VITAL

2022 Organic Seed Catalogue



About this catalogue

We are an online shop, as such this catalogue is for reference only, for more detailed and up to date information, and to place your order please visit our website www.vitalseeeds.co.uk.

Large Packs - some of our varieties are available in large packs (roughly four times regular packet size). The price of a large pack is indicated next to the regular packet price throughout the catalogue.

Growing your own food is a powerful act of self-reliance in a world where we are encouraged to buy everything we need (and lots that we don't) from external sources. Saving your own seed goes one step further, and part of our mission is to share what we know about saving seeds with others. We believe it is our duty as gardeners are growers to learn about this process, otherwise we leave the control of our precious food system in the hands of others.

You can find useful growing and seed saving resources on our website.

All the best, and happy growing for the coming season.

Fred, Ronja and the rest of the team

Vital Seeds Baddaford Farm Yard Ashburton Newton Abbot Devon TQ13 7NF



TABLE OF CONTENTS

VEGETABLES

Asian Greens	5
Aubergine	6
Beetroot	6
Broad Beans	7
Broccoli	7
Brussels sprouts	7
Cabbage	7
Calabrese	8
Carrot	8
Cauliflower	9
Celeriac	9
Celery	9
Chard	9
Chicory	10
Chilli	11
Climbing French Beans	12
Courgette	13
Cucumber	13
Dwarf French Beans	14
Fennel	14
Kale	15
Kohlrabi	16
Leek	16
Lettuce	17
Luffa	20
Onion	20
Parsnip	21
Peas	21
Pepper	22
Radish	23
Runner Beans	23
Salad leaves	24
Spinach	
· Spring onion	25
Swede	26

TABLE OF CONTENTS

Sweetcorn	26
Tomato	26
Turnip	28
Winter squash	29

HERBS

Basil	
Celery Leaf	
Chives	31
Coriander	
Dill	
Parsley	
Sorrel	

FLOWERS

VEGETABLES

ASIAN GREENS



MIZUNA (ORGANIC)

Brassica rapa Mizuna has a mild piquant almost peppery taste and can be used raw in salads and also as a cooked green. It is highly resistant to the cold and can be grown throughout the winter, making those cold, short days and long nights feel healthier and a little bit spicier! The pretty yellow sprays of flowers can also be a bright addition to a salad with the same mustardy hit. (Average seed count in regular packet - 275)



MIZUNA - "BENI HOUSHI" (ORGANIC) Brassica raþa

This beautiful new mizuna variety is apparently taking the Japanese foody-scene by storm! It's similar in taste to green mizuna and is delicious raw in salads or cooked in stir-fries.

With its contrasting colour scheme it's a real head-turner and is certain to impress. (Average seed count in regular packet - 180)



PAK CHOI (ORGANIC)

Brassica rapa

Also known as 'Boo Toy', 'Horse's Ear', 'Japanese Celery', Pak Choi looks like a squat fat celery with dark green spoon shaped leaves. You can eat all of the plant above ground and it's delicious with sesame oil, chilli and steamed rice. It grows well in cooler conditions and can be used as cut and come again or as a more mature plant later in the year. Any ideas as to why it's called Horses Ear, we'd love to hear! (Average seed count in regular packet - 200)



PURPLE FRILLS (ORGANIC) Brassica juncea

Purple Frills has beautiful burgundy tinged, spidery leaves. It adds interest to any salad with its hot mustardy flavour. It can also be cooked and used a spicy spinach alternative. It is abundant in its growth and will continue throughout the coldest weather. (Average seed count in regular packet - 250)



TATSOI (ORGANIC)

Brassica rapa

Tat Soi produces leaves with a mild mustard flavour and a crunchy texture that can be used raw as a delicious addition to a salad or cooked in a variety of ways. It is a fast growing variety that can be cut at any stage. If the baby leaves are left to mature they become a stunning rosette of broad round greens with a wide, crisp and juicy central stem. (Average seed count in regular packet - 300)

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(OrMz) **£1.68**

(OrBH) **£1.99**

(OrPC) **£1.68 - 3.80**

(OrPF) £1.88 - 3.80

(OrTS) £1.68 - 3.50

AUBERGINE



BLACK BEAUTY (ORGANIC)

Solanum melongena

Black Beauty is as good as its hybrid sister varieties! In the right conditions (light, greenhouse/polytunnel) they fruit abundantly and the plants grow tall and strong. The aubergines themselves are all shapes, sizes and shades of purple which prove popular at markets or in the kitchen! They fruit early to mid season with aubergines from July - September. This is our favourite variety to grow, and most importantly the fruit tastes fab! (Average seed count in regular packet - 18)

BEETROOT



BOLTARDY (ORGANIC) Beta vulgaris

Boltardy is a winner of the RHS Award of Garden Merit and has a well earned reputation for being a real 'workhorse' variety. Many large scale growers choose this variety over its modern hybrid cousins for early sowings. We love it as it does exactly what is says on the tin. (Average seed count in regular packet - 200)

CHIOGGIA (ORGANIC) Beta vulgaris

This unusual cultivar has been around since the early 19th century and originates from the coastal town of Chioggia near Venice in Northern Italy. With its delicate flavour and soft flesh it will make an ideal raw addition in salads or as a decorative side dish. When cooked the rings will fade out a little and become pinkish but the beetroot will keep its sweet and mild delicious taste. Definitely our favourite in terms of looks! (Average seed count in regular packet - 200)



CYLINDRA (ORGANIC) Beta vulgaris

Deep purple, and typically 20cm tall, and 6cm diameter, but like any beet, can get very large with enough room. They look great in the veg patch, at the market and also on your plate! Very suitable as a main crop and has excellent storage capability. Guest description by our friend Dan from Chagfood CSA (Average seed count in regular packet - 200)



DETROIT (ORGANIC) Beta vulgaris

This is a classic variety, having proved itself since 1892 when it was introduced by the D.M. Ferry Seed Company, in Michigan, USA. It is reliable and high-yielding and remains a favourite with gardeners and growers to this day.

The large, globe-shaped beets have the typical beetroot colour and an excellent flavour making it perfect for baking, sautéing, grating into salads, pickling and anything else that you might want to do with a beetroot. Yes, it will also store well! (Average seed count in regular packet - 200)

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(AuBB) **£2.10**

(BeBo) **£2.33**

(BeCh) £2.90 - 4.60

(BeCy) **£2.30 - 4.40**

(BeDe) £2.10 - 3.80

BROAD BEANS



RATIO (ORGANIC)

Vicia faba

Early, productive broad bean with an excellent pod shape, good pod set and a delicious flavour. Thanks to its branching habit, the crop stays short and is at less risk of lodging. Very flavoursome and suitable for freezing. (Average seed count in regular packet - 36)

SUPER AQUADULCE (ORGANIC) Vicia faba

According to food historian Willam Woys Weaver this variety can be traced back to Vilmorin's selection of a Spanish broad bean called 'haba de Sevilla' in 1885. Super Aquadulce is extra hardy and can withstand cold temperatures. It will produce massive amounts of delicious uniform green pods with large beans. Although especially suited for Autumn sowing, Aquadulce can be sown in early spring for a summer/autumn crop too. (Average seed count in regular packet - 40)

BROCCOLI



EARLY PURPLE (ORGANIC) Brassica oleracea

We love Early Purple broccoli, it comes at a time of year when we are in serious need of some green vegetables that are not kale, chard or leeks! We can quite happily eat it with every meal during its harvest window. It is very versatile, being great seamed, stir fried, roasted, added to soups and stews, put in omelettes... the list goes on.

It is slow growing and takes around one year from sowing to harvest but it is well worth the wait with each plant producing a lot of food. Plants can grow up to Im in height. (Average seed count in regular packet - 250)

BRUSSELS SPROUTS



GRONINGER (ORGANIC)

Brassica oleraceae Groninger is a great-tasting Brussel sprout variety, with improving flavour as the cold draws in. It is an ideal choice for your garden, giving a steady supply of small to medium sized sprouts with tight heads just in time for Christmas dinner.

This variety has received the RHS Award of Garden Merit and is tried and tested, sturdy and reliable. (Average seed count in regular packet - 100)

CABBAGF



DERBY DAY (ORGANIC) Brassica oleracea

This is our favourite summer cabbage. An excellent variety for cropping as early as June. It is more resistant to splitting and bolting than some other fast-growing varieties. It has a dense interior of mild flavour that is ideal for steaming, boiling or in used in a coleslaw. (Average seed count in regular packet - 100)

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(BBRa) **£2.90**

(BrEP) £2.09 - 4.00

(BSGr) **£2.35 - 5.50**

(CbDD) £2.90 - 5.95

(BBSA) £2.59

Cabbage continued...

