Nature & Nurture Seeds
2019 Catalog of Heirloom & Open-Pollinated Seeds
We are nurturing a vibrant community that tends the Earth, enriches lives, and believes in healthy food for all. We honor the seeds passed down from our ancestors, seeds that nourish, connect, and inspire us. We reclaim the seeds from the hands of corporations, back into the hands of people of all colors and traditions, and celebrate in Earth’s amazing abundance.

**OUR SEEDS**

- Heirloom/O.P.
- Non-GMO
- Sustainably Grown
- Midwest Adapted
Greetings from the farm!

2018 blessed us with 7 fun and inspiring interns. Together we shared fabulous farm lunches, work, play, and big dreams and plans. Everyone loved adventures in tastings, from pineapple-flavored alpine strawberries and citrus flavored Blush tomatoes, to comparing earthy beets and rutabagas.

We stepped up our variety trials and are most excited about our grain trials, including rice. Erica is especially psyched about future breeding creations from this year’s Blush tomato crosses. Look forward to finding these gems in future catalogs!

We finally made the journey to the Ohio Paw Paw Festival, hawking our seeds, indulging in paw paw bliss, and enjoying the wonderful community. We highly recommend it!

We’ve been working hard to network with other local farmers to expand organic seed growing in the region. Check out page 30 for a list of seed growers. We have added 18 new seed varieties that we know you will be ecstatic about like snacking peppers, pickling radishes, fun flowers, and, of course, a handful of tantalizing tomatoes! And don’t forget to check our website for all of the things we just can’t squeeze into the catalog including growing guides, recipes, events, and so much more!

Happy growing!

Our farm hosts inquisitive interns, stellar students, vivacious volunteers, and other fun learning adventures! Nature Learning Community gathers youngsters together for the study of nature and to renew their young hearts’ connection to the Earth. Our annual Harvest Festival brings our community together at the peak of the season to celebrate food, fun, and farming.

*Check out our website for more info about our farm, seeds, growers, growing resources, recipes, & more!*
# Nature & Nurture Seeds

New for 2019! Look for **NEW** in the catalog

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Slow Food’s
Ark of Taste

A List of Delicious & Distinctive Foods Facing Extinction

To help preserve these unique and threatened foods, we offer Ark of Taste seeds. By growing these seeds, we all help to keep them on our plates and safe from extinction.

Look for 🌿 in the catalog

Amish Paste Tomato
Brandywine Tomato (Sudduth’s Strain)
Ferris Wheel, Salzer’s Tomato
Livingston’s Golden Queen Tomato
Sheepnose Pimento Pepper
Thelma Sanders Winter Squash
Aunt Molly’s Ground Cherry
Beaver Dam Pepper
Hinkelhatz Pepper
Sheboygan Tomato
Taiwanese Quinoa
Valencia Tomato

OSSI Pledge

“You have the freedom to use these OSSI-Pledged seeds in any way you choose. In return, you pledge not to restrict others’ use of these seeds or their derivatives by patents or other means and to include this Pledge with any transfer of these seeds or their derivatives.”

We are a proud OSSI Seed Company Partner

The Open Source Seed Initiative was formed by a group of plant breeders, farmers, seed companies, and sustainability advocates who want to free the seed! Why? Because over the past several decades, seed patenting by multinational corporations has sky rocketed. Patented seeds cannot be saved, replanted, or shared by farmers and gardeners. Since there is no exemption for plant breeders, patented seeds cannot be used by farmer-breeders, universities, or small seed companies to create the new crop varieties that should be the foundation of a just and sustainable agriculture.

OSSI’s mission: To maintain fair and open access to plant genetic resources worldwide in order to ensure the availability of germplasm (seeds) to farmers, gardeners, breeders, and communities of current and future generations.

How it works: Breeders commit to making their varieties available exclusively under the OSSI pledge.

Look for 🌿 in the catalog

Abundant Bloomsdale Spinach
Alive Vates Kale
Cañoncito Field 7 Landrace Pepper
Dazzling Blue Kale
Gatherer’s Gold Pepper
Joker Lettuce
Red Head Quinoa
Siber Frill Kale
Solstice Broccoli
Sweet Dakota Bliss Beet
Sweet Dakota Rose Watermelon
Top Hat Sweet Corn
ABOUT OUR SEEDS

All of the seeds in our catalog are sustainably grown which means that they are Non-GMO, untreated and grown without chemical fertilizers and pesticides. Many are certified organic.

All of our seeds are heirloom and open-pollinated—you won’t find any hybrids in our catalog. This is because hybrid seeds are proprietary; controlled by the corporations that own them. In contrast, anyone can save seeds from heirlooms, keeping the seeds in the hands of the people!

Here in the Heartland, rooted in southeast Michigan’s rich prairie soils, we are passionate about preserving Midwest heritage seeds and also breeding new, regionally-adapted varieties.

Unlike most seed companies, we grow many (over 50%) of the seeds in our catalog on our farm which is certified organic by Oregon Tilth. We also source seeds from our network of independent seed growers and collaborators. Grower Codes are listed at the very end of each seed variety description—see page 30 for the Grower Code Key. To learn even more about our growers, see the “Growers” page on our website..

**Amaranth**

*Amaranthus cruentus* was domesticated by the indigenous people of Central America. This variety of amaranth originates with the Hopi Nation, a Native American tribe of the Southwest. Stunning, beet-red color is eye-catching in any garden. It is a fantastic all-purpose plant because every stage and part of the plant are usable: enjoy young leaves & stems raw in salads or cooked like greens. Use flowers in bouquets. Seeds are edible to boot! Will re-seed prolifically. 2 – 6’ tall. 

2,200 seeds/packet $3.95

**Arugula**

*Eruca sativa*

Baby salad greens (25 days); mature (45 days). Originating from the Mediterranean region, Arugula is a cool-weather loving plant – grow it outdoors in spring and fall or in a hoop house over the winter. This versatile plant can be grown as an edible cover crop/ground cover. Tolerates some shade. Arugula is known for its unique flavor. Baby salad greens are mild and tender with a touch of spice, while mature leaves develop a big peppery punch! If harvesting mature arugula, the peppery flavor can be mellowed out with cooking. They benefit from a good sauté, braise, stir-fry or steaming. Try it in soups or in any dish calling for cooked greens.

300 seeds/packet $3.95

**Perennial Arugula**

*Diplotaxis tenuifolia*

50 days. Also known as Wild Roquette or Perennial Wall-Rocket, this biennial (or short-lived perennial) produces edible greens that taste similar to annual arugula. Perennial Arugula is a great addition to permaculture gardens because it re-seeds, filling in bare spaces with a wonderful edible plant. If you don’t desire re-seeding, cut off the flowers, otherwise it may spread too much. Grows 8 – 20” tall. Prefers well-drained soil and is drought tolerant. Coveted by chefs for its intense, unusual flavor. Perennial Arugula is a great addition to any mesclun mix.

750 seeds/packet $3.95

Each seed packet contains growing, harvesting and seed-saving guides.
Beans

Potawatomi Lima Bean
(Phaseolus lunatus)
25 seeds/packet $3.95
100+ days. Gorgeous lima beans that are tasty eaten dry or as a shelling bean. Vines are vigorous climbing "pole"-type. This bean's story is irrevocably linked to the story of the indigenous Potawatomis, who lived in lower Michigan before European colonization. As with most Native tribes in North America, many Potawatomis lost lives, culture, and land rights due to European diseases, forced relocation, and genocide. Today many Native American tribes are restoring and celebrating lost food and agricultural traditions. We offer this bean to teach about the real history of the peoples and foods of the Great Lakes region as well as to help preserve this bean. We originally sourced our seeds from culinary historian William Woys Weaver, who got them from Andrew Bucienks so these bean seeds originate with the Potawatomi Nation of Wisconsin. We donate seeds to indigenous people who are working to restore food traditions. NWS

Provider Bean
(Phaseolus vulgaris)
150 seeds/packet $3.95
60 days. Provider is a dependable green, bush, snap bean with very good flavor. Beans are tender and have a nice crisp crunch. We like to do a lot of taste testing right out in the field and Provider rates high for eating raw because of its smooth (hairless) pods. It is also great eaten pickled and cooked. Provider is easy to grow and yields early so consider planting a second planting to have fresh beans all summer long! Provider, bred in 1966, is such a great bean that it has withstood the test of time and is still a popular variety today. We are offering Provider this year as an alternate to our other snap beans that are unavailable because this past year we had an off-year on the farm with our bean crops. We think that you will like Provider!

Purple Podded Pole Bean
(Phaseolus vulgaris)
25 seeds/packet $3.95
70 days. These pole bean vines are vigorous, producing a continuous supply of flat, dark purple, sweet, stringless, 5 - 7 inch long fresh snap beans. This bean was discovered in the 1930's in the Ozark Mountains. We love it so much that we've been growing it since 2002. Pole beans utilize vertical space in the garden and produce more beans than bush types. Purple pod color makes them easy to spot when harvesting. Eat young pods raw or prepare as you would any green bean—we like to sauté them with garlic, ginger, soy sauce and sesame oil. Or try them the traditional way, steamed and slathered with butter. Erica likes to pickle them the old fashioned way: just grab a handful of beans from the vine, stick 'em in a quart jar, fill the jar with salt brine, cover and presto! In just a few days you've got pickled beans (see Recipes on our website for more info). Preserve by blanching and freezing. Easy seed-saving plant. Seeds are beige in color. Variety is also known as "Purple Peacock".

Royal Burgundy Bean
(Phaseolus vulgaris)
50 seeds/packet NEW $3.95
Bulk seeds available see website 55 days. Our 2018 farm crew's favorite bush bean, Royal Burgundy is eye-catching, vigorous and quick to pick. Relatively tall compared to other bush-beans making plants compete better with weeds. Color is dark violet on the outside with bright-green interior before cooking; heat makes the pods turn deep green. Green plants adorned with purple pods make for an easy harvest; even kids love picking the beans and eating them straight off the plant! Stringless pods usually grow to be 4-6" in length with light brown seeds that are easily saved. After weeks of devouring tender, young beans, we often sauté the full-size pods. We also Blanch then freeze them to enjoy throughout the winter. Beans are not only an excellent source of protein and dietary fiber for us, their roots provide a valuable source of usable nitrogen to our soil. Plants are resistant to Common Bean Mosaic Virus. HM

Beets

Detroit Dark Red Beet
(Beta vulgaris)
100 seeds/packet $3.95
60 days. Erica first came across the Detroit Dark Red beet in 1997 as a farm apprentice in Santa Cruz, CA and thought, "Why is this beet named after Detroit?" A Michigan native herself, Erica could not believe this sweet beet hailed from the motor city. Apparently, it's relatively un-
known that around the turn of the 20th century Detroit was a leading hub of vegetable seed activity. The Detroit Dark Red beet was first introduced in 1892 by D.M. Ferry Seed Company of Detroit. Since then, it has set the standard for red beets. Detroit Dark Red is nearly globe shaped and displays a striking, deep red color. 2.5-3” diameter roots. Stores well. These sweet beets are great raw, cooked, pickled, grated or juiced. Greens are edible—eat them just like you would chard! We’re bringin’ it back to Michigan. HSV, NNS

**Golden Grex Beet**
*(Beta vulgaris)*

130 seeds/packet $3.95
Bulk seeds available see website
55 days. Had problems growing beets? Golden Grex is dependable and vigorous, with lush green tops and large beets with sweet flavor. Bred by master breeder, seedsmen, and visionary Alan Kapuler, this beet varies in shape and color due to its diverse genetics—some roots even have beautiful concentric rings of red and yellow similar to those in Chioggia beets. Dr. Kapular, co-founder of Peace Seeds, bred this beet for vigor and genetic diversity which, he asserts, both contribute to food security. We love to eat these beets roasted. Thanks to Alan for another outstanding plant introduction! CC

**Touchstone Gold Beet**
*(Beta vulgaris)*

100 seeds/packet $3.95
55 days. Golden beets with bright yellow flesh and excellent, sweet flavor. If you’re not a fan of the earthy flavor of beets, try Touchstone Gold! Roots are slightly tapered and rich in betacarotenes that retain their gold color when cooked. Touchstone is superb in Erica’s mom’s Roasted Root Veggie recipe with olive oil, garlic, and salt. Tops are green and edible and can be cooked like chard. Plants are more vigorous and uniform than most golden beets. WGS

