

# 2021 SEEDS ARE NOW READY ONLINE!

Check out our full online catalog of over 170 varieties. Visit [www.natureandnurtureseeds.com](http://www.natureandnurtureseeds.com) for more info about our seeds, farm, growing resources, and more.



## Seeds You Can Trust

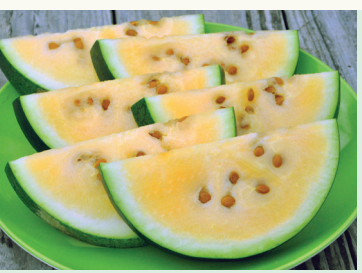
Quality

Heirloom / O.P.

Non-GMO

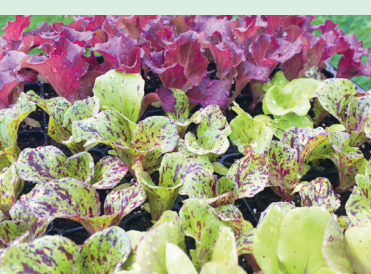
Midwest-Adapted

Sustainably Grown



## Ways to Order

- Online
- By Phone
- By Mail



## Contact Us

info@natureandnurtureseeds.com  
7100 Marshall Rd. Dexter, MI 734-929-0802

[www.natureandnurtureseeds.com](http://www.natureandnurtureseeds.com)

## About Nature & Nurture Seeds



Rooted in the Great Lakes region, we are passionate about providing high-quality, adapted, and resilient seeds for diverse farms and gardens.



Gently rolling hills grace our 80 acre organic farm located near Ann Arbor in southeast Michigan.

## Greetings!

This year brought new challenges and new joys. We adapted to the pandemic by creating new spaces and protocols to ensure our employees' health and safety. We added new seed varieties and crops to our catalog, like parsnips, popcorn, 2 new melons, new flowers, and more! Although we've missed interacting with people at events, we're encouraged to see so many more people interested in gardening — discovering how good food and connecting with nature is so important for body, mind and spirit.

Happy growing!  
*Erica & Mike*



#GrowWithUs on Instagram @nnseeds

Wondering where the catalog is? This year we are saving trees! Here you will find a few "Farm Favorite" varieties listed and pictured. We encourage you to check out our full online catalog. Contact us to request a black and white, text only, printed list of all of our variety descriptions. If you prefer not to receive mailings from us in the future, please let us know.

PRESORTED STANDARD  
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Nature & Nurture Seeds  
7100 Marshall Road  
Dexter, MI 48130



Nature & Nurture Seeds  
heirloom & open-pollinated seeds

2021 seeds ready online!

## Seeds With Stories

At Nature & Nurture Farm we trial hundreds of varieties and choose only the best to add to our offerings. We select for plant vigor, early maturity, disease resistance, and great flavor. All of our seeds are Non-GMO, sustainably grown, and adapted to growing in the Midwest. You can find all 173 varieties at [natureandnurtureseeds.com](http://natureandnurtureseeds.com). **See our website for value size/bulk availability.** Check out some farm favorite varieties on the two right panels!

## Our Seeds Are...

### Heirloom/Open Pollinated

Seeds are humanity's collective heritage – we believe that they should not be owned or controlled by corporations. You won't find hybrid seeds in our catalog because the process of producing hybrid seeds gives big companies proprietary ownership of hybrid seeds. In contrast, anyone can save seeds from heirlooms, keeping the seeds in the hands of the people!



### Certified Organic/Sustainably Grown



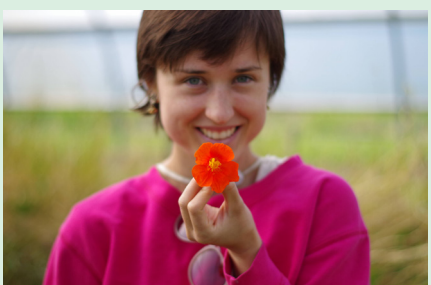
Organic means safe for kids! Many of our seeds are Certified Organic - certified that they were grown using only USDA-approved organic methods. The rest of our seeds are sustainably grown - they were grown using organic methods, but due to the costs and time required for the certification process for small farmers, they are not certified organic.

### Non-GMO

GMOs are created using the transfer of genetic material outside of natural reproductive methods and between genera, families or kingdoms. GMOs pose environmental risks as well as contribute to the corporate control of seeds. We have signed the Safe Seed Pledge and do not sell any GMO seeds!



### Regionally Adapted



As a small seed farm located in southeast Michigan, we specialize in Midwest Adapted varieties. This means that our seeds are well-adapted to the Midwest climate – short, hot & humid summers, long winters, practically no spring and always gorgeous falls! Most of our varieties are widely adapted and can thrive in other regions too!