Page 8

(CbGH) £2.90

GREYHOUND (ORGANIC)

Brassica oleraceae

Greyhound (also known as 'Express' and 'Eersterling') is a traditional dual purpose variety suited to both late-summer /autumn sowings (for spring greens) or early summer production. We grow it mainly for spring greens. It is an RHS Award of Garden Merit winner that has stood the test of time. (Average seed count in regular packet - 110)



VIOLACEO DI VERONA (ORGANIC) Brassica oleracea

(CbWV) **£3.00**

(BRGC) **£2.36**

We were really pleased with Violaceo di Verona in our cabbage trials in 2018 scoring highly in terms of vigour, pest resistance and looks.

Another Italian heirloom of the region of Verona that has been preserved for its beautiful looks and fabulous flavour. It is frost hardy and long standing. As winter turns colder the contrast of colours will get more bright. (Average seed count in regular packet - 100)

CALABRESE

GREEN CALABRESE (ORGANIC) Brassica oleracaea

Ready for harvest from late summer and into autumn, this is a wonderful variety. Calabrese like other broccoli varieties is hungry and benefits from a good dose of compost for best harvests. (Average seed count in regular packet - 100)

CARROT



AUTUMN KING (ORGANIC)

Daucus carota How could we not include Autumn King in our catalogue?! This is one of our favourite varieties, and certainly lives up to its name. It is an RHS Award of Garden Merit winner and is a firm favourite amongst both home and market gardeners.

It produces conical roots up to 30cm long and with a deep organgey-red colour. It is sweet-tasting and delicious both raw and cooked. (Average seed count in regular packet - 400)



NANTES 2 (ORGANIC) Daucus carota

Originally from France but grown in this country for decades as a kitchen garden favourite, this is a classic carrot variety of the half-long type. Reaching up to 17cm in length and 3-4 cm in diameter, it is a sweet, bright orange, blunt, cylindrical root, round at the top and bottom. It has fine texture and delicate flavour with almost no core. It is ideal for early sowings but can delight you with a tasty crop throughout the year as well. (Average seed count in regular packet - 400)

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(CaAK) **£1.60 - 4.00**

(CaNa) £1.60 - 3.80

that is growing beneath the ground. (Average seed count in regular packet - 400)



CAULIFLOWER



SNOWBALL (ORGANIC) Brassica oleracea

YELLOWSTONE (ORGANIC)

Daucus carota

Snowball cauliflower was bred in the 1890s in America, and it has certainly stood the test of time. It produces heads of up to 15cm diameter ready 65-70 days from sowing. It has a mild flavour perfect for cooking but also delicious raw.

Yellowstone carrots have a delicate, sweet flavour which is best described as "more carroty that a carrot"! They cook just as well as their orange siblings but add that extra rainbow colour to any plate of food. And of course delicious raw with lots of crunch. They produce large foliage which is reflected in the often large root

The plants are smaller than some cauliflowers and so can be planted closer together. We particularly love this variety due to its flexibility. (Average seed count in regular packet - 200)

CELERIAC



IBIS (ORGANIC)

Apium graveolens

Ibis is a vigorous variety that produces smooth white skinned globes with a good dense interior. Its celerylike nutty mild taste enriches soups and stews and it tastes amazing when roasted or mashed. Our favourite recipes include celeriac schnitzel, battered and pan-fried and celeriac chips with curry powder.

We're selling particularly this variety because it has all the qualities you would want from a celeriac. Its smooth skin makes it easy to clean, it's resistant to septoria, good for storing and is bolt-hardy which makes it suitable for early cultivation under protection. (Average seed count in regular packet - 300)

CELERY



TALL UTAH (ORGANIC) Apium graveolens

We love the deep green colour of this celery and its super-crunchy string-less stalks. It was first introduced in the USA in 1953 and was the outcome of a breeding program by the Ferry Morse Seed Company in California. It was developed to be resistant to many common diseases of celery, and remains a reliable variety to this day. (Average seed count in regular packet - 200)

CHARD



..... BULL'S BLOOD (ORGANIC) Beta vulgaris

The leaves are exceptionally dark red, almost purple colour and very tender and sweet, especially as babyleaf. They can be cut up to 4-5 times and will grow back. (Average seed count in regular packet - 200)

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(CaYe) £2.60

(CFSn) £2.30

(CIIb) £2.30

(CeTU) **£1.60**

(BLBB) £2.38

Chard continued...

Page 10

(BLPS) £2.30 - 4.40

(BLFC) £2.90 - 4.20



Beta vulgaris Perpetual spinach or beet leaf is actually a part of the chard family. It tastes similar to spinach but is slightly earthier in flavour.

Hardy, easy to grow and bolt-resistant in its first season it makes a good replacement for true spinach where growing conditions are difficult. (Average seed count in regular packet - 200)

FIVE COLOURS (ORGANIC) Beta vulgaris

ERBETTE (ORGANIC)

Harvested as baby leaf in less than 6 weeks. Both the tender leaves and stalks are easy to fry, steam, blanch or add to an omelette. This variety of chard is less hardy and doesn't handle frost as well, so best not relied on as your only winter green. (Average seed count in regular packet - 130)



(BLRh) £2.30

(BLSw) **£2.30**

(ChPS) £1.60 - 5.95

RHUBARB (ORGANIC) Beta vulgaris This ornamental looking chard is worth just growing for its beauty! It can be used like any other chard or spinach. (Average seed count in regular packet - 200)



WHITE (ORGANIC) Beta vulgaris

If you need a leafy vegetable that 'just grows' Swiss Chard is a garden essential. From two sowings, one in the Spring and one in the Autumn, you can have chard almost all year round. In Fred's words "Chard is just always there, even if you don't want it, it's still there". (Average seed count in regular packet - 200)

CHICORY



PAIN DE SUCRE (ORGANIC) Cichorium intybus

This is a more mild tasting chicory that is a superb substitute for lettuce in the winter. Indeed, this is a common practice in several rural parts of France and no doubt elsewhere, too. It can produce very large heads, with a tender green exterior and golden yellow hearts that have a real sweetness to them, hence the name! (Average seed count in regular packet - 500)

For more information and to place your order, please go to our website:



Chicory continued...

(ChPR) £1.60



CHILLI



PALLA ROSSA (ORGANIC)

Cichorium intybus

packet - 500)

DE CAYENNE (ORGANIC) *Capsicum annum*

Cayenne peppers are one of the best known chillis and rightly so. The abundance of hot, thin long fruits with great flavour and a thin skin make them perfect for making fresh hot sauce, pickling or dried and ground up into your own chilli powder.

Palla Rossa - aka 'Red Ball' - is another excellent chicory from the North-East of Italy around Venice. It is a radicchio, with wonderful vivid colours and sharp differentiation and is usually left to grow to form mature, dense heads. It is also very flavoursome and can well be eaten raw or cooked. (Average seed count in regular

The plant itself is super productive, upright growing and reaches about 60cm in height.

SHU of around 30,000 to 50,000 on the Scoville Scale. (Average seed count in regular packet - 20)



HABANERO MAGNUM (ORGANIC)

Capsicum chinense Habanero Magnum rates between 200,000 and 325,000 SHU on the Scoville scale and is therefore on the hotter end of the spectrum. A fruity almost floral flavour can be tasted when the initial spice has faded. It is a great ingredient for hot sauces or when powdered. A way of controlling the heat when cooking with it is to make a couple of holes in the chilli and then add it to the sauce (or whatever it is your cooking) as a whole and remove after a certain amount of time determining the degree of fieriness. (*Average seed count in regular packet - 20*)



JALAPENO, EARLY (ORGANIC) *Capsicum annum*

Plants grow to 60cm high and fruit heavily, with harvesting of typical green Jalapeños beginning in early August, and continuing through into autumn. We thinly slice and preserve ours eating them with Mexican dishes throughout the rest of the year. (Average seed count in regular packet - 20)



LEMON DROP (ORGANIC) Capsicum annum

One of our most popular chilli varieties with a bushy growth habit and lots of fruits ripening from green to yellow.

The variety is also called Aji Limon and originates from Peru where it's used as a seasoning pepper. Rating 30,000-50,000 SHU (Scoville heat units) it is quite a spicy one ideal for making your own hot chilli sauce with an extra citrusy twist or add it to stir fries, tomato sauces or your scrambled eggs. (Average seed count in regular packet - 23)

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(PHCy) **£1.98**

(PHHM) £1.95

(PHJE) £1.98

(PHLD) £2.05 - 4.00

Page 12

(PHRF) £1.98 - 4.95

(BCBI) **£3.10**



RING OF FIRE (ORGANIC) *Capsicum annum*

This is one of our staple chilli varieties to grow. It is very reliable and does exactly what it says on the tinfor better or worse!

The plants are compact growing to 45cm, and produce an abundance of fruit 1cm wide and 6-7cm long. This variety measures 70-85,000 SHU on the Scoville Scale, which classes it in the hot but not unbearable heat range. (Average seed count in regular packet - 20)

CLIMBING FRENCH BEANS



BLAUHILDE (ORGANIC)

Phaseolus vulgaris

We like to grow a variety of different colour beans as they are such a versatile crop. Blauhilde can be grown outside or indoors and makes an excellent market garden variety as it's productive, disease resistant and exquisite in taste. (Average seed count in regular packet - 80)



BORLOTTI DI FUOCO (ORGANIC) Phaseolus vulgaris

Borlotti is one of the most beautiful climbing French bean varieties available. The pods have a stunning colour with dapples of bright pink and white. The bean itself is creamy white with maroon speckles.