**Broccoli**

**De Cicco Broccoli**
*(Brassica oleracea)*

120 seeds/packet $3.95
50-60 days. We have been growing De Cicco for 13 years because it is one of the best open-pollinated varieties of heading broccoli. Italian in origin, De Cicco was brought to the US in 1890. It is perfect for gardeners because after producing the main broccoli head, it will produce a continuous supply of side shoots for the rest of the growing season. De Cicco has a delightfully sweet broccoli flavor. Allow the side shoots to flower and you can eat them as broccoli raab (flowering tops). In the fall, broccoli leaves can be harvested and eaten like kale. Broccoli is best cooked quickly; soften the stems but don’t let the florets get mushy. HM

**Cabbage**

**Dottenfelder Cabbage**
*(Brassica oleracea)*

100 seeds/packet $3.95
90 days. Green, storage cabbage with nice and sweet flavor. We are so excited to offer this great, open-pollinated storage/kraut cabbage especially in light of the domination of hybrid cabbage in the seed industry! Dottenfelder was bred by German Biodynamic Seed breeder Dietmar Bauer and was made possible through the work of the Meadowlark Hearth Biodynamic Seed Initiative. Clint Freund, of Jefferson, Wisconsin, grew these seeds in collaboration with Meadowlark Hearth. Traditionally, cabbage has been an essential winter staple vegetable in northern regions – because of its amazing storage qualities it was THE food that literally got folks through long winters. We think cabbage is highly underutilized in American kitchens and gardens. What other green vegetable can you
harvest in the fall and eat in April?? May there be a cabbage revival! Dottenfelder is vigorous with medium large, firm heads that store well into April. We use cabbage as an all-purpose green, in sautés and stir fries. It’s also great chopped and browned in the over with oil and salt. Clint says Dottenfelder makes fantastic sauerkraut. There is some natural diversity of head shape from round, oval to flat – indicative of a diverse gene pool and strong variety! Seeds grown by Clint Freund of Cultivating the Commons. CC

**Red Express Cabbage** *(Brassica oleracea)*

200 seeds/packet $3.95

62 days. Extra early, red, round cabbage that grows as a compact plant. Gorgeous red/purple colored heads are small/medium sized (2-4lbs), perfect for the home gardener. Good for spring, summer, and fall plantings. We love cabbage because it is easy to grow, produces a lot of food, and stores well. We like to use red cabbage to make braised cabbage, kraut, and as an ingredient in Mike’s farm stew. This strain was selected by our friend Nash Huber to be extra early and uniform. **HM**

**Dragon Carrot** *(Daucus carota)*

250 seeds/packet $3.95

85 days. We have been growing Dragon since 2005 because we love it so much! Bred by master organic plant breeder John Navazio, founder of the Organic Seed Alliance. This carrot exhibits a unique purple exterior, orange flesh and yellow core. How cool is that? But more importantly, it tastes sweet and eats like a carrot should. At maturity, Dragon is 1½” thick, 7” long, and tapers at the tip. Grow it in spring, summer or fall. We like growing it in the fall in the hoop house—this allows Dragon to develop an intense sweetness. Good storage carrot. Ever been disappointed with the taste of other colored carrots? Dragon won’t disappoint. **MH**

**Leira Carrot** *(Daucus carota)*

500 seeds/packet $3.95

90 days. Orange, 6 – 7” long, tapered carrots that are sweet and delightful. In 2001 Dieter Bauer, a Biodynamic German farmer/breeder began selecting Rodelika carrots for extra sweet taste ... eight years later Leira was born! With hybrid carrots dominating the market, we are impressed with the vigor and uniform size & shape of this open-pollinated carrot. Plants have strong tops that compete well with weeds, making them easier to pull out of the ground as well. Plant this carrot July 1st and by October you will have incredibly sweet carrots with a profoundly juicy crunch ... well worth the wait! Keep them in the ground longer and they will continue to sweeten, or store them over the winter and you can have tasty roots all winter long. In our trials, Leira was also super easy to clean – spray with a hose and voila – they’re clean! Makes great carrot juice. **MH**

**Parisian Carrot** *(Daucus carota)*

250 seeds/packet $3.95

60 days. This early, “French Forcing” type carrot is easy to grow. Introduced to the US around 1861, it was widely cultivated by the turn of the century. Listed in the Ferry seed catalog of Detroit in 1946. Round-shaped, root length is 1¼ – 1¼”. Due to its short root, Parisian grows well in clay and rocky soils. Smaller top than other carrot varieties (only 10” tall), Parisian can be squeezed easily into any garden. Crisp, tender roots are pleasantly sweet. Perfect for lunch boxes. Help us bring back this awesome carrot! **SSE**

**Chard** *(Beta vulgaris)*

**Feurio Chard**

100 seeds/packet $3.95

60 days. Gorgeous red-stemmed chard with tender, succulent leaves and thick crunchy stems. Curly “savoy” leaves range in color from bright green to burgundy. Upright plants are easy to harvest and regrow quickly for cut-and-come-again chard. This is the most vigorous red-stemmed chard we have found. Feurio, which means “fire” in German, was bred by biodynamic German farmers. Chard is great for beginning gardeners because - plant it once early spring and harvest it all the way into fall! Leaves are tender and can be eaten raw, but we think they are best cooked and used like spinach. We love it in sautés and stir fries where we chop and cook the stems longer than the leaves. **MH**

**Carrots**

**Milan Nantes Carrot** *(Daucus carota)*

500 seeds/packet $3.95

72 days. A great orange carrot that is very sweet with a nice feel-good-in-the-mouth crunch that’s perfect for salads. Classic “Nantes” shape with a blunted tip which is popular in Europe but underappreciated in the US – why do carrots have to be pointy anyways? We love Milan Nantes especially because it holds well through hot weather, where it maintains good texture and doesn’t turn bitter. Uniform size. Grow anytime, spring through fall. **MH**

**Free the Seed!**
**Chicory**

**Fordhook Giant Chard**  
*Beta vulgaris*  
100 seeds/packet  
$3.95  
50 days. We always recommend chard (aka "Swiss Chard") to new gardeners because it’s one of the easiest crops to grow. On top of that, Fordhook Giant is one of the most vigorous, high yielding, and reliable chards. Introduced in 1934, it has been a favorite of both market and home gardeners ever since. It can be harvested as baby greens or mature leaves. If started indoors during spring, Fordhook Giant will produce a constant supply of greens from June 1st until November. It is one of the hardiest chards, being cold hardy to 15 degrees. Can be sowed in the hoophouse for fall production. Plants grow 2 feet tall, are somewhat shade tolerant and are easily interplanted among taller vegetables. Leaves are tender and non-bitter. It can be enjoyed raw, sautéed, stewed, baked, blanched, or broiled. STF

**Pink Passion Chard**  
*Beta vulgaris*  
100 seeds/packet  
$3.95  
67 days. Vivacious fuchsia stems contrast with forest green leaves to add a fabulous flash of color to your garden! While we chose to test this variety because of its stunning appearance, we knew we had to offer this seed when we tasted the smooth, tender leaves. We think that chard is underappreciated – it is so easy to grow and is a great summer substitute for spinach! Pick the leaves young to use raw on sandwiches and in salads, or harvest full-sized for cooking. Pink Passion plants grow upright, with stems that are narrower than Fordhook Giant. There is some natural variability in color and shape in Pink Passion, so you may be gifted with an unexpected white plant if you grow a large enough patch. Add Pink Passion Swiss Chard to window boxes or flower pots for an edible and attractive addition to your landscape! WGS

**Castelfranco Chicory**  
*Cichorium intybus*  
200 seeds/packet  
$3.95  
70 days. Chicory is coveted by top-end chefs and is especially popular in the Pacific Northwest, where its cold hardiness lends itself to wintertime local production. We have been experimenting with hoophouse production here in Michigan and have found Castelfranco to be extremely cold hardy. This variety survived the polar vortex winter of 2014 in our unheated hoophouse. Castelfranco forms a gorgeous loose head similar in form and texture to loose-leaf lettuce. Edible leaves are green with red speckles, with a flavor profile that is similar to radicchio, which is also a type of Chicory. Italian in origin, Chicory has a distinctive bitter, but complex flavor, one to which American palettes have had little exposure. When Erica & Mike visited Italy for Slow Food’s Terra Madre event, every salad included chicory - it adds an interesting contrast to otherwise mild flavors. It is great brushed with olive oil and braised, grilled, or broiled with a dash of salt which tames the bitterness and brings out its sweetness. Chicory is a cool-loving crop and should be grown in the fall. Baby greens can be harvested in an unheated hoophouse all winter long. Like most non-hybrid chicories, Castelfranco exhibits natural variation in size and color. WGS

**Corn**

**Top Hat Corn**  
*Zea mays*  
100 seeds/packet  
$3.95  
80 days. This awesome new sweet corn is so sweet, you will think it’s a hybrid – it’s not and it’s absolutely delicious! Jonathon Spero has been working for many years to breed new open-pollinated, extra sweet corns, and Top Hat is a real winner. We love Top Hat too because the fat, tender kernels pop in your mouth. Ears are yellow, small to medium sized and stay sweet well after picking. Its early, productive, and compact plants are perfect for smaller gardens. It is a Sugary Enhanced (SE) type of sweet corn. Jonathon released Top Hat through the Open Source Seed Initiative (OSSI), keeping seeds unpatented and in the hands of the people for all times. LK

**Corn**

**Soltera Morado Corn**  
*Zea mays*  
36 seeds/packet  
$3.95  
70 days. This corn is a show stopper! Gorgeous purple sweet corn high in anthocyanins. Sweeter than your average heirloom sweet corn, but not as sweet as hybrid corn. Compact plants are good for smaller gardens. Munk Berg has been breeding corn for over 30 years, and this is the result of his amazing work. Let kernels dry on the cob and you can make purple corn meal. Plants have good vigor and are early. Plant is beautiful too – tassels and silks are purple – we have never seen anything like it! As this is a breeding work still in progress, there is natural variability in color in the ears. MB

**Who Gets Kissed Corn**  
*Zea mays*  
100 seeds/packet  
$3.95  
78 – 84 days. We are thrilled to offer this awesome sweet corn! Who Gets Kissed was bred for ‘Sugary Enhanced’ sweetness, vigor, and disease resistance to rival hybrid corn, and boy does it deliver! Bi-color kernels are tender, sweet, and have a wonderful smooth texture with a long harvest period. Seeds will germinate in cooler soils—perfect for northern growers. Bred in 2014 through a collaboration between Minnesota farmer, Martin Diffley, U of Wisconsin breeder, Bill Tracy, & the Organic Seed Alliance. Like any good OP, you will find some natural variability in the plants and ears. HM
Cucumber

**Chicago Pickling Cucumber**  
*(Cucumis sativus)*  
30 seeds/packet $3.95  
Bulk seeds available see website  
58 days. A great slicing cucumber! We first grew Chicago Pickling as a part of Slow Food’s Great Lakes Heirloom Seed project in 2011 and we were hooked. Thin-skinned, crisp, light and refreshing as a slicing cucumber with a sublime sweetness not found in other cucumbers. “Pickling” type cucumbers were popular until the “standard” slicer began to dominate the U.S. market. Pickling types are shorter, wider, bumpier, and have yellow streaks on the skin, but can be used fresh or for pickles ... so they are more versatile than the “standard” type. Chicago Pickling was a popular Midwest heirloom since its release in 1888 by D.M. Ferry of Detroit. Plants are vigorous and high-yielding. Resistant to scab and cucumber mosaic virus - not resistant to downy mildew (which will affect cucumber plants, including powdery & downy mildew, anthracnose, angular leaf spot, and scab). If you have trouble growing cucumbers, give these a whirl! Bred and released by Dr. Henry M. Munger of Cornell University along with Clemson University in 1976. These cucumbers are fantastic raw in salads or as a cool and tangy yogurt-and-cucumber condiment like Indian raita and Greek tzatziki. Also wonderful in Middle Eastern Fattoosh Salad. NNS, CO

**Lemon Cucumber**  
*(Cucumis sativus)*  
28 seeds/packet $3.95  
65 days. Round, yellow-skinned slicing cucumber with cool, crisp, non-bitter taste. At 3-4” in diameter, this lemon-sized cuke will help you beat the heat of a hot summer’s day. Flesh is white. Brought to the U.S. from Australia in 1894 and favored for many years by gardeners because of its vigor, high yield, flavor, and drought tolerance. We first grew Lemon in 2002 and Erica loves to use it in her Summer Salad with tomatoes, basil, and umeboshi plum vinegar! Use it like any slicer. Young cucumbers can be pickled. AS