## Slow Food's Ark of Taste

The Ark of Taste was created by Slow Food to preserve unique and threatened foods. To help preserve these foods, Nature & Nurture Seeds offers a dozen Ark of Taste seeds.

By growing these seeds, we help keep them on our plates and safe from extinction... & we get to enjoy their incredible flavors!



open source  
seed initiative

OSSI's mission: To maintain fair and open access to plant genetic resources worldwide.

Today, only a handful of companies account for most of the world's commercial breeding and seed sales. Patenting, intellectual property, and restrictive contracts are used to enhance the power and control of these companies over the seeds and the farmers that feed the world.

Patented and protected seeds can neither be saved, replanted, or shared by farmers and gardeners. Nor can patented seed be used by public plant breeders to create the new crop varieties that should be the foundation of a just and sustainable agriculture. Check out our OSSI seeds!



[www.natureandnurtureseeds.com](http://www.natureandnurtureseeds.com)

## Farm Favorites!

Check out these Nature & Nurture Farm favorite varieties below!

KEY



Certified Organic



Containers

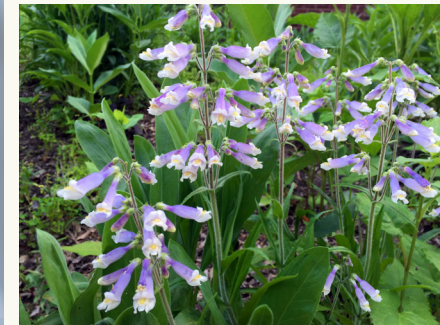


Cold Hardy



Recommended for Market Farmers

### Save the Bees Native Plant Blend \$4.95/packet



This packet of Michigan native, perennial wildflower seeds contains species that attract and provide necessary food and habitat for bees, pollinators, and other insects. Native plants provide needed biodiversity that is so often lacking in 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' tall and require a full sun location. Once established they are relatively low-maintenance.

### Who Gets Kissed? Sweet Corn \$4.50/packet



We are thrilled to be able to bring you this awesome sweet corn! Who Gets Kissed was bred for 'Sugar Enhanced' sweetness, vigor, and disease resistance to rival hybrid corn, and boy does it deliver! This variety was bred through a collaboration between Minnesota organic farmer Martin Diffley; U of Wisconsin corn breeder Bill Tracy; and the Organic Seed Alliance in 2014. Bi-color kernels are tender, sweet, and have a wonderful smooth texture. Compact plants are 5-6' tall. Ears are large and develop over a prolonged period, longer than most corns. 78-84 days.

### Early Detroit Tomato \$4.00/packet



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 1950s and 60s. Sweet and not overly acid 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. 74 days.

### Chicago Pickling Cucumber \$4.00/packet



We first grew Chicago Pickling as a part of Slow Food's Great Lakes Heirloom Seed project in 2011 and we were hooked. Even though it is a "pickling" type cucumber it is 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. 58 days.

### Provider Bean \$4.95/packet



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 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. 50 days.

### Brûlée Butternut Squash \$4.50/packet



Sweet and creamy, this mini-butternut matures early, making it ideal for northern growers. Aptly named for the French dessert Crème Brûlée it is a delightful and healthy comfort food on a cold winter day! Bred by Michael Mazourek in Ithaca, NY it is productive, uniform, and stores well into the winter. Palm-sized squash are smaller than standard butternut making them perfect for a single serving. Super easy to cook – simply bake halved in the oven and serve with butter or coconut oil. These squash plants need plenty of space for their sprawling vines. 93 days.

### Dragon Carrot \$4.00/packet



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. 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. It will develop the best flavor when grown into the fall. Good storage carrot. Ever been disappointed with other colored carrots? Dragon won't disappoint. 85 days.

### Grand Rapids Lettuce \$4.00/packet



In our never-ending pursuit to recover the long-lost history of agriculture in the Great Lakes region, we stumbled upon "Grand Rapids" lettuce, which tells a story of the region that began over 100 years ago. Bred in the late 1800s by Eugene Davis, known as the "father of forced lettuce," Grand Rapids lettuce became the leading greenhouse-grown winter lettuce in the Grand Rapids, MI area. By the turn of the 20th century, these remarkably expansive greenhouses were supplying millions of pounds of winter lettuce to the people of the Great Lakes region. 28 days baby, 50 days mature.

### Corona Orange Sweet Bell Pepper \$4.00/packet



Top-notch orange sweet bell peppers. Blocky, uniform deep orange fruit are 3½" wide with 3-4 lobes that are flavorful and sweet and win taste tests over orange supermarket peppers any day. Plants are vigorous and productive, reaching 4' tall, so the plants benefit from staking. Reportedly a Dutch variety from the early 1990s. Seeds were given to us by our pepper breeding friend, Doug Jones, who could not stop raving about the peppers and we could not agree more! Tobacco Mosaic Virus resistant. 65 days green, 85 orange ripe.