We love them for their excellent taste, colour and versatility. Either eat the young pods raw or cooked, or the beans when matured. Just shell and use like a dry bean. (Average seed count in regular packet - 60)



COBRA (ORGANIC) Phaseolus vulgaris

Cobra is an extremely popular and very reliable French bean variety and an RHS Award of Garden Merit winner. It's got everything you'll want from a bean. It produces an early crop of stringless round green pods that have the most delicious flavour.

The showy violet-purple flowers will stand out in your garden and you'll be surprised at how long your beans will keep coming. (Average seed count in regular packet - 80)



GOLDEN GATE (ORGANIC) Phaseolus vulgaris

A heavy-cropping pole bean variety that we really enjoy for the buttery, smooth textured beans that will stay tender and stringless even as they get larger. A great addition to your other green and purple beans. (Average seed count in regular packet - 75)

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(BCCo) **£3.10 - 5.80**

(BCGG) **£3.00**

(BCBF) **£2.95 - 5.50**

a salad with tamari and sesame oil. (Average seed count in regular packet - 15)

COURGETTE



BLACK BEAUTY (ORGANIC)

Cucurbita pepo

A classic dark-green summer squash with creamy white flesh. Best picked young when no longer than 25cm. The plants have an open growth habit which makes it easy to pick the fruit and they won't stop coming! Try battering and frying the male courgette flowers for a gourmet addition to a summer meal. (Average seed count in regular packet - 17)

COCOZELLE (ORGANIC) Cucurbita pepo

We have grown this traditional Italian variety of courgette for many years and it has become a staple part of our summer diets. It is a prolific producer of good looking and great tasting fruits. It has a bush-type growth habit making it suitable for smaller plots or even container growing. (Average seed count in regular packet -20)

GOLD RUSH (ORGANIC) Cucurbita pepo Bored of green courgettes? Try Gold Rush with its bright yellow fruits with delicious and excellent textured flesh. Easy to harvest and best when picked young and no longer than 25cm. We like them stuffed or raw in

(SSGR) **£2.90**

(SSTN) £3.00

(CuCL) **£2.25**

(SSCo) £3.00

TONDO DI NIZZA (ORGANIC) Cucurbita pepo

If you're looking for something a little bit different in your courgette patch, Tondo di Nizza would be a good choice. It is an Italian heritage variety that provides you with an abundant crop of round courgettes. Best harvested when approximately 10cm in diameter, just before the skin darkens in colour. (Average seed count in regular packet - 15)

CUCUMBER



CRYSTAL LEMON (ORGANIC) Cucumis sativus

First cultivated in 1894 in New Zealand, these small apple shaped cucumbers with pale skins are an unusual and very pleasing variety of cucumber. The plant is an attractive climber and will produce prolifically throughout the summer, whether planted in a container or in free draining soil. The skin gets tougher as the fruit ages so they are best picked early on. (Average seed count in regular packet - 11)

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(SSBB) **£2.50 - 2.50**

(CuMa) **£2.00 - 4.00**



MARKETMORE (ORGANIC)

Cucumis sativus

As British reggae artist Macka B makes clear in his ode to 'Cocombers' (see youtube for reference) the humble cucumber has many a good reason to grow and eat it. The Marketmore variety produces luscious, cylindrical, dark green fruits and does so in abundance throughout the summer. It grows well in both poor and rich soil conditions and will ensure you are full of good electrolytes for the rest of the year. (Average seed count in regular packet - 20)

DWARF FRENCH BEANS



BORLOTTI (ORGANIC)

Phaseolus vulgaris

This is a very versatile and strikingly beautiful bean. The immature pods can be eaten whole as green beans. When the pods change colour from green to cream and pink you can also shell and eat the beans inside. Or you leave them to mature fully and eat them then or dry and store.

Dwarf beans are good for growing in containers. They will generally grow about 45cm tall and crop slightly earlier than their climbing cousins. (Average seed count in regular packet - 60)



FARADAY (ORGANIC) Phaseolus vulgaris This is one of our favourite dwarf beans, it is a modern variety bred for disease resistance, and it does exactly what it says on the tin! It makes delicious beans, eaten raw or cooked. (Average seed count in regular

(BDFa) **£2.71 - 4.00**

(BDBo) £2.95

packet - 80)

(BDSa) **£2.90**

(FePe) £2.00 - 4.90



SAXA (ORGANIC) Phaseolus vulgaris

We chose this bush bean variety as it's especially suitable for poor weather and growing conditions. If you want to grow beans over a long period of time, Saxa is the best choice as it is robust and can be sown early in May right through until July. Needless to say, it tastes delicious. (Average seed count in regular packet - 60)

FENNEL



PERFEKTION (ORGANIC) Foeniculum vulgare

Perfektion creates a succulent, round, white bulb with fine flesh. It has a delicious anise flavour and is reliable in its growing pattern. This variety also has attractive fern-like foliage which is also edible and good for adding a hint of anise to your cooking. Suitable for early or late cultivation. (Average seed count in regular packet - 130)

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KALE

CAVOLO RAINBOW (ORGANIC)

Brassica oleracea

A Frank Morten cross from Wild Garden Seed in Oregon, USA of Cavolo Nero 'Lacinato' and Redbor hybrid kale. The majority of the plants have savoyed, blue-green leaves with ruffled edges, others are more purple or more white, some have more ruffling and others less. When grown outdoors the colours will intensify with the cold. It is a hardy and very beautiful kale tasting, sweet and aromatic.

We planted 'Lacinato rainbow' in our 2018 trial and relished in this diverse variety that tastes amazing and is more funky and cold-resistant than the usual Cavolo Nero (Average seed count in regular packet - 200)

DAZZLING BLUE (ORGANIC) Brassica oleracea

This showy kale was bred by Hank Keogh from Avoca Farm in Oregon, USA. He back-crossed 'Lacinato rainbow' with the Wild Garden Seed 'Lacinato'. In looks it resembles a Cavolo Nero kale and it has stunning blue, green and pink colours. The leaves are savoyed and have underturned margins, the plant grows upright and is very cold-hardy - more so than any other Cavolo Nero type kales. Tender and tasty, great for sautéing, steaming or finely chopped in a salad. A solid vegetable for the home or market garden. (Average seed count in regular packet - 200)

DWARF GREEN (ORGANIC) Brassica oleracea

A deep green leaf colour and frilled edges with a succulent delicate flavour make this variety an attractive kale to grow. It is extremely hardy and withstands frosts in the winter when no other brassica stays standing while also producing well when sown in spring for a summer harvest. It is a Scottish heritage kale dating back to the 19th century, originally known as 'Dwarf Curlies' or 'Scotch' kale. It grows to only 40cm high making it perfect for windswept sites or for growing in containers. (Average seed count in regular packet - 150)



NERO DI TOSCANA (ORGANIC) Brassica oleracea

Surely this is the king of kales! We always grow masses of Nero di Toscana, we cant get enough of it. It has been a staple of Italian cuisine for centuries and heavily features in the iconic 'Ribollita' Tuscan bean stew.

Although usually steamed or stir-fried, kale leaves can also be massaged raw with a little olive oil, salt and lemon juice and made into a salad. Well worth a try if you haven't already! (Average seed count in regular packet - 150)



PENTLAND BRIGG (ORGANIC) Brassica oleracea With parents such as these it's no wonder this is such a great variety.

In form it is very much in between it's parents, being slight less curled than Dwarf Green but more curled than Hungry Gap. It is extremely cold hardy and produces an abundance of sweet and delicious shoots in the spring which can be eaten like sprouting broccoli (known as kale raab) (Average seed count in regular packet -120)

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(KaLR) **£2.30 - 4.80**

(KaDG) **£2.30**

(KaDB) **£2.95**

(KaCN) £2.90 - 3.50

(KaPB) **£2.30**

KOHI RABI



PURPLE DELICACY (ORGANIC) Brassica oleracea

RED RUSSIAN (ORGANIC)

Brassica napus

regular packet - 200)

Purple Delicacy is certainly our shining star for early and late season crops. It grows fast and consistently and is ready to harvest after 8-12 weeks. Although sometimes considered a root vegetable, kohlrabi is actually the swollen stem of the plant. The whole plant can be eaten, the large leaves can be cooked like kale and smaller leaves make a pretty and very tasty addition to salads. (Average seed count in regular packet - 125)

A productive plant, it reaches 90cm in height and can be harvested throughout the winter becoming sweeter after a frost. The tender young leaves are great in salads and larger leaves are attractive as well as delicious. This kale is so tasty you can eat it on its own, but it's also a perfect addition to smoothies, salads and stir fries. You can get in the habit of adding it to most meals! In Scotland, kale used to be a mainstay of the traditional diet. So much so that to be "off one's kail" means to feel too ill to eat. (Average seed count in

SUPERSCHMELZ (ORGANIC) Brassica oleracea If left to grow it can reach up to 8kg. It is resistant to bolting and splitting.