**Poinsett 76 Cucumber**  
*(Cucumis sativus)*  
25 seeds/packet $3.95  
Bulk seeds available see website  
70 days. Poinsett 76 are straight, dark green, non-bitter and delightfully crisp cucumbers. They are 7 – 8” long with a 2 – 2½” diameter. With the market dominated by hybrids, Poinsett 76 is one of the best open-pollinated, standard slicing cucumbers. Very popular in the 1980’s & 1990’s, we became impressed with its overall vigor, productivity and disease resistance. Resistant to many common diseases that plague cucumber plants, including powdery & downy mildew, anthracnose, angular leaf spot, and scab. If you have trouble growing cucumbers, give these a swirl! Bred and released by Dr. Henry M. Munger of Cornell University along with Clemson University in 1976. These cucumbers are fantastic raw in salads or as a cool and tangy yogurt-and-cucumber condiment like Indian raita and Greek tzatziki. Also wonderful in Middle Eastern Fattoosh Salad. NNS, CC

**Pingtung Long Eggplant**  
*(Solanum melongena)*  
25 seeds/packet $3.95  
70 days. Named after the Taiwanese city from where it originated, Pingtung Long is a delicious, easy-to-grow eggplant. Fruits are 12” long, 1 - 2” wide. Glossy deep-purple skin is thin, tender and even a bit sweet. When eggplants are harvested young, you’ll appreciate their tender and non-bitter flavor. Asian eggplants like Pingtung Long are an important ingredient in traditional Indian, Malaysian and Thai curries. The spongy texture is great for soaking up flavors—we really like it in sauces with garlic and ginger. This eggplant is superb when grilled whole or sliced lengthwise, then broiled or stir-fried. Pairs well with Thai basil. Preserve fresh eggplant by drying; cooked eggplant can be frozen. MH

**Diamond Eggplant**  
*(Solanum melongena)*  
25 seeds/packet $3.95  
70 days. We think that eggplants are underutilized on American plates – it is all about how you cook it! So, we are bringing you Diamond, which when cooked right will turn any eggplant skeptic into an eggplant lover. Classic eggplant shape with very dark purple skin and creamy flesh on short, prolific plants. Mild eggplant flavor without bitterness. Early plants grow great in the north. Luscious when roasted or grilled. Compact plants are perfect for space-constrained gardeners. Also highly marketable at farmers’ markets – a good choice for farmers looking for a non-hybrid eggplant. Bred in Ukraine and brought to the U.S. by Seed Savers Exchange in 1993. AS

**Early Fortune Cucumber**  
*(Cucumis sativus)*  
25 seeds/packet $3.95  
60 days. This slicing cucumber originated in Royal Oak, MI right around the turn of the 20th century, back when our public universities worked on breeding open-pollinated, non-GMO and public domain seeds. It was selected by George Starr, a Michigan State University extension specialist, for its superior qualities. Green fruits are 7-8” long, 2” wide, and offer a nice flavor. Plants are vigorous and dependable. We are excited to offer this local variety. It goes great in Erica’s “Summer Salad” with tomatoes and Genovese basil. AP

Eggplant

www.natureandnurtureseeds.com
Flowers

Miss Jekyll Blue Love-in-a-Mist
(Tropaeolum majus)

100 seeds/packet

NEW $3.95

65-70 days. Popping, true-blue flowers bring bounding color to every garden. Erica first fell in love with Miss Jekyll Blue in 1998 as a farm apprentice at the University of California and this love affair still flourishes. Up-close the blue flowers are elaborately delightful, and with time, transform into intricate purple-striped pods that continue to dazzle. Bring the beauty inside - flowers and pods make great fresh and dried cut flowers and will enliven all homes. An English heirloom from the 1800's that still continues to captivate. Plants are 12-24” tall and can grow in pots. Best direct seeded. Plants may re-seed but won’t become a weed. All parts of the plant are toxic and should not be consumed. WGS

Orange Zinger Calendula
(Calendula officinalis)

125 seeds/packet

$3.95

90 days. Eye-popping edible flowers make this variety both attractive and useful. Stunning orange flower petals brighten salads or can be used to make skin-healing oils and salves. Long stems (18-24”) make this calendula good for cut flowers. Calendula is versatile, easy to grow from seed and attracts pollinators. Erica has been growing and using calendula for over 15 years. Seeds are easy to save - start your own lineage of Orange Zinger at home! Sometimes called Pot Marigold, calendula is also well suited for container gardens or tight spaces. NNS

Nasturtium
(Tropaeolum majus)

25 seeds/packet

$3.95

85 days. Orange pops of flowery goodness bring lasting beauty to any garden. Frilly, aromatic blossoms that burst from robust plants attract beneficial creatures and naturally deter pests. The showy flowers make eye-catching bouquets. Mexicans and Mexican-Americans often place orange marigolds on traditional alters called “ofrendas” to honor late family members during Day of the Dead ceremonies. Grow marigold in containers, garden borders, or any sunny spot you want to beautify. Plants grow to about 16” tall and 10” wide with flowers lasting until first frost. (aka Dark Orange)

Ring of Fire Sunflower
(Helianthus annuus)

15 seeds/packet

$3.95

70 days. Erica just adores this sunflower that greets the morning sun. Flowers are 4-5” across, have dark, almost black, centers with a central ring of brick red radiating out to a cheery golden yellow. Plants are 5-6’ tall and produce an abundance of uniform flowers with long stems perfect for cut flowers. Sunflower petals are edible and beautify as a garnish. The seeds of this sunflower are edible but are quite small. Easy to grow from seed, sunflowers feed bees and attract goldfinches, increasing the wildlife in any garden. An All America Selections winner in 2001.

Tarahumara Sunflower
(Helianthus annuus)

40 seeds/packet

$3.95

90 days. This gorgeous sunflower produces a primary, large (8-10” diameter) single flower head with multiple smaller side heads. Flowers have golden yellow petals with lime green centers. Plants grow 6-9’ tall. Seeds are white and are great to eat. Plants are vigorous and tolerant of many soil types and dry conditions. This Sunflower is named for the Tarahumara indigenous people of northwestern Mexico. Great plant for bird lovers because many birds (such as goldfinches) will arrive as the seeds are ripening in the breeze. If you plan to save seed, cover heads with bags while seeds are maturing so that you can collect them for yourself. Eric Kampe of Ann Arbor Seed Company loves to grow sunflowers because, in his words, “they give so much beauty for so little effort.” He often finds himself eating lunch under the shade of Tarahumara which he says, “gives the feeling of resting in a bamboo forest with leaves rustling in the breeze.” AA

www.natureandnurtureseeds.com
Formerly known as the species Chenopodium mental flower heads are similar to Love Lies maturing grain that are high in protein. Ornamental tastes like spinach. The small seeds are a late taste, it is used as a leafy vegetable green that the summer. Listed on the Slow Food Ark of Initiative) Pledged Variety. Sherck in Indiana. OSSI (Open Source Seed Lakes region for at least 5 seasons by John Morton has selected his strain for its ability to tolerate humidity without seed sprouting in the head, a critical trait for growing here in the Midwest. Quinoa (pronounced “keen-wa”) is an Andean gluten free grain that is high in protein. We love it in Quinoa Tabouli, or used like rice in hot dishes. Homegrown quinoa seeds need to be rinsed well before cooking to remove bitter compounds. Grown and adapted to the Great Lakes region for at least 5 seasons by John Sherck in Indiana. OSS (Open Source Seed Initiative) Pledged Variety. SS

Grains

Red Head Quinoa
(Chenopodium quinoa)

250 seeds/packet $3.95
110 days. Gorgeous, large, red/pink seed heads that stood out in our 2017 quinoa trial. Sturdy, high yielding strain with edible white seeds. Normally thriving in arid climates, Frank Morton has selected his strain for its ability to tolerate humidity without seed sprouting in the head, a critical trait for growing here in the Midwest. Quinoa (pronounced “keen-wa”) is an Andean gluten free grain that is high in protein. We love it in Quinoa Tabouli, or used like rice in hot dishes. Homegrown quinoa seeds need to be rinsed well before cooking to remove bitter compounds. Grown and adapted to the Great Lakes region for at least 5 seasons by John Sherck in Indiana. OSS (Open Source Seed Initiative) Pledged Variety. SS

Greens, Misc.

Taiwanese Quinoa
(Chenopodium formosanum)

250 seeds/packet $3.95
30 days leaf, 125 days seed. This plant is a quinoa relative from Taiwan and China, which is used for its magenta, edible greens. It can grow 6’ tall. It and is related to lamb’s quarters, but with much larger leaves that are edible late into the summer. Listed on the Slow Food Ark of Taste, it is used as a leafy vegetable green that tastes like spinach. The small seeds are a late maturing grain that are high in protein. Ornamental flower heads are similar to Love Lies Bleeding Amaranth and make great cut flowers. Formerly known as the species Chenopodium purpurascens, and may be considered Chenopodium giganteum by some botanists. AS

Red Veined Sorrel
(Rumex sanguineus)

225 seeds/packet $3.95
55 days. Add Red Veined Sorrel to your garden and you’ll be impressed by large, glossy, bright green leaves, painted by bold maroon veins running throughout the plant. It’s a winter hardy perennial and very easy to grow. Great for edible and permaculture landscapes. Smaller leaves add a distinct color and texture to your salads along with the same sharp, tangy flavor of regular sorrel. Larger leaves can be chopped small and prepared like most cooking greens. High in oxalic acid content so eat in moderation. Will re-seed abundantly. NNS

Herbs

Basil, Genovese
(Ocimum basilicum)

150 seeds/packet $3.95
68 days. Traditional Italian basil used for classic pesto. Fabulous, highly fragrant, sweet, pure "basil" flavor. Compact plants produce lots of leaves for harvest. The name comes from the Italian word “Genoese” (or that which comes from the region of Genoa) where Genovese Basil is still grown today. Genovese is very versatile in the kitchen—use it in salads, Italian dishes, stir-fries, soups and more. Erica loves it in her “Summer Salad” with tomatoes, cucumbers, olive oil, and ume plum vinegar. Can be preserved by packing fresh in salt, which creates incredible “basil salt” (see Recipes on website). HM

Basil, Sweet Thai
(Ocimum basilicum)

210 seeds/packet $3.95
65 days. Basil originated in Southeast Asia and later spread throughout the world leading to the subsequent development of many varieties. Thai Basil is unique from other basils—purple stemmed and distinct with a hint of flavor. Even if it flowers, just keep harvesting; it doesn’t turn bitter! More cold tolerant than other basils, it can be harvested during the cool nights of early fall after your Italian basils have gone bitter. This is our favorite Asian basil and has been a staple in our kitchen since 1993. Stem tops are tender and can be cooked. Popular in Thai and Vietnamese dishes, such as stir-fries, soups, curries, hot pots and pho. Mike loves to make Thai Basil pesto and serve it on rice noodles. We also urge you to try some Thai Basil salt it is easy to make! (see Recipes on our website).

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Greens, Misc.

