm they're a delicacy, about 20cm is most common, but leave them a little longer and you'll be able to feed a family. The flavour holds well at all sizes with a nice nuttiness. And those big golden male flowers are a treat to eat.

Like all Italians, zucchinis love their food - rich soil and regular feeding will keep them producing at their best. The leaves develop a natural silvery mottling, not to be mistaken for mildew. As the plants begin to set fruit, avoid that mildew by watering often at the base of the plant. An 1800s Italian heirloom still widely grown.

Sow period September-December

Soil temp for germ. Above 20°C **Germ. time** 5-10 days

Plant initially in Trays **Transplant in** 3-4 weeks

Time till harvest (weeks): 8

Spacing: Conv 100cm Biointense 60cm **Square ft** 1:4

Height 60cm **Position** Full sun

Tasty Vegetables

Nutritious and delicious dining

Bean - Bicolour peans
Bean - Borlotti fire tongue
Bean - Holy
Bean - Scarlet runner
Beet - Bulls blood
Beet - Perpetual spinach
Beet - Rainbow brights
Best Brassica Combo Mix
Broccoli - Precoce romanesco
Celery - Dwarf
Corn - Strawberry popping
Kale - Cavolo nero
Lettuce - Heirloom
Lettuce - Mixed
Mesclun
Onion - White welsh
Pea - Snow mangetout
Pea - Wando
Pepper - Jalapeno
Pepper - Jimmy Nardello
Radish - Easter egg
Spinach - Bloomsdale
Spinach - Malabar
Spinach - NZ
Spinach - Santana
Tomato - Baxters early
Tomato - Gold nugget
Zucchini - Cocozelle

Flavourful Herbs

Bringing panache to garden and plate

Dill
Thyme - Wild
Celery - Dwarf
Basil - Fino verde
Basil - Sweet genovese
Chives - Garlic
Coriander
Parsley - Darki
Parsley - Italian
Borage
Calendula

Gorgeous Flowers

Behold the prettiness

Borage
Calendula

Chamomile - German
Cleome
Dill
Echinacea
Marigold - Single gold
Phacelia
Sweetpea - Matucana
Thyme - Wild
Zinnia - Chromasia

Medicinal Wonders

Let food be thy medicine

Basil - Sweet genovese
Borage
Calendula
Chamomile - German
Dill
Echinacea
Parsley - Darki
Parsley - Italian
Pepper - Jalapeno
Radish - Easter egg
Thyme - Wild

Green crops

Clever crops for healthy gardens

Buckwheat
Marigold - Single gold
Phacelia
Spinach - NZ

Perennial Vegetables

Gifts that keep on giving

Bean - Scarlet runner
Chives - Garlic
Onion - White welsh
Spinach - Malabar

Small Wonders

Grow these in trays for quick and easy eating

Basil - Fino verde
Basil - Sweet genovese
Beet - Bulls blood
Beet - Perpetual spinach
Beet - Rainbow brights
Best Brassica Combo Mix
Celery - Dwarf
Chives - Garlic

Coriander
Kale - Cavolo nero
Lettuce - Heirloom
Lettuce - Mixed
Mesclun
Onion - White welsh
Parsley - Italian
Rocket
Spinach - Santana

Drought-tolerant

Hardy varieties for changing times

Bean - Bicolour peans
Chamomile - German
Cleome
Echinacea
Salad burnet
Thyme - Wild

Heirloom Treasures

Grown with love for ages

Basil - Fino verde
Bean - Bicolour peans
Bean - Borlotti Fire Tongue
Bean - Holy
Bean - Scarlet runner
Beet - Bulls blood
Beet - Perpetual Spinach
Borage
Broccoli - Precoce romanesco
Chamomile - German
Cleome
Corn - Strawberry popping
Dill
Echinacea
Kale - Cavolo nero
Lettuce - Heirloom
Onion - White welsh
Parsley - Italian
Pea - Wando
Pepper - Jalapeno
Pepper - Jimmy Nardello
Salad burnet
Spinach - Malabar
Spinach - NZ
Sweetpea - Matucana
Thyme - Wild
Zinnia - Chromasia
Zucchini - Cocozelle