Fred has been growing Superschmelz kohlrabi for years. "It gets huge, it stores really well AND it stays tasty and crunchy!" is his verdict.

We think kohlrabi is best eaten raw in salads or straight from the garden. It is also nice pickled or added to stews and stir fries. (Average seed count in regular packet - 100)

IFFK

BANDIT (ORGANIC) Allium porrum

We have even adopted (and adapted) a Catalan festival - the calcotada - to celebrate the end of the leek harvest in mid-May where we barbecue the remainder of the crop and have a party! (Average seed count in regular packet - 200)



GIANT WINTER (ORGANIC) Allium porrum

This is a leek of outstanding flavour which will sit even through the bleakest of winter weather, providing you with a delicious ingredient to add to your wholesome winter stews and soups. Eating large amounts of leeks is one of the things that makes the winter months bearable and we are always sad when they come to an end in spring. (Average seed count in regular packet - 300)

For more information and to place your order, please go to our website:

WWW.VITALSEEDS.CO.UK



Page 16

(KaRu) **£2.30 - 4.40**

(KRDe) **£2.20**

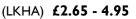
(KRSu) **£2.20**

(LkBa) **£3.00 - 6.50**

(LkGW) **£2.30**

Leek continued...

Page 17





HANNIBAL (ORGANIC)

Allium porrum An organic favourite, Hannibal produces a long dense shaft and mid-green leaves. It has a mild flavour and plenty of heart. (Average seed count in regular packet - 300)



PANDORA (ORGANIC) Allium porrum

Pandora is a quick maturing summer leek that can be harvested from late summer onwards. It's delicious and uniform and makes long tender white stems and a dark blue-green foliage.

You shouldn't really be eating leeks in August, but if you sow Pandora in time you'll find that it is possible! (Average seed count in regular packet - 300)

LETTUCE



BRIGHTON (ORGANIC) Lactuca sativa Hardy and reliable lettuce variety producing large delicious heads making it ideal for winter and early spring use. It is one of the varieties we sow in September (Average seed count in regular packet - 250)

(LeBr) **£1.98**

(LeEE) £2.00 - 3.90

(LeFS) **£2.00**

(LkPa) **£3.00**



ELF EARS OAK (ORGANIC) Lactuca sativa

Elf Ears Oak is a tasty and beautiful lettuce with slightly savoyed leaves that have an elongated tip and a dense compact heart. The leaves almost resemble a dandelion in terms of shape but the good taste, sweetness and crunch make it a superior salad ingredient. It was bred by Frank Morten from Wild Garden Seed in Oregon, USA. (Average seed count in regular packet - 175)



FINE SPECKLED OAK (ORGANIC)

Lactuca sativa

Fine Speckled Oak was one of Fred's favourites in our 2018 lettuce trials. It was super healthy and had very consistent growth throughout the population. At full maturity it forms a dense colourful heart. An attractive and vigourous lettuce bred by Wild Garden Seed in Oregon, USA, that we are very pleased to offer in our catalogue. (Average seed count in regular packet - 175)

For more information and to place your order, please go to our website:



Lettuce continued...



FLASHY BUTTER OAK (ORGANIC)

Lactuca sativa

This lettuce was bred by Wild Garden Seed in Oregon, USA. It is an open-pollinated variety that was introduced in 2005. It is very versatile, can be picked as baby green, baby head, at full maturity or one leaf at the time. The texture is crispy and smooth, with a delicate and sweet flavour. (Average seed count in regular packet - 193)

FLASHY LIGHTNING BUTTER-OAK (ORGANIC) Lactuca sativa

Exquisitely mild, juicy and sweet with a silky texture. This is a masterpiece of lettuce breeding from Wild Garden Seed in Oregon, USA. We are extremely happy to offer this variety in our catalogue as it combines all the goodness one can find in a lettuce. (Average seed count in regular packet - 175)



LIGHTM

GRENOBLE RED (ORGANIC) Lactuca sativa

Grenoble Red or Rouge Grenobloise is a Batavian heirloom lettuce with waffled leaves that are tinged with a maroon colour. It's tolerant to the cold and has an ability to grow for longer than most varieties when its outer leaves are repeatedly picked off. While it is an excellent winter variety, it can also be sown in the spring and summer too. (Average seed count in regular packet - 200)



LITTLE GEM "MAUREEN" (ORGANIC)

Lactuca sativa Maureen is a superb selection of Little Gem with resistance to Downy Mildew, tipburn and Bremia BL.

The plants are quick to mature and resistant to bolting. They form neat heads of a brilliant green colour with extremely sweet and flavoursome, crunchy leaves forming a tightly filled heart.

This is our first choice of lettuce, it's simply one of the best lettuces to grow whether you're growing it in a garden or a larger scale. (Average seed count in regular packet - 225)



LITTLE LEPRECHAUN (ORGANIC) Lactuca sativa

Cos or romaine lettuces are probably one of the oldest types of cultivated lettuce, originating in the Mediterranean. Little Leprechaun is popular as a salad leaf crop forming a compact, upright, dense lettuce with crunchy and tasty leaves, slightly tangy and very delicious. It can be grown outdoors throughout the growing season and is an old-time favourite amongst growers, gardeners and us. (Average seed count in regular packet - 300)



MARVEL OF FOUR SEASONS (ORGANIC) Lactuca sativa

Marvel of Four Seasons is one great heritage variety. It is as pretty as it is tasty, crisp in texture and vigorous in growth.

It is slow to bolt and tolerant of low temperatures making it suitable for an extended growing season. The solid green head is tinged with red, bronze and burgundy colours. In cooler spring and autumn weather its colours will intensify and make it even more beautiful. (Average seed count in regular packet - 250)

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Page 18

(LeFB) **£2.00**

(LeFL) £2.00 - 3.90

(LeGR) **£1.98**

(LeMa) **£2.20**

(LeLL) £2.50

(LeMF) £1.98 - 3.00

Page 19

(LeRR) **£2.00**

(LeOR) **£1.80 - 3.00**



OUTREDGEOUS (ORGANIC)

Lactuca sativa In 2014 Outredgeous became the first lettuce ever to be grown in space on the International Space Station due to its reliability and because it is so easy to grow.

It's an upright cut salad that forms a loose romaine head at maturity. An outrage of red in your salad bowl makes this a firm favourite for gardeners and growers. (Average seed count in regular packet - 175)



REALLY RED DEER TONGUE (ORGANIC) Lactuca sativa

This is definitely one of our favourite varieties of lettuce. It is productive and easy to harvest as well as being crunchy and extremely tasty. It adds a real depth of colour to any salad with leaves that are almost black! (Average seed count in regular packet - 250)



RED SALAD BOWL (ORGANIC) Lactuca sativa This lettuce is known for its excellent taste and resistance to bolt. It has a non-heading growth habit with sweet, succulent oakleaf type leaves. We love it for its tenderness and cheerfulness in salads. As the name

(LeSB) £1.98 - 3.00

(LeRS) **£2.00**

.....

(LeVa) **£1.98**

(LeRx) **£1.98**



RED SOLIX (ORGANIC) Lactuca sativa

Red Solix is a fantastic variety, cropping large amounts of fresh and crunchy leaves over a long harvest period. It makes a fantastic addition to the summer salad bowl. (Average seed count in regular packet - 250)

suggests one lettuce is usually enough to fill a whole salad bowl. (Average seed count in regular packet - 250)



RUFFLED SOUL (ORGANIC)

Lactuca sativa The most attractive lettuce I grew in 2018, it contrasts brilliantly with other leaves in a mixed salad. Bred by Frank Morton of Wild Garden Seed this lettuce is very suitable for repeated harvests since it is slow to bolt and the leaves do not get too big. (Average seed count in regular packet - 175)



VALDOR (ORGANIC) Lactuca sativa

A green winter-hardy butterhead lettuce with great taste and texture. We wanted to include Valdor amongst our lettuces because it is simply one of the best winter lettuces there is. It forms tight mediumsized heads with the classic look of a butterhead. Sown in September, it can be cultivated outside or undercover for continuous picking or left to mature for an early spring harvest. (Average seed count in regular packet - 250)

For more information and to place your order, please go to our website:



Lettuce continued...



WILD GARDEN MIX (ORGANIC) Lactuca sativa

(LeWG) **£2.00**

(Lufa) **£2.65**

This is a funky blend of all sorts of lettuces that have been bred and are being bred by our favourite seed company in the United States, Wild Garden Seed.

"Instant lettuce diversity for cut salad or fresh market racks" is how they describe it on their website. "This is by far the most popular mix. (Average seed count in regular packet - 200)

I UFFA



LUFFA (ORGANIC) Luffa aegyptiaca

A quick growing plant from the cucurbit family orginally from India producing 30 to 40 centimetres long fruits. Whilst the young fruits are actually edible, the mature ones can be boiled or dried to remove the flesh, revealing the sponge like fibres.