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Chives

(Allium schoenoprasum)

180 seeds/packet $3.95

90 days. Chive is an easy-to-grow, perennial green onion. Leaves are round like a green onion but narrower. Leaves grow to 12” tall; flower heads reach a height of 20”. This is a cold hardy plant, so it can be harvested early in spring and late into fall. It is also a great permaculture plant because it is partial shade tolerant and provides an edible ground cover that reseeds readily without becoming aggressively weedy. Walnut tolerant—they can be planted near walnut trees without being affected by juglone (the chemical in walnut trees that affects many plants). Alliums, including chives, are resistant to deer, groundhogs, and other animals that also like to eat our food! Chives will spread by seed. Chive leaves can be used like scallions in the kitchen but their more delicate flavor lends to a greater variety of use. Scapes (immature flower tops) can be cooked as well. Use Chives to dress up everything from a hearty lentil soup to a creamy sauce drizzled over pan-roasted salmon. HM

Cilantro, Pokey Joe

(Coriandrum sativum)

160 seeds/packet $3.95

55 days. Think all cilantros taste the same? Think again. Pokey Joe has won several taste trials on the West Coast. It’s mild, yet cilantro-y flavor lends it versatility in the kitchen. With Pokey Joe, slow and steady wins the race: bushy, leafy growth means lots of leaves for harvest. Slower growing but also very bolt resistant. When it finally bolts, it becomes a fine host for beneficial insects. Let it produce seed and you can add Pokey Joe coriander to your spice rack! Handles light frost so it can be harvested into the fall. Very nutritious. Eaten raw or cooked, cilantro brings a unique flavor to many dishes. If you’re trying to please a crowd, you’ll find that Pokey Joe lacks the “soapy” flavor that some people dislike in cilantro. Indispensable to Indian, Mexican, Asian, and Middle Eastern cuisines. Thanks to the folks at Uprising Seeds for their hard work in bringing back this amazing cilantro. WGS

Parsley, Easy Cut Flat

(Petroselinum crispum)

130 seeds/packet $3.95

A German flat leaved parsley similar to Italian Flat. Its name means “easy cut” because its upright habit makes it easy to harvest. Our seeds are from our friends at Adaptive Seeds in Oregon who have been growing this variety for many years. Dark green leaves are cold hardy which means they can be harvested late into the fall. We want to try it in the hoophouse to see if it will hold up to Michigan winters– give it a try and let us know how it does! Adaptive Seeds originally got the seeds from the German biodynamic seed company, Bingenheimer Saatgut. (aka Einfache Schnitt 3) AS

Garlic Chives

(Allium tuberosum)

220 seeds/packet $3.95

90 days. Garlic Chive is a perennial plant similar to common chives, but distinguishable by their flat, broader leaves and fragrant white flowers. This is an all-around great plant for gardeners! Resistant to common animal pests (deer, groundhogs, rabbits). Cold hardy and tolerant of deep shade. Begins production in early spring, providing fresh chives during the spring “food gap.” Permaculturists appreciate this reseeding perennial as it makes an effective, edible ground cover. (Beware – it re-seeds heavily!) White flowers attract beneficial insects. Its versatility in the garden carries into the kitchen, offering a mild garlicky, onion flavor. It adds a welcoming, delicate complexity to stir-fries, soups, omelets and salads, and is great in mashed potatoes. Leaves also eaten as microgreens and baby greens. NNS

Dill, Jen’s

(Anethum graveolens)

200 seeds/packet $3.95

50 days (leaf harvest), 100 days (seed). Dill has held a regular spot in our garden for over 20 years, and is a favorite there and in the kitchen. Jen’s dill has edible leaves, flowers, and seeds. Dill is easy to start from seed and grows quickly, making it a great choice for kids who love to eat it straight from the garden. It can be grown tucked away in any corner and also works well in a pot. We obtained these seeds from our friend Jennifer, who lets this dill re-seed in her garden year after year. Use the fresh leaves (aka “dill weed”) as a garnish and in salads, or dry them for later. From cucumbers to beans, dill is a standard ingredient in our farm pickled-ferments. Erica’s sister Kelly makes a yummy cucumber salad with yogurt, dill, and salt – so refreshing on a hot summer day! Mature plants are 56” tall. Dill easily re-seeds in the garden. NNS

Parsley, Moss Curled

(Petroselinum crispum)

10 seeds/packet $3.95

70-85 days. This is standard curly parsley. Fast-growing, high-yielding and can be squeezed into any garden container. Cold hardy. Harvest it into the fall when other crops are done. Grows to 10” tall. Usually grown as an annual, parsley is actually a biennial. This means that in its first year it will produce foliage – and if it survives the winter with protection – it will flower in its second year, providing food for a diverse number of beneficial insects. Though it is often used as an herb or garnish, parsley’s mild taste lends it to be used as a green vegetable. Common in Middle Eastern cuisine, we love adding it to quinoa tabouli. Also great for soups, salads, or any dish that could use a little kick of fresh greens.

www.natureandnurtureseeds.com
**Kale & Collards**

**Spiritual**

**Alive Vates Kale**
*(Brassica oleracea)*

100 seeds/packet $3.95
55 days. This curly green kale is the result of years of selection by Oregon's Don Tipping of Seven Seeds Farm, and we just love it! Leaves are tender and frilly. Plants are taller than Blue Curled Vates, which is good if you can’t keep up with the weeds. We love how easy kale is to grow - plant once in the spring and you quickly have greens that grow all the way through fall (and even into winter if the plants are protected). The breeding of Alive Vates began as a large population of six different strains of green curly kale which were exposed to a frosty Oregon winter with outdoor temperatures as low as 5°F - the survivors were then let to cross with each other. The result is a “grex” – a diverse population of plants from which Don continues to select for desired traits. Great for all kale uses but especially for kale chips and massaged kale salad. Open Source Seed Initiative Pledged. **SSF**

**Champion Collards**
*(Brassica oleracea)*

180 seeds/packet $3.95
70 days. We think collards are underutilized in the garden and kitchen. It’s just about the easiest vegetable to grow. Started in the early spring, collards will produce copious amounts of kale-like greens from spring through late fall. Champion is quite cold hardy and with luck (and perhaps some protection), plants will survive the winter and provide early spring baby greens and collard raab (flowering stalks). Collards develop sweetness as the weather turns cooler in the fall. Highly nutritious. Prepare collards like kale—harvest younger, tenderer leaves, remove stems and chop small. Soy sauce and garlic really enhance collard’s flavor. Alternatively, you can prepare a “mess-o-greens” the traditional African-American way with ham hocks and long-cooking. Collards can be preserved by blanching and freezing. **CC**

**Blue Curled Vates Kale**
*(Brassica oleracea)*

105 seeds/packet $3.95
55 days. Blue Curled Vates is an open-pollinated version of curly kale. It’s easy to grow and will produce spring through fall. Very cold hardy and can overwinter until spring—with winter protection—to produce baby kale shoots and kale raab (edible flowering shoots). This kale stays shorter than most (max height is about 2 ½ feet). Kale is so nutritious and we think learning how to appreciate it is an important part of a healthy diet. Blue Curled Vates is good prepared as you would any kale. We love to make massaged kale salad marinated with citrus juice —where the acid in the citrus “cooks out” the bitterness and makes kale leaves tender. The curly shape of this kale makes it perfect for kale chips. Kale can also be preserved by blanching and freezing. Believe it or not, we’ve even pickled kale (inspired by Sandor Katz), making it yummy enough for a picky kid! **STF**

**Dazzling Blue Kale**
*(Brassica oleracea)*

100 seeds/packet $3.95
Bulk seeds available see website
60 days. Dazzling Blue is a lacinato (aka dinosaur) type kale with blue-green savoyed (wavy) leaves that turn under at the edges, and a bright pink stem in the middle. Hank Keogh tapped into the gene pool that his boss, Frank Morton, used to develop the Rainbow Lacinato at Wild Garden Seed in Philomath, OR. Great classic dino kale tenderness, taste and more cold hardy than the standard lacinato varieties. If you like lacinato kale, you will love Dazzling Blue! Hank released Dazzling Blue under the Open Source Seed Initiative. **WGSC**

**Nash’s Frilly Kale**
*(Brassica oleracea)*

100 seeds/packet $3.95
55 days. Many years ago organic farmer and plant breeder Nash Huber wanted to breed an open-pollinated Winterbor-like kale ... so he crossed Vates kale with Brussels sprout to add height and vigor to the curly kale. Over the years he has selected this kale for frilly, blue leaves and plant vigor. We love this kale because it is vigorous, high-yielding and super easy to grow - it is tall (24-36”) and can compete better with weeds than shorter types. Leaves

55 days. A perfect red companion to Blue Curled Vates and other curly green kales, Curly Roja was the best red kale in our 2017 kale trial. We grew this variety as part of the University of Wisconsin’s Seed-to-Kitchen organic seed trials. Deeply ruffled, tender leaves with impressive purple stems make this variety a delightful ornamental plant, if you can resist eating it all! If you enjoy green curly kales, give Curly Roja a try – you won’t be disappointed. Good for stir fries, kale chips, kale salad, pickled kale and more! Curly Roja is vigorous and cold-hardy, so enjoy it into the fall. Cooler weather in spring and fall make kale leaves taste sweeter. **HM**

**Curly Roja Kale**
*(Brassica oleracea)*

100 seeds/packet $3.95

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See www.natureandnurtureseeds.com for more information.
are especially tender and sweet in cold weather. Plants have some natural variability in leaf shape, color, texture, and taste. NNS

**Ole Timey Blue Collards**  
*Brassica oleracea*  
190 seeds/packet  
$3.95

60-80 days. Beauty and kale-like flavor combine in this historic variety. We adore the 2’ tall, majestic blue-green leaves streaked with purple veins. Large leaves and upright growth make for an easy harvest. Collards have the same flavor and health benefits as kale so throw them in any dish calling for kale. With deep Southern roots tracing back over a century, this variety has found a new home on our farm in Michigan. This is a Seed Savers Exchange variety donated by Ralph Blackwell of Alabama, whose mother used the greens to make a dish like sauerkraut. A traditional African-American recipe calls for long-cooking collard greens with ham hocks, which makes them extra tender and flavorful. NNS

**Siber Frill Kale**  
*Brassica oleracea*  
100 seeds/packet  
$3.95

65 days. Breathtakingly gorgeous, lacy and curled, blue-green leaved Siberian kale. Stays tender and increases frill with age, making it suitable for salads that ordinarily call for baby kale. Stems become fairly thick and have a juicy sweetness and satisfying crunch. Bred by Jonathan Spero of Lupine Knoll Farm in Oregon by selecting the frilliest plants over several generations from a napus (Siberian Kale) population originating with Tim Peters. Released under the Open Source Seed Initiative. LK

**Ella Kropf Lettuce**  
*Lactuca sativa*  
460 seeds/packet  
$3.95

28 days baby, 50 days mature. In our never-ending pursuit to recover the long-lost history of agriculture in the Great Lakes region, we fortunately stumbled upon “Grand Rapids” lettuce, which tells a story that began over 100 years ago. Bred in the late 1800’s by Eugene Davis, known as the “father of forced lettuce,” Grand Rapids lettuce became the leading greenhouse-grown winter lettuce in the Great Lakes, MI area. By the turn of the 20th century, these remarkably expansive greenhouses (over 150,000 square feet of them) were supplying millions of pounds of winter lettuce to the people of the Great Lakes region. Grand Rapids lettuce is bright green, with wavy, frilled leaves. If left to mature it forms a head of loose leaves that reach 7-8" tall. It is very vigorous and bolt resistant. We have been growing it as cut-and-come-again baby greens in our unheated hoophouse where, when sown by September 1st, it provides non-bitter lettuce through fall, winter and sometimes all the way until the end of April! In our trials it has outperformed many other lettuces in the hoophouse due to its combination of cold hardiness and moderate disease resistance (it survived in our hoophouse to 6°). By growing it year-after-year over the winter
and saving seeds from the strongest surviving plants, we are continuing to select it for south-
est Michigan hoophouse growing conditions. NNS

**Jazzy Leaf Lettuce Mix**

(Lactuca sativa)

460 seeds/packet $3.95
30 days baby. A fabulous mix of wine red, neon green, and colors in-between. This is a seed mix from one of Erica’s lettuce breeding adventures. Loose leaf lettuces make a great cut-and-come-again salad mix. Will form loose heads if left to mature. This mix is particularly cold hardy and resistant to downy mildew, a bane of lettuce growers. Best taste from cool weather plantings. Check it out! NNS

**Jericho Lettuce**

(Lactuca sativa)

500 seeds/packet $3.95
60 days. Jericho is a full size, bolt-resistant green romaine that stays sweet even in the heat of summer. We first grew this lettuce in 2000 and have been very happy with it every year since. It’s a good choice for summer lettuce. We grew it in one of Erica’s lettuce breeding adventures. Jericho is downy mildew resistant and very cold hardy. As baby lettuce, it survived the polar vortex of 2014 in our unheated hoophouse. Jericho is a cross between butterhead and romaine lettuce, giving it the unique trait of having romaine’s crunchy, crunch. Even the green leafy parts are crunchy! It’s a crisp-leaf type of lettuce with a loose head. Leaves are bright green with bursts of stunning red splashes. Frank has really outdone himself with this one. Grow in spring, summer or fall. Joker is downy mildew resistant and very cold hardy. As baby lettuce, it survived the polar vortex of 2014 in our unheated hoophouse. Frank released Joker under the Open Source Seed Initiative (OSSI) to keep seeds unpatented and in the hands of the people. WGS

**Little Gem Lettuce**

(Lactuca sativa)

490 seeds/packet $3.95
30 days baby, 55 days head. Little Gem is a cross between butterhead and romaine lettuce, giving it the unique trait of having romaine’s crunch with the sweetness and small size of a butterhead. Can be grown for baby greens or for heads. Baby leaves can be grown as cut-and- come-again (they grow upright, making them easy to harvest). Harvest as head lettuce and you’ll get miniature, 4 - 6” tall romaine heads with a crispy heart. Little Gem is heat tolerant, so it’s a good choice for summer lettuce. We first grew it in 2000 and have been very happy with its warm weather performance. Its small size lends itself to container gardening and growing in small spaces. US

**Red Iceberg Lettuce**

(Lactuca sativa)

500 seeds/packet $3.95
50-60 days. Okay, so iceberg’s got a bad rap – yes, we grew up eating it shrink wrapped and all. But ya gotta admit, the iceberg crunch is unbeatable. This Red Iceberg rated at the top in combined texture and flavor in our hot summer lettuce trial of 2016 with no bitterness. It is one of Mike’s favorites. In our trials, it formed a loose head of super crunchy, juicy, refreshing leaves that helped us kick the summer heat. Leaves are red-green and beautiful. Be sure to pick it before it bolts (flowers) or it will become bitter. WGS

**Mikola Lettuce**

(Lactuca sativa)

50 seeds/packet $3.95
60-60 days. Folks have been asking for heat-tolerant lettuce and here is our red-leaved reply! Mikola is a red butterhead with smooth textured leaves that is good for summer growing. Rated high for flavor and texture in our summer lettuce trial of 2016 where it was one of the most bolt-resistant lettuces. Mike loves it because it is edible even after it bolts! Refreshing in summer when you want a cool, crisp salad. This was a commercial variety that disappeared from catalogs a while back and was saved by Turtle Tree Seeds. AS

Each seed packet contains growing, harvesting and seed-saving guides.