Germination can be tricky, needs hot temperatures constantly between 24 and 30°C and a long season to make a sponge. (Average seed count in regular packet - 15)

ONION



RED BARON (ORGANIC) Allium cepa Red Baron is a classic red onion producing large globe-shaped bulbs with a punchy flavour. They can be grown as a main-crop onion but are also suitable for bunching when picked young. (Average seed count in regular packet - 350)

(OnRB) £2.25 - 3.60

(OnSg) **£2.30 - 3.60**

(OnZb) **£2.80**



STUTTGARTER (ORGANIC)

Allium cepa We are excited to be selling this onion originating in the South West of Germany where Ronja is from. This onion also named "Stuttgarter Giants" is of fine flavour and stores well into spring provided that they are kept cool and dry. We recommend growing them in clusters and thinning them out when the plants are spring onion size to be enjoyed as such. (Average seed count in regular packet - 350)



ZEBRUNE (ORGANIC) Allium ceba

With their elongated bulbs and their creamy brown colour tinged with a deep pink, this shallot looks as elegant as it tastes. It has an ivory white coloured flesh that is crisp and tightly layered.

Zebrune is classed as a 'banana shallot' which is essentially a cross between an onion and a shallot. It inherited the best qualities from both sides. (Average seed count in regular packet - 200)

For more information and to place your order, please go to our website:



Page 21

(PaTT) **£1.90**

(PeAm) **£2.25**

(PeBS) **£2.45**

(PeGS) **£2.35 - 7.00**

(PeHe) £2.60 - 4.20

PARSNIP



TENDER AND TRUE (ORGANIC)

Pastinaca sativa

Tender and true is one of the best tasting parsnips you will find. If left in the ground until after the first frosts, the starch will turn into sugars and make this parsnip even sweeter. (Average seed count in regular packet - 500)

PEAS



AMBASSADOR (ORGANIC)

Pisum sativum Big juicy peas in a pod. What could possibly be more exciting than growing your own peas to go with a traditional dinner. Ambassador is robust, vigorous, productive and delicious. It won the Royal Horticultural Society's Award of Garden Merit in 1993 which was reconfirmed in 2005 and is one of the most widely used peas of its kind. (Average seed count in regular packet - 80)



BLAUWSCHOKKER (ORGANIC)

Pisum sativum This ornamental pea is an old European heritage variety. It has attractive pink flowers followed by lots of dark purple pods that contain tender, sweet, green peas.

The delicious pods can be eaten as mangetout when they are young, as fresh green peas later or allow to mature for shelling and drying. (Average seed count in regular packet - 80)



GOLDEN SWEET (ORGANIC) Pisum sativum

Golden Sweet makes an unusual attraction in the pea patch. We love the extraordinary colour changes of the flower from cream to purple and blue when they mature. When the pods are still young they're very sweet and crunchy, as the pods get bigger they'll become more stringy which makes them better for cooking rather than eating raw. (Average seed count in regular packet - 60)



HERAUT (ORGANIC)

Heraut are delicious raw, when picked young and still flat, steamed or stir-fried, fantastic in salads and you can eat them 'pod and all'. They produce an early crop of sugar snap peas on productive and hardy plants. If picked regularly, more growth is encouraged.

This variety is quick to be ready to harvest and has a great taste, too. So much so that we couldn't resist snacking on it while growing it. (Average seed count in regular packet - 60)

For more information and to place your order, please go to our website:



Peas continued...

SUGAR SNAP (ORGANIC)

Eating Sugar Snap peas fresh from the plant on a sunny day is one of the best things about growing them. This is a particularly sweet, crisp and juicy variety producing an abundance of edible pods over a long season.

The plants grow tall and will need support. We eat them raw or cooked in stir fries. They are so flavoursome that you will just want to keep growing them. (Average seed count in regular packet - 60)

SWEET HORIZON (ORGANIC) Pisum sativum

Sweet Horizon will grow up to 1.2m tall, producing large and very sweet pods over a long period of time. We found this variety to have good resistance to powdery mildew, and exquisite flavour either raw or cooked. We love grazing on mangetouts in the garden, so much so that they rarely make it to the cooking pot! (Average seed count in regular packet - 60)

SWISS GIANT (ORGANIC) Pisum sativum The plant will grow vigorously up to 2m tall with attractive purple flowers making large flat sweet and tender pods. (Average seed count in regular packet - 40)

> CALIFORNIA WONDER (ORGANIC) Capsicum annum California Wonder produces an abundance of fruits which start green and ripen to red. They can be eaten at any stage of maturity.

For best results grow under cover in a polytunnel or glass house, otherwise ensure a sheltered and sunny spot. (Average seed count in regular packet - 15)

.....

YOLO WONDER (ORGANIC) Capsicum annum

Plants produce large green fruits which mature to red when fully ripe. A productive plant with a spread of about 60cm which is very suitable for British summers. I pick these green to encourage more fruiting and because the taste is just excellent, raw or cooked. - Guest description by our friend Dan from Chagfood CSA! (Average seed count in regular packet - 15)

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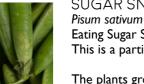














(PeSS) **£2.25**

(PeSH) **£2.30**

(PeSR) **£2.45**

(PSCW) £2.35

(PSYW) **£2.35**



RADISH



BLACK SPANISH (ORGANIC)

Raphanus sativus

This radish is an old variety that is easy to grow and makes an excellent winter vegetable. It is larger than the standard radish with a spicy taste and crisp texture. It's great eaten raw in salads or cooked in a stew, stir-fry or used like a turnip. It's a reliable and robust radish that will keep throughout the winter outside or in storage, staying tender and without getting woody.

Sow thickly in July or August and thing out for small early harvests. (Average seed count in regular packet - 250)



CHERRY BELLE (ORGANIC)

Raphanus sativus We love the way radishes signal that summer is well on the way! These cherry-like beauties are so fresh and crunchy and such a welcome addition to the lunch plate after the hungry gap. This variety was awarded an RHS Award of Garden Merit, making it an excellent choice for home gardeners. (Average seed count in regular packet - 300)

FRENCH BREAKFAST 2 (ORGANIC) Raphanus sativus

If you were to eat a radish for breakfast, this would be the one. Cute in looks, sweet and mildly pungent in taste and with a succulent crunch, it makes a tasty healthy snack. Introduced in 1879 it became a seller on the Parisian markets and quickly spread around the world.

Growing it is pure pleasure because they are quick to mature and you can harvest them throughout summer. Best eaten simply, just sliced with some salt on it or mixed in with salad. (Average seed count in regular packet - 300)

RUNNER BEANS



EMERGO (ORGANIC) Phaseolus coccineus

Emergo is a great variety which produces well even in our unpredictable UK climate. As well as being delicious and easy to grow its white flowers make a beautiful addition to the vegetable patch, especially when grown alongside a red-flowered variety such as Scarlet Emperor. (Average seed count in regular packet - 30)



SCARLET EMPEROR (ORGANIC) Phaseolus coccineus Scarlet Emperor beans are an old favourite.

Scarlet Emperor beans are an old favourite. They are often just grown for their beauty - how great that they can be eaten as well!

The plants have bright red flowers and grow up to 3m tall, producing masses of smooth-textured long green pods that can be eaten as a snap bean. When left to mature they form seeds of a purple colour with black dapples and also make a delicious drying bean. (Average seed count in regular packet - 30)

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(RaBS) **£2.30**

(RaCB) £2.25 - 3.50

C) (BREg) **£2.99**

(RaFB) **£2.05**

(BRSE) **£2.99**

SALAD LEAVES



CLAYTONIA 'WINTER PURSLANE' (ORGANIC)

Claytonia sibirica

Winter purslane, also known as miners lettuce or claytonia, has heart-shaped elegant looking leaves which are small, abundant and make a great cut-and-come-again salad green. You will get a productive harvest all winter and early spring and if left to self seed, it will just keep coming back year after year.

It is one of those greens that come up in just the right moment when we're most in need of something fresh and it self-manages very well which is why we like it too. (Average seed count in regular packet - 850)



CORN SALAD (ORGANIC) Valerianella locusta

Corn salad or lamb's lettuce is a small annual plant that forms rosettes of dark green leaves which have a gentle nutty flavour, soft texture, and are extremely popular as salad greens. It provides a valuable source of fresh greens during the autumn and winter months as it is suitable for growing outdoors with little protection or under cover in the cold. (Average seed count in regular packet - 600)



NEW ZEALAND SPINACH (ORGANIC) Tetragonia tetragonoides

(MSNZ) £2.38 - 5.60

(MSCS) £1.90 - 3.20

Hardy and succulent vegetable that is similar to spinach in taste and texture and can be used in cooking and salads. It is frost-tender but ready for harvest when true spinach will have long gone.

It's relatively easy to grow and very ornamental with its triangular shaped leaves and a trailing growth habit. (Average seed count in regular packet - 60)



RED ORACH (ORGANIC) Atriplex hortensis

Red Orach is also called mountain spinach or French spinach and belongs to the Amaranth family. It is an ancient vegetable that has been cultivated for its leaves for hundreds of years. The leaves are arrowhead-shaped at the base and narrower at the top. They are of an intensely red colour and make a great colourful addition to salads as young leaves. Orach can also be used as an alternative to Spinach as it is easier to grow and less likely to bolt in warm weather. (Average seed count in regular packet - 200)



SALAD ROCKET (ORGANIC) Eruca sativa

The nutritious dark green serrated leaves add their fine spice to salads, pasta, pizza, pesto, other sauces or as garnish. Salad rocket is native to the Mediterranean and has a long history of popularity. It is quick to crop and easy to grow and definitely one of our favourite salad leaves. (Average seed count in regular packet - 900)

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(MSWP) £1.65

Page 24

(MSOr) **£2.05 - 4.00**

(MSSR) £1.98 - 3.50

Salad leaves continued...

Page 25





SPINACH



GIANT WINTER (ORGANIC)

SUMMER PURSLANE (ORGANIC)

fatty acids. (Average seed count in regular packet - 1100)

Spinacia oleracea

Portulaca oleracea

mild and sweet flavour.

This productive spinach is particularly recommended for autumn and winter cultivation. The dark green characteristically pointy leaves are very aromatic and perfect eaten raw in salads, or delicious cooked. (Average seed count in regular packet - 500)

This is a great salad vegetable undergoing a revival in popularity. It has crisp, fleshy leaves and a refreshing

This inconspicuous plant is often thought of as a weed but should actually be considered a superfood providing a good source of iron and vitamin A, B, C, and E. It is one of the best plant sources of Omega 3



MATADOR (ORGANIC) Spinacia oleracea

Matador is 'the' tried and tested variety for your garden with large and tender leaves, bolt- and frost-hardy. It was Ronja's first spinach trial in her mum's raised beds that was a huge success. In spring when the spinach bolts and produces seed, you can easily save it and sow it again for your next crop. (Average seed count in regular packet - 460)

SPRING ONION

ISCHIKRONA (ORGANIC) Allium cepa

Ishikrona is definitely one of our favourites. It is beautiful in every way with fresh green coloured leaves and a bright white stem. It is succulent, mild and sweet in flavour, fresh and crispy in texture. It is extremely hardy as well as pest resistant and it stands in the ground for a long time without bulbing up.

As an important ingredient of the Asian cuisine, it can be used in stir-fries, soups and salads. It can be used instead of or alongside onions. (Average seed count in regular packet - 385)



WHITE LISBON (ORGANIC) Allium ceba

This is traditionally the most popular variety of spring onion, and an essential addition to the veg patch. Quick, hardy and easy to grow. Its speed of growth makes it ideal for catch-cropping and year-round cultivation, with its small size meaning it can be easily squeezed into unused corners of the garden.

Spring onions are an extremely versatile culinary ingredient. Delicious both cooked and raw, they are a staple of our diet! (Average seed count in regular packet - 300)

For more information and to place your order, please go to our website:



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(SpMa) **£2.30**

(Onls) **£2.55**

(OnWI) £2.10 - 3.95

(SpGW) £2.30 - 3.50

WILLHELMSBURGER (ORGANIC) Brassica napus

Swede is a very valuable winter vegetable and easy to grow.

Wilhelmsburger is a German variety from 1935 bred for culinary use. Ronja's favourite recipe for swede is a bake with a creamy sauce and goats cheese. It will also make a great addition in stews or just roasted. (Average seed count in regular packet - 275)

SWEETCORN



GOLDEN BANTAM (ORGANIC)

Zea mays A tall vigorous plant making 18cm long cobs full of medium sweet, rich, delicious kernels when harvested 'milk-ripe'. Best eaten or processed on the day of harvest for full flavour and before the sugars turn into starch. (Average seed count in regular packet - 50)

TOMATO



BLACK CHERRY (ORGANIC) Solanum lycopersicum

They have a superb flavour, not too sweet, not too acid and are very juicy in texture. They have an amazing colour which is the result of a natural mutation discovered by the legendary tomato breeder Vincent Sapp of Tomato Growers Supply in 2003. (Average seed count in regular packet - 25)



BRAD'S ATOMIC GRAPE (ORGANIC) Solanum lycopersicum

What a tomato! It has crazy colours ranging from green, purple, black to orange and red. They are of a large grape to plum size, slightly elongated with a pointy tip. The fruits hold quite well on the vine and after harvesting without splitting. It is one of the best tasting tomatoes that we grew in 2020. Just make sure they are ripe when you harvest them, indicated by a colour change towards orange or red and a softness to touch. (Average seed count in regular packet - 15)



GARDENERS DELIGHT (ORGANIC) Solanum lycopersicum

Gardener's Delight lives up to its name and has been a firm favourite amongst gardeners for years. Rightly it is an RHS Award of Garden Merit winner and also recommended by the National Institute of Agricultural Botany. Long full trusses of small fruits, sugar-sweet flavour and luscious juiciness.

We love this variety and can't recommend it enough. (Average seed count in regular packet - 25)

For more information and to place your order, please go to our website:

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(SdWi) **£1.60**

(SCGB) £1.90 - 3.50

(ToBC) **£2.45**

(ToGD) **£2.30**

(ToBAG) **£2.45**

Tomato continued...

GREEN ZEBRA (ORGANIC)

Solanum lycopersicum

In terms of appearance, this does what it says on the tin, but it does it very well. Fruits grow to around 8cm diameter and plants typically produce 6 to 8 fruits per truss. Quite fleshy, with very good taste and looks wonderful with other red and yellow tomatoes on a plate or at market. Guest description by our friend Dan from Chagfood CSA! (Average seed count in regular packet - 25)

MARMANDE (ORGANIC) (ToMm) £2.30 - 4.20 Solanum lycopersicum Marmande is a fantastic variety producing fruits between 60g and 120g on semi-determinate vines which need support and pinching out. The fruits are very tasty raw or grilled on the barbecue. (Average seed count in regular packet - 20)



MATINA (ORGANIC) (ToMt) £2.30 - 4.20 Solanum lycopersicum Matina is a potato leaf variety which crops well both under cover and outdoors. The fruits are golf-ball sized (40-45g) and ripen early in the season. The flavour is a delicious combo of sweet and acid. A firm favourite in the veg patch. (Average seed count in regular packet - 20)



PAUL ROBESON (ORGANIC) Solanum lycopersicum Paul Robeson is a cult classic. Seed savers and tomato lovers are raving about this variety.

The fruits are large and beautiful with a dusky red colour and green shoulders, their flesh is firm and juicy. It's most famous for it's distinctive smoky sweet and tangy flavour. (Average seed count in regular packet - 15)



PINK TIGER (ORGANIC) Solanum lycopersicum

Pink Tiger is the most beautiful elongated plum cherry tomato you can imagine. The fruits are about 5cm long and striped with red and gold and have an excellent sweet flavour making them ideal in colourful salads.

This strain of seeds has been bred specifically to resist cracking and their flesh will stay firm for a very long time. (Average seed count in regular packet - 15)



RUTHJE (ORGANIC) Solanum lycopersicum

This variety was bred 1996 in Germany by Ulrike Behrendt. Flavour and resistance to fungal disease was the main focus of the selection. It can deal well with a low intake of nutrients which promotes good taste. The firm fruits should be left on the plant until fully coloured and will keep for a long time on the plant. They can be stored and will also after-ripen. The plant has strong dark green almost shiny leaves, and short internodal length. (Average seed count in regular packet - 22)

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Page 27

(ToGZ) **£2.65**

(ToPT) **£2.65**

(ToRu) **£2.45**

(ToPR) £2.45

Tomato continued...

SANTIAM SUNRISE (ORGANIC)

Solanum lycopersicum

Santiam Sunrise is without a doubt one of the tastiest tomatoes we have ever encountered. It is Fred's all time favourite for flavour. The fruits are 2-3cm across, growing on strong, stocky indeterminate vines.

Originally bred by the great Adaptive Seeds in the US as an open-pollinated alternative to the famous Sungold F1. The flavour is intensely fruity with a delicious zinginess. We recommend growing it under cover for best results. A real winner. (Average seed count in regular packet - 20)



TIGERELLA (ORGANIC) Solanum lycopersicum Indeterminate tomato that frui

Indeterminate tomato that fruits relatively early and produces lots of tasty medium-sized fruits with redorange stripes. It is fun to watch the fruits go through their colour changes. A quirky and popular tomato variety guaranteed to impress. Winner of the RHS Award of Garden Merit. (Average seed count in regular packet - 20)



YELLOW SUBMARINE (ORGANIC) Solanum lycopersicum The fresh, sweet taste with juicy pulp and low

The fresh, sweet taste with juicy pulp and low acidity levels make this a popular tomato variety that will always look good amongst other tomatoes. The plant is a potato leaf type with an open growth habit. This is one of our most productive varieties, it just keeps on giving.