**Melon**

**Emerald Gem Melon**
*(Cucumis melo)*

20 seeds/packet $3.95

Bulk seeds available see website

77 days. This melon from Benzie County, MI was introduced in 1937. There is some natural variability in Wisconsin was then introduced under the name "Pride of Wisconsin Melon" by the Robert Buist Seed Company in 1937. There is some natural variability in size, shape, and netting of this variety. We love this melon for its reliability, high yield, and flavor. AP

25 seeds/packet $3.95

90 days. Refreshingly sweet and juicy cantaloupe-type melon with a musky, fruity aroma. Flesh slices like butter, soft enough for easy spoon eating and firm enough to slice for salad. Medium-sized melons have a small seed cavity which means more fruit! Ripens apricot orange with netting on the rind. Good resistance to Downy Mildew. This melon was created by a cross of two of the most popular melons during the 1920's and 1930's in the upper Midwest. It was then introduced under the name "Pride of Wisconsin" by the Robert Buist Seed Company in 1937. There is some natural variability in shape, size, and netting of this variety. We love this melon for its reliability, high yield, and flavor. AP

20 days baby, 40 days full size. Osaka Hardy is a Nature & Nurture Farm original. It began with Purple Osaka mustard growing in our hoop-house through 2 polar vortex winters 2014 & 2015 where outdoor temps reached -20°. We saved seeds from the survivors & we are very pleased with the results. More cold hardy than traditional "Purple Osaka." Leaf colors range from deep purple to green & purple and leaf shape from round to elongated. It is cold hardy to -5°. Grow in a hoop-house or low tunnel with our other super cold hardy seeds including Grand Rapids lettuce, Abundant Bloomsdale Spinach, & Vit Mache. As baby greens it adds a bit of spice to monotone lettuce salad. Larger leaves are cooked as mustard greens. NNS

**Mustard Greens**

**Mizuna Mustard**
*(Brassica rapa)*

320 seeds/packet $3.95

25 days for baby greens, 40 days mature. We have been growing this Japanese mustard green since 1999 because of its fast growth and versatility. Grow it whenever: spring, summer, fall or winter. Cold hardy to about 15 °F inside a hoop-house (cover it when temps dip below 15 ° F). Unlike most fall crops, Mizuna grows so fast that it can be planted as late as September for a fall harvest. Baby greens can be grown as cut-and-come-again. Mature leaves grow to 10 inches and seed stalk 2 feet. Use as an edible ground cover and re-seeding annual (it will not become "weedy"). Cook as you would any green. Frilly leaves add loft and a delicate spice to baby green salads. Spiciness of mature leaves mellows with cooking. Flavor is mildest in cool weather. NNS

**Osaka Hardy Mustard**
*(Brassica juncea)*

460 seeds/packet $3.95

20 days baby, 40 days full size. Osaka Hardy is a Nature & Nurture Farm original. It began with Purple Osaka mustard growing in our hoop-house through 2 polar vortex winters 2014 & 2015 where outdoor temps reached -20°. We saved seeds from the survivors & we are very pleased with the results. More cold hardy than traditional "Purple Osaka." Leaf colors range from deep purple to green & purple and leaf shape from round to elongated. It is cold hardy to -5°. Grow in a hoop-house or low tunnel with our other super cold hardy seeds including Grand Rapids lettuce, Abundant Bloomsdale Spinach, & Vit Mache. As baby greens it adds a bit of spice to monotone lettuce salad. Larger leaves are cooked as mustard greens. NNS

**Native Plants**

**Native Plant Good Bug Blend**

Covers 100 sq. ft $4.95/packet

Beneficial insects are vital to pest control in organic gardens! Bugs like praying mantis, lace-wings, and ladybugs patrol the garden eating and destroying vegetable pests. This packet of Michigan native, perennial, wildflowers contains plants that attract and provide food and habitat for beneficial insects. In addition, these plants will attract pollinators as well. Native plants provide needed biodiversity that is so often lacking in landscapes. We have selected plants that will provide a display of bloom progressing through the growing season. Plants range in height from 3-5 feet tall and require a full sun location. Once established they are relatively low maintenance. They may re-seed but won't become "weedy." Since perennial plants can take a few years to get established, we recommend sowing annual seeds with the native plant seed such as Hopi Red Dye Amaranth, Calendula or Kale. Seeds are Midwest genotype.

Mix includes: Black-eyed Susan (Rudbeckia hirta), Golden Alexanders (Zizia aurea), Sand Coreopsis (Coreopsis lanceolata), Stiff Goldenrod (Solidago rigid), Hairy Beard Tongue (Penstemon hirsutus), Tall Coreopsis (Coreopsis tripteris), Beebalm (Monarda fistulosa), New-England Aster (Symphyotrichum novae-angliae), Mountain Mint (Pycnanthemum virginianum), Ironweed (Vernonia missurica).

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many landscapes. In collaboration with Greg Vaclavek of the Native Plant Nursery, we have selected plants that will provide a display of bloom progressing through the growing season. Plants range in height from 3-6 feet tall and require a full sun location. Once established they are relatively low maintenance. Although they may re-seed, in our experience, none of these plants will become excessively “weedy.” Since perennial plants can take a few years to get established, we recommend sowing annual plants with this native plant seed (such as Hopi Red Dye Amaranth or any Kale) to fill in the area and keep weeds out for the first few years. Seeds are Midwest genotype. MH

Mix includes: Beebalm (Monarda fistulosa), Yellow Coneflower (Ratibida pinnata), Hairy Beard-tongue (Penstemon hirsutus), Tall Coreopsis (Coreopsis tripteris), Spiderwort (Tradescantia ohiensis), Great Blue Lobelia (Lobelia Siphilitica), Culver’s Root (Veronicastrum virginicum), Joe Pye Weed (Eutrochium maculatum), Showy Goldenrod (Solidago speciosa), Smooth Aster, (Symphyotrichum laeve).

**Onions & Leeks**

**Clear Dawn Onion** *(Allium cepa)*

100 seeds/packet $3.95

105 days. For many years we grew and depended on Copra hybrid as a reliable storage onion ... then we found Clear Dawn! It is the result of 36 years of breeding work by a group of Biodynamic market gardeners who de-hybridized Copra to get open-pollinated Clear Dawn. Similar to Copra, it is a medium-sized yellow onion that will store up to 7 months. Like all storage onions, it is very spicy raw but becomes sweet and heavenly when browned. Perfect for winter soups or just roasted with a little oil in the oven. Long-day type is suitable for northern growing (37° latitude and north). If you haven’t grown onions before, check out the “Growing” instructions tab on our website. MH

**King Richard Leek** *(Allium porrum)*

150 seeds/packet **NEW** $3.95

Bulk seeds available see website 75 days. We love leeks and think they are seriously underappreciated! Much easier to grow than standard onions, they are versatile in the kitchen and can be used in almost any recipe calling for onions. King Richard leek is early, with long, thick, sweet stems that have a mild flavor. It can be harvested in summer or grown for the fall too. Plants tolerate temperatures as low as 20°F. Unlike bulb onions, the whole plant is eaten. Erica especially loves Amanda’s recipe of sautéed leeks browned in butter. (Days to maturity are from transplants, if direct sowing add 25 days). CC

**Rossa Di Milano Onion** *(Allium cepa)*

100 seeds/packet **NEW** $3.95

Bulk seeds available see website 110 days. Red onion with white flesh boasting fragrant, sweet and delicate flavor. As its name suggests, this heirloom onion originates near Milan, in Northern Italy, where it is still enjoyed today. Erica and Mike got to experience the incredible cuisines of northern Italy during their sponsored trip to Slow Food’s International Terra Madre event - Italians sure know how to celebrate and appreciate local and great tasting food! Rossa onions are medium sized (4” diameter). It is a real standout among O.P. (heirloom) onions – it is productive, uniform, mild raw, great cooked, and it stores well into spring to boot! Mike adds onions to almost all dishes because of the sweetness they bring when cooked. Rossa is also great raw in salsa and guacamole or as a base in any hot wintertime soup. CC

**Okra** *(Abelmoschus esculentus)*

65 seeds/packet **NEW** $3.95

60 days. In our 2017 okra trial this variety grew the tallest and was highly productive. Plants grow 4-12’ tall with mature pods 10-12”, best eaten under 7”. Pods are downy (non-spiny), with low mucosity. Solid red stems, petioles and leaf veins, green leaves. Pods start off green and blush red as they mature. In 2017 we had some individual plants that reached 12’ tall. In 2018, the tallest were 8’. Donated to Seed Savers Exchange in 1979 by Jean Sherwood of Le Norris City, TN; who got the seed from her father-in-law, a retired Baptist minister who was half-Cherokee. He was born c. 1915 and said the okra had been grown by his family for a long time on the reservation. Jean’s accompanying letter to Seed Savers Exchange indicated that people preferred this variety to the ordinary green ones typically grown in her area of Tennessee. NNS

**Red Okra 98** *(Abelmoschus esculentus)*

150 seeds/packet **NEW** $3.95

62 days. Before the Sugar Snap pea, most people grew either snow peas or shelling peas. Snow peas produce edible pods but the interior peas are tiny, and shelling peas contain large peas but the pods are inedible. In the late 60’s, Calvin Lamborn crossed the two pea types, producing a pea with an edible pod and large, edible peas. Sugar snap was born! Immediately after its introduction, Sugar Snap gained widespread popularity with gardeners, winning the

**Peas** *(Pisum sativum)*

**Sugar Snap Pea** *(Pisum sativum)*

180 seeds/packet $3.95

62-68 days. Before the Sugar Snap pea, most people grew either snow peas or shelling peas. Snow peas produce edible pods but the interior peas are tiny, and shelling peas contain large peas but the pods are inedible. In the late 60’s, Calvin Lamborn crossed the two pea types, producing a pea with an edible pod and large, edible peas. Sugar snap was born! Immediately after its introduction, Sugar Snap gained widespread popularity with gardeners, winning the
with thin skins and a variety of shapes, flavors and heat ranging from mild to medium. Good for drying, roasting and general kitchen use. This is a landrace from high-altitude, northern New Mexico, where it has been direct-sown in the same field for 100 years, adapting to the cool nights and short season. Its earliness and vigor make it a great choice for northern growers. Released by Loretta Sandoval, who continues to do important work to preserve this and other New Mexican landraces, which are under threat of extinction due to the proliferation of hybrid varieties. Part of the Open Source Seed Initiative. WGS, MSU

Peppers (Hot)

Beaver Dam Pepper
(Capsicum annuum)
20 seeds/packet $3.95
90 days. This pepper was brought to Beaver Dam, Wisconsin in 1912 by a Hungarian family. Listed on the Slow Food Ark of Taste, this gorgeous pepper is quite unique. Beaver Dam offers the complex, sugary flavor and eating qualities of a sweet pepper, but it pairs these qualities with the spice of a medium hot pepper (rated 3 on the heat scale). Its thick, juicy, crisp walls make this a pepper with substance! Large size, thick flesh, and few seeds make for easy processing. For years, Mike tried to find a pepper that offered a little kick but was mild enough for Erica. That search ended with Beaver Dam. Mike says, “this is an awesome pepper! It tastes great and can be used for anything.” Can be eaten raw (without seeds) by heat-lovers. Cooking mellows out the heat but preserves the robust flavor. Great grilled or stir fried. Makes kickin’ kimchi, hot sauce, sriacha, and chile rellenos. Stores for an extended period of time at room temperature. NNS