Great in salads and despite the unusual colour it makes a very delicious tomato sauce. However we end up eating most of them straight off the plant as they are so tasty! (Average seed count in regular packet - 25)

TURNIP



GOLDANA (ORGANIC) Brassica rapa

Turnips are very traditional vegetables which, unlike most of the vegetables we eat, are native to Europe. For some reason they are not as popular as they used to be.

Goldana is a tasty maincrop variety with a uniform golden round shape, probably one of the mildest and sweetest varieties that you can find. It is quick to grow and doesn't need much attention. "Get them in, get them out" is what Fred says. He likes them in soups or stews but they can also be roasted, mashed or grated into a slaw or salad. (Average seed count in regular packet - 400)



PURPLE TOP MILAN (ORGANIC) Brassica rapa

A classic Italian heritage variety from Milan with a creamy white, firm, crunchy and mildly sweet flesh. Eaten pickled, cooked or raw - it is a very versatile vegetable! The leaves are tasty and nutritious and can be cooked just like other greens. (Average seed count in regular packet - 280)

For more information and to place your order, please go to our website:

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(ToSS) £2.65

(ToTi) £2.30 - 4.20

.....

(ToYS) **£2.45**

(TuGo) £1.65

(TuPT) **£1.60 - 3.00**

WINTER SQUASH



GREEN HOKAIDO (ORGANIC)

Cucurbita maxima

Green Hokaido is a fantastic variety of winter squash with exceptionally sweet flesh - maybe even sweeter than butternut. The fruits are quite round, and are mainly dark green with lighter green/grey stripes. We think its best eaten roasted with a drizzle of olive oil and lightly seasoned with salt and pepper. (Average seed count in regular packet - 13)

MERUHEN (ORGANIC)

Cucurbita maxima

Meruhen is a fantastic variety of winter squash with exceptionally sweet flesh - maybe even sweeter than butternut. The fruits are quite round, and are mainly dark green with lighter green/grey stripes. We think its best eaten roasted with a drizzle of olive oil and lightly seasoned with salt and pepper. (Average seed count in regular packet - 13)

OREGON HOMESTEAD SWEET MEAT (ORGANIC) *Cucurbita maxima*

This is a variety bred by Carol Deppe in Corvallis, Oregon in the USA. She spent years selecting for vigour, good cool-soil emergence, small seed cavity and premium flavour. We believe this variety is a serious contender to Crown Prince FI. It is quite a large variety with a crunchy, sweet flavour. They were extremely prolific in our 2018 squash trials and Ronja's clear favourite in taste. They are great for cooking and even raw they are a real pleasure to munch on. (Average seed count in regular packet - 10)



RED KURI (ORGANIC) Cucurbita maxima

With its orange red skin and golden flesh, Red Kuri is a tasty globe of autumn glory. Firm but smooth, sweet and nutty, rich, creamy - you get the idea! It is Ronja's mum's favourite squash because you can cook it without having to peel it, and also for its fabulous flavour and good storage qualities.

This style of squash originates in Japan but has gained popularity in many other countries like the UK. We love growing squash and they are easy to grow, happy trailing across the ground or up a structure. (Average seed count in regular packet - 13)

For more information and to place your order, please go to our website:

WWW.VITALSEEDS.CO.UK



Page 29

(SWGH) **£2.80**

(SWMe) **£2.85**

(SWOH) **£2.50**

(SWRK) £2.80 - 5.50

HERBS

BASIL

GREEK (BUSH) (ORGANIC) Ocimum basilicum

Greek basil (or 'bush basil') is a great addition to the plot, its bright green foliage makes it as ornamental as it is delicious. It works really well in containers and crops well over a long period. Can be used like other basils, in sauces, salads or as a garnish. (Average seed count in regular packet - 400)

LEMON (ORGANIC) Ocimum basilicum

This unusual basil will enchant you with its wonderful lemony fragrance that is caused by a high content of citral and limonene. It has a milder taste than ordinary basil and can be used in cooking or to make a herbal tea. It also goes exceptionally well in sweet dishes adding a citrusy twist.

The plants have small, green leaves with slightly serrated edges. We just love having it growing in our polytunnel or garden and think it's worth a try if you haven't already. (Average seed count in regular packet - 350)



RED (ORGANIC) Ocimum basilicum

Red basil has both ornamental and culinary uses. We use it as garnish or to add colour to salads or made into pesto. It will look great in your garden, not to forget the amazing sweet scent of goodness when you walk past. (Average seed count in regular packet - 350)

SWEET GENOVESE (ORGANIC) Ocimum basilicum

With large bright green leaves and a smell to die for this is an essential addition to the veg plot. We think you cannot grow too much basil, we use it in almost every meal throughout the summer months. Genovese makes the most superb pesto, aromatic without being overpowering and giving us a much needed taste of sunshine when stored or frozen and then eaten throughout the winter months.

A robust, trustworthy variety of 'The King of Herbs' with the perfect balance of aroma and subtlety. It is an essential companion to tomatoes. (Average seed count in regular packet - 500)



THAI (ORGANIC)

Ocimum basilicum

Striking both in flavour and appearance, Thai basil has a more concentrated, spicy flavour than its more well known cousin with notes of anise and liquorice. It has smaller, narrow, pointed leaves with flowers and stems of a deep purple. It's perfect for Thai green and red curries and stir fries and is resilient to longer cooking methods. (Average seed count in regular packet - 350)

For more information and to place your order, please go to our website:



Page 30

(ZBGr) **£2.00**

(ZBSG) £1.95 - 3.50

(ZBTh) **£2.00 - 3.70**

(ZBRd) **£2.30 - 3.70**

(ZBLn) **£2.00**

CELERY LEAF



EARLY BELL (ORGANIC)

Apium graveolens

Growing cutting celery is a great alternative to stem celery if you just want to add a bit of that delicious celery flavour to your cooking! Cutting celery is more closely related to wild celery, and has a stronger flavour. The leaves can be chopped and added to stocks, soups, and stews. As there is no need to wait for the plant to mature, the leaves can be harvested before traditional celery is ready. The plants are very hardy and will withstand a decent frost. If left in the ground over winter the plants will flower in spring producing many flowers which the bees will love! (Average seed count in regular packet - 1350)

CHIVES



COMMON CHIVES (ORGANIC)

Allium schoenoprasum Without a doubt one the most versatile herbs! Chives are so easy to grow and can be added to just about any dish. We put them in soups, salads, omelettes, stir fries, etc. The flowers are also delicious and make a very attractive addition to summer salads, with their mild onion flavour. (Average seed count in regular packet - 600)

CORIANDER



FILTRO (ORGANIC)

Coriandrum sativum

This high-yielding variety is excellent for flavouring curries, stews, rice dishes and as a garnish for soup and in salsa. All parts of the soft, light stems and leaves can be used. The flowers grow in pretty umbels, and if left to seed, the small seed heads can be used fresh or dried and used in cooking for added flavour and texture. (Average seed count in regular packet - 300)

DILL



DILL (ORGANIC) Anethum graveolens

A beautiful ancient plant originating from the Mediterranean that used to be known for its medicinal properties and is mostly utilised for culinary purposes today.

The fine feathery leaves have a flavourful complex taste and can be chopped and added to sauces to go with fish or vegetables or just sprinkled on top of your meal to add colour and flavour. Traditionally also used for pickling; try using the flowers or seeds too. (Average seed count in regular packet - 500)

For more information and to place your order, please go to our website:



(ZCLE) **£2.30**

(ZChS) £2.30 - 4.50

(ZCo) **£2.30 - 4.00**

(ZDi) **£2.00**



CURLY: MOSS CURLED (ORGANIC)

Petroselinum crispum

Moss Curled is an early maturing variety that was introduced in the 1800s. Its leaves are finely curled like moss and can be used to flavour soups and salads, and many other dishes. It is particularly good for garnishes as the leaves are less likely to bruise when chopped. (Average seed count in regular packet - 600)

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ITALIAN GIANT (ORGANIC)

Petroselinum crispum

Parsley is probably the most well-known herb in the world. It is native to the Mediterranean region and was first grown mostly for medicinal purposes. It seems to have become more commonly used in Northern Europe since the Middle Ages and is today's favourite for garnishing, in salads and for cooking.