Cañoncito Field 7 Landrace
(Capsicum annuum)
25 seeds/packet $3.95
65 days. An unusually vigorous plant with very fast germination, growth, and flower set. It produces 3-6” long green-to-red hot peppers. NNS

Fatalii Pepper
(Capsicum chinense)
25 seeds/packet $3.95
95 days. This very hot pepper originated in Central Africa, but performs well at our farm in southeast Michigan. 2” long pointed yellow pods with thin flesh. Fatalii has high concentrations of dihydrocapsaicin, which provides a slow release heat that hits you about 30 seconds after biting. A favorite of Jason’s, the fruity flavor of this chilense type hot pepper is prominent, followed by a long burn that sends you on a 3 minute spirit journey of intense spice. Then dissipates. Not for the heat-aVERSE. NNS

Hinkelhatz Pepper
(Capsicum annuum)
25 seeds/packet $3.95
88 days. Short 2 ft bush plants are prolific producers of 1” red hot peppers shaped like the heart of a chicken, which is where its name comes from. These peppers are very hot with an instant kick of strong pepper flavor that goes straight to the head. Grown by Pennsylvania Mennonites for over 150 years, this variety has boarded Slow Food USA’s Ark of Taste. The peppers are traditionally used to make spicy vinegar and tasy pickles. Our favorite recipe for them is packing deseeded peppers tightly in a jar and covering them with white vinegar, mellowing out the heat for a good snacking pepper. They also work great as a general purpose hot pepper in any dish needing a kick. NNS

Tiny Chinese Pepper
(Capsicum annuum)
25 seeds/packet $3.95
85-95 days. This beautiful, Chinese hot pepper is a compact bushy plant that produces hundreds of tiny red chili peppers pointing upwards to the sky. Exquisitely small fruit are 1/4” long by 1/4” wide, the smallest peppers that we have ever seen. The unusual leaves are tiny too. Plants are very ornamental and grow well in containers. These peppers are great for edible landscaping – so pretty you might want to grow them just for their looks! On a heat scale of 1-10 these are about a 7. Mike just loves these cute, little, spicy peppers and has been growing them since the 1990s. Dry plants whole and use as needed over the winter to warm up on a cold day. Great for seasoning Asian curries, hotpots, and stews. NNS

Traveler Jalapeño Pepper
(Capsicum annuum)
25 seeds/packet $3.95
85 days. Large 3-4” jalapeños on vigorous, productive 3 ft plants. Reliably produces peppers with consistent medium heat, somewhat hotter than most jalapeños. Introduced by Larry Pierce of Cabool, MO who named it “Traveler” because he selected it over the course of 20 years in several states as he moved around the U.S. This is Jason’s favorite jalapeño variety because of its large size, consistent heat and productivity. They taste best when allowed to fully ripen to red, but are great green as well. Chop up and add to salsas or Mexican food, roast them and puree for hot sauce, smoke the red fruit to make chipotles, the possibilities are endless. NNS
Peppers (Sweet)

Doe Hill Pepper
(Capsicum annuum)
18 seeds/packet **NEW** $3.95
Bulk seeds available see website 70 days. A most unusual heirloom pepper that is early, prolific, and has standout flavor. We love these fruits because they remind us of Sheepnose Pimento, one of our all-time favorites. Orange, thick crisp walls are oh-so-sweet, fruity, and scrumptious! Fruits are a bit smaller than Sheepnose (2¾“ diameter). Plants are compact and perfect for small gardens and containers. Although this is an heirloom from Doe Hill, Virginia; its earliness and productivity make it a great choice for northern growers. Eat fresh, roasted, grilled or stuffed. CC

Lunchbox Orange Pepper
(Capsicum annuum)
18 seeds/packet **NEW** $3.95
80 days. Fruity, snacking pepper that is sweet as candy – entices kids of all ages into the garden because no one can resist eating these straight off the plant! Bright orange mini peppers (W 3” x 1½” H) are perfect healthy snacks to pack for lunch. Satisfying crunch on salads and sandwiches. We joke that this is “The Pepper That Keeps on Giving,” because it ripened early and produced loads of ripe peppers until frost. Recommended for small gardens and containers. Besides devouring them fresh, we have so many peppers that we made a few batches of sweet pepper sauce – sunburst orange sauce livens up any dish. Bred by Johnny’s Seeds. NNS

Gatherer’s Gold Pepper
(Capsicum annuum)
20 seeds/packet $3.95
Bulk seeds available see website 80 days. Gatherer’s Gold is a delicious yellow/gold horn-shaped variation on the Italian frying pepper. It has thick walls, few seeds and great sweet taste either raw or roasted. Bred by Frank Morton at Wild Garden seeds from an off-type discovered over the course of a breeding project to de-hybridize a red roasting pepper. Frank Morton released these seeds under the Open Source Seed Initiative (OSSI) pledge. CC

Margaret’s Pepper
(Capsicum annuum)
25 seeds/packet $3.95
85 – 90 days red ripe. This bell pepper has exquisite flavor – concentrated sweetness and full-flavor packed this medium sized bell pepper. The walls are thick, crisp, red and juicy. Similar in shape to a medium sized bell pepper with a somewhat tapered end. Plants are prolific. Named after Margaret Gubin of Cambria, Wisconsin who gave the heirloom to Jung Seeds. The seeds were originally brought by Margaret’s family from Hungary and then grown by Margaret in Wisconsin for over 50 years. Thanks to Jung for making this unique pepper variety available. This just might be Erica’s new favorite pepper. Great raw, roasted, sauteed and in sauces – you can’t go wrong! Can also be eaten green. NNS

Mega Marconi Tall Pepper
(Capsicum annuum)
25 seeds/packet $3.95
95 days. This gigantic sweet pepper is a showstopper! Italian-type sweet peppers are 6-8 inches long, 3 inches wide. Fruits have thick walls that ripen to red with a sweet, almost smoky taste. Great raw, roasted, stuffed or grilled! Productive and easy to grow, they are a winner in the garden. In fertile soil, plants can reach a height of 3 feet and have as many as 15 peppers! Can be harvested green, but we prefer to wait until they are red when their full flavor develops. Peppers store for 2 weeks at room temperature and a month in the fridge. They will ripen off the vine in storage. Needs long, warm summers so it is not a good choice for far northern growers. Bred by organic farmer, breeder, and pepper expert Doug Jones of Piedmont Biofarm in North Carolina. Doug began to de-hybridize the Hybrid Italian Giant Marconi pepper, selecting for vigor and large fruit size. There is still some size and shape variability in the plants. (aka Mega Marconi) NNS

All of our seeds are NON-GMO!

www.natureandnurtureseeds.com
**Melrose Pepper**
*Capsicum annuum*
25 seeds/packet  $3.95
65-70 days. Celebrate Chicago and Italian-American heritage with this delectable, sweet pepper! We are blown away with Melrose’s earliness and high yield – so many peppers that we were giving them away! This heirloom was brought to Melrose Park, IL by the Napolitano family (later renamed Naples), and the pepper has remained culturally significant in restaurants, farmers markets, and home gardens ever since. 4-6" long, pointed peppers have thinner walls than bells but are crunchy raw - Lily, age 11 says, “they’re delicious!” The flavor is sweet, with a subtle smokiness when raw but the real magic comes through cooking Melrose. Sauté or roast with garlic and olive oil and serve with Italian bread for a simple, exquisite appetizer. These plants are highly productive, so you can experiment with new recipes, like “cuscusi.” Hang peppers to dry for 3-4 weeks, then deep fry in olive oil for a crunchy pepper chip that adds flavor and texture to any dish. NNS

**Sheepnose Pimento Pepper**
*Capsicum annuum*
18 seeds/packet  $3.95
75 days. This is sweet pepper perfection! Peppers are 3 - 4" in diameter. Pimento peppers were widely grown before bell peppers came to dominate the sweet pepper scene. Pimento peppers are round and squat-shaped and are known for their sweet, fruity, aromatic flavor and early ripening. Erica has been eating sweet bell peppers directly from the garden for years, just like an apple. Then we grew Sheepnose Pimento—its thick & juicy walls are so sweet and delicious that you’d think you were eating a piece of fruit! A family heirloom from Ohio. Listed on Slow Food USA’s Ark of Taste. Keeps for a long time in the fridge. If you love sweet bell peppers, you will want to try Sheepnose Pimento! NNS

**Michigan Wonder Pepper**
*Capsicum annuum*
25 seeds/packet  $3.95
65 days green, 90 red. If you like green bell peppers, you will love Michigan Wonder – a beautiful pepper with a satisfying crunch! Peppers are blocky and medium sized (4-5" long), with thick walls. Fruits will event eventually ripen red, but take advantage of this variety’s earliness by harvesting and eating the green peppers. Experience the delightful snap of this pepper raw in a salad, or cook down the walls to soften the texture and amplify the sweetness. This pepper, original released in 1939 by Burgess Seed and Plant Co. of Galesburg, MI, is descended from the traditional California Wonder heirloom. Prolific plants are earlier with slightly smaller fruits than the California parent, making Michigan Wonder adaptable to shorter, cooler growing seasons. NNS

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*Capsicum annuum*
18 seeds/packet  $3.95
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**Wisconsin Lakes Bell Pepper**
*Capsicum annuum*
20 seeds/packet  $3.95
75-85 days. Classic sweet bell pepper great for northern growers. Medium sized (4-5" long), fire engine red, all-purpose bell pepper with very sweet and crunchy walls. This pepper is productive and early maturing. Fruit can be picked green or red. Another great Midwest variety out of the University of Wisconsin, Madison! Bred by O.B. Combs in 1954 before our public universities switched exclusively to hybrid pepper breeding. We eat this pepper in salads, stir fries and prepared any kind of way that sweet bell peppers are traditionally used. On our farm, extra peppers get frozen and turned into sweet pepper sauce – made just like hot pepper sauce imparting the fruity and savory flavors without the heat. This sauce warms up any cold February day. NNS

**Green Luobo**
*Raphanus sativus*
210 seeds/packet  NEW $3.95
60 days. Sweet and spicy, these two-toned roots may just be your next favorite pickled vegetable. Lime-green upper half with a white tip, we harvested uniformly shaped roots at lengths of 5-10". Radishes will taste hotter as they mature, especially if exposed to warm weather. Green Luobo has traditionally been preserved through fermentation, which cools the spice and transforms the flavor from spicy to amazing! Cooking also reduces the spice. If you want milder, raw radishes, try planting mid-summer for fall harvest and winter use. Enjoy by grating the root and mixing it into a slaw or salad, slicing it thinly

**French Breakfast**
*Raphanus sativus*
220 seeds/packet  $3.95
25 days. French Breakfast is delightfully crisp, tender and is milder in spiciness than the common Cherry Bell radishes. Radishes are a great crop because they are quick to mature and quite versatile in the kitchen. Radishes prefer cool weather so plan to grow them in spring or fall. Traditional French preparation calls for them to be sliced thinly and placed on a cracker (or slice of bread) with a layer of sweet butter spread onto the radish and, you guessed it, eaten for breakfast! Don’t like the spice of radishes? Try sautéing them in butter—you can enjoy the flavor without the spice! In fact, radishes are good cooked into any dish calling for root vegetables. French Breakfast makes excellent radish pickles—when brined in salt water. Radish tops are edible—prepare them as you would any cooked green. STF
onto a taco, or adding it to a stir-fry or soup. Even the greens are edible and nutritious! Fall harvested roots will store until early spring in a cellar. Said to have originated in China, this variety is now popular around the world. (aka Green Meat or Green Fleshed Daikon) CC.

stored for fresh use throughout the winter. We also love to roast these roots to intensify their sweetness, which contrasts well with a crunchy, cool mix of winter salad greens. Warm days and cool nights intensify color, so plant in mid-summer for best results. Also called Chinese Red Meat or Roseheart radish. CC.

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lar variety was introduced in 1932 by Burgess Seed & Plant Co. of Bloomington, IL. The mature squash are dark green, medium sized (5 - 8” diameter, 3 - 5 lbs.), with deep orange flesh. Rind is thin yet hard and sometimes develops warts (these will not affect the quality of the squash). High yielding. Plants are vining and grow well in a “three sisters” planting (see Growing Instructions tab). Terrific baked, Burgess Buttercup's flesh is rich and nutty like chestnuts! Add a lil’ bit of butter for a warm, velvety treat. Stores for months under good conditions. NNS

Butterbush Squash
(Cucurbita moschata)
25 seeds/packet $3.95
Bulk seeds available see website 75-85 days. Didn’t think you could grow butternut squash? Think again! This excellent flavored butternut type squash is perfect for space-constrained gardeners because vines are dwarf. Early ripening makes them a great choice for northern gardeners with a short growing season. Butterbush squash are shaped like standard Butternut, but their overall size is smaller. Seed cavity is small like Butternut, so there is more flesh per squash than other types. Flavor is excellent: sweet and creamy. Compact plant vines are 3-6 feet long and produce 3-5 squash per plant. Plants are vigorous, high-yielding and have intermediate resistance to Powdery Mildew. Seeds are easily started outdoors. These squash are good for long term storage. Bred by the W. Atlee Burpee Company in 1978 (aka “Burpee’s Butterbush”). There is some natural variation in the shape of this squash. Thanks to Don Tipping from Siskiyou Seeds who has been making selections for uniformity on this variety – we got our seeds from him. NNS,CC

Thelma Sanders Squash
(Cucurbita pepo)
25 seeds/packet $3.95
90 days. We first grew Thelma Sanders in 2008 and boy were we blown away! We were looking for a vigorous, high yielding, & great tasting winter squash with consistent ripening in Michigan and this one fit the bill! An heirloom originally from Missouri, it was saved by squash seed collectors Sue and Tom Knoche of Sardinia, Ohio. Squash flesh is light and creamy with a distinctive, sweet taste of autumn. A real treat when baked and buttered or as squash soup (Aunt Linda can’t get enough of this squash!). Thelma Sanders is also delicious when eaten as an immature (summer) squash. Fruit stores until February under good storage conditions. NNS,MH

Aunt Molly’s Ground Cherry
(Physalis grisea)
50 seeds/packet $3.95
70 days — We love tomatillos, also known as miltomates in Guatemala, for the wonderful salsa we make with them. These large purple fruit are sweeter than green tomatillos. Morado is similar to Toma Verde tomatillo, but leaves have purplish veins and fruit are purple and firm when ripe. This is our favorite purple tomatillo for it's rich, sweet flavor. Remove the paper husk before use. Green, yellow, and purple tomatillos are a staple in Mexican and Guatemalan cuisine. Morado makes a stunningly beautiful purple colored salsa. NNS

Morado Tomatillo
(Physalis philadelphica)
25 seeds/packet $3.95
70 days

Candystick Delicata Squash
(Cucurbita pepo)
25 seeds/packet NEW $3.95
Bulk seeds available see website 90 days. For those who think no meal is complete without something sweet, we offer you Candystick Delicata! Released by master breeder and author Carol Deppe, who first inspired us to start breeding tomatoes over 15 years ago. She selected this squash for thick flesh, luscious texture, top-notch flavor, excellent storage, and vigorous growth. Fruits ripen to a rich orange-tan with green stripes. This variety includes desired, natural fruit shape variability which, Deppe contends, contributes to genetic diversity and vigor. Compared to regular Delicata, Candystick stores better and retains sweetness longer. Just cut it lengthwise, de-seed and roast - you may even save it for dessert! See our website for Carol Deppe’s tips for a perfectly roasted Candystick. This variety of squash has been released under the Open Source Seed Initiative pledge. CO

www.natureandnurtureseeds.com

Tomatillos & Ground Cherries
**Tomatoes**

**Amish Paste** *(Solanum lycopersicum)*

30 seeds/packet $3.95

85 days. Amish Paste is a delightfully juicy, full-flavored salad tomato. In fact, it's listed on Slow Food USA's Ark of Taste because it's so darn good! An Amish variety from Lancaster, PA, these tomatoes offer a perfect combination of salty and sweet. It's Erica's mom's favorite tomato. Fruits are oval to oxeheart shaped and 3 – 3½” long. Tomatoes are generally classified as "paste" when they tend to be used for sauces. These types of tomatoes are usually low in juice content, allowing them to cook down faster. Amish Paste is an odd exception to this rule given the juiciness of its fruit. But don't worry, it still makes a great sauce (if you can avoid eating them all first in your garden, that is!). Indeterminate. PR

**Blush** *(Solanum lycopersicum)*

30 seeds/packet $3.95

84 days. Blush's sweet, fruity flavor has won our tomato tasting year after year. It is a perfect example of needed innovation in the breeding of open-pollinated crops. Introduced in 2011 by farmer/breeder Fred Hempel of Baia Nicchia Farm in Sunol, CA. Blush is vigorous, productive and boy is it tasty! Fruits are oval, 2- 2½” long, exhibiting a light gold skin with a "blush" of grapefruit red. Tomatoes of similar size and shape are commonly called a "saladette" or "julienne cherry," and are perfect eaten fresh or cooked. Our crew taste-tested our tomato line-up and Blush was given the number 1 vote for 2014 & 2016. It is sweet and tart, juicy and aromatic with overtones of tangerine. It’s so fruity that Ali said “wow, you’d think you were eating ‘real’ fruit!” Steve couldn't help himself, eating over 20 in one sitting! Growers will appreciate that it has decent resistance to Early Blight. Indeterminate. NNS

**Black Cherry** *(Solanum lycopersicum)*

40 seeds/packet NEW $3.95

Bulk seeds available see website

65-75 days. Cherry tomatoes with delicious, complex flavor that is sweet, juicy, rich, and savory. Black Cherry was the winner of our 2017 trial of dark colored, cherry tomatoes. We were searching for a cherry tomato with the flavor of a full-size heirloom beefsteak, and we found it! Our strain is an heirloom from the Hall family (Hall’s Heritage Horticulture), grown for over two decades in Owosso, Michigan. We first received our seeds from Jim Wyant of Indiana. Before being passed down through the Hall family, Black Cherry was bred by Vince Sapp, the deceased husband of Linda Sapp, owner of Tomato Growers Supply. High yielding and indeterminate, Black Cherry will provide numerous 1” fruits throughout the season. Black Cherry is an excellent fresh-eating tomato, so try it on salads, sandwiches, or eaten straight off the plants. CC

**Blush** *(Solanum lycopersicum)*

30 seeds/packet $3.95

84 days. Blush's sweet, fruity flavor has won our tomato tasting year after year. It is a perfect example of needed innovation in the breeding of open-pollinated crops. Introduced in 2011 by farmer/breeder Fred Hempel of Baia Nicchia Farm in Sunol, CA. Blush is vigorous, productive and boy is it tasty! Fruits are oval, 2- 2½” long, exhibiting a light gold skin with a "blush" of grapefruit red. Tomatoes of similar size and shape are commonly called a "saladette" or "julienne cherry," and are perfect eaten fresh or cooked. Our crew taste-tested our tomato line-up and Blush was given the number 1 vote for 2014 & 2016. It is sweet and tart, juicy and aromatic with overtones of tangerine. It’s so fruity that Ali said “wow, you’d think you were eating ‘real’ fruit!” Steve couldn't help himself, eating over 20 in one sitting! Growers will appreciate that it has decent resistance to Early Blight. Indeterminate. NNS

**Brandywine, Pink (Turtle Tree Strain)** *(Solanum lycopersicum)*

30 seeds/packet $3.95

Bulk seeds available see website

90 days. For many years we have been in search of a Brandywine that is vigorous and prolific and we found it! This Pink Brandywine yields large quantities of large, pink beefsteak tomatoes with very good flavor. This strain was re-selected by Turtle Tree Seed in 2007 and we thank them for their work! Juicy fruits have excellent texture. Compare it to Sudduh's Brandywine and see which you like better! Like all Brandywines, it cracks easily but it’s worth it. Indeterminate. NNS

**Brandywine (Sudduth's Strain)** *(Solanum lycopersicum)*

25 seeds/packet $3.95

90 days. This is a the Sudduth's strain of Pink Brandywine and many folks will agree that, hands down, it is the best tasting tomato around. We definitely won't fight you on that claim (we love it so much we’ve been growing it since 1999). In the 1980’s, seeds were obtained by tomato collector Ben Quisenberry from Dorris Sudduth Hill, whose family had been growing it in Tennessee since the 1800’s. Brandywine is a large, juicy, beefsteak tomato (4½” in diameter) with a mouthwatering balance of salty, tart and sweet flavors. Great for Caprese or a more common leafy salad. Roast it with a pinch of salt and a drizzle of olive oil. Farmers often lament about “the problems” associated with older heirloom tomatoes—such as low yield, vigor, disease susceptibility and tendencies to crack. Unlike the more robust varieties we offer, Sudduth’s Brandywine admittedly suffers from these traits. With a little bit of TLC, it will give back with higher yields of luscious fruit. Most gardeners (and palettes) agree that its culinary value outweighs the sum of its downfalls. Plants are potato-leaved. Indeterminate. NNS

**Earl's Red Beefsteak** *(Solanum lycopersicum)*

23 seeds/packet NEW $3.95

Bulk seeds available see website

95 days. A classic red, American tomato. One taste of Earl's Red Beefsteak instantly transports me back to my enchanted garden of childhood. Excellent, classic tomato flavor with a perfect balance of sweet and tart. Fruit are 3” diameter,
to our 2017 Harvest Festival’s tomato tasting; it has been a favorite ever since. Large, pink, 1 lb fruits are lusciously juicy, sweet, and complex. This variety traces back to the homeplace of Erica’s grandparents (La Cross, Wisconsin) in 1894. Plants are vigorous and productive. Alas, as is common with old, heirloom beefsteaks, fruits may crack and don’t store well – all the better for fresh eating! Fantastic in salads and on sandwiches. Rescued from oblivion by tomato aficionado and breeder, Craig LeHoullier. Listed on Slow Food’s Ark of Taste. Indeterminate. (aka Salzer’s Ferris Wheel) NNS

Early Detroit
(Solanum lycopersicum)
30 seeds/packet $3.95
74 days. Early Detroit is a medium sized, round, pink, slicing tomato with excellent flavor. We first learned of the Early Detroit tomato in 2011 and have been working diligently ever since to bring it back to Michigan! Early Detroit was released by D.M. Ferry seed company of Detroit, Michigan in 1909. It was very common in the Detroit area in the 1950’s and 60’s. Sweet and not overly acidic with bold flavor. Mike (who is picky about his tomatoes) says “this is my favorite tomato yet!” Versatile, it is juicy, yet not overly watery and holds together well making it perfect for sandwiches and salads. Also great cooked and good for canning. Vigorous and good disease and crack resistance for an old-time tomato variety. Indeterminate. We obtained our seeds from the USDA’s GRIN seed bank (#PI355097). NNS

Gold Currant
(Solanum pimpinellifolium)
45 seeds/packet $3.95
Bulk seeds available see website 70 days. Currant tomatoes belong to a different species than common tomatoes. They produce clusters of round, berry-sized tomatoes that are known for their intense flavor and disease resistance. Gold Currant produces yellow fruits that are about 1” diameter and offer a zesty tomato flavor. Vines are vigorous—this year they grew over 8 feet tall! We have been growing and saving seed from these little yellow gems for over 10 years. Erica loves to pop ‘em in her mouth straight from the garden. Indeterminate. NNS, CC

Growing-in-Place Cherry
(Solanum pimpinellifolium)
45 seeds/packet $3.95
60 days. This juicy, currant type, deep red, round tomato is the size of a small cherry, sporting mouth-popping, bold flavor. It was a real hit at our local HomeGrown Festival 2014. Perfect in salads and kids love them! Plants are vigorous and yield large quantities of clustered fruits all summer long. This fabulous tomato has been home to Michigan since the 1990s. It was given to us by Anne Elder of Community Farm of Ann Arbor. The seed was given to her by Laura DeLind who founded the former “Growing In Place” CSA farm in Mason, Michigan in 1995 for which Anne named the tomato. In 1998 Laura received these tomatoes from her friend Gail and she loved the taste so much that she saved the seeds. Indeterminate. NNS

Ferris Wheel
(Solanum lycopersicum)
25 seeds/packet NEW $3.95
Bulk seeds available see website 90 days. The outstanding flavor of Ferris Wheel knocked us off our feet when Ryan Padgett of Radicle Roots Farm brought this large beefsteak

Isbell's Big Dwarf
(Solanum lycopersicum)
25 seeds/packet $3.95
90 days. Big tomatoes on a dwarf plant! High yielding, dwarf plant perfect for containers and small gardens. Bushy plants have thick stems loaded with medium sized, pink beefsteak fruits. Flavor is meaty with a delicate balance of sweet and acid. Bred by Isbell’s & Co of Jackson, Michigan in 1909, New Big Dwarf was the first of its kind. This variety has been used as breeding stock for Craig LeHoullier’s Dwarf Tomato Breeding Project. Plants grow about 3 ft tall and don’t need pruning, but for best results, stake plants once they start producing fruit. As with many old heirloom types, fruits vary in size and shape and have some cracking. (aka New Big Dwarf) NNS

Isbell's Golden Colossal
(Solanum lycopersicum)
25 seeds/packet $3.95
85 days. Lemon-yellow fruits blush red on the bottom and boast a robust flavor with a perfect combo of sweet and tart. A winner of our 2017 Harvest Festival heirloom tasting - Mike says this is his favorite yellow tomato! Listed in the 1915 catalog of Isbell’s & Co of Jackson, Michigan just 30 miles from our Dexter farm. Plants are vigorous, so be sure the plants get tied to something sturdy. Fruits vary in shape and size from medium to large. Flesh holds together well for sandwiches, salads, and is good cooked as well. There are occasional red fruits. Common to older tomato types, fruit cracks easily so don’t leave it on the vine too long. Indeterminate. NNS

www.natureandnurtureseeds.com
Yellow sauce. Indeterminate.