This Italian variety grows an abundance of dark green leaves. It can be grown in pots as well as in the ground all year round. (Average seed count in regular packet - 600)

SORREL



FRENCH (ORGANIC) Rumex scutatus

French sorrel grows in clumps of 15cm high by 20cm wide. It is easy to grow and easy to pick. Developed in Italy and France in the Middle Ages, the tangy and slightly tart taste packs a punch. Use as a herb, salad leaf or leafy green. Perfect for adding an edge to rich and heavy meals. (Average seed count in regular packet - 350)

For more information and to place your order, please go to our website:



(ZPMC) £2.20

(ZPIG) £1.95

(ZFS) **£2.20**

FLOWERS

ASTER

SINGLE MIX (ORGANIC) Aster amellus

Gardeners and insects alike love asters. They are great for bringing in beneficial insects to the garden. We love this seed mix due to the variety of colours it produces. (Average seed count in regular packet - 100)

BEE MIXTURE



The bees and other beneficial insects in your garden will love this mixture of flowering plants. The nectar will provide them with sugar they need for energy and the pollen contains protein and oils that bees collect to raise the brood.

We rejoice in this bee mixture particularly as it has a diverse range of flowering plants and makes our vegetable plot look beautiful and filled with colour. The edibles amongst the mix we use to jazz up our summer salads. (Average seed count in regular packet -)

CALENDULA

ORANGE (ORGANIC) Calendula officinalis

We love calendula and would never go a season without it. It is really easy to grow and loved by humans and insects alike. There is something magical about finding bumblebees sleeping in calendula flowers early in the morning. The flowers are edible and make a great addition to salads. The petals have good medicinal properties and can be taken as an infusion in hot water or turned into a powerful tincture. Calendula's medicinal actions include but are not limited to: anti-inflamatory, astringent, vulnery, and anti-microbial. (Average seed count in regular packet - 125)



TRIANGLE FLASHBACK / ZEOLIGHTS (ORGANIC) Calendula officinalis

This calendula variety is a real treasure. Pastel shades of orange, pink and peach are tinged with yellow towards the petal base. The backs of the petals are maroon. A pure joy to look at. We were so excited to have found this strain of calendula, bred by Frank Morton from Wild Garden Seeds in Oregon, USA. The flowers don't only look good in the garden or as cut flower, they are also edible and can be used for medicinal purposes, too. An abundance of beauty for your garden! (Average seed count in regular packet - 100)

For more information and to place your order, please go to our website:



(XBM) £3.50

(XCa) **£2.28 - 3.00**

(XCaZ) **£2.58**

(XAs) **£2.34**



CALIFORNIA POPPY



CALIFORNIA POPPY (ORGANIC)

Eschscholzia californica

It's Latin name Escholzia Californica traces back to the physician Dr Johann Friedrich Eschscholz, who discovered and described the plant in 1815. Not only having its origins there, it also also became the state flower of California in 1890. It is quick to flower and will do so profusely for a long period of the summer until it sets seed. A real pleasure to have in the garden, especially in low-maintenance areas as it will just get on with doing its thing. (Average seed count in regular packet - 150)

CORNFLOWER



BLUE (ORGANIC)

Centaurea cyanus

A flower that makes every garden happy. Cornflowers produce masses of stunning blue shaded blooms and attract bees and other insects as well. They were once native to European corn fields, but have mostly disappeared from the landscape due to large scale use of herbicides. Today they are mainly fond in gardens and allotments - we grow them in amongst our vegetables. (Average seed count in regular packet - 200)

COSMOS



COSMOS (ORGANIC)

Cosmos bipinnatus Single, daisy-like flowers in purple, pink or white that will bloom from early summer to autumn. Cosmos is easy to grow, it's great for bees, butterflies and hover-flies and makes a lovely cut flower, too.

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We like planting it in between food crops as an ornamental divider. (Average seed count in regular packet - 100)



ORANGE (ORGANIC)

Cosmos sulphureus This beautiful exe-catching orange flower wil

This beautiful eye-catching orange flower will bring you joy from early summer until fall. It tolerates poor soils and dry conditions and attracts bees, butterflies and other insects.

We find Orange Cosmos easy to grow and it will self-seed if allowed to. (Average seed count in regular packet - 50)

FRENCH MARIGOLD



ORANGE (ORGANIC) Tagetes patula

Tagetes is a very rewarding plant. It is easy to grow and produces an abundance of stunning yellow to red coloured flowers. It also makes a great companion plant as the scent is disliked by flies and other insects and the roots produce secretions that have insecticidal and nematicidal (against harmful nematodes) effects. It can also be planted in pots or containers and will embellish gardens, doorsteps and balconies. (Average seed count in regular packet - 400)

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For more information and to place your order, please go to our website:



(XPCa) **£2.70**

(XCF) **£2.28**

(XCo) £2.34 - 3.90

(XCoO) **£2.34**

(XFM) £2.34 - 3.90

Page 34

HELICRYSUM



NASTURTIUM



NASTURTIUM DWARF (ORGANIC)

STRAWFLOWER (ORGANIC)

Helicrysum bracteatum

Tropaeolum majus

With different shades of orange, yellow, cream, red and pink, nasturtiums are commonly grown for its pretty big blooms and bright green round leaves. Both leaves and flowers are edible with a taste peppery and sweet flavour.

Strawflowers (also known as 'everlasting flowers') are a beautiful addition to the garden. They are perfectly suited for drying, just cut the stem before they are fully open and hang in bunches upside down in a dry place out of direct sunlight. They are also great as a fresh flower for use in bouquets. We love the bright colours

in this mix, they remind us of colourful boiled sweets! (Average seed count in regular packet - 200)

We love having nasturtium flowers dotted around our land. They attract the bees and just make a beautiful addition in summer salads. (Average seed count in regular packet - 40)



TRAILING (ORGANIC)

Tropaeolum majus

Trailing mix of bright greenery and different shades of orange, yellow and red coloured flowers. Both leaves and flowers are edible, they taste peppery, hot and sweet.

We love having nasturtium flowers dotted around our land. They attract the bees and just make a beautiful addition in summer salads. (Average seed count in regular packet - 35)

NIGELLA



NIGELLA DAMASCENA (ORGANIC)

Nigella damascena Nigella flowers or 'love-in-a-mist' are a popular and traditional cottage garden flower. The blue, pink and white solitary flowers appear to sit on a bed of 'misty' foliage, hence the common name. The plants get about 50cm high and the blossom is followed by a decorative, inflated seed capsule that also makes a nice addition to cut flower arrangements. (Average seed count in regular packet - 200)

PHACFI IA



PHACELIA (ORGANIC) Phacelia tanacetifolia

Phacelia is extremely attractive to honeybees and other beneficial insects providing both pollen and nectar. It is a quick growing annual flower that germinates at low temperatures and has the potential to catch excess nitrogen too. We love sowing it in between our crops and rejoicing in the lovely flowers and insects that it attracts. (Average seed count in regular packet - 1000)

For more information and to place your order, please go to our website:



(XHe) **£1.62**

(XNaD) **£2.58**

(XNas) £2.58

(XNi) £2.34 - 3.00

(XPh) £2.28



maintenance and fast flowering, they re-seed easily and come back year after year.

POPPY

SUNFLOWER

GIANT YELLOW (ORGANIC)

seed count in regular packet - 1350)

FIELD POPPY (ORGANIC)

Papaver rhoeas

Helianthus annuus

No surprises here! This is a sunflower that does exactly what it says on the tin. Tall and sturdy plants producing huge single yellow flowers. The flowers are much loved by bees and if you leave the plants over the winter they provide a valuable ecological role as winter bird food (the seeds) and a habitat for many insects (the stems). If you have heavy clay soil, incorporating the remains of the plants into the soil in spring will lighten the soil due its high carbon content. (Average seed count in regular packet - 30)

The classic field poppies are a favourite in gardens and fields in almost every part of the world. Single, cupshaped flowers with brilliant red petals resembling crepe paper, poppy blossoms never disappoint! Low

Flowering from June through to September, they're great in a meadow or wildflower garden. Plant them anywhere you want a bright splash of colour that will attract bees and other pollinating flowers. (Average

VIOLA / WILD PANSY (ORGANIC)

Viola tricolor Viola tricolour, also known as wild pansy or heartsease, are small plants flowering throughout the season from April to September. They're hardy, frost tolerant and self-seed easily. It is a delightful perennial that grows well in shady areas, beds, containers, rock gardens, edges, even walls and makes a beautiful cut flower.

It's not just a charming beauty for its looks, it is also edible making the most beautiful garnish or addition to salads. (Average seed count in regular packet - 500)

7INNIA

DWARF MIX PINK (ORGANIC) Zinnia elegans

This dwarf mix of Zinnias grow to around 30cm tall. They produce blooms of varying shades of pink, adored by bees and butterflies. We love to plant zinnias in among our vegetable crops. The dwarf varieties take up less space but are equally beautiful to their taller cousins. (Average seed count in regular packet - 100)

For more information and to place your order, please go to our website:



(XPo) £1.98

(XSun) £2.35 - 4.00

(XSuS) £2.70

(XZiD) **£1.62**



SONJA (ORGANIC) Helianthus annuus

This multi-headed beauty has become a huge hit on the cut flower scene, producing around eight strong stems per plant. The blooms are a compact 10-15cm diameter, with striking with deep yellow petals and dark centres. The plants are fairly small, growing to around four or five feet tall. (Average seed count in regular packet - 20)







(XVi) £2.52 - 3.20