Slicing in salads or making into an attractive

USA smooth and rarely cracks. Listed on Slow Food it as

end. Livingston himself quaintly referred to

golden 20th century. Vigorous plants produce round,

of Columbus, OH. A.W. Livingston is best known

80 days. This tomato was introduced in 1882 by

25 seeds/packet

80-90 days. Big orange beefsteak, highly pro-
ductive with a well-balanced flavor profile. Fruits are 1-2 pounds, refreshingly sweet with slight saltiness. On our farm, we found that Kellogg's Breakfast continue to produce fruits later than most beefsteak tomato types. The tomato was grown by Darrell Kellogg of Red-

AA

72 days. Vigorous indeterminate vines with

days. A "black" (really more of a dark reddish brown with dark green shoulders) beefsteak tomato that produces 10 oz fruits with a distinc-
tive smoky sweetness. This variety won our 2016 taste test trial of purple and black heir-

Pruden’s Purple
(Solanum lycopersicum)
$3.95

25 seeds/packet

25 seeds/packet

25 seeds/packet

5 Days. Deep red polychrome beefsteak with metallic green stripes. Has a rich, earthy, lus-
cious heirloom flavor. Nice and juicy. One of the coolest tomatoes you will ever see! Reminds us of rainbow tie-dyes from the sixties. Perfect on any burger from Portabella mushroom to grass-fed beef. This is a great new introduction by Bradley Gates, organic farmer and tomato breeder of Wild Boar Farms in Napa Valley, CA. Bradley says he has been working for over 10 years to breed "the most outrageous tomatoes on the planet" and we think he's done it – his tomatoes are amazing! We love this one for its unique colors and flavor. Plants are indetermi-
nate and have good productivity. FC,CC

Orange Banana
(Solanum lycopersicum)
$3.95

30 seeds/packet

20 days. This tomato was introduced in 1882 by

Livingston's Golden Queen
(Solanum lycopersicum)
$3.95

25 seeds/packet

Paul Robeson
(Solanum lycopersicum)
$3.95

Bulk seeds available see website

19th century when "purple" was used to describe pink tomato color, long before the more recent proliferation of black and purple tomato varie-
ties. Sometimes incorrectly listed in catalogs as being related to Brandywine, it is a comparable beefsteak type but ripens a week or two earlier and is much less finicky about growing condi-
tions, especially less susceptible to cracking. Has some resistance to late blight. A great choice for new gardeners looking for a depend-
able heirloom beefsteak tomato. Indetermi-
nate. CFA

Pink Berkeley Tie Dye
(Solanum lycopersicum)
$3.95

Bulk seeds available see website

25 seeds/packet

25 seeds/packet

25 seeds/packet

20 days. This tomato was introduced in 1882 by

Felipe Danilenko of Moscow. Indeterminate. NNS

Breakfast with a hearty piece of toast makes a

is a spectacular tomato for eating fresh on

tomato. Plants produce prolific bunches of to-
matoes with a unique sweetness that is un-
locked when they are cooked down for sauce – it's like sunshine in a jar! Jason uses them as the main ingredient in his "spicy yeller" pizza sauce with a few hot orange peppers thrown in. Inde-
terminate. STF

www.natureandnurtureseeds.com
Rosella Purple
(Solanum lycopersicum)
25 seeds/packet $3.95
74 days. For those trying to grow heirloom beefsteak tomatoes in containers or small gardens, Rosella Purple is a top choice. The Dwarf Tomato Breeding Project has been releasing an abundance of new dwarf varieties and Rosella Purple was one of the original releases in 2010. 6-10 oz fruits with dark purple exterior and crimson flesh, comparable (though unrelated) to Cherokee Purple. Rated among the highest in our 2016 tomato trials. Plants have stout stems and grow 3 ft tall and need just 1 stake. CW

Valencia
(Solanum lycopersicum)
25 seeds/packet $3.95
Bulk seeds available see website
76 days. This slicing tomato blows us away! We harvest bushel after bushel full of perfect, orange globes fit for a king. A zesty taste and a luscious texture endowed with the perfect balance of sweet and acid, juice and flesh. Plants are vigorous, disease-resistant, and high-yielding. Medium sized fruits are very crack resistant and keep producing until cold weather sets in. Orange color adds a nice touch when sliced in salads and it’s wonderful roasted too. Good choice for market growers and for those in northern climates. On the Slow Food Ark of Taste. Thanks to Johnny’s Seeds for preserving this awesome tomato. Indeterminate. NNS

Tasty Evergreen
(Solanum lycopersicum)
30 seeds/packet $3.95
75 days. One of the best green-when-ripe tomatoes we’ve tried. Introduced in northwest Ohio in 1958 by Gleckler’s. Medium-sized (3-4" diameter), beefsteak type tomato. Skin ripens to contrasting stripes of yellow on lime green. Flesh is a sea-foam green. Plants have medium vigor and benefit from extra organic matter added to the soil. Savory, rich flavor that balances salt and tart with a hint of smokiness. Very juicy, but holds together well when sliced. Great sliced on sandwiches, crackers, or tossed in a salad. When cooked, adds a rich, distinct flavor to dishes. Indeterminate. NWS

Victor
(Solanum lycopersicum)
30 seeds/packet NEW $3.95
70-75 days. For those who prefer a mellow, low-acid flavor, this Campari type tomato is a real favorite! Gorgeous on-the-vine, red, globe shaped fruit grow in clusters. Fruits are round, smooth, 2" diameter (4-5oz), have uniform ripening and are crack resistant. Introduced by Michigan State College in 1939— we are so happy to be bringin’ this endangered tomato back to Michigan! Determinate, medium sized plants are easier to manage throughout the season. This older heirloom has some natural variation in fruit size. NNS

Sheboygan
(Solanum lycopersicum)
30 seeds/packet $3.95
80 days. Sheboygan is a juicy paste type tomato that produces an abundance of medium sized, 6 oz pink fruit. It has a complex, balanced taste characteristic of heirloom tomatoes. Great for sauce but, unlike most paste tomatoes, eaten fresh it is good too. Grown by Lithuanian immigrants near Sheboygan, WI since the early 1900s, it is listed in the Slow Food Ark of Taste. Determinate. NWS

Wisconsin 55
(Solanum lycopersicum)
30 seeds/packet $3.95
72 days. Refreshing taste of summer in a gorgeous, scarlet-red, round, mid-size slicing tomato. Juicy but never mushy, the Wisconsin 55 is great for salads and sandwiches. Impressively vigorous, blemish-free, crack-resistant, uniform, high-yielding and stores well. Good disease resistance to early blight, so it keeps producing until frost. A workhorse variety with exceptional flavor – we just can’t seem to stop talking about how much we love it! Bred in 1947 by renowned plant pathologist John Charles Walker of the University of Wisconsin, Madison back when our public universities bred high-quality seeds for public good. It was bred for disease and crack resistance in the humid upper Midwest. Plants are indeterminate. NNS

Check out our Harvest Festival!

www.natureandnurtureseeds.com
**Watermelon**

**Early Moonbeam**  
(*Citrullus lanatus*)

- 25 seeds/packet  **NEW**  $3.95
- Bulk seeds available see website
- 75 days. Capture the glow of the summer sunshine in a convenient sized watermelon that will fit into your refrigerator and picnic basket! This is a yellow-fleshed, "icebox" sized watermelon that grows to 5-8 lbs. This variety was bred for northern growers by genius plant breeder Dr. Alan Kapuler of Peace Seeds in Oregon. He bred Early Moonbeam by dehybridizing Yellow Doll Hybrid watermelon, maintaining sweetness and earliness. A good choice for gardeners trying to maximize their space, Early Moonbeam sets fruit on shorter, highly productive vines. Rind is thin, mostly a light green color interspersed with dark green stripes. CC

**Sweet Siberian**  
(*Citrullus lanatus*)

- 25 seeds/packet  $3.95
- 85 days. A wonderful, easy-to-grow golden watermelon. Rind is green, fruits are medium sized and oblong with delectably sweet, juicy flesh. Small, brown seeds. We have been growing it since 2002 - we love its sweet flavor and dependable ripening! Brought to the U.S. around 1900 from the Siberian region of Russia where it was extensively grown. This early watermelon is great for northern growers. Brought back from oblivion by Glenn Drowns, of Sand Hill Preservation Center (Calamus, Iowa), who obtained seeds from the USDA, ARS seed bank in the 1980's. We hope that you love this watermelon as much as we do.

**Sweet Dakota Rose**  
(*Citrullus lanatus*)

- 25 seeds/packet  $3.95
- 80-90 days. Luscious watermelon bred in North Dakota by the Podolls of Prairie Road Organic Seed. Our friend Ryan Padgett of Radicle Roots Community Farm in Ann Arbor grew this watermelon and we were really impressed with it. Round, medium sized (8-15lbs) fruit, with rosy red very sweet flesh. Sprawling vines produce 2-3 fruits per plant. Popular at the HomeGrown Festival's heirloom tasting. Adapted to cool, northern climates. Good choice for market growers because it stores and handles well. Released under the Open Source Seed Initiative (OSSI) to keep seeds unpatented and in the hands of the people for all times. PR

Interns, Bailey and Maya, havin’ fun dancing on dill to release the seeds with Farm Manager Mike Lordon.

Intern Mike Lucas runs the tomato tasting at our Harvest Festival.

[www.natureandnurtureseeds.com](http://www.natureandnurtureseeds.com)
What did we eat for lunch today? Who are the faces who grew our food? Where was it grown? In this industrial food system, we just don’t know. Add seeds to the mix and things get even worse. Who grew the seeds that produced the food that we ate for lunch? Where were these seeds grown? Most likely not in the Midwest. In the 1940’s, seed growing all but picked up and left the Midwest for more perfect weather. Starting in the 1970’s, consolidation in the seed industry began and has increased so much that multinational corporations control a majority of the seed supply.

But we remember that each seed tells a story of time immemorial. A story of human struggle, kinship, adaptation, and of resilience. Of our ancestors who selected these seeds from wild plants, sowing and gathering, cherishing and caring. They traded them, carried and sweat over them. Traditions and cultures grew around them. These seeds were passed down by human hands, generation to generation to nourish and sustain us. May we honor them.

**SEED GROWERS & COLLABORATORS**

At Nature & Nurture Seeds, we reconnect growers and eaters with the places and faces who grow our seeds. We grow over 50% of the seeds in our catalog and are striving to expand our network to be able to grow more regionally-adapted seeds. At left is a key to the list of growers and collaborators along with their codes. You will find these codes at the end of each variety description throughout the catalog. To read more about the amazing farmers who grow our seeds, see the “Growers” page on our website.

**GROWER CODE KEY**

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# Mail Order Form

**Nature & Nurture Seeds**

**3 Easy Ways to Order!**

1. **Order online at**
   [www.natureandnurtureseeds.com](http://www.natureandnurtureseeds.com)

2. **Order by mail** (use the form below) at
   7100 Marshall Rd, Dexter, MI 48130

3. **Order by phone at** 734-929-0802
   Since we are a farm-based company, you may get our voicemail. Please leave a message with your name & phone number & we’ll call you back!

**Billing & Contact Information**

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**Shipping Information** *(if different from billing info.)*

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☐ Change of address

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In the case of shortages, please check here if you would like us to substitute for a similar variety

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- [ ] American Express

Exp. Date / Security Code

Signature: ____________________________

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**Total Purchase Amount**

**Shipping and Handling** from chart below

**Subtotal**

Michigan Sales Tax – 6% (x .06)

**TOTAL AMOUNT**

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**Shipping and Handling Charges**

- United States: $6.95
- Canada: $15.00
- International: Contact us for rate

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